

# ALLERGY PROTOCOLS

Allergies can take many forms including hay fever, rhinitis, sinusitis, allergic cough, acute inflammation, asthma and food and skin allergies. Presented here is a set of protocols that address these different allergic conditions.

## Hay Fever and Rhinitis

**ALLERNEST** indicated in all symptoms due to an allergic reaction, including hay fever, rhinitis, cough, sneezing, and difficulty breathing.

**Dosage:** 10 drops in water every 15 minutes in acute cases, then 20 drops in water three to five times daily.

**ALLEREASE** indicated for hay fever and seasonal allergic rhinitis using an anti-histamine affect.

**Dosage:** 2 capsules twice daily with food during allergy season.

## Rhinitis with Sinusitis

**HYDRASTIS NASAL DROPS** indicated for chronic rhinitis, allergies and sinusitis by decreasing inflammation in the nasal mucosa.

**Dosage:** take 1-2 drops in each nostril several times daily.

## Sinusitis

**LUFFA TABS** indicated in cases of sinusitis and associated symptoms by decreasing inflammation of the mucous membrane of the upper respiratory tract.

**Dosage:**  
General: dissolve 1 tablet on the tongue three times daily.  
Acute: dissolve 1 tablet on the tongue every hour, reduce dosage after symptoms subside.

## Allergic Cough

**ALLERNEST** indicated in all symptoms due to an allergic reaction, including cough, sneezing, difficulty breathing and hay fever.

**Dosage:** 20 drops in water three to five times daily.

**PEPERITA** used for its antispasmodic activity in cases of spasms, cough, acute asthma and difficulty breathing.

**Dosage:** 1 to 3 drops in a glass of pure water or licked from the back of the hand. Inhale deeply upon taking the drops.

**AVENA SATIVA** indicated for the nervous system and used to calm the cough reflex.

**Dosage:** 30 drops in water 3 times daily.

## Food and Skin Allergies

(Refer to August 2006 Biomed Report for Food and Skin Allergy protocols)

## Acute inflammation (with or without excess mucous)

**FLEXIZYME** proteolytic enzyme used to reduce acute and chronic inflammation.

**Dosage:** 2 to 4 capsules two to three times daily between meals.

**Note:** Children receive half or less of the above indicated adult dosages.