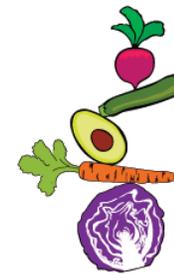


Seasonal Allergies? Get Relief Now!

Calm your allergy symptoms and hyper-active immune system by decreasing inflammation. Since 70% of your immune system is in your gut that's the place to start. What affects your gut? Food! One of the secrets to beating allergies is changing what you're eating.



Be Balanced Healing
Jen Marshall, Certified Nutrition Therapist

Give Up Inflammatory Foods

- 1.** Sugar, baked goods, refined oils, trans fats, processed foods, juice, wheat, dairy, corn, soy

Load up on Anti-Inflammatory Foods

- 2.** Lots of vegetables, wild fish, pasture-raised meats, organic poultry, fruit, healthy fats (coconut, avocado, nuts, seeds, extra virgin olive oil), whole grains, turmeric, raw cacao, garlic, ginger, parsley

Lower your Histamine Load

- 3.** Avoid aged cheeses, fermented foods, cured meats, champagne, beer and wine

Stay Hydrated

- 4.** Water helps clear sinuses and detox the body

Neti Pot Daily

- 5.** Nasal rinse to reduce mucus and congestion

Decrease your Toxin Exposure

- 6.** Eat organic, filter tap water, use non-toxic cleaners and body care products; avoid air fresheners, scented candles and dryer sheets; toxins trigger inflammation

Chew your Food

- 7.** Breaks down potentially allergic proteins that can set off your immune system; digestive issues are equal to immune issues

Relax & Play

- 8.** Find your pause button, breathe, laugh, do something fun every day! Stress and excess cortisol create more inflammation

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7 Essential Supplements

Work with a practitioner for combinations and dosages appropriate for your unique body

1. Probiotics

Protect the gut and sinus barriers, balance your immune system

2. Vitamin C

Anti-histamine, anti-inflammatory; depleted during stress

3. Quercetin

Decreases histamine release

4. Diamine oxidase

Enzyme that breaks down histamine

5. Cod liver oil

Anti-inflammatory omega-3s with vitamins A & D

6. Freeze Dried Stinging Nettles

Anti-histamine properties protected by freeze drying

7. Adaptogenic Herbs

Rhodiola, eleuthero, ashwagandha; balances your response to stress

Long Term Balance – Get Rid of Your Allergies for Good

- 1 **Test for food sensitivities** – find out what else is aggravating your immune system
- 2 **Solve digestion issues** – the gut is often a source of inflammation
- 3 **Support your liver** – help it process toxins so they don't trigger your immune system
- 4 **Sleep** – also an essential nutrient for repair
- 5 **Replete mineral deficiencies** – a key to lowering toxin burden

Walnut Parsley Pesto

2 garlic cloves, peeled

1 cup toasted walnuts

1 ½ cups packed flat-leaf parsley leaves

¼ cup extra virgin olive oil, plus extra

Fresh squeezed juice from 1 large lemon

- 1 With food processor running drop in garlic and process until minced
- 2 Turn off processor, scrape down sides
- 3 Add walnuts, parsley, ¼ cup olive oil and juice from 1 lemon
- 4 Process to mince all ingredients and combine
- 5 Season to taste with salt, thin with extra olive oil to desired consistency

Ways to enjoy:

- 1 Serve on top of vegetables, organic chicken or wild salmon
- 2 Add more olive oil and use as a salad dressing

Bieler's Healing Broth

3 stalks of celery

3 small zucchinis

2 cups of string beans

1 cup of Italian parsley

Handful of chard, spinach, watercress, or mustard greens

- 1 Put 1 cup of water into a stock pot with steamer basket.
- 2 Steam string beans first for 5 minutes.
- 3 Add celery and zucchini; continue steaming for another 5 – 7 minutes until tender but still crisp.
- 4 Place steamed vegetables and steamer water into a blender. Blend until liquefied.
- 5 Add parsley, chard, spinach and/ or mustard greens and blend again until liquefied.
- 6 Serve warm. Start your day with a cup. Drink 1 – 2 cups per day

Nutrition therapy is not intended as a diagnosis, treatment, prescription, or cure for any disease, or as a substitute for medical care.