

Winter Cold & Flu Care 2009 -2010

Often symptoms of cold and flu quickly go away if remedies are used at the first signs of illness. Even at the later stages of a cold or flu, remedies can help reduce the severity of symptoms, eliminate complications, and shorten the duration of illness.

For this year's cold and flu season I have assembled some packages that will be useful for you and your family. It is to your benefit to have these remedies and supplements on hand at home for immediate use at the onset of symptoms. Call me if you or someone in your family becomes ill or the symptoms are different from those listed below.

If stored correctly, away from sunlight and heat, these products will last many years.

Please call me, 925.826.3858, if you wish to order or you have questions in general. It maybe necessary to adjust the kit based on individual needs.

Sincerely,



**ADULTS**

**To strengthen and support the immune system throughout the cold and flu season I recommend:**

- Catalyn, whole food multi-vitamin, 3 to 6 tablets a day.
- Immuplex, whole food supplement especially developed to boost the immune system, 3 – 6 capsules a day.

**Act immediately if you feel symptoms coming on:**

- Aconitum 30C, if you begin to feel ill after cold and rainy weather, or if you got wet and you feel under stress, and the media on the flu epidemic makes you alarmed, ACONITUM 30C is your remedy. 5 pellets every hour for four times then 5 pellets three times for the next day. Can be taken along with Ferrum Phos. 6X as described above.
- Ferrum-Phos. 6X, 5 pellets every fifteen minutes to half-hour until you feel better. Pellets maybe chewed, swallowed, or dissolved in water.
- Kali-Muir. 6X, if congestion develops or ears feel plugged - 5 pellets every fifteen minutes to half-hour until you feel better. Maybe chewed, swallowed, or dissolved in water. Maybe alternated with Ferrum-Phos. 6X.

**If a fever develops:**

- Ferrum-Phos. 6X, as directed above.
- Congaplex, whole food supplement designed to boost the body's natural resistance to fever and viral infections. Take 1-2 capsules every half hour, gradually reducing to every hour, and finally 6 – 12 per day for at least one week during the acute stage.

**If cough develops:**

- Sundew SYS herbal tincture 20 drops in water 6 times a day for croupy or barking cough.

## CHILDREN

### To help keep their immune system strong during the cold and flu season I recommend:

- Catlyn Chewable, whole food multi-vitamin, for children 3 per day.
- Congaplex Chewable, whole food supplement for children designed to boost the body's natural resistance to viral infections. 3 to 6 per day for children one year and older.

### At the first sign of illness:

- Congaplex Chewable, increase to 9 tablet a day for children under 10.
- Ferrum-Phos. 6X, 1-2 pellets every fifteen minutes to half-hour until they feel better, including falling asleep. Pellets maybe chewed, swallowed, or dissolved in water.
- Kali-Muir. 6X,1-2 pellets every fifteen minutes to half-hour until they feel better. Maybe chewed, swallowed, or dissolved in water. Maybe alternated with Ferrum-Phos 6X.
- Aconitum 30C for illness that follows exposure to cold and rainy weather or after they get wet, 2 pellets every hour for four times, then 2 pellets three times for the next day. Can be taken along with Ferrum-Phos. 6X as described above.

### If a fever develops:

- Continue Ferrum-Phos. 6x as directed above.
- Congaplex Chewable, increase to 9 tablets a day for children under 10.
- If young children or infants develop a fever, give barley water. Make barley water by soaking rinsed, organic, whole-grain barley over night in water, pour off the water and keep in a container in the refrigerator or, if you are in urgent need you can boil the barley for a half-hour and reserve the liquid.

### If cough develops:

- Sundew SYS herbal tincture, 20 drops in water 6 times a day for croupy or barking cough.

## FOR CHILDREN AND ADULTS

- Gemmotherapy for all viral infections and H1N1, Black Elder Gemmo, 20 drops every hour in water. Reduce to 20 drops 6 times a day as you get better. To prevent relapse don't stop until you know you are well.

### Adult Package: \$90

Catalyn 90 tablets  
Congaplex 40 capsules  
Immuplex 40 capsules  
Sundew SYS Herbal 50 ml.  
Ferrum-Phos 6X 500 pellets  
Kali-Muir 6X 500 pellets  
Aconite 30C 2-dram vial

### Add to any package: \$65

Black Elder Gemmo 50 ml.

### Child Package: \$80

Catalyn Chewable 90 tablets  
Congaplex Chewable 90 tabs  
Sundew SYS Herbal 50 ml.  
Ferrum-Phos 6X 500 pellets  
Kali-Muir 6X 500 pellets  
Aconite 30C 2-dram vial

### Family Package: \$125

Catalyn 90 tablets  
Catalyn Chewable 90 tablets  
Congaplex 40 capsules  
Congaplex Chewable 90 tabs  
Immuplex 40 capsules  
Sundew SYS Herbal Tincture  
Ferrum-Phos 6X 500 pellets  
Kali-Muir 6X 500 pellets  
Aconite 30C 2-dram vial

### Shipping: \$6 (Tax incl.)

If you are at all concerned about your health, please see your health care provider.

Please remember, as of Nov. 1, 2009 my new office location will be Mind/Body Medicine Alliance, 43 Quail Court, Suite 102, Walnut Creek, CA 94596. My phone number will remain 925.826.3858.