

Thank you Dr. Alicia Johnson!!

Dr. Johnson is a licensed Naturopathic Doctor that spoke with us about how to maintain a healthy immune system for you and your family. She gave us great information on natural, holistic remedies to help with common illnesses.

Her top 5 hints:

1. **Zhong Gan Ling: Flu**- High fever, sore throat, achy upper body. Start treatment at the first sign of illness. It is much easier to lessen the impact of the flu if you start early.

Take 4-6 three times per day.

2. **Sinatrol: Sinus Infection**- Pain or pressure in cheeks, teeth, eyes, forehead, top of head, fever/ chills or yellow or green thick discharge.

Take 2 twice per day

Citricidal Nasal Spray- Nasal irrigation. Take 3 times per day

3. **Old Indian Wild Cherry Bark: Cough**- Upper Respiratory infection, Nose, throat, and upper passageways. Bronchitis; wheezing, whistling, dry cough, and possible stomach pain.

Must take indicated dosage.

Bi Yan Pian: For cough, sneezing, or irritated throat **from allergies**

4 three times per day.

4. **Elderberry Syrup: Overall Prevention**- 1mL/hour

5. **Curing Pills: Viral Diarrhea/Food Poisoning** (Diarrhea alone or with vomiting due to any cause). May or may not have; fever, vomiting, pain, chills, headache, respiratory symptoms, dizziness and shakiness.

3 three times per day

Other quick and easy tips:

- Chew whole cloves of raw garlic
- Soup made with ginger, garlic and onion
- Wet socks
- Egyptian Magic for inflammation, itching or rash on skin

We greatly appreciate all the knowledge provided to us by Dr. Johnson. For more information on anything above plus much more contact Dr. Alicia Johnson, ND.

(913)322-0001. WWW.Obrienrx.com drjohnson@obrienrx.com

