Mandarin Wellness Center Shirley Hartman, M.D.  
9283 San Jose Blvd B-2, S-1 (904) 268-5826  
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**Allergy and Sinus Problems**

- Vitamin C 1,000 – 3,000 mg 1 - 2 times/ day

- Quercitin & Bromelain 1 – 2 caps 1 – 2 times/day

- Xylitol nasal spray for congestion, bacterial infection & breaking up biofilm

- Grapefruit seed extract nasal spray (good for congestion, bacterial & yeast infection)

- Grapeseed extract 60 – 100 mg 1 – 2 times/day

- Butterbur 75 – 100 mg/d

**Restrict:**

- Dairy:  
 milk, cheese, ice cream, yogurt, sour cream, cream cheese, puddings, cream sauces

- Wheat/gluten:   
 crackers, breads, pasta, pastries, etc., unless made with gluten-free products

- Limit the most allergenic foods to 1-2x/week total:   
 Wheat, Dairy, corn, citrus, shellfish, peanuts, almonds, strawberries, soy, tomato

**Recurring sore throats:**   
 - Zinc Lozenges sucked on 3 – 4x/d when having problems or with exposure

02/2022