

First Aid for Cedar Fever

Tom's Picks (non-prescription):

NuHist: 2 – 3 Caps 3 to 4 times a day, then 3 at bedtime

Zone 5 tree mix: full dropper 3 times a day

Allegra, Claritin, Zyrtec (in order of strength) 1 pill twice a day

Nuun or Vitamin C: 1,000 – 3,000 mg twice a day

Vitamin D: 20,000IU a day x 5days then cut dose in half

Stay away from time-released pseudoephedrine (60mg & 120 mg have too many side effects) Instead, use 30mg (red tabs), but only as needed

Lower sugars and increase hydration

Rinse sinuses with a Neti-pot everyday

Shower every night to wash off pollen

Go dairy and gluten free 100% not reduce intake.

Read this and you get 10% off!

We SHIP

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