

ALLERGY/ADDICTION APPRAISAL & REMEDY EVALUATION

IMPORTANT: This appraisal is designed to help discern remedies to reduce allergic/toxic reactions which can undermine recovery from addiction and stimulate addictive behavior.

Read each product description carefully and score **only those statements which pertain to you** on a 1-5 scale of intensity, 5 being the strongest. **You do not have to have every symptom listed in each section** in order for the appropriate remedy to be effective. At the end of the appraisal, prioritize the remedies with the highest score. **Remedies, when used in combination, improve effectiveness.**

1 = Symptoms of occasional significance

2 = Symptoms of slight significance

3 = Symptoms of moderate significance

4 = Symptoms of severe significance

5 = Symptoms of very severe significance

ALLERGY/ADDICTION REACTIONS

Choose remedies from this category when experiencing external and internal stresses including burnout, lack of sleep, anxiety and fears drive the addictive behavior. Combine with other remedies from for a synergistic effect.

ALLERGIES: FOUNDATIONAL FORMULA #1™

General:

- all acute or chronic allergy symptoms
- any severe allergy symptoms
- food sensitivity reactions and cravings
- sneezing, stuffy nose, sinus problems
- watery itchy eyes, dry cough, sore throat
- hives, skin rashes, eczema

Possible Related Physical Conditions:

- low immune system
- digestive complaints from food
- fatigue, low motivation
- heartburn, nausea, constipation/diarrhea

ALLERGIES: TOTOAL MOLD CONTROL U.S. FORMULA #2™

General:

- allergic reactions to mold and fungus
- allergies to yeasted foods such as bread
- cravings for yeasted foods such as bread
- sneezing, stuffy nose, sinus problems
- watery itchy eyes, dry cough, sore throat

Possible Related Physical Conditions:

- digestive symptoms from yeast,
- indigestion, heartburn
- diarrhea, constipation, flatulence
- intestinal or vaginal yeast overgrowth

ALLERGIES: DAIRY™

General:

- acute and chronic allergy to milk products
- cravings for milk, ice cream, cheese, yogurt
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema
- digestive problems

Possible Related Physical Conditions:

- ADD, ADHD
- fatigue, low motivation
- diarrhea
- constipation
- flatulence

ALLERGIES: EGGS & MEAT™

General:

- acute and chronic allergy to eggs & meat
- cravings for eggs and meat
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema
- digestive problem

Possible Related Physical Conditions:

- ADD, ADHD
- fatigue, low motivation
- diarrhea
- constipation
- flatulence

ALLERGIES: GRAINS & GLUTEN™

General:

- acute and chronic allergy to grains
- cravings for grains, especially breads
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema
- digestive problems

Possible Related Physical Conditions:

- ADD, ADHD
- fatigue, low motivation
- diarrhea
- constipation
- flatulence

ALLER-DETOX: CAFFEINE™

General:

- acute and chronic allergy to caffeine
- cravings for coffee, chocolate, tea
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema
- digestive problems

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- diarrhea
- insomnia
- nervousness, anxiety
- blood sugar imbalance

ALLERGIES: FRAGRANCE & PHENOLICS™

General:

- acute or chronic allergy to fragrances
- intolerance of fragrances and perfumes
- headaches from exposure
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- mental fog, mental confusion

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, low motivation
- nervousness, anxiety
- insomnia, hyperactivity
- increased pulse, vision changes

ALLERGIES: ANIMAL HAIR & DANDER™

General:

- acute and chronic allergy to animals
- severe allergy symptoms to animals
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- vision changes

ALLERGIES: DUST, MITE & ROACH™

General:

- acute and chronic allergy to dust
- severe allergy symptoms to dust
- sneezing, stuffy nose, sinus conditions
- coughing, sore throat, clearing throat
- headache, mental fog
- hives, skin rashes, eczema

Possible Related Physical Conditions:

- ADD, ADHD, hyperactivity
- fatigue, burn-out, low motivation
- vision changes

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE. If you have MANY symptoms scoring 5, 4, or 3 begin taking remedies for the highest scores to initiate the deepest healing process. These remedies work synergistically and are safe to use for extended periods of time. Also, work on the areas of your greatest concern.

- **The higher the score, the more likely the allergies or toxins.**
- **The more likely the allergies or toxins, the longer the need to take allergy/detox remedies.**
- **Several remedies may be combined in order to be most effective.**

If you have concerns or questions, discuss this appraisal with your health care provider.

**Adapted from the KingBio Personal Health Appraisal*