



Knowledge is
your secret
weapon to good
health.

IMMUNE HEALTH

Poison Ivy

About 82% of people are sensitive to poison ivy. Reactions can run from mild to quite severe. When the skin touches the oil, the body creates an immune response – in essence, an allergic reaction. Contrary to popular belief, a poison ivy rash is not contagious. The only way it will spread is by contact with urushiol, the oil from the plant that causes the reaction. If there are residues left on the skin, it will spread through contact. Symptoms will usually develop within 8-48 hours but sometimes may not show up for several weeks. The poison ivy rash tends to be blistery and itchy, usually lasting around 2-3 weeks.

Contributing Factors

While improving these factors may not make you immune to getting a poison ivy rash, they can make symptoms worse: Lowered/imbalanced immune function, poor gut health, poor diet (high in sugar, processed/refined/inflammatory foods), chronic stress, insomnia

Lifestyle Recommendations

- If you are going to be in a place where poison ivy is likely to be; wear long sleeves and pants and tuck pants into socks to cover the skin as much as possible. Wear gloves if you will be working with your hands.
- Wash hands and body as soon after exposure as possible. Also, wash all clothing, gloves, tools, or anything else that has come into contact with the plant.
- Support your immune health by eating organic, whole foods as much as possible, engaging in regular exercise, managing stress and sleep, and getting some sunshine!

Product Recommendations

- Natural anti-histamines to help with inflammation and itchiness: Rhus Toxicodendron, Quercetin, Nettle Juice/Capsules/Tea, Bromelain, Astragalus, Black Seed Oil, Vitamin C
- Topical itch relief/anti-inflammatories: Nature's Aid, Liquid Probiotic, Witch Hazel, Apple Cider Vinegar, Tea Tree Soap, Oatmeal Bath or Oatmeal Soap, Bentonite Clay, Essential Oils (Geranium, Rose, Lavender, Tea Tree). Be sure to dilute essential oils in a carrier oil such as coconut oil or almond oil.
- Help balance the immune response: Plant Sterols, Beta Glucans, Mushroom Blends
- Provide your body with foundational nutrients to support optimum immune health: Multivitamin/Mineral, Essential Fatty Acids- Omega 3 & 6 (Fish Oil, Flax Oil, Evening Primrose Oil, Borage Oil), Vitamin D
- Support gut health: Probiotics, Digestive Enzymes (with Betaine HCl if necessary), L-Glutamine, C-NAG, Zinc L-Carnosine, Fibre

Book a free 15 minute consult with a GNN Product Advisor!

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