



ALLERGIES (SEASONAL, ALLERGIC RHINITIS, HAYFEVER)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
2. Avoid extra stress and obligations.
3. Avoid caffeine and stimulants that overwork the adrenals and liver.
4. Check for heavy metal toxicity, overgrowth of candida albicans, leaky gut, viral or bacterial infections, or parasites.
5. Check liver and adrenal function.

Dietary Recommendations:

1. Consume organic fruits and vegetables and free range meat and poultry.
2. Avoid sugar and sweetened products. Replace sugar with the polyol sugar xylitol.
3. Concentrate on fish and foods high in omega 3 fatty acids such as salmon, mackerel, and tuna.
4. Avoid hydrogenated oils, fried foods, and plant oils such as corn oil, soybean oil, safflower oil and sunflower oil high in linoleic acid.
5. Avoid foods you know you are allergic to and exposure to environmental allergens.
6. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
7. Carry PaleoBars with you to prevent missing snacks throughout the day.

Supplement Recommendations

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Quercetin + Nettles:	2 capsules with each meal
Ultra Lemon MSM:	1 - 2 tablespoons daily
HistaEze:	2 capsules twice a day
Inflammatone:	2 capsules per day on an empty stomach
Adrenotone:	2 capsules with breakfast and lunch

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