

Alkaline salts: A natural antihistamine

Formula: 2:1 ratio of sodium bicarbonate to potassium bicarbonate

Method:

In a small jar mix together:

2 tablespoons sodium bicarbonate

1 tablespoon potassium bicarbonate

As needed, take ½ teaspoon of the mixture dissolved in a cup of warm water.

If symptoms do not resolve quickly, take a second dose after 20 minutes

Note: Potassium bicarbonate is a natural salt and does not require a prescription. According to the US Food and Drug Administration (FDA), potassium bicarbonate is noted as GRAS (generally recognized as safe).

If you have difficulty in finding potassium bicarbonate locally, food-grade potassium bicarbonate can be obtained from <http://www.amazon.com/Potassium-Bicarbonate-Food-Grade-Powder/dp/B00BPUTXGQ> as well as other sites on the internet.