

# ALLERGY Clinical Reference

Chronic Allergic Rhinitis	Chronic Sinus Issues	Acute Allergic Rhinitis
Perennial or seasonal hypersensitivity with itchy eyes or nose, coughing or mild wheezing, or reactive skin. Indicated for Th2 dominance.	Chronic sinus complaints of runny nose, nasal congestion, headache, or dizziness.	Immediate reaction to allergic stimuli with nasal congestion, post-nasal drip, or sneezing.
<b>Perilla Seed Extract</b>	<b>Skullcap/Schizonepeta Formula</b>	<b>Quercetin/Nettles Formula</b>
<b>Dosage:</b> 2 to 4 tablets twice daily <b>Directions:</b> Start this formula before allergy season or take year round. Taken daily, patients may notice relief within 2 to 4 weeks.	<b>Dosage:</b> 2 tablets 3 times daily <b>Directions:</b> Patients with chronic sinus issues should take this formula on an ongoing basis.	<b>Dosage:</b> 1 to 3 tablets daily <b>Directions:</b> Take this formula at the onset of a mild allergic reaction and/or to help prevent a recurrence.

Other Considerations	Complementary Formulas
Consider a whole body <b>detoxification program</b> designed for patients with atopic disorders.	<b>Clinically tested medical food for detoxification</b>
If giving <b>vitamin C</b> , consider a formula that contains <b>grape seed extract</b> (proanthocyanidins) for added support.	<b>Buffered vitamin C &amp; grape seed extract blend</b>
Assess gastrointestinal (GI) health and consider probiotic supplementation. <b>Probiotics</b> may play an important role in balancing Th2 activity.	<b>Strain-certified lactobacilli blend with <i>Streptococcus thermophilus</i></b>
Consider <b>essential fatty acid</b> supplementation to help regulate the immune response.	<b>EPA-DHA &amp; GLA essential fatty acid combination</b>
Consider a <b>homeopathic remedy</b> to further address general cough, loose cough, or sinus issues.	<b>Sinus Remedy (formerly HP 7)</b>