

## What to Do for Infections, Colds, Flu and Sore Throat

### **Antioxidants:**

Certain vitamins, minerals, herbs and other substances help the body fight infections. Vitamin C is one of these substances, but it works better when taken in combination with other antioxidants. We carry a product called Lifeguard which combines a number of antioxidants in one tablet; each ingredient boosts the effectiveness of the others. The daily *maintenance dose* of Lifeguard to prevent illnesses is *one tablet for each 60 pounds of body weight*. During illness, you can take *one tablet for each 20 pounds of body weight* to help you improve faster. Lifeguard Jr., a chewable antioxidant tablet for children, is also available in our office.

### **Astragalus Tincture:**

Especially effective *as soon as you notice symptoms* of a nasal cold, such as sneezing and a runny nose. You may be able to stop the cold completely.

Adults: ½ dropperful every 2 to 3 hours until you improve, then taper off.

Children: ¼ dropperful, same frequency as above.

### **Colloidal Silver:**

For infections of many kinds, including sore throats and sinus infections. Make sure it is genuine colloidal silver. (It should be gray, not clear.) We recommend MesoSilver, which contains 20 ppm of silver.

Adults: 1 teaspoon 3 to 4 times a day. Can take more at beginning of infection.

Children: ½ teaspoon 3 times a day.

*Eye and ear infections:* In addition to taking it orally, place 2 drops in eye or ear every hour or two at first, less often as you improve.

*Cuts and sores:* Use directly on cuts and sores to promote healing. After healing begins, switch to Calendula ointment or gel to finish the process and protect the area.

### **Echinacea Tincture:**

To prevent colds and viruses when you are feeling run down. This is an herb that stimulates the immune system. Taken at the first sign of a flu-like illness, it can help you fight off the illness. Sometimes you won't even get the illness. It just goes away. In general, it should be easier for your body to defend itself if you take Echinacea.

Adults: ½ dropperful 4 times a day.

Children: ¼ dropperful, same frequency as above.

### **Goldenseal Tincture:**

Also known as Hydrastis Tincture. For infections, especially with thick, colored discharges (sinus, sore throats, etc.). *Especially good for sore throats*. Tastes bad but works well! You can try taking it in juice, honey or maple syrup, to make it more palatable.

Adults: ½ dropperful 3 times a day, or 4 times a day in severe cases.

Children older than age 2: ¼ dropperful, same frequency as above.

CAUTION: Do not take Goldenseal/Hydrastis if you are pregnant or during the first month of breast-feeding.

### **Quercetin:**

A bioflavonoid that has natural antihistamine effects for allergies and colds.

Adults: 500-800 mg. Take one capsule every 1 to 2 hours, as needed.

Children: 200-500 mg. every 1 to 2 hours, as needed.

If you take too much, it may give you gas or loose stools.

NOTE: Any of the tinctures (Astragalus, Echinacea or Goldenseal) may be taken in liquid, if that makes it easier for you to tolerate the taste. Also, any of the tinctures may be mixed with Colloidal Silver, if needed. If you wish to eliminate the alcohol in a tincture, put it in a small amount of hot water to cause the alcohol to evaporate. Let it stand for 10 to 15 minutes before taking.

If you are receiving homeopathic treatment for constitutional improvement or a chronic problem, we try to manage acute illnesses (such as a cold, flu or infection) without giving another homeopathic remedy. We don't want to disrupt the ongoing treatment and there are many other things we can do to help. But if your system is straining to overcome an illness, it may be time to prescribe another remedy or perhaps, another dose of a remedy which helped you previously. Please give us a call if you need advice or help in managing an illness.