

How to use the antigens:

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 all right. Enter in the skin bevel up at an angle.
2. First use histamine one morning and see response.
3. Then a few hours later or next day use the serotonin and note response. They might relieve acute reactions, headache or sick feeling from exposures or post sauna if feeling 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.
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. Both 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 refrigerated 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 $\frac{1}{4}$ teaspoon to 1 teaspoon Trisalts and 1 teaspoon of C. Watch for diarrhea and use less if diarrhea 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 bentonite 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.