



THERAPEUTIC GUIDE

FOOD SENSITIVITIES (ALLERGIES)

Food sensitivities include many different types of reactions to foods, from traditional food allergies to food intolerances. With food sensitivities, it is important to support the digestive processes so sufficient enzymes are available to break down and process foods. If the enzymes are lacking, undigested food particles may enter the bloodstream and trigger an immune response. Please also refer to the Digestive Disorders page of this guide.

Homeopathics

Allergic Reaction Rescue™– may temporarily relieve symptoms associated with environmental or food allergies such as redness, itching, swelling, heat, skin blotching, or sudden headache.

Allerphenex I™– homeopathic combination of all phenolic compounds implicated in food reactions.

Allerphenex II™– high potency homeopathic combination of all phenolic compounds implicated in food reactions.

* **Allerstat I™**– detoxification of common food allergies, indicated for indigestion with flatulence and bloating and loss of weight.

Gastrotone™– tonifier for the stomach, indicated for relief of indigestion, nausea, retching, vomiting after eating or drinking, and minor burning pain in the stomach.

Histamine Phenolic– homeopathic cord to help neutralizes allergic responses.

Intestipar™– glandular homeopathic for intestinal support, indicated for relief of weak digestion, bloating, abdominal pain, and diarrhea.

* **Multi-Phenolic**– homeopathic combination of all of the phenolic components implicated in allergic responses.

Coffee/Tea/Chocolate Antigens™– homeopathic allersode combination for coffee, tea, and chocolate reactions.

Dairy Antigens™– homeopathic allersode combination indicated for dairy reactions.

Grain and Seed Antigens™– homeopathic allersode combination for reactions to various grains and seeds such as runny nose and sneezing.

Nightshade Antigen™– homeopathic allersode combination for reactions to nightshade plants.

Nut Antigen™– homeopathic allersode combination for reactions to various nuts.

Vegetable Antigen™– homeopathic allersode combination for reactions to vegetables. Please refer to the Energique catalog for more details on our Antigens and Phenolics in treating food sensitivities.

Herbals

Allercom™– fortifier for the respiratory system, indicated for allergies.

* **Digesticom™**– fortifier for the digestive system.

Digestive Formula– Amazon Rainforest formula that enhances digestion, indicated for bloating and indigestion.

Fennelcom™– fortifier for the stomach and small intestines.

*Denotes primary remedies



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- * **Gingercom™**– fortifier for the pancreas, liver, and adrenals, indicated for weak digestion.
- Licorice**– single herbal that soothes and supports healing of inflamed tissues.
- Una de Gato**– single herbal also known as Cat’s Claw, known for its ability to support gastrointestinal and immune function.

Nutritionals

- C-TR 1500**– vitamin C can be useful for reducing symptoms associated with food sensitivities.
- Colostrum**– rich in enzymes, growth factors, immunoglobulins and antimicrobial factors, which may help heal leaky gut. Available in liquid or capsules.
- Digestizyme**– digestive enzyme tablets to aid in the breakdown of foods.
- Digestizyme Plus**– digestive and pancreatic enzymes to aid digestion. Please refer to the Energique® catalog for information on our plant-based digestive enzymes: Carbozyme™, Gastrozyme™, Lipazyme, Primazyme™ and Protezyme™.
- * **Enervimin™ Digestion Focus**– full spectrum vitamin and mineral supplement designed for those with digestive disorders.
- Grape Seed & Skin**– this antioxidant has a powerful effect on the digestive system and strong anti-inflammatory properties that can make it useful in treating allergy symptoms.
- * **H.D.A. (High Delivery Acidophilus)**– encapsulated live “friendly” bacteria specially processed to deliver the greatest amount of beneficial cultures to the intestines to balance intestinal flora and improve digestion.
- Immunique™**– vitamin and mineral formula to balance the immune system, indicated for allergies.
- Intact Adrenal**– freeze-dried adrenal concentrate, indicated for persons with food sensitivities and other allergies.
- * **L-Glutamine**– this amino acid is the preferred energy source for cells lining the upper digestive tract.
- Vegetarian Digestizyme**– plant source digestive enzymes that aid in the breakdown of foods.
- Vita Tot Chews™**– chewable full spectrum vitamin and mineral supplement for children.

Additional Considerations

An elimination/rotation diet is recommended. Encourage the patient to avoid allergenic foods, as well as processed foods containing artificial flavorings, colorings, preservatives, and other additives.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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