

Supplement Pricing:

Allerforce	\$15.00
Allergen I	\$15.00
Allergen II	\$15.00
Allernest 50ml	\$18.00
DHist 120ct.	\$35.00
Flower Antigen	\$14.00
FNGI	\$15.00
FNGII	\$15.00
Hydrastis	\$27.00
Mold Mix	\$15.00
Netti Pot	\$20.50
Netti Wash	\$20.00
Pollen Mix	\$15.00
Quercitin/Nettles	\$22.00
Tree Antigen	\$14.00
Weed & Grass Antigen	\$15.00

*Supplements are not FDA approved
and are not intended to diagnose,
treat, cure or prevent any disease.*



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ALLERGY SEASON IS HERE!



Symptoms of Allergies

Sneezing

Stuffy/Runny Nose

Nasal Itching

Watery Itchy Eyes

Sinus Pressure

Scratchy Throat

Itchy Ears

Full ears or pressure in the ears.

COMMON TRIGGERS

Mold

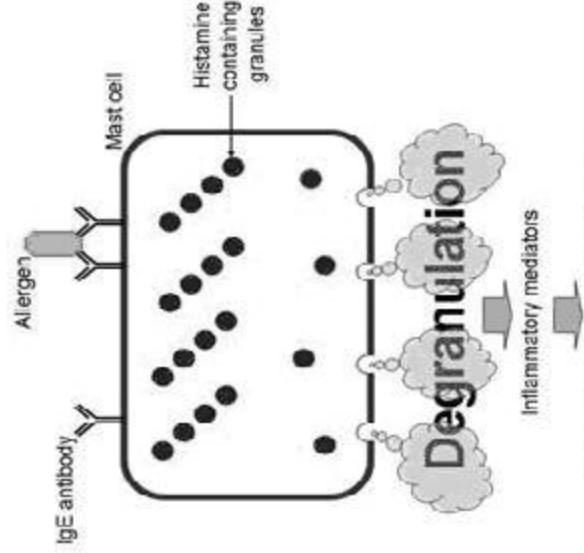
Trees/Weeds/Grasses

Pollen

Food Allergies

How Allergies work:

- Exposure to an **ALLERGEN**, (pollen, mold, grasses, etc.)
- Sensitization to the allergen and your body begins to make antibodies. Specifically **IgE antibodies** to this allergen (also called *antigen*)
- These antibodies attach to mast cells. **Mast cells** are located all over your body and in the nasal mucous membranes
- When the IgE binds to the Mast cells it triggers **Degranulation**
- Degranulation is a release of many different types of molecules (**histamine**, kinins, etc..) that trigger symptoms of allergies (nasal congestion, sneezing, itching, redness, tearing, swelling, ear pressure and postnasal drip.



Treatments:

Discuss with Dr. Logan:

- **AMINO ACID** treatment to reduce allergy symptoms.

Discuss with Kate Gunn, PA, at your next visit:

- Allergy Elimination Diet
- Ultra Clear Detox Program
- Discuss Allergy Treatments

Other Suggestions:

- **LBG Treatment \$95.00**
1-2 times a week as needed
- **Acupuncture \$90.00**
Schedule follow up appointments regularly

Natural Remedies:

Nutritional Supplements:

DHIST

Start dosage—3 pills 3X daily for 10 days
Then 2-3 pills 2X daily during the season

HYDRASTIS

1-2 sprays per nostril 3-5 times daily

QUERCETIN + NETTLES

Start dosage—2 pills 3X daily for 10 days
Then 1-2 pills 2X daily during the season

HOMEOPATHIC REMEDIES:

between meals as directed

Allernest
Allerforce
Hay Fever Tonic
Allergen I and II
FNG I and II
Mold Mix
Tree Antigen
Weed and Grass Antigen
Flower Antigen
Pollen Mix

NASAL HYGIENE:

Netti Pot
3-5 times daily/as needed