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immune support

airborne allergies

Primary Support:

Apex Adaptocrine: 2-3 capsules with each meal

Apex HCL-Prozyme: 2 tablets with each meal

Biotics HistoPlex AB: 2-4 capsules 2-4 times daily

Biotics FCTS: 2-4 capsules 2-4 times daily

Secondary Support:

Biotics IPS: 2-4 capsules 2-4 times daily

Biotics Livotrit Plus: 1-2 tablets with each meal

Biotics Beta TCP: 1-2 tablets with each meal

Homeopathic Support:

Apex Airborne: for best results, take this formula for the length of the pollen season. Take this formula 30 minutes before a meal, on an empty stomach. Begin by taking 10 drops under the tongue twice daily for the first 4 weeks. Then take 10 drops under the tongue every other day for the remainder of the pollen season

sneeze-ease tea

Ingredients:

3" piece of ginger, coarsely chopped

1 large clove of garlic, coarsely chopped

10 whole cloves

3 cups filtered water

organic lemon juice

(optional – Manuka Medical Grade Honey to taste)

Directions:

Put the spices and water into a pot and boil for 20 minutes.

Let the tea sit for 5 minutes to steep and cool.

Pour ¼ cup organic lemon juice into a mug, using a strainer fill the rest of the mug with spice tea.