

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

ALLERGIES, FOOD ALLERGIES AND SINUSES.

This is everything you need to know to stop allergies and sinus congestion in their tracks! You do not need ALL of them, just see what applies to your situation. There are many factors in allergies. Consider an anti-inflammatory diet (eliminate wheat, gluten, sugar and sugar alternatives, corn and dairy). There are many guides to help online. Check for mold in your home. Get fresh air, get your body moving too-preferably get sweating, as that helps detox your system. If you need further assistance, consider seeing a healthcare provider. Acupuncture can really help too.



**BE PREPARED THE
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Allergies, food allergies & sinus problems, when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

ASTRA C



- **Take for prevention of colds and flus, especially when you are traveling, run down or exposed to other sick people. Can help with chronic allergies and severe burns as well. Can be taken long term for frequent colds or flus and chronic asthma to strengthen the immune and respiratory system.**
- 1-3 pills, 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & kids.

XANTHIUM RELIEVE SURFACE



- This is like natural Benadryl without the side effects.
- **It treats allergic reactions- sinus congestion, allergies, skin rashes, psoriasis, hives, dermatitis, eczema & poison oak.**
- It is a combination of Astra C (Jade windscreen) with Bi yan Pian- so you do not need all 3!
- Take 1-3 tablets, 1-4 times a day until symptoms improve. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Combine with Astra C for best results for poison oak.
- Safe for pregnancy, breastfeeding & kids.

FREE AND EASY WANDERER



- **This is a formula that harmonizes the Liver and Spleen.** They are often the underlying imbalances for developing allergies, so this formula treats the origin or the root.
- Other symptoms that would indicate this formula are **headaches, vertigo, menstrual disorders, PMS, mood swings, digestive issues, fibrocystic breast disease, mastitis.**
- Take 1-3 tablets, 1-4 times a day. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy in low to moderate doses.
- Safe when breastfeeding.
- Safe for kids.

BI YAN PIAN



- **Treats acute and chronic sinus congestion with thick, sinus infection, yellow mucus, sinusitis, rhinitis, hay fever, sinus headache, colds and flus.**
- Take with Isatis gold for stronger antibacterial action. If you want an immune system formula, Xanthium Relieve Surface is this, Bi Yan Pian, with Astra C/ Jade Windscreen. Avoid dairy with any type of phlegm.
- 1-3 pills, 1-4 times a day. Dosages are for 120 lb adults, decrease dose based on their weight, crush in food if necessary.
- Safe for breastfeeding & kids. If pregnant switch to Nasal tabs 2 instead.

HEAD Q



- **Treats and prevents headaches and TMJ, trigeminal neuralgia, facial pain, colds with sinus congestion and sinus pain. Can help with upper back, neck and shoulder pain.**
- Add Clear heat for **herpes infections** on the face or eyes.
- Take 3-5 tablets 1-4 times a day until symptoms resolve. Doses are based on 120lb adult, so adjust accordingly.
- Add Ease 2 if **headache is coming from severe neck, shoulder and upper back pain and tension.**
- Safe for pregnancy, breastfeeding & kids.

EASE 2



- **Treats prolonged colds and flus from any virus, vaccination reactions, such as fatigue and lingering body aches. helps muscular tension and pain in the head, neck, shoulders & upper back. Good for PMS, especially mood swings. Treats food allergies, bloating & belching.**
- Take 1-3 tablets, 1-3 times a day. Doses are based on 120lb adult, so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

STOMACH CAPS



- **Treats digestion, flatulence, abdominal bloating, chronic & acute gastritis, duodenal ulcer. Eliminates food allergies, relieves intestinal inflammation. Improves absorption of nutrients. Helps motion sickness.**
- For intestinal Flu, use Quiet Digestion.
- Take 1-3 tablets, 1-5 times a day as needed. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.

ENTEROMEND



- **Treats symptoms of food intolerance including cramping, bloating, intestinal gas, nausea and diarrhea. Reduces intestinal inflammation. Helps heal the intestines by breaking down foreign rotting. Includes a full spectrum of digestive enzymes. Useful in treatment of gluten intolerance.**
- Take 1-3 tablets per day until symptoms resolve. Or as needed for motion sickness. Dose based on 120lb adult so adjust accordingly.
- Safe for pregnancy, breastfeeding & kids.