

PRACTICAL PROTOCOLS FOR COLD AND FLU

Because of the broad spectrum of the Heel composite preparations, it is possible to tailor protocols for the specific symptoms of a patient. The following describes a variety of cold and flu symptoms to help select particular therapy. For example:

FEVER

One of the mainstays of holistic medicine is not to interfere with fever because it is the body's way of fighting infection. The rise in temperature activates immune components and kills viruses and bacteria. Antihomotoxic preparations can be given to support these mechanisms and to help the patient feel better. Most of the following quick protocols will soothe patients' symptoms without intervening in the body's innate healing path, but rather will reinforce the body's healing energy state.

Aconitum-Homaccord® is often used to soothe the effects of fever. The restless, uncomfortable, stifling feeling especially common at the onset of fever can be appeased by this product. Aconitum will help reduce chills, and has a profound effect on the emotional-physical link of the disease, the trauma/fear produced at the emotional level due to the feverish state of the physical body. Aconitum is best used at the beginning, within the first two days of a cold or flu or at the onset of fever. Typical dosage is 10 drops orally 3x/day for two days.

Gripp-Heel® is best when taken at the beginning of a cold or flu. Take tablets or vials according to manufacturer's directions.

Belladonna-Homaccord® is useful at the beginning of inflammation. Although not a true fever remedy, it can have profound impact at the beginning of infection before feverish symptoms are measurable, for example, in children that become agitated a day or two before their cold develops. The characteristic red hot face is a clear indication for Belladonna, and in such cases, it can be given at a dose of 10 drops orally at bedtime. If the next morning there is no change, give 10 drops before breakfast and the same dosage at bedtime. On the next day, give 10 drops only once orally, then follow with **Gripp-Heel®** tablets for the rest of the week, following manufacturer's dosage recommendations.



COUGHING

Husteel® and **Bryaconeel®** are recommended for stubborn coughs, those that persist after acute cold symptoms have subsided. The following protocol is practical in the sense that patients can carry the small tablet containers to work or school rather than a cumbersome bottle of cough syrup.

Husteel® is a homeopathic liquid combination that replaces cough syrup. It can be taken on its own to control cough or added to the above protocols.

Husteel: 10-15 drops 2x/day for two weeks.
Repeat for another two weeks if necessary.

Bryaconeel® is recommended for inflammation of all serous membranes, coughs in bronchitis and catarrh caused by a chill.

Bryaconeel: 1 tablet 5x/day for 7-10 days.

These can be taken separately or together.



CHRONIC FATIGUE

Although chronic fatigue is a condition of its own, it often surfaces after a bout of influenza. Today, chronic fatigue is very prevalent and has gained medical recognition. It is no longer considered a non-specific, borderline condition, but rather a *bona fide* medical condition. Statistics show that 85% of patients suffering from chronic fatigue are women.

Engystol[®] is a good choice for a treatment protocol. Treatment can be lengthy, requiring a repetition of the main protocol 2-5 times, depending on the age, activity, and constitutional state of the patient.

Protocol suggestion or adjuvant treatment:

Engystol[®]: 1 ampule daily for 10 days + 1 tablet 2-3x/day. If possible, give initial dose i.v.

Echinacea compositum[®]: 10 drops daily for 20 days. Begin 5 days after Engystol.



AFTER TREATMENT OR WHEN FATIGUE PERSISTS

Homeopathic minerals are very useful components of certain antihomotoxic preparations. **Magnesium phosphoricum**[®], **Zincum metallicum**[®], and **Argentum nitricum**[®] for example, are all highly biodynamic remedies. Many are involved in enzyme-guided reactions that help bring the metabolism back to homeostasis. After a viral infection, their inclusion with **Coenzyme compositum**[®] or **Ubiquinon compositum/Ubicoenzyme**[®] has high impact on complete recovery of vitality.

Post-treatment protocol to improve the energy profile:

Ginseng compositum[®]: 10 drops 2-3x/day for 10 days.

When the cold drags on for weeks after the active period is over, for example, when one or more of the symptoms persists; such as accumulation of mucus, sinus congestion, and fatigue, add Echinacea compositum to your post-treatment plan; for example: 1 ampule Ginseng compositum or injeel + 1 ampule Echinacea compositum orally 3x/week for one week, then 2x/week each for 2-3 weeks.