

COLD AND FLU KIT

HOMOEOPATHIC REMEDIES AND HOMOEOBOTANICALS FOR COLDS AND FLUS

These remedies can be used in all cases of cold and flu.

There are two Homoeopathic remedies in the kit (A.G.E. 30c and Aconite 30c), and a selection of Homoeobotanical remedies.

For further advice, please see the more detailed pamphlets "Homoeopathic First Aid Treatment for the Common Cold" (Pamphlet Number 4) or "Homoeopathic First Aid Treatment for Coughs and Earache" (Pamphlet Number 5).

At the start of the illness, or if symptoms are severe or lasting, you are advised to seek treatment from a Homoeopathic Doctor. All coughs and persistent earache should be checked by a doctor.

A.G.E

This is a combination Homoeopathic remedy, containing Arsenicum Iodatum, Gelsemium, and Eupatorium Perfoliatum.

It can be used for cold and flu prevention in the dose of 4 drops onto the tongue or 2 tablets sucked once a fortnight. The dosage is the same for children and adults.

A.G.E. 30c can also be used for flu, and covers the early onset stages to fully developed influenza and the lingering final stages. The dosage is 4 drops onto the tongue or 2 tablets sucked, 3 times a day, for up to 5 days, for both children and adults.

ACONITE

This is the choice of treatment for the early stages of a cold.

Take when sudden symptoms appear of fever, colds, chills, headaches, sore throats. It is especially effective in the acute situation if caused by exposure to cold, dry winds, if frightened, or worse after dark.

The dose is 4 drops onto the tongue or 2 tablets sucked, hourly for 6-8 doses. Aconite is normally used only for the first 12-24 hours.

HOMOEOBOTANICAL FIRST AID - FOR ACUTE ILLNESSES AND FEVERS

The Homoeobotanical system comprises herbal blends, which are potentised Homoeopathically to enhance their medicinal power.

Homoeobotanical FIRST AID is a blend of herbs formulated to cover the acute stages of all febrile illnesses. The selected herbs restore normal temperature and accelerate the healing processes.

The components are Elder Flowers, Red Sage, Cinnamon, Peppermint, Echinacea Ginger, Cayenne and Chamomile.

The basic dose for children is 1 to 2 drops 3-6 times daily, and for adults 3 drops 3-6 times daily.

In an acute fever Homoeobotanical FIRST AID can be given hourly, 1 drop per year of age up to 10 drops. Then the dose can be reduced as the fever subsides.

HOMOEOBOTANICAL C - COLDS AND INFLUENZA TONIC

The focus of this blend of herbs is the common cold, influenza and nasal mucus.

The components are Bloodroot, Boneset, Coltsfoot, Elder Flower, Foenugreek, Golden Rod, Golden Seal, Horehound, Peppermint and Thyme.

The basic dose for children is 1 to 2 drops 3-6 times daily and for adults 3 drops 3-6 times daily.

For acute colds and influenza Homoeobotanical C can be given hourly, 1 drop per year of age up to 10 drops. Then the dose can be reduced as the cold or influenza subsides.

HOMOEOBOTANICAL J-FOR SORE THROATS

This blend of antiseptic herbs and natural antibiotics was developed as a "gargle and swallow" for sore throats.

The components are Red Sage, Echinacea, Pokeroor, Licorice and Golden Seal.

For sore throats a few drops are squirted onto the back of the throat, then gargled and swallowed.

Homoeobotanical J can also be taken internally. The basic dose for children is 1 to 2 drops 3-6 times daily and for adults 3 drops 3-6 times daily.

For acute sore throats Homoeobotanical J can be given hourly, 1 drop per year of age up to 10 drops. Then the dose can be reduced as the sore throat improves.

HOMOEOBOTANICAL U-FOR SINUSITIS

This combination is used for sinusitis, allergies and nasopharyngeal congestion.

The components are Golden Rod, Golden Seal, Thyme, Sundew, Licorice, Elderflower, Echinacea and Eyebright.

The basic dose for children is 1 to 2 drops 3-6 times daily and for adults 3 drops 3-6 times daily.

For acute sinusitis Homoeobotanical U can be given hourly, 1 drop per year of age up to 10 drops. Then the dose can be reduced as the sinusitis improves.

HOMOEOBOTANICAL X-COUGH TONIC

This combination is used as a general cough tonic.

The components are Wild Lettuce, Elderflower, Aniseed, Horehound, Mullein, Skunk Cabbage and Wild Cherry.

The basic dose is 1 to 2 drops 3-6 times daily for children and for adults 3 drops 3-6 times daily.

For persistent or paroxysmal coughing, a few drops can be squirted onto the back the tongue, and repeated as required every 15-30 minutes.

SUPPLIES

Cold and Flu Kits, Homoeopathic Remedies, Homoeobotanicals, First Aid Kits and First Aid Pamphlets can be obtained from this address.

Homoeopathic appointments may be made by phoning these numbers.

Dr Wendy Isbell
Bealey Homoeopathic Services
177 Bealey Avenue
Christchurch 1
Phone 03-366 0508 or 03-366 1000
Fax 03-366 1000