

During Times of Illness, Add In:

Illness Supplement	Cold & Flu	Stomach Virus	Strep Throat	Ear Infection	Sinus Infection	Cough	Allergies	Insomnia
Homeopathic Remedies	Flumax Pro GripiaPro VRD-Pro Flu-Tone Oscillocoxinum	Colo-Chord Virus-Chord	Bacteria-Chord Chord Throat Spray Tone Drainage-Tone	Bacteria-Chord Chord	Bateria-Chord Sinus-Tone Drainage-Tone X-Clear	PNU-Pro STA-Pro	Isopathic Phenolic Rings	Calms Forte Kids
Supplements / Foods	Broths	Ginger Tea Peppermint Tea	Argentyn 23	Argentyn 23 Garlic /Mullein Oil (in ear)	Argentyn 23 Neti Pot	Hot Tea w/ Raw Honey (2 yrs+)	Local, Raw Honey	Chamomile Tea Melatonin
Herbal Formulas	V Clear Echinacea Astragalus Elderberry Propolis Sambucol Kids ImuMax	V Clear Tummy Qi Luvos Earth Charcoal	Berberine CQ Jr.	Berberine CQ Jr.	Berberine CQ Jr. Sniffle Support Sinupret Kids	Ivy / Thyme Lobelia Pulmonest Lung Qi Jr. Ivy Calm Bronchipret Natranix B&T Syrup	Aller-Ease Jr. D-Hist Jr.	Avena Sativa AdrenaCalm
Essential Oils (Heritage Blends)	Plague Defense	Plague Defense Digestion Support	Plague Defense	Plague Defense Ear Infection Earache	Plague Defense Eucalyptus Lavender Peppermint	Plague Defense Respiratory Relief Lung Healing Thyme	Allergy Relief	Lavender Roman Chamomile

***Remember to AVOID foods high in sugar, poor-quality fats and dairy products! Also, limit caffeine and other diuretics. Wash your hands frequently. Don't go to bed or go out into the cold with a wet head. Don't sleep under a ceiling fan.