

COLD & FLU: Treatment and Prevention

The cause of most colds and flu are viruses. Unfortunately, prescription antibiotics do not kill viruses and taking antibiotics for the common cold does not help you get better faster. However, there are many natural treatments that can be very helpful in treating the cause and symptoms of the common

cold and flu. These remedies are most effective when taken within the first few days of symptoms. **If you can start taking herbs within the first 24 hours of symptoms, you will likely significantly reduce your symptoms and shorten the length of your cold.**



Highest Risk:	School Teacher, Frequent Traveler, Stressful Life, Busy Mom	If you have a cold or the flu you should consider taking
	<ul style="list-style-type: none"> Green Tea Extract Simumycin Garlic L.T.P. 	<ul style="list-style-type: none"> Herbal Cough Elixir II Sambucol Pro Syrup Sambucol Lozenges Propolis Throat Spray Oregacillin Green Tea Extract Sinumycin Garlic LTP Umcka Pro

HERBAL COUGH ELIXIR II

by Wise Woman

- Clears mucus
- Improves breathing



This natural cough syrup helps to break-up mucus in the chest and improve breathing. Herbal Cough Elixir contains Yerba santa, Old man's beard, Marshmallow, Cherry bark, Elecampane, Osha, Mullein, Rose hips, Orange peel, Lemon grass, Cinnamon, and essential oils of lemon and orange. Doesn't taste great, but is very effective.

PRODUCT #	SIZE
154	2 oz

L.T.P.

by Ecological Formulas

L.T.P. is a thymus gland extract, a little appreciated part of the immune system's "T" cell Special Forces unit. "T" cells are critical to a healthy functioning immune system.

Thymus gland extracts help fight harmful germs and

Anti-viral Protection SAMBUCOL PRO SYRUP

by MMS Pro

- Treats cough symptoms
- Fights flu viruses



This syrup contains a potent extract of black elderberry which is prized for its anti-viral properties, especially flu viruses. Black elderberry also helps soothe congested lungs and treat cough symptoms.

PRODUCT #	SIZE
184	4 oz

can reduce the number and severity of respiratory infections in adults and children who repeatedly get sick.

PRODUCT #	SIZE
163	60 cap



GREEN TEA EXTRACT

by MyBestHealth

- Shortens length of cold



Green tea contains potent anti-viral, anti-bacterial and anti-fungal ingredients that can help treat cold symptoms and significantly shorten the length of a cold. Green tea extract can also be used as part of a cold prevention strategy. Our green tea extract is maximally concentrated for better efficacy and is decaffeinated for better tolerability.

PRODUCT #	SIZE
148	60 cap

OREGACILLIN

by Physician's Strength

- Anti-viral, immune support



Rhyming with "penacillin," Oregacillin is a blend of wild-harvested herbs (oregano, sage, and cumin) known for their immune-supporting, anti-bacterial, anti-viral, and anti-fungal properties. This potent supplement is used as supportive treatment for infections and diseases of the sinuses, throat, lungs, intestinal tract and urinary tract.

PRODUCT #	SIZE
171	30 cap

"Russian Penicillin"

GARLIC

by Pure

- Minimize common cold
- No garlic aftertaste



Also known as "Russian penicillin," garlic contains potent anti-viral, anti-bacterial, and anti-fungal ingredients that can help prevent or minimize the common cold. Garlic by PURE is specially formulated to create a garlic supplement 100 times more concentrated than fresh garlic but without causing any "garlic breath."

PRODUCT #	SIZE
144	60 cap

Shorten That Cold with

SINUMYCIN

by MyBestHealth

- Great for asthmatics



This product contains an extract of the herb, *Andrographis paniculata*, that can help treat cold symptoms and significantly shorten the length of a cold. Take Sinumycin as part of a cold prevention strategy. Sinumycin is particularly helpful for patients with lung congestion, bronchitis, or history of asthma.

PRODUCT #	SIZE
229	60 cap



“Human Windex”

PROPOLIS THROAT SPRAY

by Comvita



Propolis is the resin found in poplar and conifer trees that bees use in making their hives. Think of Propolis Spray as “Human Windex.” Spray it directly on the back of your throat to cleanse the throat of harmful bacteria and viruses. To boost its effectiveness and pain-relieving qualities, Propolis Throat Spray also contains the essential oils of aniseed, peppermint, clove and myrrh.

PRODUCT #	SIZE
175	30 ml

Sore Throat Help

SAMBUCOL LOZENGES

by Nature's Way



This lozenge contains a potent extract of black elderberry which is prized for its anti-viral properties, especially flu viruses. In lozenge form, this product allow the throat to be bathed in black elderberry extract and is particularly useful for treating sore throats caused by viruses.

PRODUCT #	SIZE
183	30 lozenges

Zulu People Immune Booster

UMCKA PRO

by MMS

- #1 Herbal Product in Germany for acute lung, throat infections



Used for centuries by the Zulu people, Umcka, an extract of *Pelargonium*, has been used to treat coughs, sore throats, and other upper respiratory tract irritations and infections. Umcka is the leading herbal product in Germany for the treatment of acute infections of the lungs, throat and sinuses. 17 clinical trials with over 5,000 patients have shown it to shorten the duration of infections in children and adults.

PRODUCT #	SIZE
202	30 ml



Southwest Indian Flu Remedy

LOMATIUM

by Pure

- Fights lung, throat and sinus infections
- Natural antibiotic



Also known as Wild Black Indian Carrot root, Lomatium has been a cherished herb by many of the Southwest Indian traditions for its natural antibiotic effects. Lomatium first gained nationwide recognition during the flu pandemic of 1918 when it was used successfully by Indian tribes and settlers to treat and prevent this deadly flu.

Modern virology has confirmed that the 1918 flu virus is similar and possibly identical to the present day Bird flu, and Lomatium is likely to be recognized once again for its anti-flu properties. This is an herb

to keep in your emergency cold and flu medical kit.

Present day herbalists use Lomatium to help with infections of the lung, throat, and sinuses.

PRODUCT #	SIZE
217	1 oz

Breathe More Comfortably

PULMONA

by Physician Therapeutics

- Asthma
- Emphysema
- Pulmonary hypertension



Classified as a Medical Food by the F.D.A., Pulmona is a patented blend of amino acids and herbs to help physicians treat lung diseases such as asthma, emphysema, and pulmonary hypertension. Pulmona specifically increases the amount of the molecules nitric oxide and acetylcholine which both help to open up tight arteries and bronchial tubes in the lungs. This effect helps patients with lung diseases breathe more comfortably.

Pulmona's effectiveness has been clinically tested and is not known to interact with other prescription medications for lung health. In scientific studies, the side effects of Pulmona were comparable to placebo. The most common side effects reported were mild headache, nausea, stomach upset, and dry mouth. If these symptoms occur, they usually resolve on their own after a few days.

PRODUCT #	SIZE
177	90 cap

A Healthy Quartet

Premium Vitamin & Mineral System

The MyBestHeath Vitamin Mineral System is designed to infuse your body with the highest quality vitamins and minerals from morning to night.

Our "AM-PM" system allows the correct nutrients to be delivered to your body at the right times, and simultaneously avoiding the common vitamin-vitamin interactions that limit the effectiveness of the "once-a-day" vitamin.

The AM, PM, CardioVite, and Bone are a vitamin quartet, each instrument in perfect harmony with the other.

Like a home on its foundation, your health rests on a properly balanced, uncompromising multi-vitamin system.

For the more information, ask our staff for the "MyBestHealth: A Premium Vitamin Mineral System" brochure.

Potent, Natural Antibiotic

EAR DROPS

by Wise Woman

- Kills bacteria, viruses, fungus and parasites
- Treats Swimmer's Ear



Ear Drops are a blend of two potent, natural antibiotics and contain Citricidal (grapefruit seed extract) and tea tree oil. These two herbal extracts are well known to kill bacteria, viruses, fungus, and parasites with fewer side effects than prescription antibiotics.

Ear Drops can be used to treat External Otitis Media, also known as Swimmer's Ear, an infection of the ear canal.

PRODUCT #	SIZE
138	1 oz

Prescription vs. Herbal Remedy?

As an Integrative Medicine physician, I will often prescribe both medications and herbs to help patients feel better and recover faster. For some patients, I may only recommend prescription medications and for others only herbs. Clinical judgment and the knowledge of my patients guide my integrative care plans.

As with prescription medications, quality counts when using herbal medicines. My office has an herbal pharmacy stocked with natural medicines from companies I have researched and am comfortable with their strict manufacturing standards. Since the FDA does not regulate the natural medicine industry, I find I must investigate the products I recommend to make sure they meet strict quality and purity standards.

For more information about my methodology for treating Cold & Flu symptoms, ask our staff for the "Colds & Flu" brochure.

