

In order to provide the fastest relief for someone suffering from allergies, here's a list of action steps:

- Purchase Dreft laundry detergent, and re-wash ALL family members' clothing and bedding. Stop using all other additives, including bleach, prewashes, dryer sheets and fabric softeners for now, and make a list of what you used to use to share with your doctor on the next visit.
- Stop using air fresheners, perfumes, colognes, scented lotions, etc, and have family members do the same. Bring in any you wish to continue using for testing.
- Avoid any foods with food coloring, "natural" flavoring, "natural" colors or MSG (Monosodium Glutamate).
- Children: Store diapers in a room the child is not using (like a distant closet in the parent's room, not the linen closet). ONE disposable diaper can cause an asthmatic/allergic reaction. Store as few as possible in the changing area if it's in the child's room, and always in a truly airtight container.
- Children: Limit the number of stuffed animals in the child's bed, or avoid any if possible. Whatever cannot be avoided must be tested ASAP – bring in on your next visit if possible.
- Wait to vacuum or dust until the patient will be out of the building, and wait at least an hour for the dust to settle before the patient returns.
- If you have an air purifier that produces ozone, lower the settings on the unit and place in a room where the patient spends little time. Too much ozone can induce an asthmatic/allergic reaction.
- Avoid giving the patient the following foods if at all possible:
 - Cow's milk including cream and half & half,
 - all cheeses,
 - ice cream,
 - yogurt,
 - peanut butter,
 - orange and grapefruit juice,
 - chocolate.