

## **Winning the Battle with Unwanted Allergies**

Spring has sprung at last and it is gorgeous! However, all the beautiful blooms and blossoms can also bring allergies. When looking for a quick relief, we need to explore how to reduce your histamine response and down-regulate the inflammatory load that contributes to the allergic response. Itchy and watery eyes, swollen skin, eyes and lips, and upper-respiratory problems such as sneezing, wheezing, coughing, and a runny nose are among some of the symptoms you will see in your practice in the coming months.

Over the counter allergy medications, such as Claritin and Zyrtec, come with many unwanted side-effects including drowsiness, muscle weakness, fatigue, dry mouth, weight gain, depression, reduced sex drive, heart palpitations, insomnia, anxiety, irritability, fast or irregular heartbeat, tremors, increased blood pressure, infertility, and loss of appetite.

Here is a natural alternative:

### **HistoPlex®**

[HistoPlex®](#) is a broad-spectrum herbal formula with natural antihistamines for food allergies or sensitivities as well as immune support.

It supplies a proprietary blend including Osha, Olive leaf, Black Walnut leaf, Turkey Tails, and Hydrangea root.



For airborne allergies, sinus congestion, respiratory distress, and/or red or itchy eyes, consider:

### **HistoPlex-AB®**

[HistoPlex-AB®](#) is a broad-spectrum herbal formula with natural antihistamines, and herbal extracts shown to have immune modulating properties.

It supplies a proprietary blend including European Goldenrod extract, Baikal Skullcap root, Eyebright extract, White Mulberry fruit, and Silk Tree bark.



To determine which one is the best for you to use, try this quick and easy functional test:

1. Bend over and touch your toes to quickly measure your range of motion.
2. If histamines are high you will have reduced flexibility.
3. Sprinkle one of contents of HistoPlex on your tongue and hold for 30 seconds and re-perform the challenge. Repeat again with HistoPlex-AB.
4. If you observe an increase in flexibility better with one of the products than the other, you will know the product that produced the best increase in flexibility will work best for your bio-chemical individuality.
5. Both products take a week or two to build up in the system for maximum results.

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