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For Those Who are Not Patients of My Medical Practice

You may have found patient education materials at my website or they may have been given to you by current or prior patients of mine. Recently, some patients have also given information of mine about pre- and post operative care without urging a patient to consult with me directly.

I don't want to seem restrictive about this, but when I give my patients a remedy it is done from my interest in them, careful listening, and concern for their wellbeing. Behind that is the years I have practiced medicine and worked in developing a soul-spiritual understanding of the human being in health and illness. Please consider coming to see me as physician if you find these helpful.

In any case, my handouts are generally intended as educative. I cannot accept any responsibility for how you use this information. All handouts are copywritten and they cannot be otherwise copied or used for commercial value.

Apart from that, and hoping that you are not put off by the above, I wish you the best in your health and inner striving in life.

Many blessings! Mark Eisen MD

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REMEDIES FOR COLD AND FLU SEASON

As children come back together after joyful summertime activities, they will share many experiences with their classmates. A certain amount of so-called viruses and bacteria illnesses come along with the enthusiasm! This includes head colds, ear infections, sinusitis, and bronchitis. In the **Jubilee Store** located at our medical practice we have a number of remedies that are very good at helping take care of these conditions. These include:

- 1) **Infludoron**- This is a great remedy for cold and flu symptoms of a mild to moderate nature and can be given frequently according to the dosage on the label. Symptoms include fever, aches and pains, cough, running nose and mild sore throat. Use up to hourly. Less often as better.
- 2) **Echinacea 1X**- This is a great preventative for early stages of colds and flu if given aggressively in a time limited fashion. One drop in a teaspoon of water for each year of your child's age (i.e. - 5 years old = 5 drops, etc.), given up to hourly (but not while sleeping) in the initial stages of flu or cold can be helpful. As your child settles into the illness or shows signs of improvement diminish the frequency of dosing.
Don't continue frequent doses for more than one or two days of treatment.
- 3) **Echinacea Compound**- This is Echinacea with a number of added homeopathics. It is useful for sore throats and more aggressive or toxic seeming illnesses. In medicine toxic means you look awfully sick. This can be given in a similar dosage as Echinacea.
- 4) **Lobelia Compound**- This is a wonderful remedy for coughs especially when there is a wheezing component. For stubborn coughs in the evening with some spasm this can provide great relief and help children to sleep. Dose as for Echinacea 1X. Adults- 10 drops up to hourly.
- 5) **Cinnabar Compound**- This is a remedy that provides great relief for minor sore throat and can be given in its powder form easily to children. Use 1/8 tsp on the tongue every one to two hours for sore throats.
- 6) **Ferrum Phosphoricum 6x**- This is a great remedy in the convalescence stage of illness when one's energy is low and can be given every few hours to help in this recuperative phase.
- 7) **Sambucus Compound**- a great remedy for wet or congested head colds. You can give a dose up to hourly, less as better. A recent revision in this remedy is Weleda's **Sinus and Allergy Remedy** which comes as a homeopathic pellet.

8) **Prunus Spinosa**- These drops are wonderful at restoring a sense of vitality. The dosing is the same as the other liquids with the exception that children over 7 can easily be given 10 drops per dose up to every one to two hours for several days without any worry. It can do wonders to calm a cough due to exhaustion from a cold.

9) **Cough Syrups**- We have a variety of homeopathic and herbal cough syrups.

10) **Saline Nose Spray**- moisturizes and soothes raw nasal passages and loosens and helps clear tough secretions. We also have Neti pots for nasal washing.

11) **Hot Water Bottles**- are a fantastic help for many conditions! When children are restless or over stimulated, or if their feet and hands are icy put a HWB (with about 1-2 cups fairly warmed water with all the air pushed out, wrapped in enough toweling to prevents a scald on their feet or tummy (use less water on tummy so not too heavy). They will sleep quickly and deeply—many children request their HWB when they feel out of sorts! They can also do wonders for upset stomachs, whether cramps, gas, diarrhea or nausea, or anxiety. You can also warm the bed before they get in. Your children will love this! Oh, by the way, grown ups can use them, too! Just remember—not too much water, not too hot, and adequate covering to protect the skin.

Please note that this is a list of over the counter remedies. You can find this group at our **Jubilee Store**, but some of these or similar products may be gotten at “health food stores” or other health product stores. Most important is that if you use these remedies and you or a family member don’t responds as expected, or simply don’t improve or worsen, please seek medical attention.

Dr. Eisen’s Holistic Medical Practice treats all family members and gives you the time and attention and the types of treatments you need and want to help your family members get well naturally. We have the training to know when a conventional medication is indicated and will keep your options open!

Apart from the wonderful cosmetics, hygiene and natural remedies you will find at the Jubilee Store at Dr. Eisen’s medical practice, the store also has seven hundred titles on Health Care, Education, Hygiene, Biodynamic Agriculture, Great Literature, Biographies, Poetry, General Science, Inner Development, Comparative Religions, How to Get Started on your Inner Path, Self Care, and many others. Our star has been praised as the best quality bookstore in the Piedmont. Similar praise for our collection of fine healing aids.

Our staff will be happy to help you when you stop by. It is a good time to stock up your remedy cabinet for the cold season.

-Mark J Eisen,

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