

Allergy Protocol

Primary remedies: Allernest, Alkalizer (Pleo Alkala, Basictab or Basic Powder), Pleo Form

Allergies are an over-reaction of the immune system to harmless substances. While blocking histamine or avoiding substances are common practice, they are not addressing the root of the cause. Addressing allergies begins with recognizing that the allergen is a triggering factor to an over-reaction of the immune system and that this is an indication of a severely disturbed internal milieu and compromised intestinal mucous membranes. Therefore, allergy treatment should be approach from symptomatic relief and should include acidbase balance to reduce hyperacidity of the milieu, support digestive functions and intestinal mucosa and promote healthy symbiotic micro-organisms.

Intestinal immunity makes up 90% of the immune system and includes the Peyer's patches and lymphatic follicles of the gut, hence plays a large role in allergy symptomology

Remedy	Phase/Dose	M	T	W	T	F	S	S
Option 1 – Allergy Symptoms and During Allergy Season								
Continue until symptoms improve								
Allernest (Homeopathic)	10 drops in water	<i>every 15 mins until symptoms resolve</i>						
	then 20 drops in water	✓✓✓ to ✓✓✓✓✓						
The Right C	½ tsp in water or juice	✓✓						
Pleo Alkala or Basic Powder or Basictab	½ to 1 scoop (Pleo Alkala) or 1 tsp (Basic Powder) or 2 tabs (Basictab)	In warm water on an empty stomach, according to urinary pH testing *see below* ✓✓						
Option 2 – Allergy Symptoms and During Allergy Season								
Continue until symptoms improve								
AllerEase (Supplement)	2 caps with food	✓✓						
The Right C	½ tsp in water or juice	✓✓						
Pleo Alkala or Basic Powder or Basictab	½ to 1 scoop (Pleo Alkala) or 1 tsp (Basic Powder) or 2 tabs (Basictab)	In warm water on an empty stomach, according to urinary pH testing *see below* ✓✓						
Additional Remedy								
Serrapeptase	1 cap (2 hrs after meal)	✓						

Legend:

- ✓ = 1 dose per day
- ✓✓ = 2 doses per day
- ✓✓✓ = 3 doses per day
- ✓✓✓✓ = 4 doses per day
- ✓✓✓✓✓ = 5 doses per day

General Allergy Protocol (Seasonal, Environmental, Food)

Remedy	Phase/Dose	M	T	W	T	F	S	S
Phase 1 = Days 1 - 14 (2 weeks)								
Continue until symptoms improve								
Pleo Alkala or Basic Powder or Basictab	½ to 1 scoop (Pleo Alkala) or 1 tsp (Basic Powder) or 2 tabs (Basictab)	In warm water on an empty stomach, according to urinary pH testing *see below*		✓✓				
Pleo Form	10 - 30 drops			✓✓✓				
Allernest	20 drops in water	✓✓✓ to ✓✓✓✓✓						
Broncha	40 drops in water	✓✓✓ to ✓✓✓✓✓						
The Right C	½ tsp in water or juice	✓✓						
Probiotic 7-in-1	1 cap	✓✓						
Phase 2 = Days 15 - 75 (2 months)								
Pleo Alkala or Basic Powder or Basictab	½ to 1 scoop (Pleo Alkala) or 1 tsp (Basic Powder) or 2 tabs (Basictab)	In warm water on an empty stomach, according to urinary pH testing *see below*		✓✓				
Pleo Form	10 - 30 drops			✓✓✓				
Pleo Rebasan	1 cap	✓						
Allernest	20 drops in water	✓✓✓ to ✓✓✓✓✓						
The Right C	½ tsp in water or juice	✓✓						
Probiotic 7-in-1	1 cap	✓✓						
Additional Remedy								
Serrapeptase	1 cap (2 hrs after meal)	✓						

*pH Levels – For 2 days, log urinary pH to create a pH baseline.

To determine pH levels, use pH papers to test and record urine for the first morning pH and throughout the day. (normal urine pH readings: first morning urine 6.0 – 6.5; urine throughout the rest of the day 6.8 – 7.4). If the pH reading is below the normal range, alkalization and diet is recommended. An alkalizer should be taken with warm water on an empty stomach (30 min before meals or 2 hours after meals). During the time of alkalizing, urinary pH will generally test 7.4 and higher, ideal for the biochemical reactions to shift the acid out of the body tissues. After one month, have patient stop the alkalizer for 2 days, retest urine pH level. If the pH level is still below the first morning urine range, continue to alkalize until consistent readings are achieved in the normal pH range. This process can take months to balance and pH should be monitored until the ideal range is obtained.

To maintain long-term healthy acid-base balance after initial alkalization, a diet that increases alkaline foods and reduces consumption of metabolically acidic foods is required. (ex. coffee, meat proteins, alcohol, 'white' processed foods and refined sugars). In addition, a healthy lifestyle including regular exercise and stress management will optimize and help maintain a regulated biological terrain.

Clinical Pearls:

From the Biological Medicine perspective and according to Dr. Konrad Werthmann, MD, allergies are always found in the intestinal region. The destruction of the intestinal mucous membranes results in the destruction of the Peyer's patches and stunts the villous (villi and microvilli) folds. This further results in decreased development of IgA and IgG from the mucous membranes and the defense cells (T3 and T4) from the Peyer's patches. Therefore, the root of all allergies whether it is seasonal, environmental or food allergies, is derived in the intestinal mucous membranes.

During allergy season - mix one tsp of Allernest into 8 oz. of water and sipping this throughout the day.

Allergies with...

- ▶ Sinus involvement, add Luffa tabs at 1 tab 3 times daily and Hydrastis Nasal Drops at 1 to 2 drops in each nostril several times daily.
- ▶ Allergic cough, take 10 drops of Allernest combined with 30 drops of Broncha three times daily

A small glimpse into each remedy:

- ▶ **Pleo Alkala** - buffering powder for balancing pH in body's milieu
- ▶ **Basic Powder/ Basic tab** - buffering powder/tablet for balancing pH in body's milieu, milder taste than Pleo Alkala
- ▶ **Probiotic 7-in-1** - intestinal flora, several different forms of healthy bacteria that are acid, heat and shelf stable.
- ▶ **Allernest** - for symptoms due to allergies (seasonal, environmental or food) including hay fever, rhinitis, cough, sneezing, and difficulty breathing.
- ▶ **AllerEase** - natural formula for relief of hayfever and seasonal allergic rhinitis.
- ▶ **Pleo Form** - homeopathic formic acid used for complaints of allergies, rheumatism and inflammation.
- ▶ **Pleo Relivora** - for conditions of the upper respiratory tract and inflammatory processes of the pulmonary tract (including hard dry cough, bronchitis and whooping cough).
- ▶ **The Right C** - vitamin C as a natural anti-histamine, reduce histamine levels in the blood.
- ▶ **Serrapeptase** - proteolytic and mucolytic enzyme for ENT, sinus and respiratory infections, allergies and cough.