



With winter now upon us now is the time when we get colds, coughs, 'flu and it is down to us all to get our immune systems into shape.

Echinaforce

A proven herbal remedy to deal with colds, flu and upper respiratory infections. Can be taken short term to deal with infection or long term as a preventative measure helping to keep bugs at bay. Can be used in conjunction with other winter remedies to enhance immune function. This can also be taken in the form of tablets (Echinacea) which can be more convenient to take.

Santasapina Cough Syrup

A wonderful soothing cough syrup made from the extract of fresh pine shoots and honey, making it ideal for dry, tickly coughs, hoarseness and upper respiratory tract congestion. Suitable for children over two.

Drosinula Cough Syrup

A pure herbal syrup made from the extract of fresh pine shoots, honey, Drosera, Inula and Ivy. These ingredients give this product the ability to help with spasmodic, racking, phlegmy coughs, deep-seated coughs and bronchial asthma. Suitable for children over six.

Plantago

This remedy is an effective treatment for ear, nose and throat infections. It is anti-inflammatory, antibacterial, astringent, demulcent and restorative to respiratory mucus membranes. It will help ease congestion and inflammation of the mucus membranes, loosen catarrh, and treat middle ear infections, glue ear and throat infections such as tonsillitis, laryngitis and pharyngitis.

Ivy-Thyme Complex

This is a swift and effective cough remedy. It is a combination of Ivy, Thyme, Pimpernel, White Horehound and Liquorice. It has a two-fold action: relaxing the bronchial tubes to stop spasming and thinning mucus to make it easier to expel. This means fewer but more productive coughs. As this remedy does not contain sugar it is ideal for diabetics and children. If infection is also present Echinaforce can be taken alongside.

Echinaforce Junior

A pleasant tasting chewable tablet, suitable for children over two. Can be taken every day all winter as a preventative or used short term to treat a specific infection.



Echinacea Lozenges

This lozenge is a blend of Echinacea and 22 other herbs to help ease and soothe sore throats and coughs.

Circulation

Are you chilly all winter? Chilblains even Raynaud's Disease in some cases? Then you need to get the blood racing round the body or the supply of nutrients and oxygen will fall off and outlying areas such as feet will become devitalised and sensitive, easily wounded and prone to skin problems – then you need to take gentle but regular exercise even just for 5 minutes anything to get your blood moving.

Herbal teas made from things like Ginger to pep up the blood.

Ginkgo Biloba – the best herb for boosting circulation to the extremities: head, fingers, feet. Don't take Ginkgo if you are on anticoagulants such as aspirin or Warfarin. If you want a circulatory herb, try Vinca minor instead.

And finally to help with colds, blocked sinuses, catarrh, migraine there is always the **hopi ear candle therapy** which can help to alleviate many of these problems.

For information on any of the above or to book a Hopi Ear Candle treatment please get in contact.