

Hives

Possible Causes and Contributing Factors:

- Response to allergy or irritant
- Certain drugs (especially antibiotics and aspirin)
- Infectious agent
- Poor digestion
- Jewelry containing nickel
- Chronic hives may be linked to candida
- Sometimes allergy to nitrites, yellow dye #5, sulfites

Suggested Dietary Changes:

- High fiber diet – oats, brown rice, beans, raw fruits & veggies – improve digestion and reduce the necessity of expelling toxins through the skin
- If triggered by sunlight, eat deeply colored vegetables
- Glass of water every 2 hours
- Avoid all junkfood, refined foods, alcohol, caffeine, additives
- Avoid fried foods, meat, dairy to improve digestion
- Avoid aspirin and steroids

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*