

# Welcome to Natural Health Care Clinic



Natural Health Care Clinic was founded in 1971 by Lyle Leffler (Doctor of homeopathy). Dr. Leffler's philosophy is that disease as perceived by the main stream of medicine is only an expression of a deeper manifestation within the body. Understanding the patient mentally, emotionally, and physically is the only way to determine the real nature of the

patient's disease. This has been confirmed with the successful treatment of thousands of patients.

Dr Leffler addresses disease using homeopathy, phytotherapy, nutrition and osteopathic manipulation. All products dispensed at Natural Health Care Clinic are manufactured in state of the art facilities and in accordance with government regulations. Dr Leffler's unique formulations are now available for the general public. Now for the first time on line Dr. Leffler has created a repertory whereby a list of ailments and the corresponding product suggestion for these ailments is available for you to browse and purchase.

## Health Guide

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### ILLNESS

### INDICATED REMEDY

**A**

[ABSCCESS](#)    also see cyst

[Lyle's Apis Complex](#)  
[Hepar Sulph. 30](#)  
[H12 - Silicea 6x](#)  
[H3 - Calc. Sulph. 6x](#)

**ABDOMINAL INFLAMMATION**

[Lyle's Apis Complex](#)  
[Belladonna 30](#)  
[Apis Mel. 30](#)

**ACNE**

[H9 – Nat. Mur. 6x](#)  
[H7 – Kali. Sulph. 6x](#)  
[H3 – Calc. Sulph. 6x](#)  
[H12 - Silicea 6x](#)  
[Calcarea Sil. 30](#) (constipation)  
[Lyle's Sterculia](#)  
[Colubrina 30](#)

**ALCOHOLISM**

**ALLERGIES**

[Lyle's Sinusan](#)  
[H4 – Ferr. Phos. 6x](#)  
[H9 – Nat. Mur. 6x](#)  
[Allium Cepa 30](#) (sneezing, nasal irritation)  
[Euphrasia 30](#) (sneezing, eye irritation)  
[Sabadilla 30](#) (itchy palate)  
[Colubrina 30](#) (upon wakening, irritability)  
[Wyethia 30](#) (all orifices itching)  
[Dulcamara 30](#) (early spring or starting in August)

**AMMENORHEA [ABSENCE OF MENSES]**

[Pulsatilla 30](#)  
[Ignatia 30](#) (grief)  
[Papa 30](#) (mental shock)

**ANEMIA**

[H4 – Ferr. Phos. 6x](#)  
[H6 – Kali. Phos. 6x](#)  
[H9 – Nat. Mur. 6x](#)

**ANGINA PECTORIS**

[Lyle's Hawthorn Complex](#)  
[Lyle's C.V.S](#)  
[Lecthin](#)  
[Cactus Grand 30](#) (tightness in chest with pain in left arm)  
[Latrodectus 30](#) (pain in left arm with Numbness)

See Article: **The FACTS and TRUTH about CARDIOVASCULAR DISEASE**

**APPETITE** [LACK OF]

[H2 – Calc. Phos. 6x](#)

**ANXIETY**

[Lyle's Passion Flower](#)  
[Lyle's Valerian](#)  
Relora Plex

[Aconite 30](#) (fear of dying)  
[Arsenicum Alb. 30](#) (anxiety over health)  
[Gelsemium Sem. 30](#) (before Exams,  
Trembling)  
[Argentum Nit. 30](#) (feels he/she lacks time)  
[Lycopodium 30](#) (lack of confidence)

## **ANXIETY NEUROSIS**

[Lyle's Passion Flower](#)  
[Lyle's Valerian](#)  
[Gelsemium Sem. 30](#)  
[Lyle's Hydrastis D4](#)

## **APTHEA**

## **ARTERIOSCLEROSIS**

[Lyle's Hawthorn Complex](#)  
[Lyle's Mistletoe](#)  
[Lyle's Gingkosan](#)  
[Lyle's C.V.S](#)  
[Lecithin](#)

See Article: **The FACTS and TRUTH about CARDIOVASCULAR DISEASE**

## **ARTHRITIS** [PAIN CONTROL]

[Lyle's Piscida](#)

## **ARTHRITIS** [INFLAMMATORY]

[Lyle's Harpagophytum](#)  
[H4 – Ferr. Phos. 6x](#)  
[H5 – Kali. Mur. 6x](#)  
[Arnica Mont. 30](#) (over exertion)  
[Belladonna 30](#) (sudden onset, red,hot  
swelling)  
[Ledum Pal. 30](#) (relieved by cold)  
[Bryonia 30](#) (worse with motion)  
[Apis Mel. 30](#) (swelling relieved by cold)

## **ARTHRITIS** [CHRONIC]

[Lyle's Traumasan](#)  
[Lyle's GCS](#)  
[Lyle's Equisetum](#)  
[Lyle's Symphosan](#)  
[Lyle's Stinging Nettle](#)  
[Dulcamara 30](#) (worse cold, dampness)  
[Rhus Tox. 30](#) (better with motion)

## **ARTHRITIC NODOSITIES** [ENLARGED JOINTS]

[H1 – Calc. Fluor. 6x](#)  
[Lyle's Symphosan](#)

## **ARTHRITIS** [GOUT]

[Lyle's Stinging Nettle](#)  
[H4 – Ferr. Phos. 6x](#)  
[H10 – Nat. Phos. 6x](#)  
[Belladonna 30](#) (inflammation, redness)

[Ledum Pal. 30](#) (relieved by cold, bluish discoloration)

## ASTHMA

[Lyle's Asthmasan](#)

[Antimonium Tart. 30](#) (mucus in chest with rattling)

[Arsenicum Alb. 30](#) (asthma worse 12-1am, must sit up, very restless and chilly)

[Ipeca 30](#) (asthma accompanied by a gagging cough)

[Colubrina 30](#) (worse 4 am, upon waking, often associated with digestive problems)

## ASTHMA [HUMID]

Occurring in wet weather

[H11 – Nat. Sulph. 6x](#)

## **B**

**BACK ACHE** also see **Lumbago**

[Lyle's Traumasan](#)

[H1 – Calc. Fluor. 6x](#)

[H2 – Calc. Phos. 6x](#)

## BILE STIMULANT

[Lyle's Boldo Complex](#)

[Lyle's Chelidonium](#)

[H11 – Nat. Sulph. 6x](#)

[China Rubra 30](#)

## BILIARY COLIC

[Lyle's Chelidonium](#)

[Lyle's Carduus Mar. 1DH](#)

[H8 – Mag. Phos. 6x](#)

**BLADDER** also see **Uretheritis**

[Lyle's Solidago](#)

[Lyle's Berberis Vulgaris D3](#)

[Belladonna 30](#) (bladder burning)

## BLOOD PRESSURE [HIGH]

see also **Hypertension**

[Lyle's HBP](#)

[Lyle's Magnesium Oxide](#)

[Lyle's C.V.S.](#)

[Lecithin](#)

[Lyle's Garlic](#)

[Belladonna 30](#) (throbbing headache)

[Gelsemium Sem. 30](#) (nervous, shock)

[Chamomilla 30](#) (anger)

**BONE GROWTH IMPAIRED**

[H12 - Silicea 6x](#)  
[H2 – Calc. Phos. 6x](#)  
[Rexorubia](#)

**BRONCHITIS**

see also **Pneumonia and Asthma**

[Lyle's Asthmasan](#)  
[Lyle's Echinacea Complex](#)  
[H4 – Ferr. Phos. 6x](#)

**BURNS**

[Lyle's Stinging Nettle](#)  
[H4 – Ferr. Phos. 6x](#)  
[H5 – Kali. Mur. 6x](#)  
[Belladonna 30](#)  
[Cantharis 30](#)  
[Arsenicum Alb. 30](#) (extreme chilliness)

**BURSITIS**

[H4 – Ferr. Phos. 6x](#)  
[H5 – Kali. Mur. 6x](#)  
[Bryonia 30](#) (thirst)  
[Sanguinaria Can. 30](#) (right shoulder)

**C**

**CALCIUM DEFICIENCY**

[Rexorubia](#)  
[Lyle's Calcium Magnesium Formula](#)  
[Lyle's Super Halibut Liver Oil](#)

**CALCULUS URINARY**  
**[KIDNEY STONES]**

[Lyle's Berberis Vulgaris D3](#)  
[Lyle's Sarsaparilla 3 DH](#)  
[Hydrangea](#)

**CARBUNCLES [BOILS]**

[Lyle's Apis Complex](#)  
[Hepar Sulph. 30](#)  
[Belladonna 30](#)  
[H12 - Silicea 6x](#)  
[H3 – Calc. Sulph. 6x](#)

**CARDIAC WEAKNESS**

[Lyle's Hawthorn Complex](#)  
[Lyle's C.V.S.](#)  
[Lyle's Convasculin 1 DH](#)  
[Lyle's Aspidosperma](#)

**CHEMOTHERAPY [EFFECTS OF]**

[Lyle's Mega One](#)  
[Lyle's Rosehip Vitamin C](#)  
[Lyle's Super Greens](#)

**CHILDREN [NUTRITIONAL PROBLEMS]**

[Lyle's Echinacea](#)  
[Lyle's Astragalus](#)

**CHILDREN**  
**[PREVENTION OF COLDS AND FLU]**

[Lyle's Echinacea](#)  
[Lyle's Vitamin C - Chewable](#)

**COLDS**

[Lyle's Echinacea](#)  
[Lyle's Echinacea Complex](#)  
[H4 - Ferr. Phos. 6x](#)  
[H3 - Calc. Sulph. 6x](#) (at beginning of mild cold)  
[Arsenicum Alb. 30](#) (irritated nasal passages, feeling very chilly, desire warm drinks)  
[Kali Bich. 30](#) (post nasal catarrh)  
[Hepar Sulph. 30](#) (yellow discharge)  
[Pulsatilla 30](#) (relieved by cool air)  
[Hydrastis Can. 30](#) (yellow, thick mucus)

**COLDS [PREVENTION]**

[Lyle's Echinacea](#)  
[Lyle's Echinacea Complex](#)  
[Lyle's Mega One](#)  
[Lyle's Rosehip Vitamin C](#)  
[Influenzinum 30](#) (taken twice weekly during the months ending in r)

**COLIC**

[H8 - Mag. Phos. 6x](#) (rubbing abdomen, heat)  
[Colocynthis 30](#) (legs flexed)  
[Colubrina 30](#) (constipation)  
[Chamomilla 30](#) (irritability)  
[Carbo Veg. 30](#) (relieved by passing gas)

**CONNECTIVE TISSUE [WEAKNESS OF]**

[H1 - Calc. Fluor. 6x](#)  
[H12 - Silicea 6x](#)

**CONSTIPATION**

[Lyle's Carduus Mar. 1 DH](#)  
[Lyle's Hydrastis D4](#)  
[Papa 30](#) (no urge for stool)  
[Colubrina 30](#) (ineffectual urging)

[COUGH](#) [INCLUDING CROUP]

[Lyle's Museli](#)  
Flaxseed Meal

[Lyle's Asthmasan](#)

[Aconite 30](#) (occurring during night, thirsty, restless)

[Spongia Tosta 30](#) (cough sounding like a seal)

[Hepar Sulph. 30](#) (follows spongia when cough becomes loose)

[Bryonia 30](#) (dry deep cough with thirst, no expectoration)

[Coccus Cacti 30](#) (worse 6-7 am, 11:30 pm, cough persistent ending in a vomit)

[Pulsatilla 30](#) (loose cough worse at night, worse from becoming cold, dry cough in evening, loose during morn, cough relieved by open air)

[Phosphorus 30](#) (worse in evening desire for cold drinks, burning or painful chest during cough)

[Rumex Crispus 30](#) (cough caused by a tickle worse in cold air, irritating cough, main remedy)

[CRAMPS](#) [ABDOMINAL]

[H8 – Mag. Phos. 6x](#)

[Colocynthis 30](#) (doubled over, relieved by pressure)

[CRAMPS](#) [LEG]

[H8 – Mag. Phos. 6x](#)

[Cuprum Met. 30](#)

[CRAMPS](#) [MENSTRUAL]

[Lyle's Agnus Castus](#)

[H8 – Mag. Phos. 6x](#) (better by heat)

[Chamomilla 30](#) (irritability)

[Cactus Grand 30](#) (uterus feels squeezed)

[Cocculus Indica 30](#) (sleepiness, backache, romantic thoughts)

[Colubrina 30](#) (irritability, rectal urging)

[Pulsatilla 30](#) (weepy, moods changeable)

[Veratrum Alb. 30](#) (uterine cramping, vomiting, diarrhea, chills)

## CYSTS

[Belladonna 30](#) (cyst is red and inflamed)  
[Hepar Sulph. 30](#) (cyst is very sensitive to touch, feels better with heat)

[H3 – Calc. Sulph. 6x](#)

[H12 - Silicea 6x](#) (start when cyst is draining)

## **D**

### DEPRESSION

[Lyle's St. Johns Wort](#)

[Ignatia 30](#) (grief)

[Natrum Mur. 30](#) (disappointed love)

[Phos. Acid.30](#) (depressed in morn, negative towards your day)

[Aurum Met. 30](#) (everything seems hopeless you can't meet your expectations)

### DETOXIFICATION [BODY CLEANSING]

[Lyle's Nephro Complex](#)

[Lyle's Boldo Complex](#)

[Lyle's Super Greens](#)

### DIABETES [TYPE TWO]

[Lyle's Slim-O-San](#)

Chromium

Gymnema Sylvester

### DIARRHEA

[H9 – Nat. Mur. 6x](#)

[H11 – Nat. Sulph. 6x](#)

[Arsenicum Alb. 30](#) (chilliness)

[Aloe 30](#) (abdominal rumbling & gurgling, flatulent)

[Podophyllum 30](#) (forenoon, offensive stools)

### DIGESTION [WEAK]

[Lyle's Boldo Complex](#)

### DIURETIC

[Lyle's Nephro Complex](#)

[Apis Mel. 30](#)

### DIZZYNESS

[Lyle's Gingkosan](#)

[H4 – Ferr. Phos. 6x](#)

[Conium Mac. 30](#) (turning head quickly)

[Calcarea Carb. 30](#) (square build),

[Ferrum Met. 30](#) (square build, flushed face)

## **E**

**EAR** [INFLAMMATION OF]

[Lyle's Apis Complex](#)  
[H4 – Ferr. Phos. 6x](#)  
[Pulsatilla 30](#) (weepy disposition)  
[Chamomilla 30](#) (irritable)  
[Hepar Sulph. 30](#) (worse touch, better warmth)  
[Capsicum Annum 30](#) (severe burning pains)  
[Mercurius Viv. 30](#) (worse at night, sweaty, bad breath)  
[Mercurius Iod. Flav. 30](#) (same as above but right sided)  
[Mercurius Iod. Rub. 30](#) (left sided)  
[Lycopodium 30](#) (begins in right and goes to left, worse 4pm to 8pm, worse swallowing)

**EAR** [CATTARRAH]

[H7 – Kali. Sulph. 6x](#)  
[H5 – Kali. Mur. 6x](#)  
[H12 - Silicea 6x](#)

**EDEMA**

[Lyle's Stinging Nettle](#)  
[Lyle's Carduus Mar. 1 DH](#)  
[Apis Mel. 30](#)

**ENTERITIS**  
[INFLAMMATION OF INTESTINES]

[Lyle's Apis Complex](#)  
[Colubrina 12](#)  
[Belladonna 30](#)

**ERYSIPELAS**

[Apis Mel. 30](#) (red and swollen better with cold)  
[Belladonna 30](#) (hot and red)  
[Rhus Tox. 12](#) (hot and itchy better from heat)  
[Lachesis 30](#)

**EXHAUSTION** [GENERAL STATE OF]

[H6 – Kali. Phos. 6x](#)  
[Phos. Acid. 30](#) (loss of body fluids)  
[China Rubra 30](#)

**EYES** [INFLAMMATION OF]

[H4 – Ferr. Phos. 6x](#)  
[H5 – Kali. Mur. 6x](#)  
[Belladonna 30](#)  
[Apis Mel. 30](#)  
[Pulsatilla 30](#)

[Sulphur 30](#)  
[Euphrasia Of. 30](#)

[EYES](#) [MACULAR DEGENERATION]

[Lyle's Bilberry Complex](#)  
[Lyle's Hawthorn Complex](#)  
[Lyle's C.V.S.](#)

## **F**

[FEVER](#)

[H4 – Ferr. Phos. 6x](#) (mild fever)  
[Aconite 30](#) (rapid onset usually during night,  
dry heat, thirsty, no perspiration)  
[Belladonna 30](#) (rapid onset, face flushed)  
[Gelsemium Sem. 12](#) (thirstless very sleepy)  
[Pulsatilla 30](#) (thirstless)  
[Bryonia 30](#) (gradual onset, fever with cough,  
doesn't want to be disturbed)

**FISTULA** also see cyst or abscess

[Lyle's Echinacea](#) (standard used along  
with indicated remedy)

[FLATULENCE](#)

[Lyle's Boldo Complex](#)  
[Carbo Veg. 30](#) (can't pass gas)  
[Lycopodium 30](#) (distention after eating,  
craving for sweets)  
[Colubrina 30](#) (over indulgence)

[FLU](#) also see Gastroenteritis

[Lyle's Echinacea](#)  
[Aconite 30](#) (fever)  
[Eupatorium Per. 6](#) (bone pain)  
[Bryonia 30](#) (pain, thirst worse with motion)  
[Rhus Tox. 30](#) (restless, must move)

## **G**

[GALLSTONES](#)

[Lyle's Carduus Mar. 1 DH](#)  
[Lyle's Chelidonium D3](#)

**GASTRIC ULCERS**

[H4 – Ferr. Phos. 6x](#)  
[H10 – Nat. Phos. 6x](#)  
[Colubrina 30](#) (over indulgence especially  
alcohol)  
Lyle's Vegetable Charcoal (this product

gives instant relief)

**GASTROENTERITIS**  
[INTESTINAL FLU]

[Arsenicum Alb. 30](#) (vomiting, chills,  
diarrhea)  
[Colubrina 30](#) (abdominal cramping)  
[Ipeca 30](#) (nausea)  
[Veratrum Alb. 30](#) (severe cramping, chills,  
faint feeling)  
[Podophyllum 30](#) (worst hot weather)

**GLANDS [SWOLLEN]**

[Lyle's Apis Complex](#)  
[Sulphur Iod. 30](#)

**GUMS [BLEEDING]**

[H3 – Calc. Sulph. 6x](#)

**H**

**HAIR [LOSS OF]**

[H12 - Silicea 6x](#)  
[Lycopodium 30](#)

**HEADACHES**

[Spigelia Anth. 30](#) (left side)  
[Belladonna 30](#) (throbbing)  
[Sanguinaria Can. 30](#) (right side)  
[Natrum Mur. 30](#) (emotions worse with sun)  
[Arnica Mont. 30](#) (injury)  
[Natrum Sulph. 30](#) (concussion)  
[Ignatia 30](#) (grief)  
[Colubrina 30](#) (indigestion)  
[Iris Vers. 30](#) (distortion of vision)

**HEART PALPITATIONS**

[Lyle's Passion Flower](#)  
[Spigelia Anth. 30](#)

**HEARTBURN**

[H4 – Ferr. Phos. 6x](#)  
[H10 – Nat. Phos. 6x](#)  
[Colubrina 30](#) (poor eating habits)  
[Pulsatilla 30](#) (fats)

**HEMORRHOIDS**

[Lyle's Hemosan](#)

**HERPES ZOSTER**

[Mezereum 30](#)  
[Ranunculus 30](#) (Shingles)

**HOT FLASHES**

[Lyle's Menopause Formula](#)  
[Lyle's Agnus Castus](#)

[Lyle's Fem-Tone](#)

**HYPERTENSION** also see **Blood Pressure High**

## **I**

**IMPOTENCE**

Damiana  
[Lyle's Siberian Ginseng](#)

[INJURY](#)

[Lyle's Traumasan](#)

[INSOMNIA](#)

[Lyle's Sleep-O-San](#)  
[Lyle's Valerian](#)  
Melatonin  
[Kali Phos. 30](#)  
[Cocculus Indica 30](#) (night watching)

**ITCHING SKIN**

[Rhus Tox. 30](#) (itching with moisture)  
[Sulphur 30](#) (itching and burning)

## **J**

[JAUNDICE](#)

[Lyle's Boldo Complex](#)  
[Lyle's Chelidonium D3](#)  
[H11 – Nat. Sulph. 6x](#)

## **K**

**KIDNEYS [INFLAMMATION OF]**

[Lyle's Cystosan](#)  
[Lyle's Berberis Vulgaris D3](#)  
[Cantharis 30](#)  
[Apis Mel. 30](#) (edema)  
[Belladonna 30](#)  
[Mercurius Viv. 30](#)

**KIDNEY STONES** see **Calculi**

## **L**

**LARYNGITIS**

[Lyle's Echinacea](#)  
[Aconite 30](#)  
[Spongia Tosta 30](#)  
[Hepar Sulph. 30](#)

**LEG CRAMPS** see **Cramps, Legs**

**LEUCORRHEA**

[Lyle's Hydrastis D4](#)  
[Kreosotum 30](#)  
[Sepia Of. 30](#)

**LUMBAGO**

[Bryonia 30](#) (worse with motion)  
[Aesculus Hipp. 30](#) (hemorrhoids)  
[Arnica Mont. 30](#) (strain)  
[Ruta Grav. 30](#) (strain)  
[Rhus Tox. 30](#) (strain)

**M**

**MASTITIS**

[Belladonna 30](#)  
[Phytolacca 30](#)  
[Bryonia 30](#)

**MOTION SICKNESS**

[Tabacum 30](#)  
[Cocculus Indica 30](#)

**N**

**NASAL PASSAGES**  
[INFLAMMATION OF]

[Lyle's Echinacea Complex](#)  
[Belladonna 30](#)  
[Apis Mel. 30](#)  
[Hepar Sulph. 30](#)  
[Kali Bich. 30](#)

**NERVOUS DEBILITY**

[Lyle's Avenasan](#)  
[Lyle's Sleep-o-San](#)  
[Gelsemium Sem. 30](#)  
[Kali Phos. 30](#)

**NEURALGIA**

[H4 – Ferr. Phos. 6x](#)  
[H8 – Mag. Phos. 6x](#)

**NEURSATHENIA**

[Lyle's Stress Free](#)  
[Phos. Acid. 30](#)  
[Picricum Acid 30](#)

**NOSEBLEED**

[H4 – Ferr. Phos. 6x](#)  
[H9 – Nat. Mur. 6x](#)  
[Phosphorus 30](#)

## **Q**

**OBESITY**

[Lyle's Slim-o-San](#)

**OVARIES [INFLAMMATION OF]**

[Apis Mel. 30](#)

[Podophyllum 30](#) (right ovary)

[Lachesis 30](#) (left ovary)

## **P**

**PHLEBITIS**

[Lyle's Vein-O-San](#)

[H4 – Ferr. Phos. 6x](#)

[H5 – Kali. Mur. 6x](#)

**PNEUMONIA**  
also see **Bronchitis**

[Bryonia 30](#) (dry, painful cough),

[Belladonna 30](#) (high fever)

[Ipeca 30](#) (nausea)

[Antimonium Tart. 30](#) (difficult  
expectoration)

[Hepar Sulph. 30](#) (yellow expectoration)

**PREGNANCY [DELIVERY]**

[Caulophyllum 30](#)

[\(Actaea\) Racemosa 9](#)

[Pulsatilla 6](#)

**PREGNANCY [VOMITING]**

[Sepia Of. 12](#)

[Ipeca 30](#)

**PROSTATE AILMENTS**

[Lyle's Prostan](#)

[Lyle's Juniper Complex](#)

[Pareira Brava 30](#)

**PROSTATE [INFLAMMATION OF]**

[Belladonna 30](#)

[Apis Mel. 30](#)

See Article: **The FACTS and TRUTH about YOUR PROSTATE**

## **S**

**SCIATICA**

[Lyle's Traumasan](#) (injury)

[H4 – Ferr. Phos. 6x](#)

[H8 – Mag. Phos. 6x](#)

[H6 – Kali. Phos. 6x](#)  
[Rhus Tox. 30](#) (relieved by motion)  
[Bryonia 30](#) (relieved by pressure)

**SINUSITIS** see **Nasal Inflammation**

**STYE**

[H4 – Ferr. Phos. 6x](#)  
[H12 - Silicea 6x](#)  
[Pulsatilla 30](#)

## **T**

**TEETHING**

[Chamomilla 30](#) (irritating)  
[Belladonna 30](#) (fever)  
[Podophyllum 30](#) (diarrhea)

**THROAT INFECTION**

[Lyle's Apis Complex](#)

**TONSILLITIS**

[Lyle's Apis Complex](#)

**TOOTHACHE**

[Lyle's Apis Complex](#)  
[Lyle's Plantago Major](#)

**TREMBLING [DUE TO ANXIETY]**

[Gelsemium Sem. 30](#)  
[Cocculus Indica 30](#)

## **U**

**URETHRITIS [INFLAMMATION OF]**

[Lyle's Cystosan](#)  
[Belladonna 30](#) (burning)  
[Cantharis 30](#) (severe burning)  
[Mercurius Viv. 30](#) (with bleeding)

**UTERUS [BLEEDING OF]  
[METRORRHAGIA]**

[Lyle's Vinca Minor](#)  
[Lyle's Hamamelis D3](#) (dark flow),  
[Lyle's Hydrastis D4](#)  
[Belladonna 30](#)  
[Sabina 30](#) (uterine cramping with backache)

**UTERINE PROLAPSE**

[Lyle's Equisetum](#)  
[Helonias Dioica 30](#)  
[Sepia Of. 30](#)

## **V**

## VERICOSE VEINS

[Lyle's Vein-O-San](#)  
[Lyle's Hyperisan](#)  
[Lyle's Hamamelis D3](#)  
[H4 – Ferr. Phos. 6x](#)  
[H1 – Calc. Fluor. 6x](#)

## VOMITING

[Cocculus Indica 30](#) (sleep watching),  
[Ipeca 30](#) (with nausea),  
[Arsenicum Alb. 30](#) (vomiting, diarrhea),  
[Colubrina 30](#) (food poisoning)

## **W**

## WARTS

[Dulcamara 30](#)  
[Causticum 30](#)  
[Thuja Occi. 30](#)

## WARTS [PLANTAR]

[Nitricum Acid 30](#)  
[Antimonium Crud. 30](#)

## WEIGHT LOSS see Obesity

## WHOOPIING COUGH

[Hepar Sulph. 30](#)  
[Aconite 30](#)  
[Drosera 30](#)  
[Spongia Tosta 30](#)

## **DO I REQUIRE THE FLU VACCINE?**

The flu vaccine has become very popular in the western world. Every autumn we hear the echoes from the medical community advocating the flu vaccine for everyone over the age of six months, enticing the general public by telling them its free. . Further more they forewarn the public by telling them how deadly this winter flu virus could be. As well it is mandatory for all employees working in institutions providing health care to receive a yearly flu vaccine Any opposition to this compulsory practice may result in job dismissal during the so called epidemic season. The ministry of health in cooperation with the College of physicians and surgeons are promoting the flu vaccine with the hope of a flu free winter which in turn will be cost saving for our health care system. I'm sure the pharmaceutical company producing the flu vaccine looks forward to our yearly winter flu season.

According to an article appearing in the October, 1993 issue of Reader's Digest, in Canada alone, the flu, [winter viruses] results in 70,000 hospital admissions and one million days of hospital care per year, at a cost of approximately \$500 million. At least 2000 people die each year of the flu [winter viruses] and resulting complications. Of course let's not forget the countless number of workdays lost by employees each winter.

However, these articles are misleading, misconstruing the truth concerning the flu. The major deception arises when the public is led to believe that there is a single flu virus that will be affecting us this winter. Contrary to this belief, each winter our geographical area will experience a host of viruses. Depending on your individual susceptibility and many other influencing factors will dictate which one you succumb to.

The implementation of the flu vaccine is now more than ten years in its conception. There has been little or no documented evidence demonstrating it's effectiveness. My observation thus far has concluded the flu vaccine has badly fallen short of it's objective. The statement, I have not been well since receiving the flu vaccine is not uncommon. For many the flu vaccine has had a catastrophic effect.

Notwithstanding the fact that the flu vaccine is preserved with mercury and aluminum, which for many is extremely toxic, there are many more considerations that may influence one's decision, do I, Or do I not take the flu shot?

During my beginning years in homeopathy, I presented this same question to one of my mentors, Dr. Michael Bouko Levy. I would like to share with you his explanation. He stated, that every second of everyone's life, the body's immune system, with total unawareness to the individual is at war with the viruses about us. At any time this system innate to us all becomes compensated due to stress depleting ones vitality, poor dietary habits or maybe weather change which so many people are sensitive to, results in what we refer to as susceptibility. How can a single vaccine address so many causes? He continued by mentioning a very important point, which I consider common senses. Viruses usually enter the body via the respiratory tract not by means of an inner muscular injection. When a virus enters the body in the normal way, the respiratory tract, the bodies defense system can respond to the intruder in a very analytical sophisticated manner producing the necessary antibodies and more importantly making sure that the body's immunity remains intact preventing the invasion of other viruses. This response may take several days. This is why we often experience what is referred to as pre-flu symptoms, which more often are nothing more than fatigue. However, with the flu shot, considering the manner in which it is administered, necessitates the need for an immediate response of the immune system. This response is unnatural, often leaving the body's defense in a strained run down state, producing susceptibility to other viruses. I have often observed in many patients receiving the flu vaccine, they didn't succumb to the flu, however, they did fall prey to another unrelated virus and remained ill considerably longer than if they had fell ill to the flu.

One observation and concern I have concerning the administration of the flu vaccine, which presently is advocated for everyone, is the failure of the physician to sufficiently inquire into what in fact is the patient's susceptibility. In general medicine believes people are equal, responding equally to a virus. This is a logical reason why for so many the flu vaccine has

spelled trouble. On this subject I'd like to leave you with a question, the many people who die each winter from viruses, did they receive their free flu shot.

Each winter I treat several hundred people suffering some kind of virus which are numerous. Several years past the old fashion flu, characterized by high fever, chills, profuse sweats, body pain and extreme lassitude was a common occurrence and experienced by many. In recent years numerous viruses, gastro intestinal, sinusitis, bronchitis and pneumonia have replaced the flu. One concerning observation is every winter new strains of viruses are appearing which are resilient to present day antibiotics. Also noted, many individuals succumbing to viruses are using the most commonly advertised over the counter non prescription pharmaceuticals. These products do nothing more than suppress pain and fever; however do little to stimulate the body's immunity which is the only way to win the battle against flu viruses. These pharmaceuticals only prolong your suffering. Furthermore, our present day society is in serious state of immune suppression. Remember your immune system is your army. Its time to return to a more natural way of thinking, good dietary habits, sensible nutrition, nature's remedies including homeopathy which can help to build a strong immune system reducing your susceptibility to our present day viruses

## **PREVENTION**

The following remedies should be taken from September through April. They are especially important for those who are susceptible to colds, flu's or other infections.

- Echinacea:** While the biochemistry of this natural product is complex, a number of chemicals have been identified that possess natural antibiotic properties.  
Dosage: 15-20 drops taken in a small amount of water, morning and night 5 days per week.
- Influenzinum:** This remedy acts as a natural flu vaccine, totally free of side effects.  
Dosage: 3 pellets dissolved in the mouth once weekly or at any time there is a suspicion of impending flu.
- Thymuline:** This product stimulates the thymus gland, which, in turn is responsible for activating T-cells, an integral part of the immune system.  
Dosage: Dissolve the contents of an entire tube under the tongue every second week.
- Oscillococcinum:** This product quickly mobilizes the immune system, preventing the early flu or cold symptoms from manifesting into more severe symptoms or complications.  
Dosage: Dissolve 1/3 of the contents of a tube under the tongue every 2 hours beginning at the onset of cold or flu symptoms.

Vitamin and mineral supplements has been a controversial topic. Non-believers made the statement that a nutritionally balanced diet would supply the body with all its necessary nutrients.

This may have been true in the past, however, with the added stresses that our bodies are forced to endure in this day, immunology research has clearly proven that supplementation of one's diet is in fact necessary, and the intelligent application of sound nutritional principles can enhance the body's immunity. All nutrients are necessary, however, when it comes to immunity, the most powerful boosters are: Vitamins A, B, C and E, and the minerals Selenium and Zinc. For those interested in preventative medicine, it is suggested that vitamin and mineral supplements be taken during the months September through April. In this geographical region the weather undergoes erratic changes. No doubt you have noticed that, when the weather is changing - especially from hot to cold, or when we experience extremely damp weather, people are more susceptible to colds and flu's. It is often said that a flu virus must be "going around". This remark is misleading. The flu virus you are suffering from may well be with us 365 days a year. The changeable weather results in the need for the body to continually "adjust its thermostat". This is an added stress on our body's energy, and results in sub optimal efficiency of the body's immune system and an increased susceptibility to infection. This is the primary reason for supplementation of one's diet at this time of year. Vitamins increase the body's vitality, assisting its never-ending battle to cope with our daily stresses. Thus they are of vital importance in maintaining resistance to colds and flu.

## **THE FOLLOWING SUPPLEMENTS ARE SUGGESTED:**

### **NEWBORNS**

Bio-Strath Drops

This product contains all of the necessary vitamins, minerals and amino acids, including RNA and DNA factors, which are needed for proper development and a healthy immune system.

Dosage: Two drops morning and night. At two months of age, increase to five drops morning and night. Increase dosage by one drop each subsequent month.

### **CHILDREN**

Progressive Multiple Vitamins & Minerals - Children's Chewable Vitamins

This product is specially formulated with the vitamins and iron required for this growth period.

Dosage: One tablet daily.

### **ADULTS**

[Lyle's Rosehip Vitamin C 500 MG](#)

Helps to boost the immune system during the winter months.

Dosage: One tablet daily.

[Lyle's Mega One Vitamin and Mineral](#)

This product contains a mega dose of all the primary immune system boosters.

Dosage: One tablet daily.