

# COLD AND FLU PROTOCOL

## Main Remedies for Cold and Flu

**BELLADONNA** indicated for inflammation with fever and swelling of mucous membranes.

**Adult:**

*1st day* 5 drops on the tongue every 15 minutes for two hours. Then 5 drops every hour.

*2nd day* 5 drops on the tongue every hour, if needed  
10 drops 3 times a day.

*3rd day* 5 drops on the tongue every two hours.  
Continue with 10 drops 3 times a day, if needed.

**Children (under 3 yrs old):**

*1st day* 5 drops every 30 minutes for two hours and then every hour for the first day.

*2nd day* 5 drops every hour.

*3rd day* 5 drops every three hours. Continue with 5 drops three times daily if needed.

**ACONIA**

indicated for cold and inflammation without fever. Has anti-inflammatory action on mucous membranes, especially in the beginning stage of a cold or flu.

**Dosage:** dose the same as BELLADONNA (see above).

**PEPERITA**

**Dosage:** Indicated for bacteriostatic and anti-spasmodic. 1 or 2 drops in a glass of water or licked from the back of the hand. Breathe deeply several times with mouth open to hasten PEPERITA's effect. Repeat at short intervals as required.

**BIO BOOST**

increases the body's natural defences against viral and bacterial infections, especially of the upper respiratory tract. To be used at the onset of symptoms.

**Dosage:** 40 drops every four hours until signs of improvement, then take 20 drops three times a day.

**Children (3-12):** 20 drops every four hours until signs of improvement, then take 8-15 drops three times daily.

## **FLEXIZYME**

proteolytic enzymes indicated to reduce inflammation and swelling.

**Dosage:** 2 to 3 capsules three times daily (away from food).

**Caution:** contraindicated in cases of gastric or duodenal ulcer.

**Note:** Children to receive half of adult dosage.

## **Sore Throat**

### **ECHINACEA TABS**

for immuno-stimulation, anti-inflammatory and anti-microbial effects and reducing glandular swelling, tonsillitis and conditions of the URT.

**Dosage:** dissolve 1 tablet three times daily on the tongue.

*Acute*

dissolve 1 tablet every hour on the tongue, reduce dosage after symptoms subside.

### **LYMPH-A-DERM**

supports lymphatic drainage and stimulates the immune system.

**Dosage:** rub cream directly on affected area.

## **Sinusitis**

### **HYDRASTIS NASAL DROPS**

indicated for chronic rhinitis, allergies, blocked nose, sinusitis and associated conditions. It decreases the inflammatory processes in the nose and stimulates secretion.

**Dosage:** take 1 to 2 drops per nostril several times daily.

### **LUFFA TABS**

indicated in cases of sinusitis and associated symptoms. Decreases inflammation of the mucous membranes of the upper respiratory tract.

**Dosage:** dissolve 1 tablet on the tongue three times daily.

*Acute:*

dissolve 1 tablet on the tongue every hour, reduce dosage after symptoms subside.

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## Boost Immune System

**MYCOIMMUNE** indicated for strong immune system stimulation and anti-viral action. Contains a combination of (organic) medicinal mushrooms & vitamin C.  
**Dosage:** 2 capsules daily or as directed by practitioner.

**LYMPH-A-DROP** indicated for systemic lymphatic drainage.  
**Dosage:** 50 drops at once, followed by 30 drops three to five times daily.  
**Note:** Children to receive half or less of adult dosage.

## Additional Remedies for the Immune System

**Note:** consult the Biomed Product Catalogue for dosage and other details on the following remedies.

**THYMUS EG** Thymus gland extract with Echinacea and Ginger to support the thymus gland (the master immune gland).

**IMMUNOPLEX** a potent combination of vitamins, minerals and botanicals to support the immune system.

## THE RIGHT C or THE RIGHT C ENHANCED FORMULA

Vitamin C (sodium ascorbate) plus unique metabolites in Riboperine with increased bioavailability. The Right C Enhanced Formula includes three additional antioxidants: Pomegranate, Optiberry and Açai extracts (Açai is also for energy support).

## ESTER C and ESTER C PREMIUM (with Bioperine)

Vitamin C (patented Ester-C) with non-acidic mineral ascorbates to boost the immune system. The inclusion of Bioperine increase bioavailability. Ester C Premium also includes Green tea and Grape seed extracts for added antioxidant support.

**Note:** For best results, the above treatment program should be initiated at the first onset of cold or flu symptoms. With aggressive treatment, symptoms can often disappear within two to six hours. Even in advanced stages, major improvement can frequently occur within two to three days.