

NATURAL FIRST AID KIT FOR COMMON ILLNESSES

Use common sense! If you or your child is not alert, is dehydrated, has a fever of 103 degrees or more, or the condition appears severe, please seek emergency care. This first-aid kit is for illnesses that you normally would manage at home.

For colds and flu:

- Body and Vision:*** Bacteria, virus and allergens cause symptoms when your body cannot overcome the oxidative stress that they cause. By loading up on antioxidants, you can reduce the symptoms. It was formulated by the pharmacists of O'Brien Pharmacy. I can't find anything else like it. By loading up on antioxidants, you can cut the symptoms short. Adults take eight capsules, children under 12 take four. You might need a second dose the next day. Use in combination with zinc and vitamin C.
- Zinc Lozenges:*** Zinc boosts immunity and levels are low during illness. Sucking on them gets the zinc right to the upper respiratory system. O'Brien Pharmacy sells a tasty zinc lozenge. Cold-Eez are like hard candy. Follow directions on the label.
- Vitamin C:*** Vitamin C is an important antioxidant that is essential to immunity and healing. Children can easily increase their dose of vitamin C by 2000 mg when sick, adults by 4000 mg. Stomach rumbling is a sign of too much vitamin C.
- Mountain States Decongest Liquid:*** This is a homeopathic remedy. Use as directed for nasal congestion. Good for those who cannot swallow pills.
- Natural D-Hist:*** Reduces nasal drainage, watery eyes, itching and hives without anti-histamines. Usual dose is two, three times daily.
- Olive Leaf Extract:*** Use when symptoms persist despite the taking Body and Vision, zinc and vitamin C. Broad-spectrum anti-infective. Can be used instead of antibiotics for ear infections, sore throats and sinus infections. Usual dose is 500 mg three times daily for adults. Best used in combination with Citrucidal.
- Citrucidal:*** Use when symptoms persist despite the taking Body and Vision, zinc and vitamin C. Broad-spectrum anti-infective and immune stimulator. Can be used instead of antibiotics for ear infections, sore throats and sinus infections. Usual dose is 3 capsules three times daily for adults.
- Probiotics:*** Probiotics replace good bacteria that are killed by antibiotics and mucus drainage. Children 3 years and under take ½ capsule at bedtime, ages 4 -7 take 1 capsule at bedtime, 8 years and up take 2 capsules at bedtime. Take for 3 weeks after a course of antibiotics or for loose stools or grumbly stomach after a cold or flu.

For stomach "flu":

- Activated charcoal:*** Take two to three capsules or tablets at first sign of nausea or loose stool. Usually needs to be repeated only once or twice.
- Nux Vomica:*** A homeopathic remedy. Use any over the counter potency as directed.

For Common sprains, bumps, bruises and muscle soreness due to over-exertion:



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Traumeel: A homeopathic remedy. Cream may be applied to affected area. May be taken internally 15 drops or 3 pellets up to 5 times daily.

For common bites and rashes

Lyme Nosode Drops for tick bites: A homeopathic remedy. Take 15 drops under the tongue and apply to bite site twice daily until the bottle is finished.

Apis Mellifica for bee stings and other bites that cause hives: A homeopathic remedy. Use any over the counter potency as directed.

Rhus Tox for Poison Ivy: A homeopathic remedy. Use any over the counter potency as directed.

For fever or fussiness:

Dr. Klug does not recommend fever reducers if the entire body is hot. If only the head is hot, then the immune system is having trouble mounting a response. Osteopathic treatment from Dr. Klug can help.

Remember to do these important things. Without them, all of the above strategies take longer!

Give up milk, cheese and other dairy products for the duration of the illness. Dairy promotes inflammation, which is what the mucus, sore throat, cough or ear infection are all about.

Get extra sleep.

Drink more water than usual. Instead of eight glasses of water, drink 12.

Drink green, ginger, kombucha or lemon grass tea to boost the immune system. Children often do well with elderberry extract.

Eat detoxifying foods, such as fresh fruits, vegetables and clear broth vegetable soups. Avoid sugar and use salt moderately.

If no fever is present, exercise moderately, but don't overdo. Exercise stimulates the body to detoxify.

Consider staying home from work or school. A day of taking it easy may mean recovering days sooner.

O'Brien Pharmacy carries most everything on this list. It is located at 5453 W. 61st Place in Mission, KS. Call 913-322-0001 or 1-800-627-4360. They deliver within a limited area and mail anywhere.

A word about homeopathic remedies: They act under the tongue. Add the drops to purified water and hold under the tongue for 10 seconds. After that the drops may be swallowed or spit out. Rub the drops on the skin of a very young child. A child that cannot hold the drops under the tongue can swish them in his mouth.



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