

## **Dr. Rashidi Nutritional Support Recommendations I**

### **ALLERGY RELIEF**

**Diet:** should include fresh fruits and vegetables, adequate protein foods, 64 oz. of water daily, garlic and onions help many allergy sufferers. Many benefit from avoidance of dairy products; excess sugars and simple or refined carbohydrates should also be avoided.

**Wellness Pack:** provides over 200 vital nutrients including multivitamins and minerals, antioxidants, essential fats, enzymes, fiber, protein and green superfood to help nourish the body's cells, assist in detoxification and for excellent general nutritional support.

**Controlled Response:** provides nutritional support factors including quercetin which assist the body in controlling the allergic response. Recommended use 1-2 twice daily.

**New Life 1000:** Omega 3 fatty acids are a key regulator of the inflammatory response through the prostaglandin and leukotriene response systems. Recommended dosing should be at minimum 1-2 capsules daily, and may be increased to 4 as needed.

**Magnum C:** Vitamin C has natural antihistamine action and is one of the most protective biochemical substances in the body. Supplementing this vital nutrient is extremely important for allergy sufferers, both to reduce allergic response, and to reduce occurrence of secondary infections such as sinusitis. Begin with one 500 mg tablet and gradually increase every few days to 2000 to 3000 mg each day (4-6 tablets). Some may need more.

**Probiotic Complex:** provides beneficial probiotic microorganisms that help digest foods, create vitamins (B and K), and inhibit the growth of yeasts and harmful bacteria that often aggravate the immune system and enhance the allergic response. Use 1 cap twice daily.

**Phyto-OptiEnzymes:** for more complete digestion of foods, this reduces foreign antigens that contribute to a heightened allergic responsiveness in the system.

**Sinus and Allergy Relief:** Homeopathic formula for relief in case of allergy flare-up.