

TREATING COLDS AND FLU USING HOMEOPATHIC REMEDIES AND HOMEOBOTANICALS

These remedies can be used to help with recovery from colds and flu.

There are two Homeopathic remedies in the kit (AGE 30c and Aconite 30c), and a selection of Homeobotanical remedies.

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

AGE 30c

This is a combination Homeopathic remedy, containing Arsenicum iodatum, Gelsemium, and Eupatorium perfoliatum.

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

AGE 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 3 times a day, for up to 5 days, for both children and adults.

ACONITE 30c

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

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, or if frightened, or worse after dark.

The dose is 4 drops hourly for 4-8 doses. Aconite is normally only used in first 12-24 hours.

HOMEOBOTANICAL FIRSTAID – FOR ACUTE ILLNESSES AND FEVERS

The Homeobotanical system comprises herbal blends, which are potentised homeopathically to enhance their medicinal power.

Homeobotanical FIRSTAID is a blend of herbs

formulated to cover the acute stages of febrile illnesses. The selected herbs help to restore normal temperature and accelerate the healing process.

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 Homeobotanical FIRSTAID can be given hourly, 1 drop per year of age up to 10 drops, for 12 hours. Then the dose can be reduced as the fever subsides.

HOMEOBOTANICAL 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, Poke-root, Licorice and Golden Seal.

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 Homeobotanical J can be given hourly, 1 drop per year of age up to 10 drops, for 12 hours. Then the dose can be reduced as the sore throat improves.

HOMEOBOTANICAL C – FOR COLDS AND INFLUENZA

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

The components are Bloodroot, Boneset, Coltsfoot, Elderflower, Fenugreek, 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 Homeobotanical C can be given hourly, 1 drop per year of age up to 10 drops, for 12 hours. Then the dose can be reduced as the cold or influenza subsides.

HOMEOBOTANICAL 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 Homeobotanical U can be given hourly, 1 drop per year of age up to 10 drops, for 12 hours. Then the dose can be reduced as the sinusitis improves.

HOMEOBOTANICAL A – FOR ASTHMA AND LUNG PROBLEMS

This combination is used for wheezing, catarrh, bronchitis, pleurisy and croup.

The components are Mullein, Grindelia, Euphorbia, Lobelia, and Pleurisy Root.

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 problems Homeobotanical A can be given hourly, 1 drop per year of age up to 10 drops, for 12 hours. Then the dose can be reduced as the problem improves..

Please see your doctor if you have any of these problems.

HOMEOBOTANICAL X – FOR COUGHS

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 coughing, Homeobotanical X can be given hourly, 1 drop per year of age up to 10 drops, for 12 hours. Then the dose can be reduced as the cough improves.

SUPPLIES

You can buy these remedies from reception at my practice.

They are practitioners-only medications though, so you need to be a patient at the practice to buy them.

Or you can have a casual appointment with me, and I can check if you need any medical treatment, and give you a homeopathic remedy as well, if you wish.

Each of the remedies is available separately. (References R and HB)

There is a 10% discount for remedies bought at the time of a consultation. (References RD and HBD)

You can purchase one of each of the remedies, with a 20% discount. (Reference KCFD)

Or you can purchase a smaller kit which contains AGE 30c, Aconite 30c and Homeobotanicals FIRSTAD and J, together with the mixtures Homeobotanical CU and Homeobotanical AX, with a 10% discount. (Reference KCFSD)

These discounts only apply to the Homeobotanicals listed in this pamphlet, though, and just during winter.

If you have any queries about these, please contact me, preferably by email at wisbell@thelighthouse.co.nz, or by leaving a message with my answering service at 3660508.

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