



# HEAVENLY HERBS and ACUPUNCTURE

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### TREATING HAYFEVER or ENVIRONMENTAL ALLERGIES using NATURAL MEDICINE: PRODUCT RECOMMENDATIONS@

#### 1) PREVENTION = BOOST IMMUNITY

##### a) Astragalus

Best Chinese herb to boost immune system to prevent allergic responses to potential allergens

- ☉ Evergreen Herbs Immune + (capsule form)
- ☉ Zand Astragalus formula (tincture form)
- ☉ Evergreen Herbs Cordyceps 3 (capsule form)

##### b) Allergen Desensitization Drops:

- ☉ Allergena Allergy Drops (homeopathic)
- ☉ PCHF Household Dust & Mold Drops (ditto)
- ☉ Many products or allersodes available depending on allergen (even for dairy, MSG, etc.)

##### c) Medicinal Mushrooms

Research has shown the ingredients (such as polysaccharides, etc.) in these types of mushrooms activate an immune system response

- ☉ Reishi, Shiitake and Maitake (can also add to diet-see recipe: Immune-Building Herbal Tonic Soup)
- ☉ Metagenics Mycotaki (tablet form)
- ☉ Evergreen Herbs Immune + (capsule form)
- ☉ Evergreen Herbs Cordyceps 3 (capsule form)
- ☉ Zand Astragalus formula (tincture form)
- ☉ Host Defense MycoShield Spray

##### d) Antioxidants

Recommend obtain good quality brands (I use primarily a nutraceutical company brand, such as Metagenics).

- ☉ Basics such Vitamin C (Ascorbic Acid), Vitamin D3 (D2 if vegetarian), Vitamin E
- ☉ Quercetin - a flavonoid

#### 2) ALLERGY SYMPTOMS

Herb combinations that help with typical hayfever or allergy symptoms. These are similar in action to anti-histamines, and research has shown many of these herbs reduce histamine reaction. However, there are NO SIDE EFFECTS (such as drowsiness, fatigue, or dryness).

- ☉ Bi Yan Pian (tablet form)
- ☉ Pe Min Kan Wan (tablet form)
- ☉ BHI-Heel Adrisin (homeopathic tablet)
- ☉ BHI-Heel Luffeel Nasal Spray (homeopathic)

#### 3) CONCOMITANT INFECTIONS

##### a) Sinus Infections

- ☉ BHI-Heel Reboost Nasal Spray (formerly Sinusin) (homeopathic drops also available)
- ☉ Evergreen Herbs Magnolia Clear Sinus, or
- ☉ Evergreen Herbs Pinellia Clear Sinus (which formula prescribed is based on signs and symptoms; capsule form)

##### b) Respiratory Infections

- ☉ Evergreen Herbs Pinellia XPT (for cough with phlegm; capsule form)
- ☉ Evergreen Herbs Herbal ABX (general antibiotic; capsule form)
- ☉ Many other specific formulas available

#### 4) ASTHMA or DYSPNEA (SHORTNESS OF BREATH)

Formula always prescribed based on signs and symptoms

- ☉ Evergreen Herbs Immune + (capsule form)
- ☉ Evergreen Herbs Cordyceps 3 (ditto)
- ☉ Evergreen Herbs Respitrol (Deficient) (ditto)
- ☉ Metagenics Ceralin Forte (tablet form)
- ☉ Best: Customized formula and treatment plan (including Acupuncture).