

NATURAL ALLERGY RELIEF



Seasonal Allergy symptoms will not kill you but they could have you feeling like one of Snow White's seven little helpers: Drowsy, Drippy, Dopey, Sneezing, Sleepy, Grumpy, and Wheezy (with apologies to the "real" dwarfs). Sometimes, if the allergy symptoms themselves don't get you, the side effects of allergy medicines will.

My Natural Allergy Relief program is a two-pronged approach to reducing symptoms called:

"Block & Rinse"

First, "Block" the histamine response to allergens with natural anti-histamines. Immune cells that line the eyes, nose and throat release histamine when stimulated by dust, pollen, molds and other irritants. Histamine then acts a chemical smoke signal, bringing swelling and other immune cells to your swollen, irritated membranes.

Then, "Rinse" the nasal passages clear of allergens and irritants that cause allergy symptoms. Even with anti-histamines on board and working, letting molecule debris sit on the nasal membranes is just asking for trouble. *For more information, ask for the "Natural Allergy Relief" Brochure.*

Different Protocols for Different Symptom Levels

Mild to Moderate Allergy Symptoms

- **Clear Skies** by MyBestHealth
- **Euphorbium** by Heel

Moderate Allergy Symptoms

- **Clear Skies** by MyBestHealth
- **Euphorbium** by Heel
- **Ultra Pure MSM** by MyBestHealth

Moderate to Severe Allergy Symptoms

- **Euphorbium** by Heel
 - **Ultra Pure MSM** by MyBestHealth
 - **Petadoex** by Weber & Weber
- * Saline Rinse ("Natural Allergy Relief" Brochure)

Ultra pure MSM

by MyBestHealth

- **Effective allergy relief**
- **Clinically proven**

Many of you know Methyl-sulfonyl-methane (MSM) as a popular therapy that has been used successfully by millions of arthritis sufferers to reduce joint inflammation and pain. But clinical research has also demonstrated MSM to be very effective allergy relief.

MSM is the solid form of DMSO, a liquid used topically to treat burns, skin inflammation, arthritis pain, and dissolve gallstones. The FDA has approved

DMSO to treat an inflammatory bladder disease. DMSO's use is not popular because it is absorbed through the skin and then gives patients a pungent "garlicky" body odor. MSM does not have this side effect and anecdotally seems to help patients as well as DMSO.



PRODUCT #	SIZE
167	60 cap



Breath of Fresh Air

EUPHORBIVM

by Heel

- Reduces swelling
- Gently cleans



Rinsing the nose clear of allergens and irritants is the other important half to the “Block & Rinse” natural allergy relief strategy.

Euphorbium by Heel is a homeopathic nasal spray that gently cleans the nasal membranes while simultaneously reducing swelling and irritation. Keep Euphorbium at home, in the office, in your purse and car to be ready to use when your nasal membranes are irritated.

PRODUCT #	SIZE
139	20 ml

Clear Skies Ahead

CLEAR SKIES

by MyBestHealth

- Treats itchy eyes & throat, nasal congestion
- Helps stop dripping
- Natural anti-histamine



Quercetin is a natural anti-histamine found in onions, red wine, green tea, apples, berries, and broccoli. As the main active ingredient in our allergy relief formula, Clear Skies, Quercetin can help treat the typical allergy symptoms associated with the histamine response such as itchy eyes, nasal congestion and dripping, and itchy throat.

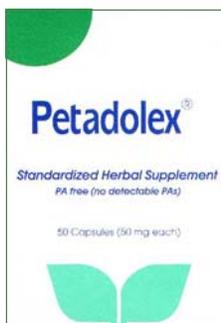
PRODUCT #	SIZE
126	50 cap

“Start Spreading the News”

PETADOLEX

by Weber & Weber

- Powerful anti-histamine
- No drowsy side effects



Butterbur has been clinically studied to be as effective as powerful prescription anti-histamines, but without any of the dry-mouthed and drowsy side effects of the potent medications.

Butterbur herbal extracts must be prepared with great precision to remove unwanted elements.

Petadolex by Weber & Weber meets the highest standards for safe and effective allergy treatment with butterbur extracts.

PRODUCT #	SIZE
173	50 cap

Saline Rinse Recipe



When allergy symptoms are particularly severe or a sinus infection has developed, a concentrated salt rinse can help clear the nasal passages and sinus cavities. This technique

has fared very well in head-to-head clinical trials with prescription nasal sprays.

To make your own salt solution combine the following ingredients:

- Four cups warmed spring water
- Two to three teaspoons of Kosher salt
- ¼ teaspoon baking soda

Place the tepid salt solution in a Neti pot or blue bulb syringe and rinse each nostril two to three times daily for 5 minutes. Bulb syringes are available without a prescription at any pharmacy, and Neti pots (little teapots with spouts that insert into the nostril) are available in health food stores and on-line “healthy-living” catalogs.