

Allergy Elimination

Instructions for collecting environmental tapes and environmental waters for your allergy treatments

Follow these simple instructions to improve the results of your treatment. Bringing in items from your home allows us to treat for the specific allergens you have in your environment.

ENVIRONMENTAL WATERS

The following procedure is used for both inside and outside collections.

Items Needed:

- Distilled water
- Rubbing alcohol
- Shallow glass or metal pans (disposable aluminum pie pans work fine)
- 2 glass jars or containers with lids

Instructions

- Mix 10 parts distilled water with 1 part rubbing alcohol. This will collect the allergens that are floating in the air (outside and in your house).
- Distribute this mixture in glass or metal pans.
 - For inside collections, place the pans in various rooms of your home.
 - For outside collections, place the pans out of the sun and rain.
- Leave the pans out for 24 hours. (Avoid allowing animals from drinking from the pan!)
- After 24 hours, pour a sample from each of the collection pans into a jar and label the room or area the jar came from.
 - Separate jars should be used for inside and outside waters.
- Bring the jars in with you to be tested and treated.

ENVIRONMENTAL TAPES

This procedure will allow you to take samples from areas and products in your house.

Items Needed:

- Wide packing tape or scotch tape

Instructions

- Press the sticky side of the tape onto various surfaces in your home—carpets, drapes, furniture, etc.—using a separate piece of tape for each surface
 - Good places for samples are tops of doors, inside of sweeper bag, corners of shower (mold), a piece of the filter from furnace, and fireplace soot.
- Fold the tapes in half so the sticky sides are together. Write on the back side of the tape the location of the sample (ex: bedspread.) Bring as many samples as you want!