

Natural Help 4...

Common Cold



What are Colds?

The **common cold** is, as the name suggests, very common and easy to catch. Most adults tend to **catch a cold about three to four times a year**. Unfortunately, children are much more prone to catching colds, as their immune systems are vulnerable and they tend to spread infections more quickly in daycare and school settings.

Diagnosing a Cold

The first **cold symptoms** normally manifest themselves as feeling tired, sneezing, coughing and having a runny nose. A fever is not often present, and if it is, it usually remains a low fever of just 1 or 2 degrees higher than usual.

While **colds and flu can cause many of the same symptoms** and are often confused, a **cold** is generally milder, while the flu tends to be more severe and longer-lasting. Nevertheless, both illnesses can cause children and adults alike to become miserable and grouchy.

What Causes a Cold?

Although we all wish we knew **how to prevent the common cold**, there are **more than 200 viruses that can cause it**, which makes the task difficult. The rhinovirus is the one most frequently responsible, and not surprisingly, it is also one of the most contagious.

A person with a **cold** is usually **contagious for a day before they develop cold symptoms and for about five days after**, and the virus is easily spread through sneezing, coughing, yawning and sharing objects handled by an infected person.

The good news is that **colds are very rarely serious**, and are only of concern if they lead to secondary infections such as strep throat, pneumonia, bronchitis and croup.

Help for a Cold

Common cold symptoms are usually **treated with bed rest and symptomatic medication** until the body's own immune system overcomes the infection. We may like to know **how to prevent the common cold**, but unfortunately, there are no allopathic medications to cure or prevent colds. Although antibiotics are sometimes prescribed, they are **not effective against**

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viruses and will only help in the case of secondary infections.

Antibiotics also rob the body of important ‘good’ bacteria. Children who become repeatedly infected due to exposure at day care centers may find themselves on one course of antibiotic after the other, often compounding the problem.

Conventional Medicine

Over-the-counter medicines like paracetamol are often used to treat **common cold symptoms**. However, this form of **common cold remedy** may come with side effects. Decongestant drugs can be very effective, but cause side-effects like increased irritability and hyperactivity. They can also over-dry the nose and mucus membranes, causing discomfort.

It is also important to remember that all of the symptoms of colds and flu (e.g. coughing, sneezing and running nose) are **nature's way of trying to drive the virus** from the body, and one should therefore take medicines like cough suppressants and decongestants with caution, as they can prolong the illness and even make it worse in the long run.

Natural Remedies

A popular **common cold remedy** is chicken soup. When chicken soup and bed rest just don't do the trick, nature prescribes a few **herbal and homeopathic remedies** of it's very own that can be helpful immune system boosters.

These remedies can **soothe common cold symptoms and speed up recovery!** Herbs such as Echinacea purpurea, Inula helenium and Withania somnifera are commonly used for their antiviral, antifungal and antibacterial properties, as well as their excellent ability to support the immune system.

These **herbs work as a tonic for the immune system** and are an extremely successful **common cold remedy**. Herbal and homeopathic ingredients such as Mentha piperita, Yarrow, Nux vom., Alium cepa, Influenzinum and Baccillum also **work effectively to relieve common cold symptoms** and help the body get back on the road to recovery.

How Can I Prevent Colds in My Child?

If you have children, you may wonder **how to prevent the common cold**. Although there are no proven strategies, **a strong and healthy immune system** will protect your child from all types of illnesses, including colds. Keep your child's immunity in peak condition with the following tips:

- As a deficiency of certain vitamins and minerals can weaken the immune system, therefore it is important to **feed your child a healthy, balanced diet**. Ensure a wide variety of fruit and vegetables, and limit junk food and candy. If your child is a picky eater or avoids healthy food like the plague, use a daily multivitamin supplement, including Vitamin C and zinc.
- **Keep your child away from second-hand cigarette smoke** and obvious sources of environmentally toxic agents like car gas fumes,



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- pollution, and harsh detergents or cleaning materials.
- **Avoid unnecessary use of prescription medications**, especially antibiotics and steroid drugs.
- A **healthy lifestyle, including a balanced diet and regular physical exercise** will help to keep your child healthy, strong and protected from illness.
- **Limiting the bacteria and viruses that your children come into contact with** will also decrease their risk of falling ill.
- **Encourage your child to maintain a healthy weight**, and if your child is overweight or obese, encourage weight loss in a natural and safe manner.

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating

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disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely.** Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

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ComfiCoff is a 100% safe and natural remedy containing herbal ingredients. These ingredients are combined in a syrup base to **provide rapid and effective support for the throat and chest** in children and adults, **promoting clear and open airways**.

Like all Native Remedies products, ComfiCoff is 100% natural and manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile. ComfiCoff can therefore be **safely used to help both children and adults, without any unwanted side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about ComfiCoff](#)

Congesto-K KiddieRub: Promotes nose and chest clarity in children to maintain relaxed, easy breathing.

Congesto-K KiddieRub is a chest massage oil for children with nose and chest congestion. This natural combination of pure therapeutic essential oils will help to **keep your child's chest and nose clear and open, and to maintain relaxed, easy breathing**.

The aromatherapeutic ingredients are also known to promote strong immune systems, which provide a first line of **defense against colds, flu and other childhood infections**.

Massage helps to soothe irritable children and lift their spirits, providing the comfort which is essential in the recovery process. Congesto-K KiddieRub is safe and effective for children and babies from the age of 6 months.

Like all Native Remedies products, Congesto-K KiddieRub is 100% natural, and manufactured according to the highest pharmaceutical standards. Individual ingredients are well researched and have been specially chosen for their **high safety profile in children's remedies**.

[Learn more about Congesto-K KiddieRub](#)

Congesto-K Pillow Spritzer: Promotes clear airways and entire respiratory tract health in adults and children.

Congesto-K Pillow Spritzer is an aromatherapeutic pillow and space spray with wonderful properties for chest and respiratory tract health in adults and children. This natural combination of pure, therapeutic essential oils will help to keep the airways clear and **promote the comfort of the entire respiratory tract, including nose and chest, allowing easy, normal breathing**. The ingredients of this unique spritzer spray are also well-known for their relaxing properties in the support of healthy, deep and refreshing sleep.

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Congesto-K Pillow Spritzer is safe and effective for adults, children and babies from the age of 6 months. The pleasant fragrance and therapeutic properties of this aromatherapy mist will soothe your little one. It will also **promote free breathing and a good night's sleep.**

Like all Native Remedies products, Congesto-K Pillow Spritzer is 100% natural, and manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's remedies.

[Learn more about Congesto-K Pillow Spritzer](#)

ImmunityPlus: Promotes bladder and urinary tract health.

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to **support routine immune strength** to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about ImmunityPlus](#)

Read the testimonials for these quality products [here!](#)

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