

How to use the antigens:

When vials arrive put red ones in fridge and silver in Freezer!

1. Always draw up .1 cc of any antigen. Inject 2 inches away from navel where blood vessels answer. Midline is less painful than other spots but anywhere in abdomen is alright. Enter in the skin bevel up at an angle.
2. First use histamine one am and see response.
3. Then a few hours later or next day use the serotonin and not response. They might relieve acute reactions, headache or sick feeling from exposures or post sauna if feel wiped out.
4. Then try each other antigen once every four days starting with those other than molds which might have stronger reaction if incorrect endpoint. **Try a new one each day - do not do them all at once to start!**
5. For you start with histamine today and serotonin in afternoon today or the next day.
6. Note any response good or bad to any antigen and discuss with me. Do not repeat use if a bad response unless mild..
7. Then Pine shot Tuesday am, PCN on Thursday and Asp on Friday for example. Molds may give more symptoms if wrong endpoint than other antigens.
8. Use each shot on 4 day rotation.
9. Can put each of four baggies in the freezer with A, B, C and D on the bag.
10. Each night take the bag and put into the fridge and in the am do the shot and put back in freezer and get out next one out and put into the fridge for the next am.
11. Foods shots can be done every day for two weeks and then also every four days.
12. Then you can redo the histamine and serotonin together or apart on the fourth day from the last time you used it. For any adverse reaction to food, medication, or inhalant like pollen, mold or chemical you may try to use the histamine or serotonin and see if it helps the symptom. They or histamine alone might be used every half hour up to four times a day maximum. If did not react to serotonin then you will not have this antigen to use so do not look for it. They might help with headaches, allergy, or any ill feeling.
13. Histamine and serotonin stay fridged only and this is indicated by the red (for warm) tops.
14. Silver tops are all frozen.

When you feel sick - What to do: Keep these things in kitchen near fridge if applicable:

1. Trisalts and C orally ¼ teaspoon - 1 teaspoon trisalts and 1 teaspoon of C. Watch for diarrhea and use less if occurs.
2. Use histamine and Serotonin shot
3. Fresh air outside or in filtered room.
4. Oxygen by ceramic mask from Dallas with Tygon tubing at 6 liters for few minutes or up to 2 hours.
5. Epsom Salts Bath and nap in oasis bedroom.
6. Cortef if on this medication 5 or 10 mg if feel very bad.
7. Antihistamine if real allergic reaction.
8. Charcoal by mouth - 1 teaspoon or more in water .
9. Cholestyramine with above and or betonite clay if mold exposure just before becoming ill.
10. Severe Headache try a fiorinol capsule or tablet, Naprosyn or aleve. Tylenol is not recommended as it is toxic to the liver.