

# Allergies Protocol

Clinical Protocol to support patients with seasonal allergies, allergic rhinitis, and/or hay fever\*



Allergic rhinitis, also known as allergies, seasonal allergies, and hay fever, affects individuals of all ages, although it is more common in children and adolescents. It is increasing in prevalence with an estimated 15% to 25% of the global population affected.<sup>1,2</sup>

Allergic rhinitis is an inflammatory condition that targets mucus membranes, especially within the respiratory system. Inhaled allergens stimulate an immune response and involve basophils and mast cells that release histamine along with other elements of the immune system, including an inflammatory response.<sup>1,3</sup> Environmental and genetic factors contribute to an individual's susceptibility.<sup>4</sup>

Common symptoms include sneezing, nasal congestion, itchy skin, and rhinorrhea (a runny nose). Allergies may lead to hypersensitivity responses to environmental antigens and an increased risk of developing or exacerbating symptoms of an infectious, respiratory illness. Allergic rhinitis is also associated with other atopic diseases, such as food allergies, asthma, allergic conjunctivitis, and rhinosinusitis, and also depression and anxiety.<sup>1,3,5-9</sup>

This clinical protocol is designed to support patients with allergic rhinitis through lifestyle techniques, diet, and specific nutrients known to support a normal immune function and healthy inflammatory process.\*

## Diagnostic Biomarkers and Clinical Indicators of Allergies

- Positive IgE skin prick test<sup>10</sup>
- Positive IgE intradermal test<sup>10</sup>
- Positive IgE blood test<sup>10</sup>
- Peripheral blood absolute eosinophil count<sup>11,12</sup>
  - Mild: 500 to 1500 cell/uL
  - Moderate: 1,500 to 5,000 cells/uL
  - Severe: >5,000 cells/uL
- DFH GI Spotlight™:
  - Secretory immunoglobulin A (sIgA)
  - Zonulin
  - Lipopolysaccharides (LPS)

## Therapeutic Diet and Nutritional Considerations

- Recommend consuming 1 teaspoon of local, raw honey daily for potential allergy prevention and histamine reactions (not for children <1 year of age or pregnant women).<sup>10</sup>
- Counsel individuals on consuming foods rich in omega-3 fatty acids and vitamin E due to their support of the immune system, oxidative stress, inflammatory response, and histamine reduction.<sup>13,14</sup>
  - Nuts
  - Olive oil
  - Salmon/other fatty fish
  - Spinach
  - Sunflower seeds
  - Walnuts
- Recommend an eating pattern high in fiber for its supportive effects on the microbiome.<sup>15</sup>
- Recommend a diverse eating pattern, as higher dietary diversity is associated with an inverse dose-response relationship with allergic diseases, especially in females.<sup>16</sup>
- Recommend trial of an elimination diet due to the association with food allergies, especially in those with a pollen allergy. Up to 90% of those with pollen allergies also have an allergy to foods that cross-react to the pollens, generally as an oral allergy. The most common cross-reactive foods include:<sup>5,17</sup>
  - Apples
  - Carrots
  - Celery
  - Cherries
  - Peaches
  - Peanuts
  - Soybeans
  - Tree nuts

## Lifestyle Interventions

- Recommend maintaining an allergen-free, pollution-free indoor environment by keeping windows closed, using air conditioning and/or an air purifier (with regular filter cleaning or replacements), and vacuuming with a HEPA filtration system.<sup>3,4,18,19</sup>
- Recommend smoking cessation and avoidance of second-hand smoke, as smoking has been shown to be associated with a higher risk of allergies and exacerbation of symptoms.<sup>18</sup>
- Counsel individuals on creating an adequate sleep schedule, as circadian disruptions may affect the immune response and the allergic response.<sup>20</sup>
- Support stress management, as stress has been shown to be associated with allergic reactions possibly due to an interaction between the central nervous system, the endocrine system, and the immune system.<sup>7</sup>
- Recommend showering at the end of the day and changing out of clothing that may have collected pollens and other allergens throughout the day.
- Counsel individuals on ways to reduce outdoor pollution exposure, as pollution is associated with an increased risk of allergies and an exacerbation of symptoms.<sup>4,18</sup>

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners ("Practitioners"). This information is intended for Practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing and/or usage instructions should be tailored to the individual needs of the patient considering their medical history and concomitant therapies. This information is not intended for use by consumers.



## Supplement Protocol

Primary Support:



### HistaEze™

<b>Dose</b>	4 capsules per day, with divided dosing recommended	<b>Duration</b>	Ongoing as needed
<b>Formula Highlights</b>	HistaEze™ features a synergistic blend of nutrients that provides support to help balance the immune response during allergy season.* HistaEze™ offers ingredients that have been shown to support a normal histamine response, stabilize mast cells, and manage the inflammatory response, which benefits individuals suffering from common immune disruptors.* The combination of quercetin and bromelain especially may result in enhanced absorption of quercetin.* Additionally, quercetin in combination with nettle leaf is supportive in individuals suffering from allergic rhinitis, asthma, eosinophilia, and other conditions where inflammation is involved.* HistaEze promotes healthy vitamin C status with ascorbic acid and nettle leaf extract.* Bicarbonate salts are added to better support normal histamine metabolism and immune function.*		

### ProbioMed™ 50

<b>Dose</b>	1 capsule per day with a meal	<b>Duration</b>	Ongoing as needed
<b>Formula Highlights</b>	ProbioMed™ 50 is a high potency, shelf-stable, dairy-free probiotic blend containing 50 billion colony-forming units (CFUs) per serving. It consists of 10 of the most highly researched probiotic strains, with each strain and specific CFU count being fully disclosed. These are robust strains that are capable of surviving the harsh journey to the intestines and can attach to the intestinal walls, where they can grow and function effectively to support gastrointestinal health.* A healthy gut microbiome helps support healthy immune and inflammatory responses.*		

### OmegAvail™ Hi-Po

<b>Dose</b>	2 softgels per day with a meal	<b>Duration</b>	Ongoing as needed
<b>Formula Highlights</b>	OmegAvail™ Hi-Po is our highest concentration omega-3 product per serving, providing 1,600 mg of eicosapentaenoic acid/docosahexaenoic acid (EPA/DHA) in a balanced 1-to-1 ratio. This product is optimal for supporting the foundational needs of EPA and DHA for long-term supplementation.* Omega-3 fatty acids promote a healthy inflammatory response.*		

### D-Evail™ Supreme

<b>Dose</b>	1 softgel per day with a meal	<b>Duration</b>	Ongoing as needed
<b>Formula Highlights</b>	D-Evail™ Supreme provides a clinically relevant serving of 5,000 IU (125 mcg) of vitamin D in a highly absorbable form alongside vitamin K1 and K2 (as MK-4), and geranylgeraniol (GG) to support bone and cardiovascular health.* Vitamin D also helps to promote healthy, balanced immune responses.* Research suggests that combined supplementation of both vitamins D and K may be more supportive than either vitamin alone for both bone health and cardiovascular health.* This product uses Designs for Health's Evail™ system technology that combines quillaja extract with medium-chain triglycerides (MCT) for improved nutrient bioavailability.*		

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---allergies-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities; appropriate monitoring, including liver function tests (LFT), is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.