

ALLERGIES

(Seasonal, Allergic Rhinitis, Hayfever)

NUTRITION SUPPORT PROTOCOL

Lifestyle Recommendations:

- Acquire a good air purifier to cleanse the air of allergens in the home and office; when cleaning use a vacuum with a Hepa filtration system.
- Flush nasal passages with a neti pot – *Silvercillin™ Liquid can be used as an effective nasal wash.*
- Detox the body to rid internal circulating allergens that keep triggering histamine release:
VegeCleanse Plus™ 14 or 21 Day Detoxification Program Program.
- Shower again at the end of the day and either change clothes or thoroughly wash clothes that may have collected pollens and other allergens throughout the day.
- Delegate outdoor jobs like lawn work or animal care to others or wear a dust mask during outdoor activities.
- Drink plenty of water throughout the day – if desired, add slices of cucumber, lemon, and blueberries.

Dietary Tips and Caveats:

- Avoid sugar, dairy and wheat products.
- Consider taking 1 tsp daily of local, authentic raw honey for allergy prevention and histamine reactions *not for children under 1 year of age.*
- Eat foods rich in vitamin C and the bioflavonoid, quercetin, such as berries, tomatoes, peppers, citrus fruit, apples, broccoli, onion and dandelion greens – *avoid any if intolerant.*
- Eat foods with the anti-inflammatory properties of omega-3 fats such as wild, cold-water fish like salmon, anchovies and halibut, walnuts, flaxseed meal and chia seeds.
- Use the spice, turmeric, to flavor foods like soups, vegetables and fish.

Supplement Recommendations:

HistaEze™	2 capsules twice per day; increase if needed
ProbioMed™ 50	1 capsule per day with a meal
OmegAvail™ TG1000	2 softgels per day with meals

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.