

5 KEY NUTRIENTS AND TIPS TO HELP COMBAT NASAL SENSITIVITY

Are you troubled by constant runny nose and sneezing due to nasal sensitivity during this season? To overcome this annoyance, let's start by strengthening your immune system with the below tips.

1. ROYAL JELLY

Rich in proteins, antioxidants such as flavonoids, polyphenols, and vitamins (A, B complex, C, D, E), as well as various minerals. Previous researches have shown high content of vitamin B5 in royal jelly can help alleviate symptoms of nasal sensitivity, including nasal congestion.



2. PROBIOTICS

Probiotics are beneficial bacteria for the gut, which not only promote gut health but also help with inflammation control and immune enhancement by inhibiting harmful bacteria. Previous research supports the use of bacteria *Bifidobacterium bifidum* and *Lactobacillus paracasei*, *Lactobacillus acidophilus* in alleviating nasal sensitivity reactions such as sneezing and nasal mucosal swelling.



3. OMEGA-3 FATTY ACIDS

Omega-3 Fatty Acids are polyunsaturated fatty acids that possess anti-inflammatory properties. Food sources include nuts, flaxseed oil, walnut oil, and rapeseed oil. Studies have shown that consuming omega-3 fatty acids in the diet can help reduce inflammation and alleviate symptoms of nasal sensitivity.



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4. ZINC, SELENIUM, VITAMIN E

Zinc and selenium are essential minerals for maintaining immune system function and immune cell activity. Food sources rich in zinc and selenium include leafy greens such as spinach and peas. Several researches have shown that daily intake of zinc supports and helps alleviate symptoms of nasal sensitivity. Additionally, studies have shown that vitamin E in conjunction with selenium can help reduce respiratory inflammation caused by nasal sensitivity.



5. VITAMIN C AND AEROBIC ACTIVITIES

Vitamin C is a water-soluble vitamin and has antioxidant properties that helps boost the immune system and protect cells from free radical damage. Food sources of vitamin C include red and green peppers, grapefruit, oranges, kiwi, and strawberries. Research also suggests that adequate intake of vitamin C and regular aerobic exercise can help reduce inflammatory cytokines in the body, thereby relieving symptoms of nasal sensitivity.



References:

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2. Aурpita Shaha, Hiroyuki Mizuguchi, Yoshiaki Kitamura, Hiromichi Fujino, Masami Yabumoto, Noriaki Takeda, Hiroyuki Fukui, Effect of Royal Jelly and Brazilian Green Propolis on the Signaling for Histamine H1 Receptor and Interleukin-9 Gene Expressions Responsible for the Pathogenesis of the Allergic Rhinitis, *Biological and Pharmaceutical Bulletin*, 2018, Volume 41, Issue 9, Pages 1440-1447,
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4. Photos by Freepik

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5大營養幫你擊退鼻敏感

近日開始轉季，你有無不停流鼻水、打乞嗝，受鼻敏感困擾呢？要擺脫煩惱，就要增強免疫力。等營養師話你知有邊啲營養素可以幫到你啦！

1. 蜂王漿

含豐富蛋白質，抗氧化物如類黃酮，多酚類，及維他命(A, B雜, C, D, E)和礦物質。當中它所含大量的維他命B5有部份研究顯示能有助舒緩身體鼻敏感的症狀，包括鼻塞等。



2. 益生菌

益生菌屬腸道的益菌，除了維持腸道健康，透過抑制壞菌亦能有助抗炎和提升免疫力。現時有較多研究支持雙歧桿菌 (*Bifidobacterium bifidum*)和乳酸桿菌 (*Lactobacillus paracasei*, *Lactobacillus acidophilus*) 能有助減輕鼻敏感反應，例如：打乞嗝、鼻粘膜腫脹等。



3. 奧米加三脂肪酸

屬多元不飽和脂肪酸，帶有抗炎作用。食物來源包括果仁，亞麻籽油，核桃油，菜籽油等。有研究顯示日常飲食多攝取奧米加三脂肪酸能有助消炎及減輕鼻敏感反應。



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4. 鋅，硒，維他命E

鋅和硒質是維持免疫系統和免疫細胞活性的重要礦物質之一。含豐富鋅質和硒質食物來源包括綠葉蔬菜，如菠菜和豌豆等。有研究顯示每天進食約40毫克鋅質維期兩星期能有助舒緩鼻敏感症狀。同時，亦有研究顯示維他命E與硒質能有助減低因鼻敏感而產生的呼吸道發炎症狀。



5. 維他命C，帶氧運動

屬水溶性維他命，同時是一種抗氧化劑，能有助提升免疫力及防止自由基對細胞損害。維他命C的食物來源包括紅椒，綠椒，西柚，橙，奇異果，士多啤梨等。有研究亦顯示透過攝取足夠維他命C和恆常帶氧運動能有助減少體內的炎性細胞因子，從而舒緩鼻敏感的症狀。



資料來源：

1. Yang G, Liu ZQ, Yang PC. Treatment of allergic rhinitis with probiotics: an alternative approach. N Am J Med Sci. 2013 Aug;5(8):465-8. doi: 10.4103/1947-2714.117299. PMID: 24083221; PMCID: PMC3784923.

2. Aurpita Shaha, Hiroyuki Mizuguchi, Yoshiaki Kitamura, Hiromichi Fujino, Masami Yabumoto, Noriaki Takeda, Hiroyuki Fukui, Effect of Royal Jelly and Brazilian Green Propolis on the Signaling for Histamine H1 Receptor and Interleukin-9 Gene Expressions Responsible for the Pathogenesis of the Allergic Rhinitis, Biological and Pharmaceutical Bulletin, 2018, Volume 41, Issue 9, Pages 1440-1447,

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