## What are allergies?

Allergies are over-reactions by your immune system to "allergens" (such as dust, pollens, grass, molds, or animal dander). The reactions caused may affect your lungs, nose, skin, eyes, cardiovascular system, or gastrointestinal tract.

## What treatments are recommended?

Immunotherapy is a natural remedy for allergies. It desensitizes your body to allergens through regular administration of gradually increasing doses (either oral drops or shots) which induce tolerance to the allergens responsible for your symptoms. Your immune system will begin to "ignore" these allergens, making your life much easier all year round- especially during allergy season!

## How often should I be re-tested?

After treatment begins, you should be re-tested annually to help both you and your doctor monitor your improvement.

## Is it safe for children?

Absolutely! Young children tolerate testing and treatment extremely well. This is the most effective path to a healthy future for children suffering from allergies.

## Fact:

Immunotherapy can help children stop food \& environmental allergies from progressing into life-long, serious athsma.

## 85\%

of significant food allergy is attributed to egg, milk, peanut, wheat, soy, tree nuts, fish, and shellfish.


## POLLENS

From trees, grass, weeds, and plants. The worst symptoms occur during pollinating season. Pollen flies on the air and can attach to your clothes and your pet's fur. Even with frequent showers and vacuuming, tree pollen can cause trouble for allergy sufferers.


DUST MITES
Dust mites float through the air, reproduce in carpeting and bedding, and cause year-round problems for allergy sufferers. Vacuuming, dusting with a damp cloth, washing bedding and changing pillows regularly can help, but dust mites are hard to avoid.


## ANIMAL DANDER

It's not actually animal hair that causes allergies, it's a protein in their saliva. When animals clean themselves, the protein sticks to their fur which ends up sticking on clothes and furniture. Cockroaches also contribute to allergen particles around us from proteins in their saliva and feces becoming airborne.

## Ask your doctor how end allergy suffering today.

WHEN AVOIDANCE IS NOT ENOUGH:
The environment is rich with items that can trigger your allergies.


## MOLD

Causes allergy problems year round, especially in the wet seasons. Mold grows when airborne spores land on wet surfaces. Every room in your house with moisture is vulnerable. Water leaks can cause health problems if not fixed immediately.

## FOOD

Foods provide the source for many common allergies. Food-induced allergic disorders may be first seen with a variety of symptoms affecting the skin, respiratory tract, gastrointestinal tract, and/or cardiovascular system. Any food can trigger an allergic response.

## END YOUR ALLERGIES <br> forever!

AllergiEnd

END YOUR ALLERGIES forever!


## Are you ready to break free from your allergy suffering?

## 15 Minutes:

The time it takes to begin your allergy cure!

Treat the cause of your allergies, not merely the symptoms!

Have you taken any of the following medications in the last 12 months?
O Claritin
O Xyzal
O Zyrtec
O Flonase
O Benadryl
O Nasonex
O Allegra
O Nasacort

These medications only mask your symptoms.

If you have taken any of these mediactions, especially on a regular basis, you may need to speak to your doctor about your symptoms and ending your allergies today.

## AllergiEnd

Are you tired of suffering from:
O Runny or stuffy nose
O Sneezing
O Itchy nose \& itchy eyes
O Sore or itchy throat
O Red, itchy, or watery eyes
O Wheezing or coughing
O Chronic bronchitis
O Asthma
O Frequent ear infections
O Itchy skin, rash or hives
O Shortness of breath
O Frequent use of nasal spray

The first step to ending your allergies forever is to find out exactly which allergens are causing your annoying and even debilitating symptoms.

## How?

With AllergiEnd ${ }^{\circledR}$ your doctor can perform a broad range test to see which allergens are causing your allergic reactions. The test is virtually pain-free and take 15 minutes to complete. It is the best and quickest method to identify what is causing your allergic reactions.

## 1. Symptoms

4. Treatment \& Re-Test Periodically

5. Measure Results

## Why test for allergies?

Testing allows your doctor to determine how likely it is that allergens play a role in your symptoms. Some conditions like non-allergic rhinitis, food allergy, infection or gastric reflux may produce symptoms identical to hay fever and be difficult to distinguish without testing. Testing also identifies your specific allegen triggers, which is critical for serious allergy sufferers as one of the keys to effective treatment is avoidance of those triggers. Testing is also the first step in formulating treatment therapy (immunotherapy) which is now being used in many medical fields and is proving an effective long therm method of overcoing your allergic disease.

| TYPES OF ALLERGENS TESTED | FOR EXAMPLE: |
| :---: | :---: |
| Grasses | Bermuda Grass <br> Timothy Grass |
| Weeds | Ragweed <br> Rough Pigweed |
| Trees | Cottonwood <br> Sycamore, American <br> Cat Hair <br> Cockroaches |
| Animal Dander | Candida Albicans <br> Aspergillus <br> Cow's Milk <br> Whole Eggs |
| Molds | Mite Pteronyssinus <br> Mite Farinae |
| Foods |  |



Pain-Free, Needle-Free Testing

## Are there any side effects to skin testing?

Skin testing is not painful and usually well tolerated other than itching and redness, which will be relieved after the test. Your provider will discuss further potential side effects based on your personal medical history.

## How is the skin test performed?

Your provider will apply several non-invasive plastic testing applicators with a small amount of allergens to your back or arms. These devices have no needles and do not break the skin, and the test only takes15 minutes. Temporary itching and/or redness will indicate your sensitivity to allergens.


