

naturopathic support

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

Drink plenty of fluids.

Dr Ian Brighthope's TriNutrient Support Protocol for Children

Due to TGA regulations I can't share the link to the above because it talks about "treatment" however, if you go to the Parent's with Questions website you will find the link at the bottom with additional information.

Children 5-12

Vitamin C: 500-1000 mg four times a day (as powder in dilute juice)

Vitamin D3: 2,000-5,000 IU per day (liquid or oil capsules)

Elemental Zinc: 15 mg per day (can be purchased as a liquid)

Children under 5

Vitamin C: 250-500 mg four times a day (as powder in dilute juice)

Vitamin D3: 1,000-2,500 IU per day (liquid or oil capsules)

Elemental Zinc: 7-10 mg per day. (can be purchased as a liquid)

NOTE: Immune Boost

If using Immune Boost as a general support, take for a maximum one month on and one week off, or 5 days on then 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.

Always seek medical advice for fever in a child under 6 months old.

If in doubt as to the appropriateness of a remedy in a particular situation, consult your health care practitioner.

dose

1. The dose is 1 or 2 pilules (all ages) or 1-4 drops (1 drop under 6 months, 2 drops 6-12 months, 4 drops over 12 months)
2. Take remedies 3 or 4 times a day for 3 days, then reduce as improvement is seen. Doses can be increased to more frequently if required.
3. If the situation is intense give 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 over a few days
4. 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. Wash dropper in boiling water if it touches the mouth.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

Use only as directed. Always read the label or information supplied. If symptoms persist see your health care practitioner.

Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only. They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.

Homeopathy is a traditional medicine and can be used in conjunction with conventional medicine. It is deemed to be low risk by the Therapeutic Goods Administration. The remedies are effective when used in accordance with the homeopathic indications. The indications given in this flyer are as per homeopathic traditional use.

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Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for supporting and managing minor accidents, injuries and acute illness. If applied correctly it will often work very quickly and a few remedies can serve a wide range of situations.

While we advocate using single homeopathic remedies, sometimes new users are not sufficiently proficient and to this end we have created a range of *homeocombinations* for a variety of conditions.

Homeopathics offer a useful natural option in the management of colds, flu and other minor acute illness and have certainly played their part over the pandemic we have experienced.

Regular support for children who attend daycare or who have recently started school can be helpful and we suggest supporting the whole family for best results (see Get Prepped).

The remedies in this flyer have been selected for their affinity in the early stages of winter illness and to support the process. Started early enough it is often possible to head off more severe symptoms. If an illness is recurrent a consultation is recommended to address the problem on a deeper level.

The remedies in this kit are those most usually indicated to support in the early stages of minor ailments. If symptoms do not improve with home prescribing contact your GP or seek other medical advice. The information in this flyer does not replace appropriate medical advice and care. Always seek medical advice for fever in a child under 6 months old.

* Current at 1 April 2022


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passionate about homeopathy

what's in the kit

1. Get Prepped (relative to current year - previously known as Winter Prep): – a general immune support remedy to take weekly where required. Includes general remedies which may help with minor symptoms of a cold, flu or similar illness. A useful support remedy year-round for children in childcare or newly at school, where we often see family members falling ill as children bring home and share v*r*l illness, etc. See more information over.

Contains: SVR33V Get Prepped (Anas Barb 200c, Ars Alb 200c, Baptisia 200c, Belladonna 30c, Bryonia 200c, Eup Per 200c, Gelsemium 200c, SOS, GP Mix 22)

2. Cold & Flu: Traditional remedies to assist with common symptoms of a head cold including runny nose, sneezing, nasal congestion and minor sore throats, as well as the early symptoms of a flu such as aching and chills.

Contains: SVR05 Cold & Flu (Aconite 6c, Allium Cepa 6c, Arsenicum Album 6c, Bryonia 6c, Gelsemium 6c, Eupatorium 6c, Nat Mur 6x, Nux Vom 6c, Pulsatilla 6c)

3. Congestion Combination: To assist recovery from lingering coughs, congestion and mucous following a cold or flu. Symptoms may include sticky, stringy, copious, persistent mucous in sinuses or on chest following a cold.

Contains: SVR08 Congestion (Ferrum Phos 6x, Kali Bich 30c, Hydrastis 30c, Pulsatilla 30c, Silica 6x)

4. Cough - Chesty: To promote recovery from minor and uncomplicated chesty or loose coughs in children and adults. *If symptoms do not improve within a few days, see your homeopath as constitutional treatment may be required for stubborn or recurrent coughs.*

Contains: SVR09 Cough - Chesty (Ant Tart 30c, Hepar Sulph 30c, Kali Bich 30c, Phosphorus 30c, Pulsatilla 30c, Sulphur 30c)

5. Cough - Dry: To promote recovery from minor and uncomplicated dry coughs in children and adults, including those croupy sounding coughs.

Contains: SVR09a Cough – Dry (Aconite 30c, Bryonia 30c, Chamomilla 30c, Corallium Rubrum 30c, Drosera 30c, Phosphorus 30c, Rumex Crispus 30c, Spongia 30c)

6. Fever Combination: To assist common symptoms of a fever associated with a cold or other minor ailment. Babies and small children may respond better to **ABC** (see over), but this remedy can be used for this age group.

Contains: SVR10 Fever Combination (Aconite 30c, Arsenicum Album 30c, Belladonna 30c, Bryonia 30c, Ferrum Phos 30c, Gelsemium 30c)

7. Immune Boost: A combination of traditional homeopathics to support and boost the whole system through illness. Use as part of your management protocol. May be used as a general immune boost - see more over. Easy for children to take as the dose is small and the taste not unpleasant.

Contains: SVR18 Immune Boost (Astragalus 30c, Echinacea 30c, Hydrastis 30c, Olive Leaf Extract 30c)

8. Throat Sootha: To assist with sore throats or mild tonsillitis alone or associated with a cold or similar illness. Use **TS Acutes** for the early stages but if symptoms progress use **Throat Sootha**. If cold symptoms are stronger than the sore throat symptoms try **Cold & Flu** which also covers throat symptoms of a minor nature.

Contains: SVR26 Throat Sootha (Apis 30c, Baptisia 30c, Hepar Sulph 30c, Lachesis 30c, Merc S 30c, Phytolacca 30c, Strep Nos 30c)

9. TS Acutes: Tissue salt combination recommended for the beginnings of colds and similar ailments with sneezing, runny nose, possibly mild fever and general unwellness. Useful for small children when you suspect something may be brewing but you have no symptoms to pin a remedy on. A favourite of mine!

Contains: Kali Mur 6x, Ferrum Phos 6x, Natrum Mur 6x

10. Recovery: Includes a selection of remedies traditionally used to brace up the system and aid recovery after an illness when there is lingering fatigue, weakness and cough. If weakness in this situation is marked consult your GP or ED.

Contains: SVR30 Recovery Combx (Avena Sativa 6x, Carbo Veg 30c, Gelsemium 30c, Phos Ac 6c, Sul Ac 30c, Silica 30c, Sulphur 30c, Tub Av 30c)

other remedies to consider

Ars Alb 30c Profuse clear watery mucous which burns the nose & may produce tickly cough or asthma. Anxious, restless, fussy. Thirsty but tends to sip. Chilly and feverish.

Gelsemium 30c Symptoms develop slowly over a few days. Patient is weary, heavy, achy and wants to lie down. Eyes are droopy and heavy, sore throat with pains in neck and ears, worse for swallowing. May avoid drinking (usually no thirst anyway) because swallowing is so painful.

Nat Mur 30c Sneezing with profuse clear watery bland mucous. Often comes with cold sores. Thirst for large quantities of cold water. Usually feels warm.

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.

Pulsatilla 30c Colds with thick yellow/green mucous, often going to ears or producing a rattly cough. Generally no thirst.

Eupatorium 30c Classic flu symptoms with aching bones and back, chills and shivering. Must move to relieve soreness. Great thirst for cold drinks.

A.B.C. (Aconite, Belladonna, Chamomilla 30c): Unsettled, irritable or unhappy babies due to teething, ear problems or just generally off color. Fevers related to teeth or minor ailments. Sometimes it's hard to decide which single remedy to use individually, so this a good all purpose remedy. If not effective try the Fever combination instead.

Contains: Aconite 30c, Belladonna 30c, Chamomilla 30c

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

More on Get Prepped

Increasingly through winter we see epidemics and wide spread viral illness. If your child is in childcare or new to school this can mean colds and flu for everyone at home too. Regular use can be a helpful support for the whole family through the season

Get Prepped - All-Year-Round-Support: In 2013 we reintroduced a protocol we'd used in the past but had abandoned in favour of **Anas Barb 200c** alone. We called this combination **Winter Prep**.

This became **Get Prepped** in 2022, which may change slightly each year in relation to what's going on in the Northern Hemisphere.

Take weekly if prone to acute illness, for children new to childcare or school and as a general support.

May also be used manage symptoms if they arise (three times a day for first three days) along with other indicated remedies.