

# IMPROVE YOUR ALLERGY THANKS TO THE EFFECTS OF BLACK GARLIC

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We live at such a frenetic pace that our customs and habits have been getting worse because of this haste. Some of the effects of this drastic change are disorders such as allergies. In Spain it is estimated that 25% of the population suffers. But even more striking is the figure that says that by 2020, one in two Europeans will have allergies, according to some studies.

Cypresses, grasses -the most aggressive in Spain-, arizonics, olives ... Walking through green spaces such as gardens, squares or parks becomes a challenge in spring for allergy sufferers due to the pollen of these trees and plants. Climate change, as well as food and hygiene habits, and farming methods have made the allergy season begin earlier and be stronger, although this year a mild or moderate intensity is expected.

Our body begins to send us messages when there is a health problem, such as allergies. The immune system considers substances such as pollen, food or mites harmful to the body creating a hypersensitivity in the form of warning against these agents to protect us. This leads to different physical and chemical reactions, such as itching, rashes, sneezing, continuous tiredness, asthma, nasal discharge, sinusitis ... These problems have even led to declines in labor productivity and school performance, generating a million cases of work absenteeism per year.



## How can black garlic help us?

It has always been recommended to take garlic in the morning to increase the defenses. In addition, it is proven that its antioxidant power relieves sinus congestion.

Black garlic, specifically, can help alleviate any of these symptoms, as it has numerous properties for the skin, such as soothing skin allergies. A study published in The Journal of Nutrition found that aged garlic extract was the most beneficial system, compared to raw garlic juice, hot garlic juice and dehydrated garlic powder.

Our Imuno-alerg product, based on Ecological Black Garlic Concentrated Liquid Extract (EFCAN) and concentrated oily extract of Spirulina, contributes to the normal functioning of the immune system in cases of allergy.

You dare? Try our food supplement and enjoy the outdoors and nature!

