

“FIRST AID” MEASURES FOR ALLERGIC REACTIONS

The following can be very useful alternatives for anti-histamines, decongestants, and other over-the-counter drugs when you are experiencing allergic or hypersensitivity reactions. All of these products are available through our Center.

- A. **Bicarb (sodium potassium bicarbonate, or substitute calcium potassium bicarbonate if you have high blood pressure or need to watch your salt intake):** Take 1/4 - 1/2 teaspoon of bicarb in at least 6 ounces of water as needed, which will usually alleviate the symptoms of an acute reaction within 10 minutes. If the symptoms persist, repeat the dose up to 3 times in 30 minutes. Use the smallest possible dose to clear the reaction. If necessary, bicarb may be used up to 8 times per day.

Keep in mind that habitually taking bicarb immediately after eating reduces stomach acid, thereby inhibiting the digestive process. It is better to identify and eliminate offending substance(s) causing your allergic reaction than to constantly come into contact with the offender and then find it necessary to take bicarb to neutralize the symptoms. (If you are having difficulty with many chronic allergic reactions, the doctor may encourage you to undergo allergy testing at our Center to help you identify and desensitize your allergic triggers.)

How bicarb works: When we are experiencing an allergic or hypersensitivity reaction, the body's chemistry shifts to a more acidic state. Our bodies normally produce both sodium bicarbonate and potassium bicarbonate to relieve acid shifts. However, if we are unable to do this properly, we may need an external buffering agent such as bicarb. By ingesting this very alkaline, quickly absorbed substance providing minerals in a ratio proper for the blood electrolyte balance, the body chemistry can be brought back to a more desirable pH and the hypersensitivity symptoms decrease. [NOTE: Our bicarb is formulated for us by a compounding pharmacy and is NOT the same as just sodium bicarbonate or other antacids.]

- B. **PBZ Drops:** For an acute hypersensitivity reaction, squeeze 1 to 2 dropperfuls of PBZ sublingually (under the tongue), being careful NOT to touch the dropper to your tongue or mouth (so as not to contaminate the dropper). 1 to 2 DROPS (NOT dropperfuls) may also be used prophylactically if you know you are going to be exposed to allergenic substances, or may be used routinely once a day. Hold PBZ in your mouth under your tongue for 2 minutes before swallowing.

For bug bites or other skin irritations, a drop of PBZ can be dropped onto the skin and rubbed in (again being careful NOT to touch the dropper to your skin so as not to contaminate it).

How PBZ works: PBZ decreases hypersensitivity reactions, including reactions to chemicals, by providing an anti-histamine in greatly diluted dose. PBZ in this dilute form works as well as the full pharmacologic dose and without the usual side effects of full dose antihistamines. The sublingual route goes directly to the bloodstream so the lesser dose works very efficiently. It takes 200 drops to equal the standard 50 mg dose.

- C. **Glu-C Drops:** If exposed to any toxic materials, consider using Glu-C Drops, containing L-Glutathione and Vitamin C, to help aid detoxification. Dose: One dose of 0.2 cc to 0.4 cc sublingually (under the tongue). You will be instructed in proper sublingual drop administration when using a syringe. Repeat up to 3 or 4 times daily.
- D. **Pure Vitamin C from Tapioca:** Each ½ teaspoon of this powder provides 2,000 mg. of Vitamin C. To relieve a hypersensitivity reaction, such as from insect bites, stir ¼ to ½ teaspoon powder into 6 to 8 ounces of pure water and drink. This quickly absorbed, hypoallergenic form of Vitamin C rapidly boosts detoxification. However it is not buffered, so use only the amount necessary to relieve your reaction, as it will tend to increase bowel motility. Capsules of buffered Vitamin C are also available through our Center.

[NOTE: do not take large amounts of any Vitamin C supplement for a day or so PRIOR to undergoing procedures that require anesthetization, such as getting dental fillings. The Vitamin C will boost detoxification of the anesthetic so quickly that it may wear off before the procedure is over, necessitating more injections of anesthetic! We learned this from clinical experience.]

- E. **Other First Aid Measures:** Many other pain-relieving and allergy-reducing measures are available through the Center, including our patented **Signal Therapy**. The doctor may prescribe some of these as your treatment program progresses.