

Allergies?

5 Easy Steps to Wellness

Hi, I'm Daniel Gagnon, Medical Herbalist and Owner of Herbs, Etc. The number one goal of my practice is to provide my clients with therapeutic results. There is a way to gain relief by systematically supporting your body. Over the years I have developed an herbal program specifically addressing allergies. My five-step action plan for surefire relief is the following:

Stop allergy symptoms

When we are under stress, mast cells (which line the mucous membranes of our nose and respiratory system) become hypersensitive and overactive. With the intent to protect us, just one grain of pollen can trigger the mast cells and we become miserable with allergies. Allertonic®, an herbal formula, calms mast cells and eases the symptoms of allergies, such as sneezing, post-nasal drip, itchy eyes, and sinusitis. In contrast with prescription allergy medication, Allertonic® has no known side effects or contraindications. Take one softgel three to five times a day through the allergy season.



Support your liver

Your liver is the key organ to ongoing allergy relief. The presence of inflammatory compounds and toxins in your bloodstream means increased allergy symptoms. Liver Tonic™ can help you get quick results. This herbal formula stimulates your liver's ability to break-down inflammatory compounds and enhances its detoxification process.

Do not use Liver Tonic™ during pregnancy. Take one softgel twice a day for three weeks.



Balance your immune system and strengthen your adrenal glands

High stress and excessive immune system response increase allergic reaction. Deep Health™ has a regulating and balancing effect on the immune system. This herbal complex decreases the body's excessive reaction to allergens by strengthening the adrenal glands. It also increases the resistance of mucous membranes and prevents inflammation caused by allergens. Deep Health™ has no known side effects or contraindications. For optimum allergy prevention and health support during allergy season make Deep Health™ your daily multi-herbal formula. Take one softgel twice a day for up to two months before and during the entire allergy season.

Heal your respiratory system

If you experience lung congestion, sore throat and/or stuffy sinuses, use Respiratonic® to rescue your respiratory system. This herbal formula serves as an excellent expectorant, eases sore throats, and decreases inflammation of the sinuses and respiratory tissues. Do not use Respiratonic® during pregnancy. Take one softgel three to five times a day.



Eat the right food to support your mucous membranes

First, increase your diet of vitamin A-rich foods, such as yams, carrots, collards, parsley, spinach, winter squash, melon, cantaloupe, pumpkin and organic liver. Second, take 2,000 mg of vitamin C per day. Third, drink 64 ounces of water a day (approximately 8 glasses). Finally, stay away from all dairy products, such as milk, cheese, cream, butter and yogurt.

**This allergy season follow my
5-step action plan and breathe free.**



Santa Fe, New Mexico

**FOR MORE INFORMATION,
CALL 1-888-433-1212
OR VISIT US AT
WWW.HERBSETC.COM**