

# How to Get the Best Results from AllerPops

(US Pat No. 9,795,579)

## How to Use:

### For the best results:

Start about an hour before a meal, follow these four steps, once every other day, until your symptoms disappear.

1. Brush your teeth with water (no toothpaste).
2. Scrub your tongue with a warm wet washcloth from the back to the front until most of the white/yellow biofilm on the top is gone. *Caution: reaching too deep may cause gag reflex.*
3. Gargle hot (optimal 120 °F) water for about 10-20 seconds. Spit out and repeat gargling for five minutes. Your tongue should be red without any biofilm. If it isn't, scrub it with the wet washcloth and gargle one more time.
4. Eat one AllerPop<sup>#</sup> while doing your favorite things. Let the lollipop slowly melt in your mouth. Do not chew the lollipop or swallow it whole. It may take up to an hour. Discard the used lollipop if it is not done after an hour.

# Having a healthy family member who does not have allergies suck the pop first for a couple of minutes may speed up the relief process.

**Warning: Though it rarely happens, discontinue using AllerPops if you feel ill, tiresome, or having low fever or headache. These feeling should go away within a week, likely together with allergy symptoms.**

### Simple method:

This method is for children and other people who cannot gargle properly.

- Eat an AllerPop every other day, while having a hot beverage or after brushing your teeth. Wiping tongue, teeth, gum and other oral surface areas with slightly hot wet cloth for several minutes may make the process more efficient. Sweet warm-hot water can be used for young children so that it is more appealing to them.

(Please note) This method may take months to reach a sustained relief and you will wind up buying many boxes of AllerPops.

### Before you get started:

- **We've included:** 12 AllerPops Prebiotic Lollipops.
- **You may need:** a food thermometer, washcloth, water jar or pitcher.
- **Who should NOT use:** pregnant women, people with infection in the airway or head/neck area, with compromised immune system, or allergic to any of the ingredients.
- **Choking hazard!** Adults should supervise any use by children under three years old.

### Is Your Oral Hygiene Too Extreme?

Many people want to brush their teeth and tongue to kill all the germs that cause bad breath. But using toothpaste with antibiotics (such as triclosan) and practicing excessive oral hygiene kills off the friendly bacteria that keep your allergies under control and that have been with humans for millions of years. It will also reduce the effectiveness of this kit. We recommend brushing your teeth once a day using toothpaste without antibiotics.

Common food that might inhibit oral probiotics: vinegar. It is advised not keeping it in the mouth for an extended period of time.

In addition, feeding your gut probiotics well with veggies, whole grain, and mushrooms may help you fight allergies as well.

### What to Expect:

AllerPops prebiotic Lollipops bring your immune system back to its natural state – where it will no longer be so sensitive to the allergens in the air. AllerPops promotes a probiotic-friendly environment in your mouth and the resulting bacterial community in the oral cavity is generally stable and yields long-lasting relief from allergies.\*

Depending on how well the targeted bacteria responds to the prebiotic, it may take several (seasonal allergies) to more than ten (year-long allergies) days to get relief. If your symptoms have persisted for a long time, you may not feel a big difference within the first ten or more days. In most cases, one box of AllerPops should be enough. In some situations, you may need to buy an additional box if you've observed progress but are satisfied.

It's not necessary to continue using AllerPops Prebiotic Lollipops after you've reached the desired results. We don't recommend long-term usage of AllerPops. If the allergies come back (for example, after you've taken antibiotics) then simply retake them.

**\* 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.**

**Always consult your physician before beginning any supplement program. Prior to using our products, take them to your physician for approval. Knoze Jr Corp. assumes no responsibility for the improper use of, self-diagnosis with, and/ or treatment using these products. Knoze Jr Corp's products should not be confused with prescription medicine and should not be used as a substitute for medically supervised therapy.**

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Please contact us at [knozejr.com](http://knozejr.com) if you have any questions.

## Helpful Questions

### Can I take allergy medicine while taking AllerPops?

Yes. You may take allergy medicine before relief from AllerPops kicks in.

### I have been using saline solution. Should I stop it?

Yes. A healthy nasal microbiota is essential to stop allergies as well. Constant nasal washing may destroy the normal flora and make allergies worse though you may feel better right after a wash. The probiotics promoted by AllerPops can migrate and live in nasal cavities as well and help to relieve allergy inflammation.

### If there are cumulative positive results over time how long should I attempt to try the pops?

As a rule of thumb, you may get relief after using AllerPops for 1-2 weeks if you have only seasonal allergies and 2-4 weeks for year-long allergies. Depending on how well the targeted bacteria respond to the prebiotic, it may take several (seasonal allergies) to more than ten (year-long allergies) days to get relief. If your symptoms have persisted for a long time, you may not feel a big difference within the first ten or more days. In most cases, one box of AllerPops should be enough. In some situations, you may need to buy an additional box if you've observed progress but are satisfied.

### Knoze Jr Health Principle for Adults

1. Tame your hunger and dance between fasting and satisfaction.
2. Nurture your probiotics and dance between nature and cleanness.
3. Revive physical work and dance between labor and rest.
4. Choose a destiny and dance between purpose and freedom.

### Raise a Child Allergy-free

**Seed the child's microbial communities with ones from mother, father, and sibling, NOT with ones from dog or cat or environment...**

1. Give birth naturally.
2. Confine baby with mother ideally for a month, (minimum one week). Traditionally in China, a baby is confined for the first 100 days and along with the mother for the first month.
3. Breastfeed.
4. Sleep with the baby in the same bed.
5. Don't bathe in the first week, (wiping gently with wet cloth should be enough). Don't bathe too frequently afterward. Sweating is not a reason for a bath. Sweat produces conditions, such as high salt concentration, that promotes and sustains skin probiotics.
6. Adults should start to chew food first, then feed to baby at 2-3 months old, adding the following foods in these sequences: Begin with a starch-rich diet including water, porridge, semisolid and then solid food. Follow this with protein-rich foods including nuts and veggies. starch-rich diet first, then nuts, protein-rich, and veggies). Adult-chewed food is easy for baby to digest, prevent infection, and help establish oral and gut microbiota, which will likely prevent allergies. The caregiver should have no acute infection when doing mouth feeding.
7. Take AllerPops Prebiotic Lollipops AFTER finishing an antibiotics course.

**Please consult with your physician before applying these principles.**