Systems Health Care
INTEGRATIVE WELLNESS

"Natural Medicine Cabinet"

Here are some natural remedies to have at home for common ailments. Yes we have to say: Taking any supplement that is not prescribed or tested on you by a practitioner comes with possible risks or side effects (though very unlikely). These recommendations may not always help your condition but hopefully they do help you feel super awesome very quickly and help you heal faster than ever before!

Common Colds, Viruses, and Flu: (Please see our separate sheet for Covid recommendations.)

Thymus PMG (Standard Process): Adults 4 every hour; kids 2 every hour until symptoms subside
Spleen PMG (Standard Process): Adults 4 every hour; kids 2 every hour until symptoms subside
Vitamin A (Biotics Ae Mulsion): 15 drops, 3 times a day; kids 7-8 drops 3 times a day until symptoms subside
Vitamin D (Biotics D Mulsion Forte): 3 drops, 2 times a day; kids 2 drops, 2 times a day until symptoms subside
Astragalus (Ancient Ways or Weed Bot): 2 droppers every 2-3 hours; kids half that amount until symptoms subside
Olive Leaf (Supreme Nutrition): Adults 3 capsules, 3 times a day; kids 2 caps 3 times a day until symptoms subside
Melia (Supreme Nutrition): 3 capsules, 4 times a day; kids 2 caps, 4 times a day until symptoms subside
* If no change after a day or two with Astragalus or Olive Leaf then stop and switch to:*
Echinacea: (Elk Mountain or Weed Botanical): 2 droppers every 2-3 hours; kids half that amount until symptoms subside
Osha Root (Elk Mountain): 2 droppers every 2-3 hours; kids half that amount until symptoms subside

Bacterial and Fungal Infections (sinus, digestive, or systemic):
Artemisia (Ancient Ways): 2 droppers three times a day; kids half that
Goldenseal (Ancient Ways): 2 droppers three times a day; kids half that
Morinda (Supreme Nutrition): 4 capsules, 4 times a day; kids half that

Parasites/Worms:
Black Walnut (Weed Botanicals): 1-2 droppers, three times a day
Artemisia (Ancient Ways): 2 droppers three times a day; kids half that

Sore Throats / Throat Infections:
Astragalus (Ancient Ways): 2 droppers every 2-3 hours; kids half that amount (Gargle with it first for 30 seconds!)
Standard Process Sore Throat Spray: As often as needed

Antihistamines:
Cataplex C (Standard Process): 4-5 every 2-3 hours as needed AND
Quercetin (Pure Encapsulations): 2-3 at a time, as needed OR
Cyruta Plus (Standard Process): 4-5 at a time, as needed OR
Antronex (Standard Process): 4-5 at a time, as needed

Tooth Issues: (Aside from seeing your dentist)
BFB-1 and/or BFB-2 (Supreme Nutrition): directly on tooth/gum as needed throughout the day
Uva-Ursi (Weed Botanicals): 1 dropper in a bit of water, swish around the tooth area for 30-60 seconds

Skin Infections:
Iosol drops (TPCS): directly on infected area as needed

Skin Burns:
Chlorophyll Complex Ointment (Standard Process): directly on the affected area as needed

Bone Fractures:
Biost (Standard Process): 3 tablets, 2 times a day for 6 weeks

Don't Forget About Your Pets! See opposite side

Pet Supplements!

Standard Process has a variety of supplements for your dog, cat, or horse! We're happy to order any of their various supplements they offer to help improve the health and well-being of your pet.

Canine:

- Adrenal
- Cardiac
- Skin
- Digestive/GI
- Muscle/Joint
- Liver Detox
- Immune
- Anti-inflammatory
- Kidney
- Thyroid
- Multi Supplement
- Anti-histamine
- Dental

Feline:

- Cardiac
- Digestive/GI
- Liver
- Immune
- Kidney
- Multi Supplement
- Anti-histamine
- Dental

Equine:

- Digestive/GI
- Immune
- Metabolic Health
- Mobility Health
- Performance

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