

NATURAL ALLERGY RELIEF



Seasonal Allergy symptoms will not kill you but they could have you feeling like one of Snow White's seven little helpers: Drowsy, Drippy, Dopey, Sneezing, Sleepy, Grumpy, and Wheezy (with apologies to the "real" dwarfs). Sometimes, if the allergy symptoms themselves don't get you, the side effects of allergy medicines will.

My Natural Allergy Relief program is a two-pronged approach to reducing symptoms called:

"Block & Rinse"

First, "Block" the histamine response to allergens with natural anti-histamines. Immune cells that line the eyes, nose and throat release histamine when stimulated by dust, pollen, molds and other irritants. Histamine then acts a chemical smoke signal, bringing swelling and other immune cells to your swollen, irritated membranes.

Then, "Rinse" the nasal passages clear of allergens and irritants that cause allergy symptoms. Even with anti-histamines on board and working, letting molecule debris sit on the nasal membranes is just asking for trouble. *For more information, ask for the "Natural Allergy Relief" Brochure.*

Different Protocols for Different Symptom Levels

Mild to Moderate Allergy Symptoms	Moderate Allergy Symptoms	Moderate to Severe Allergy Symptoms
<ul style="list-style-type: none"> • Clear Skies by My Best Health • Sinusin by Heel 	<ul style="list-style-type: none"> • Clear Skies by My Best Health • Sinusin by Heel • MSM Max by My Best Health 	<ul style="list-style-type: none"> • Sinusin by Heel • MSM Max by My Best Health • Petadoex by Weber & Weber <p>* Saline Rinse ("Natural Allergy Relief" Brochure)</p>

Saline Rinse Recipe



When allergy symptoms are particularly severe or a sinus infection has developed, a concentrated salt rinse can help clear the nasal passages and sinus cavities. This technique has fared very well in head-to-

head clinical trials with prescription nasal sprays.

To make your own salt solution combine the following ingredients:

- Four cups warmed spring water
- Two to three teaspoons of Kosher salt
- ¼ teaspoon baking soda

Place the tepid salt solution in a Neti pot or blue bulb syringe and rinse each nostril two to three times daily for 5 minutes. Bulb syringes are available without a prescription at any pharmacy, and Neti pots (little teapots with spouts that insert into the nostril) are available in health food stores and on-line "healthy-living" catalogs.

Natural Sulfur Compound

MSM MAX

by My Best Health

WHY YOU NEED IT:

- Arthritis Symptoms
- Back and Neck Pain
- Headaches
- Fibromyalgia
- Sports Injuries
- Tendinitis
- Bursitis
- Constipation
- Shingles
- Post-operative healing
- Gum disease
- Scars, unsightly or painful
- Carpal Tunnel Syndrome
- Brittle nails, hair
- TMJ
- Heartburn
- Allergies
- Sinusitis
- Asthma
- Cold sores
- Autoimmune disease

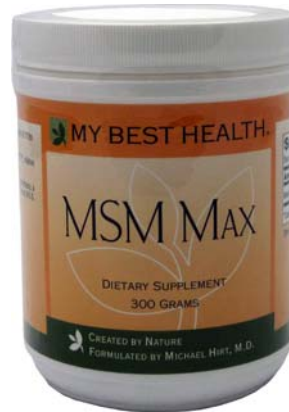
If you have one of the above conditions, MSM Max can help you to control symptoms and speed healing. MSM Max can start to work on relieving pain and disability within days of starting treatment, though maximal effects can take up to one to two months of regular therapy.

HOW IT WORKS:

MSM Max contains natural sulfur. Sulfur is the eighth most abundant molecule in the human body. For thousands of years, medicine men have used natural sulfur compounds to heal human disease and injuries. Even today, patients flock to spas featuring sulfured-mineral hot springs for their healing properties.

MSM Max relieves pain by blocking the pain nerves (known as C fibers), reducing inflammation (redness and swelling), promotes blood flow to enhance healing, and reduces muscle spasm.

Each scoop of MSM Max contains 5,000mg of pure methylsulfonylmethane (MSM). Treatment doses vary from 1/2 to 4 scoops daily. Most patients should start with 1/4 to 1/2 scoop one to two times daily. MSM Max is bitter and is generally best tolerated when



mixed into a flavored beverage such as juice or herbal tea. MSM Max dissolves fastest and best in warm liquids.

Every one to three days, gradually increase your dose of MSM Max to approximately 1/2 to one scoop twice

daily. If your symptoms persist, gradually increase the dose of MSM Max until you notice improvement. If you take too much MSM Max or increase the dose too quickly, side effects can include mild headache, intestinal discomfort or loose stools. If you experience one or more of these symptoms, reduce the dose, and then try to gradually increase the dose of MSM Max once more.

MSM Max can also be applied topically to sore muscles, joints, and problem skin/scars. Dissolve one scoop of MSM Max into one ounce of warm water. Mix well until all of the crystals are dissolved. Rub the solution into affected areas. For sore throat relief, gargle with this mixture three to five times daily. In treating nasal allergies and sinus disease, this mixture can be sprayed into the nose two to three times daily. To help treat gum disease, apply this MSM Max solution directly to the gums and use it as a mouth rinse three to four times daily.

MSM Max can also be dissolved into your favorite skin cream, lotion or pain gel. Use a mortar and pestle or a coffee/spice grinder to pulverize one scoop of MSM Max crystals into a fine powder. Then mix the MSM Max powder into one ounce of cream. Apply the MSM Max enhanced cream four to five times daily. As an anti-wrinkle cream, use twice daily. Store the cream in an airtight container.

PRODUCT #	SIZE
340	300 gm

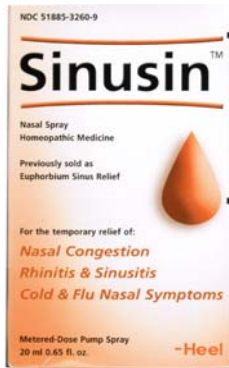


Breath of Fresh Air

SINUSIN

by Heel

- Reduces swelling
- Gently cleans



Rinsing the nose clear of allergens and irritants is the other important half to the “Block & Rinse” natural allergy relief strategy.

Sinusin by Heel is a homeopathic nasal spray that gently cleans the nasal membranes while simultaneously reducing swelling and irritation. Keep Sinusin at home, in the office, in your purse and car to be ready to use

when your nasal membranes are irritated.

PRODUCT #	SIZE
139	20 ml

Clear Skies Ahead

CLEAR SKIES

by My Best Health

- Treats itchy eyes & throat, nasal congestion
- Helps stop dripping
- Natural anti-histamine



Quercetin is a natural anti-histamine found in onions, red wine, green tea, apples, berries, and broccoli. As the main active ingredient in our allergy relief formula, Clear Skies, Quercetin can help treat the typical allergy symptoms associated with the histamine response such as itchy eyes, nasal congestion and dripping, and itchy throat.

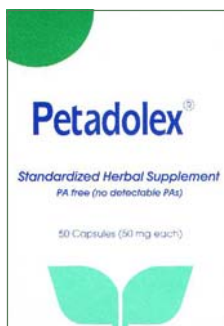
PRODUCT #	SIZE
126	50 cap

“Start Spreading the News”

PETADOLEX

by Weber & Weber

- Powerful anti-histamine
- No drowsy side effects



Butterbur has been clinically studied to be as effective as powerful prescription anti-histamines, but without any of the dry-mouthed and drowsy side effects of the potent medications.

Butterbur herbal extracts must be prepared with great precision to remove unwanted elements.

Petadolex by Weber & Weber meets the highest standards for safe and effective allergy treatment with butterbur extracts.

PRODUCT #	SIZE
173	50 cap

Prescription

vs.

Herbal Remedy

As an Integrative Medicine physician, I will often prescribe both medications and herbs to help patients feel better and recover faster. For some patients, I may only recommend prescription medications and for others only herbs. Clinical judgment and the knowledge of my patients guide my integrative care plans.

As with prescription medications, quality counts when using herbal medicines. My office has an herbal pharmacy stocked with natural medicines from companies I have researched and am comfortable with their strict manufacturing standards. Since the FDA does not regulate the natural medicine industry, I find I must investigate the products I recommend to make sure they meet strict quality and purity standards.

Speeds Recovery from Coughing

DEEP BREATH

by My Best Health

- Clears lung congestion
- Heals wheezing
- Natural Decongestant
- Soothes lungs



Not being able to take a deep breath without triggering a coughing spell is a classic symptom of bronchitis and asthma. Coughing all day is exhausting and frequently keeps patients (and their partners) from a good night's rest.

Deep Breath is a blend of lobelia and mullein, two of the best known herbs for clearing the lung congestion that causes us to cough. Whether the congestion is caused by allergies, asthma or infection, Deep Breath assists the lungs in removing the irritating mucus that triggers the cough reflex.

HOW IT HEALS:

The herbs mullein and lobelia are classic herbs that help heal irritated bronchial tubes and lung tissue while simultaneously helping the lungs to clear out the irritating mucus that perpetuates the coughing.

Deep Breath is not a cough suppressant or expectorant like most of the prescription and over-the-counter cough products. Deep Breath works to remove and soothe; Remove the irritating mucus that causes coughing while soothing the inflamed lung and bronchial tissues.

Patients with asthma, allergies, acute and chronic bronchitis, colds, flu, and chronic cough will all appreciate the fast, healing properties of Deep Breath.

Keeping the lungs moist will also speed healing. This can be done with a hot mist humidifier (the kind that makes the walls sweat), steam shower, and drinking lots of hot herbal teas.

Usual Dosage: To speed healing, take one dropperfull by mouth every hour while awake. To burn off the alcohol or dilute the herbs, place one dropperfull in 4 – 8 ounces of hot water, wait five minutes, and then drink. Too much lobelia can cause nausea. If nausea occurs, simply reduce the dose until this symptom resolves.

PRODUCT #	SIZE
307	2 oz

High Potency

EASY C POWDER

by My Best Health

- Mega doses Vitamin C
- Maximum vitamin C therapy
- Buffered for sensitive stomachs
- No pills



Vitamin C continues to be one of my favorite remedies. It is a time-tested, proven therapy for the treatment of a broad range of conditions including infections, cancer, osteoporosis, tooth and gum diseases, easy bruising, diabetes, heart disease, high blood pressure, asthma, allergies, and gout.

The question in my mind is never whether vitamin C works. The question is whether a patient has taken enough vitamin C.

Anthropologists studying human ancestry and diet have determined that the correct daily human dose for vitamin C is approximately 4,000mg, or about one teaspoon of Easy "C" powder. The RDA for vitamin C is 60mg which is barely enough to prevent scurvy, but far less than needed for optimal health.

When you are ill especially with an infection or stress (ie... surgery), your vitamin C requirements can more than triple from 12,000 to 20,000mg daily depending on the degree of stress.

Easy "C" powder should be used by all IV vitamin C patients to maximize the benefits of IV vitamin C and help keep blood levels as high as possible.

Easy "C" tastes best when blended into a flavored beverage.

PRODUCT #	SIZE
126	50 cap

