

HAYFEVER/ALLERGIC RHINITIS

TREATMENT STAGE	TARGET	RECOMMENDATION	DOSAGE	RATIONALE
Symptom management	Control allergic symptoms	Quercetin, vitamin C and bioflavonoids with pure, uncut bromelain	2-3 capsules two to four times daily between meals	Vitamin C and quercetin have demonstrated anti-histamine properties and bromelain is known to be anti-inflammatory
	Break down mucous	N-acetyl-L-cysteine (NAC)	1 capsule three times daily	NAC is known to have mucolytic (mucous-dissolving) properties
Address underlying causes	Balance immune response (Th1/Th2 activity)	High potency plant sterols	1 capsule daily	Plant sterols have been shown to help normalise T helper cell activity
	Reduce inflammation	Pure & stable omega-3 fish oil or Extra high strength pure & stable omega-3 fish oil	1 teaspoon daily 2 capsules daily	Shift balance of eicosanoid synthesis away from pro-inflammatory mediators, towards anti-inflammatory mediators
	Regulate gut immunity	<i>Lactobacillus acidophilus</i> NCFM and <i>Bifidobacterium lactis</i> (probiotic) formula	1-2 capsules daily	Probiotics help to support general immunity and may help to balance Th1/Th2 activity
	Boost vitamin D status	Liquid vitamin D formula	1-5 drops daily	Vitamin D helps to support balanced Th1/Th2 activity

Wellness and prevention (on-going treatment)	Healthy diet and lifestyle programme	Structured stress management, exercise and food plan.	N/A	A healthy lifestyle may help prevent disease recurrence.
	Anti-inflammatory metabolic food	Metabolic food containing ginger, rosemary & turmeric	Build up to 2 servings daily	Ginger and turmeric may inhibit release of pro-inflammatory prostaglandins, and can support healthy respiratory airways
	Maintain Immune balance	High potency plant sterols	1 capsule daily	Plant sterols have been shown to help normalise T helper cell activity
	Maintain balanced eicosanoid production	Pure & stable omega-3 fish oil or Extra high strength pure & stable omega-3 fish oil	1 teaspoon daily 2 capsules daily	Shift balance of eicosanoid synthesis away from pro-inflammatory mediators, towards anti-inflammatory mediators



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