



**Treatment Plan- Lyndy Cracknell**  
28/09/2025

The following recommendations aim to address the main focus of our consultation which was to reduce chronic hay fever symptoms.

**Recommendations- Herbal Tincture**

Commence the following herbal tincture formulated to reduce allergic reactions, strengthen immunity and reduce inflammation.

Herbs included:

**Nettle Leaf** (*Urtica dioica*)- an anti-allergic, anti-inflammatory, antioxidant and nutritive useful in reducing allergies, inflammation and protecting cells from free radical damage. It also contains high amounts of chlorophyll and a range of vitamins and minerals including iron,  $\beta$ -carotene and vitamin C.

**Reishi** (*Ganoderma lucidum*)- an antioxidant, anti-inflammatory and powerful immune modulator/enhancer useful for cases of weakened immunity, chronic inflammation and auto-immune disease. It is also an adaptogen which improves the body's ability to manage stress.

**Chamomile** (*Matricaria chamomilla*)- an anti-allergic, antioxidant and anti-inflammatory useful in reducing allergies, inflammation and protecting cells from free radical damage

**Rehmannia** (*Rehmannia glutinosa*) – an adaptogen which is useful in improving the body's ability to manage stress (either physical, emotional or environmental). Also, an adrenal tonic/trophorestorative which supports and restores healthy adrenal function.

**Dosage:** 5 mls 2x per day with food

**Recommendations- Supplement:**

**Repairase (by Orthoplex)**- this formula contains Quercetin which inhibits the release of histamine and helps to reduce allergy symptoms. It also contains Bromelain, Rutin, vitamin C (which work synergistically as antioxidants and anti-inflammatories) and other vitamins and minerals to support healthy immune system function.

**Dosage:** 1 level scoop (3.1g) in water twice per day with food (until symptoms reduce, then continue once per day) **OR**

**Quercedran Plus (by Orthoplex)**- similar formula containing Quercetin, Bromelain, Rutin and vitamin C, tablet form

**Dosage:** 1 tablet (either cut in half and taken with yoghurt or crushed) twice per day with food.

## **Recommendations- Other**

- Consider choosing low histamine containing foods until hay fever symptoms subside (see Low Histamine diet attachment).
- Maintain adequate fluid intake of approx. 2L per day. The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to eliminate toxins and aids digestion.
- Green smoothie suggestion- 1x banana (can freeze), handful of berries (preferably organic such as Macro frozen berries, large handful or two of greens (kale, spinach, rocket, dandelion leaves- organic or wash well), 1 tsp almond or cashew butter, 1 tbsp LSA (can buy from supermarket) and 1 tbsp black chia seeds. Blend in NutriBullet or similar. Other things you could consider adding are a good quality/clean protein powder, a knob of fresh ginger, a knob of turmeric root.

Here are a couple of studies on Oregano oil and Nigella or Black Seed Oil (used separately). Could definitely be beneficial for you however, I will look into further and consider with all other options available if you're interested in taking.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8340037/#s5>

## **Follow up Appointment**

At this time, we will review your symptoms and current treatment plan. We can also consider the following:

- Discuss further possible histamine contributing to hay fever symptoms and provide additional information.
- Review and further refine nutritional intake to ensure adequate fibre, protein and vitamins/minerals.
- Review current supplements, consider introducing NAC depending on symptoms.

## **Future considerations**

- Provide additional nutritional advice to assist with weight management/loss
- Provide advice on ways to lift mood, increase motivation and improve overall wellbeing