

# Allergies Protocol

Clinical protocol supporting patients with seasonal allergies, allergic rhinitis, and/or hay fever



Those of us that suffer through the allergy season or who are prone to having sensitive sinus reactions to our environment know how disruptive to our lives it is which is why Prolistic Health has developed an all-natural treatment protocol specifically for when you are suffering from the symptoms, through evidence-based lifestyle, dietary, and nutrient interventions to support your immune system, minimize the risk of a major infection, and support a healthy inflammatory responses.

Allergic rhinitis is an inflammatory condition that targets mucus membrane, especially within the respiratory system. Common symptoms include sneezing, nasal congestion, itchy skin, and rhinorrhea (a runny nose). Allergies may lead to hypersensitivity responses to environmental antigens and an increased risk of developing or exacerbating symptoms of an infectious, respiratory illness. Allergic rhinitis is also associated with other atopic diseases, such as food allergies, asthma, allergic conjunctivitis, and rhino sinusitis, and also depression and anxiety.

**If you are feeling symptomatic, A ProAm Medical provider can properly diagnose your allergic reactions, including lab work, at our Las Vegas clinic or via telemedicine to provide the appropriate treatment options.**

## Therapeutic diet and nutritional considerations

- Take one teaspoon of local, raw honey daily for potential allergy prevention
- Consume foods rich in Omega-3 fatty acids and Vitamin E including:
  - Nuts
  - Olive Oil
  - Salmon
  - Spinach

## Lifestyle Interventions during active symptoms

- Keep windows and doors closed, using air conditioner or air purifier, and regular vacuuming
- Avoid smoking or second hand smoke
- Maintain an adequate and regular sleep schedule
- Avoid outdoor exercise during times of allergic response
- Manage stress
- Shower daily and change clothing regularly particularly if you are spending time outdoors

Please consult with and discuss with your medical provider before considering this or any other treatment options. A ProAm Medical provider is also available to diagnose and discuss your treatment options.

# PRIMARY SUPPORT

## IMMUNE SUPPORT PACKET \$120 and includes:

### Immunitone Plus™

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	Daily to support optimal immune function; suitable for long-term use
<b>Formula Highlights</b>	Immunitone Plus™ is an herbal formula designed to support a healthy immune system.* It contains herbs that help support normal natural killer (NK) cell activity and the balance of cytokines, supporting a normal immune system response.*		

### Zinc Supreme

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	During times of immune challenge, or until active infection has resolved
<b>Formula Highlights</b>	Provides zinc, riboflavin, vitamin B6 and other ingredients to support immune function. These compounds can be obtained from the diet but certain situations may warrant supplementation with levels above that which would typically be gotten from food alone.		

### N-Acetyl-L-Cysteine

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	Daily for immune function support
<b>Formula Highlights</b>	Provides a generous dose (900 mg) of NAC, an important amino acid precursor. NAC is a source of the amino acid cysteine, which is a building block of glutathione, the body's most powerful antioxidant.		

### Vitamin D Complex

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	During times of immune challenge, or until active infection has resolved
<b>Formula Highlights</b>	In addition to its role in supporting bone health and proper calcium levels in the body, vitamin D is indispensable for a healthy immune system. Vitamin D Complex provides this crucial nutrient along with the other fat-soluble vitamins (A, E, and K) because their roles in physiology may be optimized when taken together, the way they often occur naturally in food.		

### Stellar C

<b>Dose</b>	As part of one packet per day	<b>Duration</b>	During times of immune challenge, or until active infection has resolved
<b>Formula Highlights</b>	Provides vitamin C as ascorbic acid and extract of acerola fruit, a naturally rich source of vitamin C. This product also includes rutin, quercetin, hesperidin and other bioflavonoids from citrus fruits, which may work in synergy with vitamin C for supporting a healthy immune system. Vitamin C is essential for the synthesis of collagen, which is the most abundant protein in the skin. The skin is the body's largest organ and the protective barrier it provides is one of the first lines of defense against unwanted pathogens.		

SECONDARY SUPPORT

Silvercillin™ Liquid \$67

Dose	1 Tbsp twice per day	Duration	During times of immune challenge, or until active infection has resolved
Formula Highlights	Silvercillin™ Liquid is a formula composed of pure silver complexed with purified water. This incredibly powerful, non-toxic form of silver has broad-spectrum effects and supports the immune system.* It also helps the body maintain a healthy barrier against the intrusion of unwanted organisms. Unlike prescription antibiotics, however, Silvercillin™ targets specific organisms while sparing the body's beneficial bacteria. Additionally, it does not interfere with antibiotics, and may even help them work more effectively.		

Allicill™ \$38

Dose	1 softgel twice per day	Duration	During times of immune challenge, or until active infection has resolved
Formula Highlights	A targeted blend of garlic and parsley oils to help support a healthy microbial environment, liver function, and immune health. Helps support healthy inflammatory responses.		

Electrolyte Synergy \$45

Dose	1 softgel twice per day	Duration	During times of immune challenge, or until active infection has resolved
Formula Highlights	Electrolyte Synergy™ is a complete and balanced electrolyte formula to help promote optimal hydration and health. It contains potassium, sodium, chloride and magnesium, the main electrolytes found in the body, helping with symptoms of dehydration after excessive diarrhea, vomiting, or sweating associated with a viral infection		

