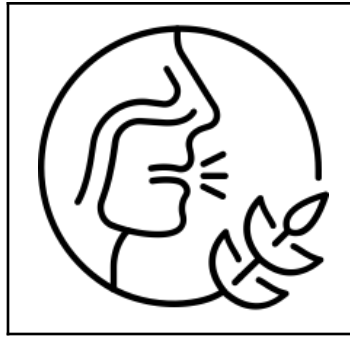


Natural Allergy Relief



ALLERGIC REACTIONS

Most allergies are IgE reactions with mast cells. This means your symptoms are immediate (anaphylaxis) or develop shortly after exposure to the allergen.

Another type of allergy is delayed response reactions, these are IgA and IgG-mediated reactions. The symptoms of delayed response allergies can develop days or weeks later, thus making it difficult to determine what is the exact cause of the symptoms.

EXPOSURE

SKIN - EXPOSURE TO PLANTS, INSECTS, LATEX, ANIMALS, CHEMICALS, ETC.

INHALATION - EXPOSURE TO POLLEN, ANIMALS, SMOKE, MOLD, CHEMICALS, ETC.

INJECTION - EXPOSURE TO MEDICATIONS, STINGING/BITING INSECTS OR ANIMALS, ETC.

INGESTION - CONSUMPTION OF MEDICATIONS, FOODS, ETC.

TYPICAL SYMPTOMS

- Runny nose
- Rash or hives/wheals
- Itching
- Scratchy throat
- Sneezing
- Swelling of eyes, lips, throat, etc.
- Diarrhea, constipation, any change in typical stool pattern.
- Nausea, vomiting, or other GI symptoms
- Low-grade fever
- A general feeling of unwellness/malaise

HOMEOPATHY

- ACUTE REMEDIES** - Used for immediate relief of symptoms or to decrease histamine reactions. Remedy selection is based purely on allergic symptoms.
- CONSTITUTIONAL REMEDY** - Used for overall health. The remedy is based on mental/emotional and all physical symptoms and characteristics.
- FORMULAS** - Premade formulas such as Allersode.

HERBAL/BOTANICAL

- SUPPLEMENTS/TINCTURES/SPRAYS** - Individual or combinations of herbs that target allergic symptoms and/or decrease histamine reactions.
- TEA/TISANES** - Stinging nettle*, Green tea, Licorice root, and Rosemary. *May cause an allergic response.

OTHER THERAPIES

- CONTRAST HYDROTHERAPY** - Increases an individual's overall constitution, strengthens the immune system, increases circulation, balances hormones, and helps regulate the sympathetic system.
- NETI POT** - Helps to decrease sneezing, congestion, and itching in the nose and sinuses. Use as directed.
- ACUPUNCTURE** - Research has shown that regular acupuncture can help relieve allergic symptoms.
- AIR FILTERS/PURIFIERS** - Filters/purifiers help by decreasing circulating allergens in the environment.
- DIET CHANGES** - Diet changes can help reduce/eliminate symptoms by either eliminating the cause of the symptoms or by decreasing dietary histamine.

Supplements can be ordered at <https://us.fullscript.com/welcome/mentivo> and you receive a 15% lifetime discount on all products in the dispensary.