

EARACHE SUPPORT

1. Alternating Hot & Cold Compress (see attachment)
2. Epsom salt baths aid in pushing toxicity out.
3. Silicea 6X: 3 pellets under tongue 3 times daily
4. Unda numbers 2, 15, 312 and 710: 3-4 drops under tongue 5 times daily
5. Congaplex: 2 tablets every 2 hours
6. Eliminate grains and dairy, as well as fruit juices. Emphasize chicken broth and vegetables during this period.
7. Chamomile 30K or 200K is very calming. This along with Congaplex and Belladonna is a nice alternative to Tylenol.



Biodynamic
WELLNESS

This information is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professional regarding the treatment of their medical problems. Those taking prescription medications should consult with their physicians and not take themselves off of medicines to start supplementation without the proper supervision of a physician familiar with nutritional supplementation.

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