

naturopathic support

Avoid dairy products, excess wheat consumption & sugar during acute illness as this can increase mucous production and suppress the action of the immune system.

Drink plenty of fluids.

Dr Ian Brighthope's TriNutrient Support Protocol for Children

Due to TGA regulations I can't share the link to the above because it talks about "treatment" however, if you go to the Parent's with Questions website you will find the link at the bottom with additional information.

Children 5-12

Vitamin C: 500-1000 mg four times a day (as powder in dilute juice)

Vitamin D3: 2,000- 5,000 IU per day (liquid or oil capsules)

Elemental Zinc: 15 mg per day (can be purchased as a liquid)

Children under 5

Vitamin C: 250-500 mg four times a day (as powder in dilute juice)

Vitamin D3: 1,000–2,500 IU per day (liquid or oil capsules)

Elemental Zinc: 7-10 mg per day. (can be purchased as a liquid)

NOTE: Immune Boost

If using Immune Boost as a general support, take for a maximum one month on and one week off, or 5 days on then 2 days off to ensure the immune system does not become lazy.

Otherwise take 3 times a day during an acute illness.

REMEMBER should your home prescribing prove ineffective, call your homeopath for advice or visit your medical practitioner.

Always seek medical advice for fever in a child under 6 months old.

If in doubt as to the appropriateness of a remedy in a particular situation, consult your health care practitioner.

dose

1. The dose is 1 or 2 pilules (all ages) or 1-4 drops (1 drop under 6 months, 2 drops 6-12 months, 4 drops over 12 months)
2. Take remedies 3 or 4 times a day for 3 days, then reduce as improvement is seen. Doses can be increased to more frequently if required.
3. If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen over a few days
4. If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath

care of your remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.
2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated. Wash dropper in boiling water if it touches the mouth.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

Use only as directed. Always read the label or information supplied. If symptoms persist see your health care practitioner.

Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only. They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.

Homeopathy is a traditional medicine and can be used in conjunction with conventional medicine. It is deemed to be low risk by the Therapeutic Goods Administration. The remedies are effective when used in accordance with the homeopathic indications. The indications given in this flyer are as per homeopathic traditional use.

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home kit; cold, flu, c9

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for supporting and managing minor accidents, injuries and acute illness. If applied correctly it will often work very quickly and a few remedies can serve a wide range of situations.

While we advocate using single homeopathic remedies, sometimes new users are not sufficiently proficient and to this end we have created a range of *homeocombinations* for a variety of conditions.

Homeopathics offer a useful natural option in the management of colds, flu and other minor acute illness and have certainly played their part over the pandemic we have experienced.

Regular immune support for children who attend daycare or who have recently started school can be helpful, and we suggest supporting the whole family for best results (see Get Prepped).

The remedies in this flyer have been selected for their affinity in the early stages and to support the process. They cover our original C9 Kit and also the adjusted wider spectrum kit available now. Started early enough it is often possible to head off more severe symptoms. If an illness is recurrent a consultation is recommended to address the problem on a deeper level.

The remedies in this kit are those most usually indicated to support in the early stages of minor ailments. If symptoms do not improve with home prescribing contact your GP or seek other medical advice. The information in this flyer does not replace appropriate medical advice and care. Always seek medical advice for fever in a child under 6 months old.

* Current at 1 April 2022

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passionate about homeopathy



what's in the kit

1. Aconite: *Useful at first sign of cold, cough, earache, etc.* Symptoms may come on suddenly, often in the night, after exposure to cold wind or following a fright. Fever with dry burning heat, strong thirst, intense pain and restlessness. Fear they may die. *Worse around midnight. Better: open air.*

2. Anas Barb (Oscillo) 200c: Anti-v and anti-b action. If taken at first sign of cold, flu or other v*ral symptoms, may stop it progressing. Use as part of your management for colds and flu with indicated remedies (or use Get Prepped which is broader spectrum).

3. Antimonium Tart: Rattly, wheezy, wet, chesty breathing with very little mucous coming up. Feels/sounds as if may suffocate, coughing and gasping, sometimes with nausea. Tongue coated, pasty, thick white. *Worse: 3-4am lying down, warm room. Better: vomiting.*

4. Arsenicum Album: Burning pains and discharges - mucous, diarrhoea, throat, etc. Colds, headaches, sinus, insomnia. Symptoms often out of proportion to illness. Weak, anxious and restless when sick, fear when alone, anxiety about health, fussy and difficult to please. Very thirsty for frequent sips. *Worse: midnight to 2am, for cold food and drink, Better: heat, hot drinks and food, company, fresh air (headaches).*

5. Belladonna: Fever with throbbing pains, burning radiating heat, bright red face, restless, usually no thirst with fever. Lethargic, delirious, barking cough, strawberry tongue. Earache, flu, sore throats. *Worse: touch, light, noise, being jarred, draughts to head, night. Better: warmth, pressure*

6. Bryonia: Headache, joint/back/neck pain. Dryness and strong pain are characteristic. Any movement aggravates, even talking or just moving the eyes. Sitting up can bring on vomiting. Dry painful coughs and colds which descend to chest, numonia. Very irritable, better alone. Very thirsty for cold drinks. *Worse: deep breathing, hot room, dry weather, movement, touch. Better: pressure and lying on painful part.*

7. China: Ill effects of dehydration, acute illness with great weakness. Drenching sweats at night, flu with debility, periodic fevers. Useful recovery remedy after loss of fluids with great weakness. *Worse: cold damp weather, autumn, from touch. Aversion to touch. Better: from hard pressure.*

8. Eupatorium Perforatum: Classic flu remedy, similar to Bryonia with sore, bruised pains in the bones, (as opposed to muscles - Gelsemium), bones as if broken. Unquenchable thirst for cold drinks.

9. Ferrum Phos: First remedy to think of in beginning of any acute where there is inflammation/heat, eg fever, earache, or just for general unwellness. Keynote is that there are no keynotes - symptoms are vague. Patients take cold easily and are susceptible to chest troubles. TS Acutes (which includes Ferrum P)- can be useful for beginnings of ailments with a runny nose. *Better: gentle exercise, warmth. Worse: cold air, exertion, 4-6am.*

10. Gelsemium: Heaviness, weakness, drowsiness with heavy, drooping eyelids. Trembling, chills and heat up and down spine, flu symptoms with aching muscles (see Eup Per). Nervous with frequent urination or diarrhoea. Symptoms after shock or fright. *Worse: anticipation, humid weather, surprises, Better: urination, sweating.*

11. Hepar Sulph: Sore throats with pain spreading to ear, splinter-like pain (anywhere), like a fish bone or pin. Chunky, productive coughs. Inflammation, slow to resolve - ears, chest colds. Over-sensitivity is a keynote. Angry, irritable, difficult when sick. Very chilly. *Better: warmth, wrapping up. Worse: getting cold, being in a draught, cold dry weather, fresh air, at night, touch, pressure.*

12. Phosphorus: Scrapy throat, sensation of a lump, hawking (coughing up phlegm), cough worse lying down. Generally no fever, no body ache. Blood nose, green or yellow/green mucous. Very thirsty for cold drinks, which may be vomited. Anxious, fearful (being alone, dark, death, storms), desires company. Irritable and sluggish when ill, apathetic, energy flares and subsides to exhaustion again. *Better: after sleep, cold drinks, massage, company. Worse: cold, weather change, thunderstorms, being alone.*

13. Phos Ac: A useful later-stage remedy where there is weakness (emotional and physical) and slow recovery.

14. Pulsatilla: Anything with lots of mucous; thick, yellow or yellow-green or creamy. Coughs dry at night and loose morning, earaches, fever, styes, upset tummies. Weepy, clingy, whingy when sick and desire company. Changeable moods and symptoms. Chilly but dislike heat and stuffy rooms. Usually thirstless. *Worse: rich, fatty food, evening. Better: company, fresh air, cold food and drink, after crying.*

15. Rhus Tox: Back ache, hot painful swelling of joints, sore joints, worse for first movement, better once gets going. Cold sores, shingles, colds and coughs. Tongue may have triangular red tip. *Worse: cold, wet weather, before storm, night, getting chilled or wet after being hot, over exertion. Better: heat, hot baths, movement.*

16. Cold & Flu: Use if you are unsure which single remedies fit best. Traditional remedies to assist with the common symptoms of a head cold including runny nose, sneezing, nasal congestion and minor sore throats, as well as the early symptoms of a flu such as aching and chills.

17. Chesty Cough: There are a few single cough remedies in the kit, which double for other symptoms, but coughs can be tricky to manage, so our Chesty Cough combo is there if you struggle to work out which remedy fits.

18. Immune Boost: A combination of traditional homeopathics to support and boost the whole system through illness. Use as part of your management protocol. May be used as a general immune boost - see more over.

19. Recovery Combo: Includes a selection of remedies traditionally used to brace up the system and aid recovery after an illness when there is lingering fatigue, weakness and cough.

20. Get Prepped (relative to current year - previously known as Winter Prep) – a general immune support remedy to take weekly where required.

There are obviously many more remedies which address symptoms of colds, flu, etc. Please contact us for further help before symptoms become severe - the earlier you treat, the quicker symptoms resolve.

More on Get Prepped

Increasingly through winter we see epidemics and wide spread viral illness. If your child is in childcare or new to school this can mean colds and flu for everyone at home too. Regular use can be a helpful support for the whole family through the season

Get Prepped - All-Year-Round-Support - In 2013 we reintroduced a protocol we'd used in the past but had abandoned in favour of **Anas Barb 200c** alone. We called this combination **Winter Prep**.

This became **Get Prepped** in 2022, which may change slightly each year in relation to what's going on in the Northern Hemisphere.

Take weekly if prone to acute illness, for children new to childcare or school and as a general support.

May also be used manage symptoms if they arise (three times a day for first three days) along with other indicated remedies.