

Dr. Rashidi Nutritional Support Recommendations II

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 ESSENTIALS for Men or Women: Convenience Packs includes MultiGenics multivitamins and minerals, EPA-DHA Omega 3, and calcium for excellent general nutritional support.

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

EPA-DHA 720: 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.

ULTRAPOTENT 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 1000 mg tablet and gradually increase every few days to 2000 to 4000 mg each day (2-4 tablets). Some may need more.

ULTRAFLOORA-PLUS: 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 1-2 caps two to four times daily.

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

PERIMINE: Unique herbal formula useful for respiratory support and to reduce allergic inflammation.

NAZANOL: Chinese herbal formula promotes healthy sinus, nasal and lung passageways