

PRACTICAL COLD REMEDIES

In this edition, we are going to focus on the individual symptoms associated with cold and flu. In previous issues, we have dealt with cold and flu as a whole and featured remedies that address the immune response. While it is important to treat the underlying viral infection, we need to remember that first of all patients want relief. Instead of prescribing over-the-counter pharmaceuticals that suppress histamine pathways and dry up mucous membranes, making them even more susceptible to infections, why not try the more gentle homeopathic modalities? While the products we will feature target specific symptoms of a cold or flu such as sleeplessness, cough and congestion, they also address the causes of these symptoms in relation to the cold or flu and take into account the toxins associated with the condition that often cause the symptoms in question.

FOR COUGH SYMPTOMS

HUSTEEL is formulated to deal with the cough mechanism. It targets the spasm and catarrh associated with different types of coughs (whether dry or catarrhal), treating the mucosa from the oral cavity to the lungs, so it is useful for laryngitis, pharyngitis, tracheitis, bronchitis, and even bronchial asthma. When the mucous membranes of the upper respiratory tract are affected such as in laryngitis and tracheitis, combining **ANGEEL** in the protocol is useful. If strep throat is the case, a combination of **HUSTEEL**, **ANGEEL** and **ECHINACEA COMPOSITUM** is called for.

FOR UPPER RESPIRATORY TRACT SYMPTOMS FOR COUGHS OF ALL SORTS WITH LARYNGITIS, TRACHEITIS OR BRONCHITIS

HUSTEEL: 10 drops 4x/day during acute phase.
During spastic bouts of coughing, 10 drops every 15-30 minutes for a period of up to 2 hours.
Continue daily protocol for a few days after symptoms subside.

SORE THROAT AND/OR TONSILLITIS

ANGIN-HEEL S/ANGEEL: 10 drops 3x/day + **ENGYSTOL**: 10 drops 3x/day.
Continue daily protocol for a few days after symptoms subside.

STREP THROAT

ANGIN-HEEL S/ANGEEL + ECHINACEA COMP: 15 drops of each 2-3x/day.
Continue protocol for a few days after symptoms subside.

SINUSITIS AND TO RELIEVE THE SYMPTOMS OF CONGESTION OF THE HEAD AND EARS DURING THE COLD OR FLU

EUPHORBIVM COMPOSITUM: 10 drops 3-4x/day during symptoms.

TO HELP YOUR PATIENTS REST DURING THE FLU OR COLD

VALERIANAHEEL: 10 drops 2-3x/day.

HEADACHE AND GENERAL NEURALGIA FROM COLD OR FLU

SPIGELON: 10 drops 3x/day.
During acute symptoms the dose can be taken every 15 minutes for a period of up to 2 hours.

TO DETOXYFY AFTER A COLD OR FLU AND BOOST RESISTANCE

GALIUM-HEEL: 10 drops 2-3x/day for 2-4 weeks + **ENGYSTOL**: 1 tablet 3x/day for 2-4 weeks.

IF THE PATIENT IS IN A STATE OF EXHAUSTION OR BURN-OUT*

Add **TONICO-HEEL** to the protocol at the following rate: **TONICO-HEEL**: 1 vial 3x/week for 2 weeks, then 2x/week for 2 weeks. If injection therapy is possible, give one ampoule i.m or s.c. once a week for 3 weeks.

*Please note that certain jurisdictions do not allow homeopathic injections.

