

symptoms

Anxiety

Aches & Pains

Asthma, Wheezing,
Sinusitis, Rhinitis

Depression

Fatigue

Migraine

Arthritis

Nausea, Heartburn

Otitis Media

Fibromyalgia

Lethargy

Diarrhoea

Eczema

Acne

Urticaria

Headaches

Constipation

IBS

Fluid Retention

examples of medication

Anxiolytics, Counselling

Analgesics, Antipyretics, NSAIDs, Physiotherapy

Inhalers: Long-term control drugs / Quick-relief drugs: Leukotriene receptor antagonists, Bronchodilators, Decongestants, Anti-inflammatory agents

Antidepressants, Psychotherapy

Empathy

Ergotamine, Dihydroergotamine, Opioids

NSAIDs, Analgesics, Physiotherapy, Surgery

Antacids, H₂-receptor antagonists, Proton Pump Inhibitors, Cytoprotectants

Amoxicillin, Otopical antibiotics

Empathy, Antidepressants, Analgesics, NSAIDs, CBT

Empathy, B₁₂ injections, Mg(SO₄) injections, Pep talk

Antidiarrhoeals

Emollients, Topical steroid creams, Erythromycin or Cloxacillin

Minocycline, Tetracycline, Erythromycin

Antihistamines

Analgesics, NSAIDs, further investigation

Laxatives, high fibre diet, fluid intake

Antispasmodics, Prokinetics, Antidepressants

Diuretics

symptoms

examples of medication

Anxiety

Anxiolytics, Counselling

Aches & Pains

Analgesics, Antipyretics, NSAIDs, Physiotherapy

Asthma, Wheezing,
Sinusitis, Rhinitis

Inhalers: Long-term control drugs / Quick-relief drugs: 1-
antagonists, Bronchodilators, Decongestants, Antihistamines

Depression

Antidepressants, Psychotherapy

Fatigue

Empathy

Migraine

Ergotamine, Dihydroergotamine

Arthritis

NSAIDs

Nausea, Heartburn

Antacids, H₂ antagonists, Proton pump inhibitors, Cytoprotectants

Otitis Media

Antibiotics: Penicillins, Cephalosporins, NSAIDs, CBT

Fibre

NSAIDs, CBT

Constipation

NSAIDs, CBT

IBS

NSAIDs, CBT, Topical steroid creams, Erythromycin or Cloxacillin

Fluid Retention

NSAIDs, CBT, Topical steroid creams, Erythromycin or Cloxacillin

Constipation

Minocycline, Tetracycline, Erythromycin

Constipation

Antihistamines

Constipation

Analgesics, NSAIDs, further investigation

Constipation

Laxatives, high fibre diet, fluid intake

IBS

Antispasmodics, Prokinetics, Antidepressants

Fluid Retention

Diuretics

According to Allergy UK all these symptoms in red can directly or indirectly relate to allergies and sensitivities....

Allergy UK is the operational name of the British Allergy Foundation, a charitable company limited by guarantee and registered in England and Wales.