

Holistic Support for Allergies, Digestion & Respiratory Symptoms

Assessment & Testing

Non-Traditional Options

- Bioenergetic or bioresonance testing (BioScan, Nano SRT)
- Useful for identifying patterns and possible sensitivities
- Not a replacement for medical testing

Note: in a situation where several allergies are present a follow up with a licensed allergist is highly recommended.

Where: Groupon search for allergies or food intolerance test.

Medical Testing

- Visit a licensed allergist within your insurance network
- Skin or blood testing can confirm allergens and guide treatment

Immunotherapy & Desensitization

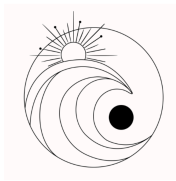
Medical Immunotherapy

- Oral immunotherapy (drops or tablets under the tongue)
- Allergy shots (in-office)
- Used to retrain the immune system over time

Companies: many online, chat gpt search for at home immunotherapy treatment

Holistic Desensitization

- Acupuncture
- Muscle testing
- BioScan / Nano SRT approaches



Holistic
Acupuncture
Santa Cruz

Holistic Acupuncture Santa Cruz Corp

Laura Casasayas LAc

(831) 216-6249

hello@holisticacupunctureesc.com

Local Allergy Specialist

- **Charlie Savoca, LAc** – Santa Cruz / Soquel
- Specializes in holistic allergy desensitization (NAET, Nano SRT, acupuncture)

Digestive Support for Food Sensitivities

Probiotics

- Support gut health and immune balance
- Helpful strains: Lactobacillus, Bifidobacterium, Saccharomyces boulardii

Digestive Enzymes

- Help break down food and reduce bloating
- Take at the beginning of meals

Gut-Soothing Supplements (Optional)

- L-glutamine
- Slippery elm or marshmallow root
- Aloe vera (inner leaf only)
- Zinc carnosine

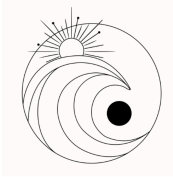
Foods to Reduce or Avoid

- Dairy
- Gluten
- Sugar and processed foods
- Alcohol
- Fried or greasy foods

Respiratory & Sinus Support

Natural Supplements

- **Quercetin** – natural antihistamine



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- **Vitamin C** – immune and histamine support
- **NAC** – thins mucus and supports lung health
- **Butterbur (PA-free)** – seasonal allergy relief
- **Stinging nettle** – histamine support
- **Bromelain** – reduces sinus inflammation
- **Magnesium (glycinate or citrate)** – supports airway relaxation

Herbal Lung Support (Optional)

- Mullein
- Thyme
- Licorice root (short-term use)
- Elderberry

Daily Supportive Practices

- Saline nasal rinses (very important during allergy season)
- Steam inhalation (eucalyptus or peppermint)
- Use HEPA air filters
- Shower after outdoor exposure
- Stay hydrated
- Prioritize sleep and stress reduction

Important Notes

- Introduce supplements one at a time
- Always inform your healthcare provider about supplements
- Natural therapies support the body but do not replace emergency or prescribed medical care

The Big Picture

Supporting digestion, immunity, and lung health together helps calm allergic reactions and improve overall resilience. Best results come from combining holistic care with appropriate medical guidance.