

Herbal Protocol for Prevention and Treatment of Colds and Flu:

Nature's Way ~ Astragalus - 1 capsule (standardized preferred)

Nature's Way ~ Echinacea - 1 capsule (standardized preferred)

Herb Pharm ~ Goldenseal Tincture - 2 droppers-full (alcohol base preferred)

The following herbal remedies may be obtained locally or at www.Amazon.com or elsewhere on the internet.

Goldenseal is unpleasant and may be placed in a small amount of water if necessary to make it palatable. However, it is most effective most effective when administered directly onto each tonsillar area in the back of the throat; or alternatively, under the tongue. It will stain the tongue and teeth but easily remedied with a toothbrush and tooth cleanser. It may be obtained also from www.Amazon.com.

When symptoms are present, maintain this protocol 3x per day for ten days, no less/no more (2x per day for children under 100lbs.) Return to 1x per day, from Labor Day to Memorial Day, to maintain optimal immune system functioning and protection/prevention. Persistent use is not a problem as is sometimes admonished. No brand or dosage substitutions, it will reduce efficacy and this protocol should not be recommended by you to any other individual. Please be aware that any pre-existing allergies to the florals in the remedies may be cause for the exception to this protocol.

For flu-like symptoms, you may obtain Boiron (bwa-ron) Oscillococcinum (osillo-cox-inum), a homeopathic remedy for natural symptom relief. This may be obtained anywhere Boiron Homeopathics are sold.

For relief from nasal/sinus congestion you may utilize either Alkalol Nasal Wash (a mixture of aromatic oils) best used with their nasal lavage included or alternatively utilize a Neti pot instead with a ¼ teaspoon of salt added to 8 oz of luke warm water. Be sure to blow your nose gently and utilize tissue with aloe to avoid excessive irritation of the nostrils. Be certain to read and follow their instructions for these remedies. These items can be obtained at www.Amazon.com on the internet.

If you have difficulty locating any item or if you have any questions, please don't hesitate calling.

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