



PURAMED

BODY | MIND

ALLERGY PROTOCOL

A Biological Medicine approach to allergies includes symptomatic relief with acid base balance to reduce the hyperacidity and reactivity of the milieu and to support a healthy intestinal mucosa and immune system.

For Symptomatic Relief

Choose 1 of the following products:

- ✓ **Allergy symptoms:** [Allernest](#) - 10 drops in water three times daily during allergy season. For acute symptoms, take 10 drops in water every 15 min until symptoms resolve.
- ✓ **Sinus symptoms:** [Hydrastis Nasal Spray](#) - 1-2 sprays up each nostril (max 5 times per day).
- ✓ **Congestion:** [Luffa tabs](#) - 1 tab dissolved under the tongue three times daily.

To Decrease histamine load & reactivity

Choose 1 of the following products:

- ✓ [Allerease](#) - 2 caps twice a day with food.
- ✓ [Vitamin C](#) - take 2-4 grams twice daily within a 24-hour period.

For Basic Milieu Restoration

Choose 1 Alkalizer & 1 Probiotic:

- ✓ [BasicTab](#) - take 3 tabs or 1 tsp twice daily in warm water on an empty stomach.
- ✓ [Probiotic 7-in-1](#) - Take 1 to 2 capsules two times a day.

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