

Spring Allergy Seasonal Survival Tips

Preparation is the Key:

The Spring allergy season is upon us, and it's time to begin preparation for the onslaught of airborne allergens of many types. Many people are affected by these microscopic allergens, from mild to severe in their reactions. In some folks, these allergies lead to sinus or upper respiratory infections. Minimizing the effects of these allergens on your health will help minimize your chances of secondary infections. Here are some things you can do to minimize your exposure to these allergens.

- ◆ Keep your car's ventilation system on re-circulate. This will prevent some of the pollen from entering the vehicle. Some cars have a pollen filter. Make sure you change it before and after each pollen season.
- ◆ Change your in-home furnace filters to the HEPA type. Also clean and/or change them often during the pollen season.
- ◆ Purchase a HEPA filtration unit, and let it run continuously during the pollen season.

While the steps mentioned above can really help, it's difficult to remove yourself from all allergen sources. This is where targeted whole-food nutritional supplements and herbal formulas can help reduce your body's response to the allergens.

Targeted Products:

Listed below are the key products to stock in your natural medicine cabinet for allergies. You should acquire these before the season starts to get a jump on allergies the moment you feel them kick in. **These products may be used alone or in combination.**

Mild - Moderate Allergies:

- ***Allerplex®**: Sometimes the only product that is necessary for **mild allergy reactions. Take 2 capsules 2 to 4 times a day (½ doses for children).** Works well for young children and adolescents.
- ***Antronex®**: This beef liver extract **helps in removing excess histamine** from the blood stream. **Take 1 - 2 tablets 4 to 6 times a day (¼ to ½ doses for children)**
- ***Epimune Complex**: This vegetarian formula may be all you need to reduce your allergy symptoms. The combinations of carefully processed fungi and mushrooms have been shown to reduce allergy symptoms, by **balancing the immune system reaction to allergens. Take 2 capsules per day (½ to 1 capsule/day for children)**

Moderate - Severe Allergies :

***Epimune Complex : 2 capsules/day for adolescents/adults (½ to 1 capsule/day for children)**

***Albizia Complex:** This herbal formula helps lower mast cell histamine release. **It reduces allergy symptoms quite well. Take 1 to 2 tablets 2 to 3 times a day (¼ to ½ doses for children)**

***Thymex®:** This thymus gland Cytosol formula **helps balance the immune response.** It helps to improve immuno-suppression which is depressed in moderately to severely allergic individuals. **Take 1 - 2 tablets 3 times a day with meals.**

***Antronex®:**This beef liver extract **helps in removing excess histamine** from the blood stream. **Take 1-2 tablet 4 to 6 times a day (¼ to ½ doses for children)**
Additional Support: Helps reduce inflammation and congestion

***Boswellia Complex:** This herbal anti-inflammatory formula works synergistically with Albizia Complex for moderate to severe allergies. **It helps reduce inflammation. Take 2 tablets 3 times a day for 7 to 10 days - then reduce the dosage as symptoms diminish.**

*** Congaplex® Chewable:** This formula will help **break up congestion** caused by excess mucous secretions. **Great for use with children!**

***Euphrasia Complex:** This herbal formula **helps reduce mucous formation and the runny nose and watery eyes of allergies. Take 1-2 tablets 2-3X/day for symptoms.**

Other Important Considerations:

Sometimes, food sensitivities and allergies will compound airborne allergy reactions, making them worse. This entire group of allergens keeps the body in a systemic, elevated immune state, which can exaggerate airborne allergy symptoms. If you seem to have allergies all year-round, you may want to consider eliminating common allergenic foods such as **wheat/gluten, dairy, eggs, and soy** from your diet for a few weeks to see if your overall allergy symptoms diminish. If they seem to, you may be experiencing additional allergy symptoms from food sensitivities. See your healthcare practitioner for more information.

Detoxification and Cleansing:

Now, take your health to the next level. Do the Standard Process® Purification Program. This program will help improve the body's ability to detoxify and may lower your response to seasonal allergens. For more information on the **Purification Program**, contact your healthcare practitioner.