



Information Sheet – Coughs

Truly, it doesn't have to be this way. You know those irritating people who breeze through the winter never catching a thing except the fulminating eye of their germ-ridden colleagues? That could be you this year! Here's how to cope!

Echinaforce

Take every day (15 drops in a little water or juice, or one of the one-a-day tablets). Made from fresh, organic Echinacea purpurea, it has been shown to work by improving the immune response to any potential bug, making it less likely that you'll fall prey to any kind of infection, from colds to flu and throat or chest infections. If you are one of these people who can bank on getting at least four colds every winter, start taking it in October and be amazed as you sail through until March with scarcely a sniffle to your name.

Echinacea Lozenges

This lozenge is a blend of Echinacea herbs and honey that can be used to ease and soothe a cough and sore throat.

Vitamin C

Add Vitamin C to your daily routine and improve the way your body builds white blood cells, which are the soldiers in the immune system's fight against invading germs. Vitamin C should be taken in small doses, two or three times daily as that ensures that it will give the most benefit to your immune system. Get some fresh air each day, rather than huddling in centrally heated homes and offices, and cars heated up like small ovens.

And for combating the chesty coughing spasms ..

Ivy-Thyme Complex

This particular remedy is used to cure, rather than soothe, the symptoms. It is a combination of Ivy, Thyme, Pimpernel, White Horehound and Liquorice. This formulation can help to thin mucus/catarrh, expel catarrh and act as a mild cough anti-spasmodic suppressant. It has a soothing action. As it does not contain sugar, it is suitable for diabetics. It is also suitable for children over two whereas many other cough remedies are not. This is not intended to deal with an infection. If this is the case, it can be used alongside Echinaforce.



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Plantago tincture

This is great for those whose catarrh sits firmly in the head, blocking the nose and the ears, making breathing and hearing difficult. If you snuffle your way through the winter, and battle the phlegm for weeks after defeating the cold, try this remedy and reduce your chances of suffering the dreaded snout.

Drosinula Cough Syrup

This is a combination of the juice of fresh double spruce, Drosera (Sundew) and Hedera (Ivy). These ingredients give this product the ability to help with spasmodic, racking, phlegmy coughs. It can be used for the likes of whooping cough, coughs due to "severe colds, very deep-seated coughs and bronchial asthma. As it contains Ivy it is also very good for breaking up mucus.

Santasapina Cough Syrup

This cough syrup contains the juice of fresh double spruce and honey which gives it very good soothing properties. This is very appropriate when suffering from the cold, catarrh, bronchitis or the flu. It is useful for dry, tickly coughs, hoarseness and congestion. This product is also available as a bon-bon that is especially good for soothing irritated sore throats