



## *A Better Way to Fitness & Wellness, LLC*

### **At Home Medicine Cabinet**

If you do not muscle test – you can still try these remedies, or have them on-hand so that you are ready for what Dr. Lisa will recommend. Contact her for a “mini-test”.

If you are feeling ill or out of sorts, you first need to determine what might be the cause. Muscle test if you are free of the following stressors: virus, bacteria, fungus, environmental toxins, Combo (combination of all 4). If it not one of these; then contact Dr. Lisa.

Once you determine the cause – use this guide to help you find an appropriate remedy (or contact Dr. Lisa)

**Virus:** some symptoms might be sneezing, running or stuffed nose, headache, fever, fatigue

- Homeopathic pellets: Gelsemium, Arsenicum, Aconite, Bryonia, or Nux Vomica  
You can take up to 5 pellets at 1 time. If you muscle test, test dosage and spread out dosage of more than 5 pellets throughout the day.
- UltraVir-X – herbal capsule (usually 1 – 3 capsules per day)
- Lymph tone I (or take extra drops of Detoxifier/Drainer by Newton) – start with 5 – 10 drops of Lymph tone I or 3-6 drops of Detoxifier/Drainer.
- COVID: Arsenicum Album 30c and Lymph tone II (call Dr Lisa for dosage)

**Bacteria:** same symptoms as above but more severe, could also be digestive upset; infection

- Core Berberine (liquid herb add to water/juice) – herbal anti-biotic (usually 3-5 drops; but can be as much as 10 drops at one time)
- \*If you don't have Core Berberine – you can try GoldenSeal herb
- Bacteria Chord or Bacterial Infection – homeopathic detoxifiers (5-10 drops to start, if you test for this. You could test for Core Berberine and NOT test for Bacteria Chord).
- Lymph tone I (or take extra drops of Detoxifier/Drainer by Newton) – usually same dosage as either product above.

**Fungus:** may feel like allergies, or virus; may be digestive upset; changes in stool, rash

- Pau d'Arco – capsule or liquid (usually just 1 capsule; can be 2-3 drops at once)
- MycoCan-chord – homeopathic detoxifier
- Candida-yeast - homeopathic detoxifier
- ADP – oil of oregano tablet (usually just 1 tablet)
- FC Cidal – herbal capsule (usually just 1 tablet)
- Lymph tone I (or take extra drops of Detoxifier/Drainer by Newton)

**Environmental Toxins**- if you suffer from allergies, then you could take one of the following remedies. If they do not help with symptoms within a day; then it might be a virus instead of allergies and try one of those remedies:

- AllerCaps by Premiere Research Labs – grass, pollen, airborne allergens
- Seasonal Defense by Nature’s Sunshine – mold, pollen, fungal allergens
- Mucinease by DesBio (helps with mucous) – runny nose/eyes; cough
- Respiratory EZ if you have cough, asthma type symptoms
- Homeopathic: Gelsemium; Allium Cepa

**Combo**: If you test positive for the combo – the best remedy is Oscillocochinum. Usually 1 vial/day for 3-5 days will help. You can add some drainage as well to help.

**Upset stomach**: could be from something that you ate, could be from a virus/bacteria/fungus

- **Nux Vomica** is the best for immediate relief. Take 3-5 pellets and wait 15 minutes. If symptoms do not resolve, take another 3-5 pellets. If still does not resolve, then you need to call for more assistance 😊
- **Digestive Enzymes** – especially Cellulase for gas, bloating, full feeling immediately after eating.
- **L-Glutamine** – for pains in the stomach/intestines that lasts more than 2 days
- **Probiotic**

**Injuries**:

- **Arnica Montana** – for bumps/bruises/acute injuries will help with bruising, pain and swelling.
- **Chlorocaps** – helps with healing from injuries. Especially helpful with tooth or nerve pain. Will act as a pain reliever