

# Hydrastis Nasal Spray (Homeopathic)



## Recommended Use:

- Sinusitis
- Chronic rhinitis
- Allergies
- Inflammatory nasal conditions

Hydrastis Nasal Spray works by decreasing inflammatory processes in the nose, stimulates secretions, prevents drying out of the nasal mucosa, regenerates the function of the mucous membranes and normalizes nasal breathing.

This traditional formula is used in Europe for: sinusitis, chronic rhinitis, allergies, 'blocked' or dry nose, pharyngolaryngitis, and nose bleeds.

### Ingredients:

*Ephedra vulgaris*

*Hydrastis canadensis*

*Lycopodium clavatum*

*Mezereum*

### Uses:

Bronchial asthma and spastic coughing; breathing difficulty; headache.

Inflammation of the mucous membranes, discharge.

Inflammation of the respiratory tract, stopped up nose sniffles.

Neuralgia, other pains, sneezing.

### Ingredients:

Petroleum

*Pulsatilla*

*Thuja occidentalis*

### Uses:

Nostrils ulcerated, cracked, burned.

Headache, nervous disorder, inflammation, coryza, yellow mucus.

Skin and mucosal diseases, chronic catarrh, thick, green mucus.

## Clinical Pearls

Use Hydrastis Nasal Spray during air travel to prevent the nasal mucosa from drying out, which in turn helps prevent contracting infections.

- For sinusitis, take 1 to 2 squirts of Hydrastis Nasal Spray with 1 tab of Luffa tabs several times daily.
- In cases of allergies with sinus involvement, take Hydrastis Nasal Spray at 1 to 2 squirts in each nostril several times daily with 1 tab of Luffa tabs and 10 drops of Allernest three times daily.

*Refer to sinusitis, allergy and cold and flu protocols for more details.*



### Medicinal ingredients:

*Ephedra vulgaris* (aerial parts) . . . . . D3

*Lycopodium clavatum* (spores) . . . . . D3

*Mezereum* (bark) . . . . . D3

*Pulsatilla* (whole plant) . . . . . D3

*Hydrastis canadensis* (root) . . . . . D4

Petroleum (mineral) . . . . . D8

*Thuja occidentalis* (leafy twigs) . . . . . D10

**Recommended dose (adult):** Take 1 - 2 sprays in each nostril several times daily (to a maximum of 5 times daily) or to be used on the advice of a health care practitioner.

**Non-medicinal ingredients:** Ethanol/éthanol, glycerol/glycérine, water/eau, hamamelis water/eau d'hamamélis.

**Caution/warnings:** Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if pregnant or breastfeeding.

DIN-HM 80002559 • 30 ml