

YOUR HOMEOPATHIC “MEDICINE CABINET”

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

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

4. **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.

5. **Bi Yan Pian**: For cough, sneezing, or irritated throat **from allergies**
4 three times per day.

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

7. **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
- Egyptian Magic for inflammation, itching or rash on skin

These are recommended by our colleague Dr. Alicia Johnson, a licensed Naturopathic Doctor For more information contact Dr. Alicia Johnson, ND.
(913) 888-0331 www.aliciajohnsonnd.com

Many of these are available at Natural Grocers, O’Brien’s Pharmacy, and Amazon.