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Quercetin, Skin Issues, and Stress

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Quercetin has been found to powerfully [stabilize mast cells](#)¹, helping to prevent stress-induced anxiety and allergic reactions. A chain of recent discoveries helps to place the significance of these discoveries into context, with far ranging implications for human health and improved nerve tolerance for managing stress.

One study shows that [stress](#)² itself is adequate to begin the migration of immune cells towards your skin, as if preparing to deal with a wound or infection – clearly an evolutionary strategy wherein stress typically implied injury of some type. Another new study shows that stress turns up the volume knob on [mast cells](#)³, priming them to release inflammatory chemicals that are typically involved with allergies, asthma, skin conditions, and digestive problems. Furthermore, the communication coming from mast cells feeds back to nerves and modulates behavior through a sense of anxiety. Mice bred with no mast cells have no fear, and thus boldly venture out and are easy prey.

It should also be pointed out that irritants besides stress can also activate immune cells, causing skin problems or other allergy reactions on mucosal surfaces (like your lungs or sinuses). A case in point is an overgrowth of *Candida* in your digestive tract, whose [allergic by-products](#) are now associated with asthma and skin problems. Such issues invariably involve excessive mast cell activation.

This data paints the clear picture that stress, behavior, skin problems, and other allergy issues are linked with mast cells sitting as a modulator. Problems occur when the mast cells are primed and set in an over-reactive mode. This means that a common stimulus, such as a moderate amount of stress, could trigger anxiety, allergic reactions, sneezing, or in more advanced situations could lock in chronic skin or breathing problems.

A natural way to help stabilize mast cells can help them calm down and behave more appropriately, rather than having a subconscious saber-tooth tiger at the door. While many nutrients found typically in fresh fruits and vegetables are likely to help, quercetin stands out as the top nutrient to help stabilize mast cells. Of course, reducing the trigger that is punching mast cells in the nose, such as stress or *Candida*, will also be of help.

One study with mice showed that pre-treating them with quercetin [prevented the anxiety response](#)⁴ to experimental stress via mast cell stabilization. The researchers found that quercetin was highly protective to the nervous system. The dose used translates to 1500 mg – 3000 mg per day for a 150 pound adult. Quercetin not only prevents mast cells from inappropriately [releasing irritant chemicals](#)⁵ like histamine it also reduces the [inflammatory](#)⁶ immune system signals like IL-6 that come from mast cells and are known to talk to nerve cells (glial cells).

It is also worth noting that quercetin helps improve the overall efficiency of your immune response to combat infection. One recent study showed that quercetin simultaneously offset the effects of stress while reducing [susceptibility to the flu](#).

Quercetin has a stabilizing effect of your nervous system and immune system primarily by modulating mast cell function. It is a great nutrient for any person prone to allergy issues, sinus problems, breathing problems, skin problems, or digestive problems – especially when stress is an aggravator to these issues.

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