

Seasonal Allergy Protocol

**Start at least two months before season begins*

1. Lifestyle:

- ★ Stress reduction
- ★ Exercise
- ★ Sleep

2. Nutritional support:

Quercetin: 500-1000 mg/day (apple, black currant, blueberries, cranberry, kale, lignonberry, elderberry, red & yellow onion, scallion, sesame, pumpkin & sunflower seed, red wine, tea)

Bromelain: 100-150 mg/day

Vitamin C: at least 3000 mg/day

Pantothenic Acid

3. **Herbs**: two months before symptoms: two times/day. When acute symptoms begin, every 15-30 minutes until you get relief, then three times/day.

- ★ Nettle tincture – fresh flowering top tincture
- ★ Licorice root
- ★ Plantain – fresh tincture
- ★ Eyebright
- ★ Horehound
- ★ Mullein
- ★ Elecampane
- ★ Goldenrod

4. **Neti pot**: use P'au darco or goldenrod tea with ¼ tsp. of salt.

5. Dietary:

- ★ Eliminate: cheese, dairy, corn, soy, wheat, citrus, nuts, peanuts red meat, processed foods, sugar, caffeine, alcohol, saturated fats & fried foods and other known allergens.
- ★ Eat protein-rich foods.

6. Behavioral:

- ★ Stay indoors when pollen count highest
- ★ Keep windows closed at night
- ★ Undress outside bedroom
- ★ Wash hair
- ★ HEPA filter