

NATUROPATHIC HELP

Avoid dairy products & sugar during acute illness as this can increase mucous production and suppress the action of the immune system.

Drink plenty of fluids.

Take up to 3000mg Vitamin C (adults) per day. If cramping or diarrhea appears, reduce the dose until these symptoms stop.

We recommend and stock **Immune Boost** combination containing Echinacea, Olive Leaf Extract and Astragalus.

NB: If using the immune boosting remedies prophylactically they should be taken one month on and one week off, or 5 days on, 2 days off to ensure the immune system does not become lazy.

Otherwise take 3 times a day during an acute illness.

REMEMBER should your home prescribing prove ineffective, call your homeopath for advice or visit your medical practitioner.

NOTES

- Homeopathic remedies are safe to give to baby, no matter what age & to use during pregnancy.
- Remedies do not interact with other forms of medication and can safely be used alongside Panadol and other drugs.
- If you cannot choose between 2 remedies, alternate them rather than give together.
- In the case of a fever or other acute illness, give the remedies a chance to work before you try the Panadol etc. It is better to let the fever break without suppressing it, as this gives the best outcome and strengthens the immune system. If in doubt consult your homeopath or medical practitioner.
- If you are anxious about giving pilules whole, crush between two clean teaspoons and tap a little into baby's mouth.
- If you find pilules difficult to administer, put 1 pilule in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose.
- For animals and birds, remedies can be made up as above and if unable to give by mouth, drop on the beak, top of the head or other area where the remedy can contact the skin.
- Remedies can also be made up in liquid. Please ask when remedies are dispensed, but be aware that remedies will not last as long when made up in liquid and can be easily contaminated if the mouth touches the dropper.

Dose

- The dose for remedies in the kit is 2 pilules as required until improvement is felt.
- If the situation is intense take a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, and increasing to more frequently if required.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath.

Care of Your Remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.
2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

HOMEOPATHY

Medicine for the 21st Century

Safe, Effective Health Care for You
& Your Family



Homeopathy is very effective during acute illness and can work rapidly. The remedies in the ENT Kit have been chosen to help in the event of an ear infection, tonsillitis, cold, or other viral illness. These medicines will help most children (or adults) in the first hours of an acute situation, often heading off more severe symptoms.

If the remedies are ineffective, call your homeopath as soon as possible. A different remedy or constitutional treatment may be required. If you cannot do this immediately and there is pain and/or fever, give Panadol, PainStop, etc as required.

If any illness is recurrent or multiple courses of antibiotics have been prescribed a consultation is recommended. This will address the problem on a deeper level, treat family inherited tendencies and bring long term improvement in health.

If your home prescribing is not effective consult your homoeopath or seek medical advice.

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TREATMENT

The remedies listed below are useful in the beginning stages of ear infections, sore throats and other conditions with cold-like symptoms. Obviously, however, there will be times when mild symptoms become a full blown infection. In this case other remedies may be required to complete the recovery process and you should consult your homeopath.

Symptoms which fail to respond to treatment or do not resolve fully after an acute illness may need a constitutional remedy to rebalance the immune system and bring about full recovery. See your homeopath in this situation.

Kali Mur/Ferrum Phos/Nat Mur 6x is a good choice when there are no characteristic symptoms, just the suspicion that the patient is coming down with something. Sometimes begins with low fever, slightly flushed face, cough or clear runny nose.

Take at first sign of sore ears, throat, flu or colds - basically the beginning of anything viral/infectious. Great for winter illness - most families won't be without it!

Dose: Give 2 pilules every 2 hours until symptoms improve or another remedy seems indicated.

Anas Barb (Oscillo) 200c The top selling flu remedy in France, this remedy is useful as a preventative treatment during the winter for people who are prone to colds and flu, ear infections and other acute viral illness, or for

children in child care or new to school.

It can also be used in acute situations. Use for its anti-viral/anti-bacterial action.

Dose: If symptoms of cold, flu or other viral illness such as tonsillitis, appear give 2 pilules 3 times a day for the first 3 days of illness along with your chosen remedy.

Aconite 30c First stage of a cold with rapid onset. Runny nose, sometimes sneezing, dry cough, soreness, burning and pricking of throat, with pain on speaking or swallowing, and/or earache/infection. Often comes on after becoming chilled. May have high fever, flushes of heat alternating with chills, restlessness or anxiety, strong thirst. Headaches of influenza or colds. Bronchitis with short, dry cough and great thirst. Also see Belladonna.

Dose: If symptoms are severe (ie pain) give 2 pilules (3 or 4 drops) every 10 minutes for up to 5 doses, then if improving reduce to hourly then every 2 hours. If no change after 5 doses, select another remedy or contact your homeopath

Belladonna 30c Fever, high temp, listless, very hot to touch (often with cold feet and/or hands), glassy eyes, flushed face, no thirst, sometimes delirious or hyper. Usually strong symptoms which indicate an ear infection, tonsillitis or similar is brewing.

If symptoms are similar to the above but have come on suddenly

in the middle of the night or after being chilled, consider Aconite.

Dose: As for Aconite.

Hepar Sulph 30c For symptoms of tonsillitis, pharyngitis, laryngitis or where there is ear pain plus tonsillitis. Pain is frequently described as like a fishbone or a splinter. Pain extends from throat to ears, worse yawning, stretching, swallowing. May feel cold & want to be wrapped up, often irritable. Wants warm food and drinks.

Dose: As for Aconite.

Pulsatilla 30c where colds develop into ear infection with thick yellow/green mucous or produce a rattly cough. Illnesses with or without conjunctivitis. Often left sided and ears may feel full or hearing is dull. Fever may be present. Weepy, clingy patients who may want to be carried. Lack of thirst is common. Useful after fever and pain has dissipated, but the ears remain blocked and sore, with yellow-green mucous or following perforation of the drum.

Dose: As for Aconite.

OTHER REMEDIES TO CONSIDER

Merc 30c Similar to Pulsatilla and Hepar Sulph, but tongue is coated yellow, there may be increased salivation and very offensive breath, mucous and ear discharges. Blood streaked discharges are common. Strong thirst, constant inclination to swallow, itchy throat with tonsillitis.

Phosphorus 30c Colds go quickly to the chest producing cough with or without profuse green mucous, especially in people who are prone to respiratory complaints each winter. May have strong thirst.

Congestion Combination Useful for stubborn mucous which remains after an acute illness. Contains Hydrastis 30c, Kali Bich 30c, Pulsatilla 30c.

There are obviously many more remedies which address symptoms of ear, nose and throat problems. Please ring for further help before symptoms become severe - the earlier you treat, the quicker symptoms resolve.

PREVENTION

Anas Barb (Oscillo) 200c has an anti-viral/anti-bacterial action and can be taken fortnightly during winter to boost immunity against colds and flu in susceptible people or for children who are in child care.

Dose: 2 pilules once a fortnight during winter if prone to respiratory complaints and as a flu preventative (similar effect to the flu vaccination but safer!).

Can be given weekly to children in child care, new to school, during an epidemic, or to people with respiratory weakness, eg asthma.

If you have been in contact with a viral carrier increase to once a day for 5 days.

If your home prescribing is ineffective see your homeopath or seek other medical assistance.