

# CENTER FOR OCCUPATIONAL & ENVIRONMENTAL MEDICINE, P.A.

ALLAN D. LIEBERMAN, M.D. F.A.A.E.M

TIMOTHY J. CALLAGHAN, M.D., D.C.



WWW.COEM.COM

7510 NORTHFOREST DRIVE

NORTH CHARLESTON, SC 29420-4297

PHONE (843) 572-1600

FAX (843) 572-1795

## “First Aid Kit For Respiratory Conditions”

During the cold and flu season or anytime you feel you have been exposed to a virus or bacteria, try one or more of these natural remedies. These products are available at our Center.

**Bicarb:** Take 1/4 - 1/2 teaspoon of bicarb in at least 6 ounces of water as needed to alleviate the symptoms of an acute allergic or toxic reaction. If the symptoms persist, repeat the dose up to 3 times in 30 minutes.

**PBZ Drops:** Use as an antihistamine for severe reactions. Must use whole dropperful (1.0 cc) sublingually (under the tongue), being careful NOT to touch the dropper to your tongue or mouth (so as not to contaminate the dropper). Repeat every 15 minutes as needed.

**ST/CF Drops:** Take 2 drop (0.1 cc or 10 units) sublingually, four to eight times daily. Very good expectorant and decongestant; works well for colds, Bronchitis, Asthma and ear infection.

**Zinc Lozenges:** Suck one lozenge at first sign of cold, flu. Repeat 4 times daily (with food).

**INT-A:** Use at first sign of any respiratory infection or exposure. Load with 1 cc (the whole syringe) and repeat every two hours with 0.2 cc until symptoms are gone. After the drop is placed under your tongue, rub the drop all around the inside of your mouth into the muscosa and then you can swallow. Try, however, to hold it in your mouth for 2 minutes before swallowing.

Children 4 years and under: Load with .25 cc and repeat every two hours with 0.1 cc until symptoms are gone.

Children 4 years and older: Load with .5 cc and repeat every two hours with 0.1 cc until symptoms are gone.

**MFP 144** (100 mg. - a natural grapefruit seed extract with broad-spectrum antimicrobial activity): Take 1 - 2 capsules 4 times daily as a substitute for antibiotics. May be used for all respiratory and gastrointestinal infections.

**Echinacea Hydrastis:** Take one dropper full immediately on exposure to infectious disease. Repeat every 1 - 2 hours on the first day then 4 times daily thereafter.

**Eldeberry:** Take one tablespoon, 2 to 4 times daily as an expectorant.

Children under 4 years old should use one teaspoon 2 to 4 times per day.

**P.J. Drops:** Take 1 drop (0.05cc or 5 units) sublingually daily. PJ (Purple Juice) is made up of six minerals - Zinc, Manganese, Copper, Chromium, Selenium, and Cobalt - used to enhance the immune system.