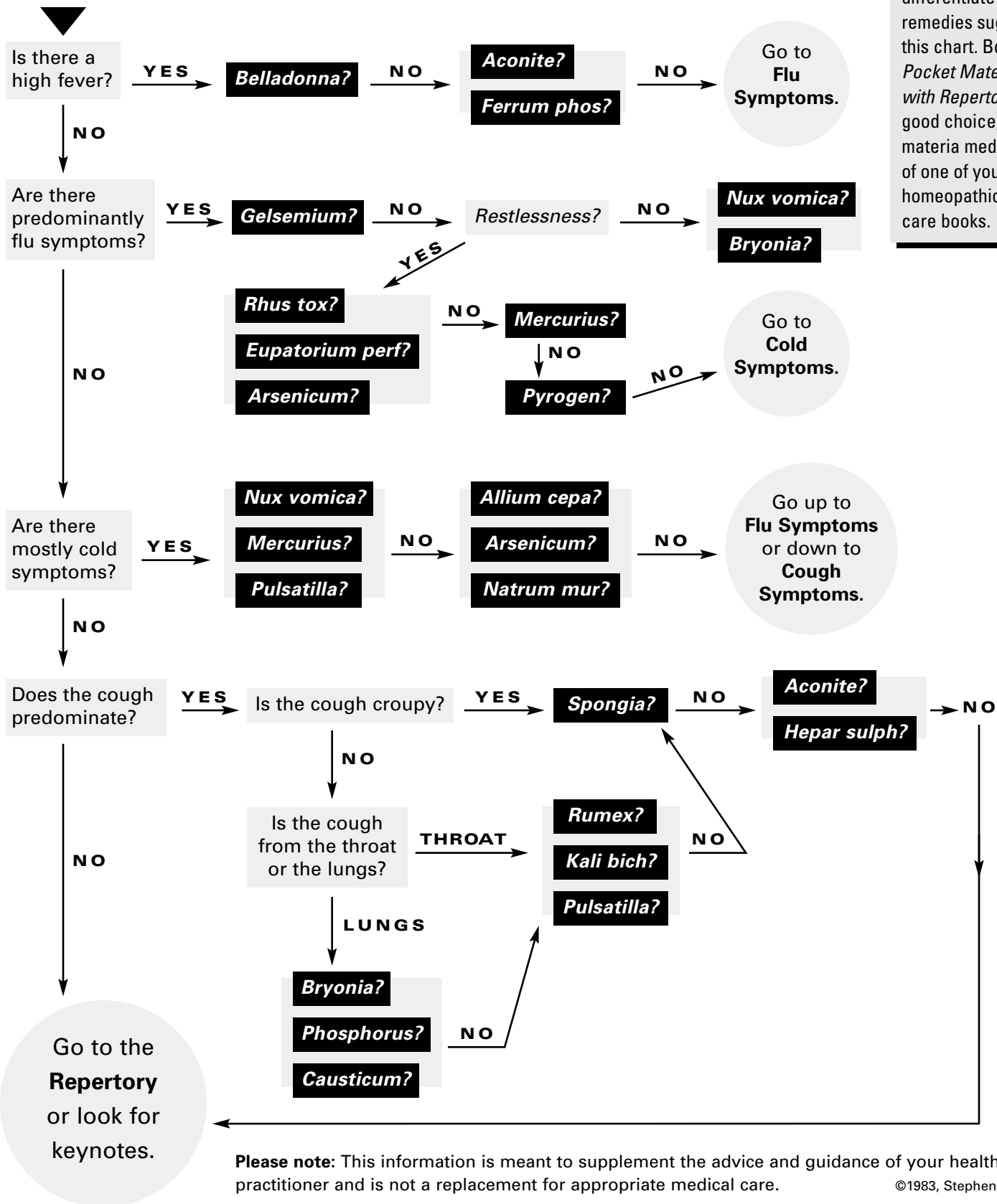


CHOOSE THE RIGHT REMEDY FOR Colds, Flus, and Coughs

by Stephen Messer, ND, DHANP



Tape this chart inside your medicine cabinet, and you'll be ready the next time you feel those sniffles coming on. You will also need a book or two to help you differentiate among the remedies suggested in this chart. Boericke's *Pocket Materia Medica with Repertory* is a good choice, or use the materia medica section of one of your favorite homeopathic home care books.

Please note: This information is meant to supplement the advice and guidance of your health care practitioner and is not a replacement for appropriate medical care. ©1983, Stephen Messer, ND