

COASTAL NATUROPATHIC CENTER

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ALLERGY PROTOCOL

CORE SUPPLEMENTS

- **Multiple Vitamin/Mineral:** Multi-Nutrients (Vital) or Maxxum (Karuna). A high quality hypoallergenic multiple vitamin/mineral creates the foundation of your supplementation protocol.
- **Cod Liver Oil (Carlson's):** Cod liver oil provides Omega-3 fatty acids with Vitamin A & D to reduce the inflammatory response and help balance Omega-3 and Omega-6 ratios for health. (Code: CODL3)
- **Primadophilus:** This initiates a healthy immune response. (Code: PRI12)

ALLERGY PREVENTION

- **Aller-C:** 1-2 capsules 1-3x/day between meals or at least 15 minutes before eating. This helps stabilize mast cells resulting in less histamine release and can reduce all allergy symptoms. (Code: ALL11 = 100 caps)
- **Tru-OPC:** 1-2 tablets 2x/day. Proven grape seed extract at 75 mg. per tablet. This potent bioflavonoid has similar effects and is complementary to Aller-C. (Code: TRUOP)
- **Vitamin C:** 1000 mg. 3-4 x/day. This water-soluble antioxidant is known to prevent many allergic reactions and has been shown to reduce the need for inhalers in people with allergic asthma. (Code: C1001 – 100 capsules or C1004 – 250 capsules)
- **Saline Nasal Wash** – Arm and Hammer has “Clearly Saline” – Home saline wash is also effective. Follow Neti Pot instructions or use a flush of ¼ tsp salt to ½ cup water. This flushes antigens out of the nasal passages.
- Eat ½ cup of previously frozen berries daily – for flavonoid content.

ALLERGY TREATMENT

- **Allerplex:** 2 capsules 1-3x/day depending upon severity of symptoms. Reliably one of the most effective single items we recommend. This is a non-vegetarian whole-foods combination supplement. (Call our office for this item)
- **Sublingual Immunotherapy may also be an option (S.L.I.T.)** Contact our office.