

Allergies and Asthma

1. Fish oil 2-4 grams / day
2. Allerplex 2 – 6 / day Take seasonally or as needed
3. Decrease refined sugars and flour as they increase your bodies inflammatory state.
4. Antronex – natural antihistamine
5. Adjustments help stimulate nervous system and help the symptoms of asthma and allergies from coughing and sneezing.