

## ***The Systems Health Care***

# **“Natural Medicine Cabinet”**

Here are some natural remedies to have at home for common ailments. Yes we have to say: Taking any supplement that is not prescribed or tested on you by a practitioner comes with possible risks or side effects (though very unlikely). These recommendations may not always help your condition but hopefully they do help you feel super awesome very quickly and help you heal faster than ever before!

### **Common Colds, Viruses, and Flu: (Please see our separate sheet for Covid recommendations.)**

Thymus PMG (Standard Process): Adults 4 every hour; kids 2 every hour until symptoms subside

Spleen PMG (Standard Process): Adults 4 every hour; kids 2 every hour until symptoms subside

Vitamin A (Biotics Ae Mulsion): 15 drops, 3 times a day; kids 7-8 drops 3 times a day until symptoms subside

Vitamin D (Biotics D Mulsion Forte): 3 drops, 2 times a day; kids 2 drops, 2 times a day until symptoms subside

Astragalus (Ancient Ways): 2 droppers every 2-3 hours; kids half that amount until symptoms subside

Olive Leaf (Supreme Nutrition): Adults 3 capsules, 3 times a day; kids 2 caps 3 times a day until symptoms subside

\* If no change after a day or two with Astragalus or Olive Leaf then stop and switch to:\*

Echinacea: (Elk Mountain or Weed Botanical): 2 droppers every 2-3 hours; kids half that amount until symptoms subside

Osha Root (Elk Mountain or Weed Botanical): 2 droppers every 2-3 hours; kids half that amount until symptoms subside

### **Bacterial and Fungal Infections (sinus, digestive, or systemic):**

Artemisia (Ancient Ways): 2 droppers three times a day; kids half that

Goldenseal (Ancient Ways): 2 droppers three times a day; kids half that

Morinda (Supreme Nutrition): 4 capsules, 4 times a day; kids half that

### **Parasites/Worms:**

Black Walnut (Elk Mountain or Weed Botanicals): per bottle instructions

Artemisia (Ancient Ways): 2 droppers three times a day; kids half that

### **Sore Throats / Throat Infections:**

Astragalus (Ancient Ways): 2 droppers every 2-3 hours; kids half that amount (Gargle with it first for 30 seconds!)

Standard Process Sore Throat Spray: As often as needed

### **Antihistamines:**

Cataplex C (Standard Process): 4-5 every 2-3 hours as needed AND

Quercetin (Pure Encapsulations): 2-3 at a time, as needed OR

Cyruta Plus (Standard Process): 4-5 at a time, as needed OR

Antronex (Standard Process): 4-5 at a time, as needed

### **Tooth Issues: (Aside from seeing your dentist)**

BFB-1 and/or BFB-2 (Supreme Nutrition): directly on tooth/gum as needed throughout the day

Uva-Ursi (Ancient Ways or Weed Botanical): 1 dropper in a bit of water, swish around the tooth area for 30-60 seconds

### **Skin Infections:**

Iosol drops (TPCS): directly on infected area as needed

### **Skin Burns:**

Chlorophyll Complex Ointment (Standard Process): directly on the affected area as needed

### **Bone Fractures:**

Biost (Standard Process): 3 tablets, 2 times a day for 6 weeks

**Don't Forget About Your Pets!** See opposite side

## **Pet Supplements!**

Standard Process has a variety of supplements for your dog, cat, or horse! We're happy to order any of their various supplements they offer to help improve the health and well-being of your pet.

### **Canine:**

- Adrenal
- Cardiac
- Skin
- Digestive/GI
- Muscle/Joint
- Liver Detox
- Immune
- Anti-inflammatory
- Kidney
- Thyroid
- Multi Supplement
- Anti-histamine
- Dental

### **Feline:**

- Cardiac
- Digestive/GI
- Liver
- Immune
- Kidney
- Multi Supplement
- Anti-histamine
- Dental

### **Equine:**

- Digestive/GI
- Immune
- Metabolic Health
- Mobility Health
- Performance