

# Home-Care Remedies

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Condition	Nutriceutical/ Food	Botanical	Homeopathic	Home care
<a href="#"><u>First aid</u></a>	Vitamin C, B5, E*, A (x) Manganese, Zinc Argenine Unpasteurized honey*	Aloe vera gel* Calendula*	Arnica Apis Causticum Chamomilla (B) Ledum	Ice and elevation Rest CPR and First Aid/ anti-histamins/ Epipen if necessary
<a href="#"><u>Cold and flu</u></a>	Vitamin C, A Citrus fruits Zinc or copper Honey (x) Garlic, onion (raw) Ginger Probiotics	Elderberry Slippery elm Allium Astragalus Echinacea Goldenseal (x) Ganoderma	Flu buster/ Oscilliococcus	Rest, water/ fluids Mustard pack* Steam inhalation Nasal lavage Wash hands Light activity Deep breathing
<a href="#"><u>Spring allergies</u></a>	Vitamin C, B5, B12 Citrus fruits Magnesium Spirulina	Quercetin	Allium cepa Euphrasia	Steam inhalation Nasal lavage
<a href="#"><u>PMS</u></a>	Vitamin B3, B6, B12, A, E Iron Magnesium Ginger	Vitex agnus-castus Peppermint	Pulsatilla Sepia	Acupressure Hot pack over uterus Rest
<a href="#"><u>Sore muscles</u></a>	Vitamin C, bioflavonoids Magnesium	Capsicum*	Arnica	Heat, massage, magnesium* Epsom salt bath
<a href="#"><u>Stressful event/ anxiety</u></a>	Magnesium Melatonin Vitamin D, B5, B12 BCAA, amino acids (arginine, lysine, L-theanine, glycine, N-acetylcysteine) Phosphatidylserine GABA Glutathione Omega-3 (fish)	Rhodiola Eleutherococcus Glycyrrhiza (x) Green tea Lavender essential oil Ashwagandha Magnolia	Aconite Arsenicum	Social support Relaxing bath Sleep at 10pm Moderate exercise Acupressure
<a href="#"><u>Grief or loss</u></a>	Vitamin B5, B6, 12 Oatmeal Melatonin Vitamin D	Lemon balm Peppermint Chamomile Avena sativa Lavender	Ignatia Staphysagria Natrum meriaticum Aurum	Social support Relaxing bath Meditation Moderate exercise Journaling
<a href="#"><u>Annual detox</u></a>	Hypo-allergenic diet NAC, Glutathione	Taraxicum Glycyrrhiza (x)		Castor oil pack Infrared sauna Dry skin brushing Contrast showers
<a href="#"><u>SAD (seasonal affective disorder)</u></a>	Vitamin D3 <i>Salmon, sardines, tuna, cow's milk, eggs, shiitake mushrooms</i>			Sunshine or artificial UV light (at least 10 minutes with exposed skin)
<a href="#"><u>Poor concentration</u></a>	Phosphatidyl choline and serine Vitamin D Healthy fats (fish, coconut) Leafy green veggies	Gotu kola Ginkgo biloba Rosemary leaf Bacopa	Kali phos tissue salts (6x)	Rest and sleep Hydration (H2O) Exercise Limit sugar and carb-loaded meals

\*topical application; (B) baby indicated; (x) consult first if pregnant

**NOTE:** Consult your Naturopathic doctor before giving any of these products to infants (<1 years old), pregnant or lactating women.