Yum Yucky’s Guide To
Homeopathic Remedies and Natural
Cures for Colds, Sinus and Allergy Woes

Stay well, my friends.

Artificially Flavored Disclaimer

I am not a physician or homeopathic expert. This guide is designed to share with you what I’ve learned through my own personal experience with homeopathic remedies and natural cures. It is not intended to replace your doctor's or homeopath’s advice and no medical guarantees are offered. Use this information in conjunction with your own research as you explore which remedies and natural treatments might be best for you and your family. All remedies and natural cures recommended in this Guide are to be used at your own risk. Consult your doctor, pharmacist and/or homeopath if you have questions about potential interactions with other medications.

This guide contains affiliate links that refer you to the products I use and personally recommend. If you find the information in this Guide useful and decide to make a purchase through one of these links, I thank you in advance for your support of the Yum Yucky blog. I also thank each and every one of you for taking the time to read this guide. Now let’s get this party started!
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Is Homeopathy Only For Quacks and Hippies?

The Yum Yucky household is about 85% homeopathic. We only resort to over the counter concoctions and pharmaceutical prescriptions when absolutely necessary, which isn't very often anymore. Since going homeopathic we've also cut back on doctor's visits and drastically reduced our need for antibiotics. Our shift towards homeopathy also keeps more money in my pocket, because the remedies are more cost effective in comparison to those monstrous co-pays from doctors and pharmacies.

Homeopathy and other natural treatments have worked for every member of The Greedy Family. It's what we do at the first hint of sickness (in the absence of a fever) for:

- Colds
- Sinus infections
- Sore throats
- Seasonal allergy problems

Homeopathy can work for you, too.

Some consider homeopathy to have no more than a placebo effect, but based the illnesses homeopathy has helped me and my family recover from, along with testimonials from others, the placebo theory is a bunch of crap.

**Case in point:** when I administer a homeopathic remedy to my youngest children, they are not informed on whether it is a homeopathic or traditional medicine, nor would they understand it. This further discounts the placebo effect, as the remedies do work for my children (who have no idea what they're taking anyhow) where traditional medicine has been less effective.
The practice of homeopathy has been in use for over 200 years, but its "like cures like" roots can be traced back to Hippocrates (ca. 460 BC to 370 BC). Homeopathy is regulated by the FDA and in many foreign countries is a highly respected form of medical treatment covered under insurance plans.

**While certified quack jobs and hippies may enjoy the benefits of Homeopathy, it's also perfect for:**

- People with an open mind who are ready to explore the use of alternative medicine.
- Those without medical insurance or the financial resources to pay the high cost of conventional medical care for common illnesses.
- Individuals who want safe treatment without unpleasant side effects and potential harm caused by traditional medicines.
- Anyone who is fed up with the cash cow healthcare industry aimed at increasing profits by forcing yet another pill down our throats.
- Someone like YOU?

**But What Exactly is Homeopathy?**

It is NOT herbal medicine. Homeopathy is alternative medicine that uses highly diluted, micro-doses of a "remedy" (its official term) which may contain plant, animal, mineral or other natural substances. Treatment is safe for:

- Adults
- Infants and Children
- Humanoids and elderly types
- Chicks who are knocked up pregnant
Remedies do not contain toxins and can be used in conjunction with other medications. They are non-addictive and do not trigger side effects.

From Homeopathic.org:

"Any plant, mineral or animal substance can be used as a remedy. The original substance is diluted in liquid repeatedly, and vigorously shaken with each dilution. Unusual as it sounds, these very small amounts of remedies can act very strongly when used properly. Also, because the remedies are very diluted, they are extremely safe."

Based on the "like cures like" principle, a substance that causes adverse symptoms in a healthy person can bring about healing in a sick person suffering from similar symptoms (when administered in its homeopathic micro-dose). For example, for symptoms of a runny nose and watery eyes, one might take the homeopathic remedy Allium Cepa (onions) - the very substance that typically triggers a runny nose and watery eyes. The principle of like cures like is not some voodoo, off the wall ideology. After all, western medicine also uses a form of "like cures like" in the treatment of allergy patients and in the development of certain vaccines.

The Greedy Family’s Illness Woes & Homeopathic and Natural Regimens

In 2005 my husband, Matthew, became a self-employed consultant. But Blam-ohhh! He no longer had health insurance.

Matthew had his tonsils removed a few weeks before leaving his job. Years of repeated tonsillitis led up to that, but even post-surgery he continued to have throat problems. Any type of common cold or seasonal allergy would
trigger those throat issues. Combine that with the dang sinus infections and you’ve got one really miserable man.

With no insurance, Matthew would sometimes go untreated or not treated effectively by popular over the counter medications. He got lucky a few times when his old doctor was sympathetic enough to prescribe antibiotics over the phone, but in the years prior, he developed a certain level of resistance to antibiotics. The meds worked for awhile, yet antibiotics always required more antibiotics within a few weeks. Besides this, the doctor's favors to call in prescriptions had eventually run dry anyhow.

Matthew tried to do the manly-man, hero thing and tough it out. This went on for awhile until he got rock bottom desperate. In a last ditch effort, he began researching "some homeopathic mumbo jumbo", as I called it, and other natural cures.

"Eh, okay." I thought. "Whatever floats your boat." I wasn't convinced of this quackery, but the man stayed faithful to his homeopathic regimen of:

- Baryta Carbonica drops
- Sinus pellets
- NeilMed Sinus Rinse
- Bromelain to reduce sinus inflammation
- Temporary increase in Vitamin C dosage

During the four years Matthew went without health insurance, while facing colds, sinus issues, throat problems and allergy woes, he only stepped into a doctor's office one time. And since returning to the corporate world in 2008, he's been back to the doctor only once more for throat and sinus issues. During that last visit he was prescribed a powerful round of antibiotics for an aggressive sinus infection, but the infection lingered even after the
prescribed treatment was over. It was only after his return to homeopathic treatment that the sinus infection went away entirely.

I stood by quietly - a skeptic. Watching this all play out, taking note of his homeopathic success. In time, I also turned to homeopathy for myself and The Greedy Kids. We stopped using over the counter treatments as our first line of defense for common colds, sinus problems and hellish throaty symptoms. At the very first hint of a germ-infested intrusion, I now take a combination of the following remedies depending on my exact symptoms. And in worse case scenarios I take all of these at once:

- 1 Bromelain
- 2 homeopathic Sinus pellets
- 2-4 drops of homeopathic Baryta Carb in a small glass of water
- Three or four 1,000mg Vitamin C pills

If I drag my ass and don't do this within several hours of the first symptoms (scratchy throat, icky head feeling, etc.), I increase my chances of developing full blown illness and reliance on conventional medicines to temporarily relieve symptoms while the homeopathy does its work.

Conventional meds might relieve symptoms temporarily, but homeopathy is designed to take away symptoms entirely and remedy the issue.

When I act quickly and begin homeopathic treatment almost immediately, the approaching cold never has a chance to grip me. It does NOT develop any further and begins to retreat. Most times I wake up the next day feeling full of health and completely refreshed without the need for additional dosages.
It's important for you to know that our family does not use homeopathic treatment as a form of daily maintenance, nor should it ever be used that way. Homeopathic remedies are not intended to be taken as you would a multivitamin. We keep our remedies ready and waiting in the wings ONLY when we're feeling sick. When the symptoms are gone, we discontinue homeopathic use until the next germs attack.

**Homeopathy for the Greedy Kids**

Our kids get the same treatment that I described for myself, with the slight difference of less Vitamin C. The same "nip it in the bud early" concept applies to their own homeopathic treatment - you gotta have the stuff on hand and begin treatment right away for speediest results.

The homeopathic way of life has empowered me to reduce my own sick days at work and made it almost entirely unnecessary for me to call out of work to care for a germ-infested child. It still happens, but those days are few and far between now. This is pretty significant, considering our children are exposed to all kinds of bacteria, viruses and other evil microbes at school and daycare.

**My Sinus Infection Story**

I was in the care of a widely respected Ear Nose & Throat specialist who, prior to performing my sinus surgery, labeled me as having one of the worst cases of sinus disease he'd ever seen. A little while after the hellish surgery was over (which I highly it recommend to those who need it), I got knocked up pregnant with Greedy Baby. That's when my sinuses decided to have a final "haha" moment and throw me one last whopper of an infection. This one came with thick, green chucks out of my nostrils, a throat lined with mucous so thick I could barely talk normally, and a fever, of course.
And don't you know that dang doctor refused to give me any form of medicinal treatment? I begged. I even cried (oh yes I did). I thought of a few choice names I wanted to call him. But he still refused. He wouldn't even allow me to use anything over-the-counter. The doc told me to go home and do the NeilMed Sinus Rinse two times per day until the infection was gone.

**WHAT!?**

I had done the NeilMed rinses plenty of times before, but always in conjunction with an antibiotic, some type of anti-inflammatory steroid or an allergy pill. How absurd that he would leave me out in the cold to squeeze salty water up my nose. *"I'm pregnant! I need proper medical care!"* But I slinked back home, grumbling and bitchy, yet I followed his advice.

The stuff that came out of my nose from deep inside my sinus cavities was ungodly. But things got better everyday. And on the 7th day of using NeilMed Sinus rinse, my infection was completely gone (insert angelic creatures singing here). This happened without antibiotics. Without steroids. My sinus infection was cured with a mixture of water and salt.

Although my seasonal allergies still persisted back then (*Shakeology* eventually fixed that problem, too), this was the last official sinus infection I ever had in life. And remember, that was back in 2008. So you do the math.

As an aside, do we keep a short supply of the following traditional medicines on hand for seldom use:

- Loratadine (generic Claritin, its cheaper)
- Sudafed & Children's Sudafed
- Vick's VapoRub
- Motrin and Acetaminophen
- Alka-Seltzer
If anything that I've explained so far sounds confusing, or if you're just anxious to dig in and learn more about the products my family uses, I’m breaking it all down in this section right here. There are obviously a vast number of homeopathic remedies and natural alternatives, but here I present those The Greedy Family uses faithfully with fantastic success.

For your own personal diagnosis and to find the remedy that is right for your condition, search the abcHomeopathy online remedy finder or head to the forums where many homeopathy professionals sometimes hang out and offer free advice in determining the remedy that’s right for you.

During the course of your homeopathic and/or natural treatments, if at any time your symptoms persist or worsen, please consult your homeopath (many do online/phone consults) or medical professional.
Treatments for Adults

Vitamin C

(natural cure) It comes with many benefits, but the focus here is Vitamin C's immune boosting power. We typically take 3,000-4,000mg when we're sick for 1-2 days. Some may be concerned about the safety and side effects of consuming too much Vitamin C (including, diarrhea, headache and kidney stores), but these potential issues involve megadoses upwards of 20,000mg (20 grams) daily.

Bromelain

Nature's Plus Ultra Bromelain 1,500 mg, 60 Tablets

(natural cure) Bromelain was first isolated in the late 1800's. It is an anti-inflammatory dietary supplement derived from pineapple enzymes. Bromelain's most impressive use is as an anti-cancer agent in the treatment of cancer patients. It’s also proven useful for those who have undergone surgery, experienced burns or wounds (such as tendonitis, strains and sprains), or suffer from osteoarthritis and asthma. Bromelain significantly aids individuals with mucous-producing colds, sinusitis and seasonal allergies. We typically take one 1,500mg of Nature’s Plus Ultra Bromelain for an average of 2 days, depending on how sick we are. After trying several
different brands of Bromelain, we’ve found the Nature’s Plus brand to be the best quality and most effective.

**NeilMed Sinus Rinse**

*NeilMed Sinus Rinse Bottle With Saline 50 Packets*

*NeilMed Sinus Rinse 2 Bottles with 250 Packets*

(natural cure) This is the infamous product I spoke of in My Sinus Infection Story, and it's Matthew's daily form of maintenance. The rinse will help alleviate cold symptoms, allergies and sinus problems while greatly reducing or eliminating your need for antibiotics, steroid-based treatments and nasal allergy sprays. It is an aggressive form of treatment (you'll quickly get used it) that involves squeezing half the contents of the bottle's saline solution into each nostril as you breathe in the water simultaneously during the squeezing action (that part is very important). When the water flows back out of your nostril, it will contain boogies, mucous and other gobs of grossness from up inside your sinuses. This nastiness will be dislodged from inside your face to the point where it may exit from your throat, so cough it out and spit. This is going to feel uncomfortable, but just do it. When you start to feel better and realize how powerful this treatment is, you'll be singing its praises, just like I am right now.

For best results, before using gently shake the bottle and allow the saline packet solution to dissolve thoroughly. Also be sure to have a towel or extra
tissues nearby, as you will mostly likely experience slight water drainage from your nostrils even after you've blown your nose. **NEVER** use water straight from the tap because you don’t want to catch a brain-eating amoeba. Okay?

From [Yahoo! News](https://news.yahoo.com/): 

"...a young man whose death in June was traced to the *tap water* he used in a device... used to rinse out the nose and sinuses with salt water to relieve allergies, colds and sinus trouble... Health officials later found the amoeba in the home's water system. The problem was confined to the house; it wasn't found in city water samples, said Dr. Raoult Ratard, Louisiana's state epidemiologist... He said only sterile, distilled, or boiled water should be used in neti pots” and in any form of sinus rinse for that matter.

So do ya get me?

Use boiled water that has cooled to lukewarm or use distilled water. But don't let the whole "oh my gawd, an amoeba’s gonna eat my brain!“ thing freak you out and discourage you from the nasal rinse. The rinses are a God-send. Just use common sense and don’t cut corners. Follow the proper protocol.

**Neti Pot**

[NeilMed Neti Pot with 50 Saline Packets](http://www.ym.net/neti/)
(natural cure) A gentler form of nasal/sinus treatment that involves no force. It's perfect for minor irritations and everyday, preventative maintenance related to colds, allergy and sinus issues. Lean over the sink, tilt your head to one side, and allow the water to flow in as you inhale. Repeat on the other side and then blow your nose. And, of course, adhere to the “never use tap water” rule that scared the hell outta you was described in previous section. Just as with the Sinus Rinse instructions, shake before use, allowing time for the saline packet to fully dissolve, and keep extra tissues handy.

**Baryta Carbonica**

![Baryta Carbonica](image)

**Baryta Carbonica 80% solution**

(homeopathic remedy) Although the package’s label describes Baryta Carbonica as the treatment for swollen glands, this remedy has proven to be highly effective for severe sore throats associated with sinusitis, constant hawking, allergies, etc. This product comes as either a 20% or 80% solution. The 80% solution is recommended. This product also comes in pill form, but liquid form has been most effective for us.

**Sinus pellets**

![Sinus pellets](image)
Sinus

Homeopathic remedy for “Congested sinuses with thick mucous draining to the throat, frequent hawking. Headache from congestion and inflammation of mucous membranes.”

Colds and Coughs pellets

Homeopathic remedy for “Hard croupy or dry hacking coughs due to colds, inflammation with congestion, increased thirst, hot dry skin and restlessness.”

*Important note on pellets: The tiny pellets are comprised of sucrose and lactose. The micro-dose homeopathic remedy the pellet delivers is a dried liquid solution that actually coats the pellet so it can be ingested in pill form. Allow the pellet to dissolve in your mouth. If you have severe lactose intolerance, go with the liquid form of these remedies to avoid the lactose ingredient.

Treatments for Children

Simply Saline Products
SimplySaline.com

(natural relief) A sterile saline nasal mist recommended for babies and children. The spray is injected into the nostrils and uses light streams of water for cleansing and irrigation. Helps with kids’ boogers and congestion, and also serves to irrigate the breeding ground for germs inside the nostrils. A common side effect will be the sensation of water going down the throat, which aids in clearing throat mucous. Try to be extra gentle during the irrigation process on a baby. Little kids won't like the treatment and may put up a fight because, just like arrogant teenagers, they don’t know what’s good for them. For children who can't yet blow their own nose, use saline in conjunction with the bulb syringe aspirator. Simply Saline can be found at your pharmacy, grocery store and in other larger markets.

Thompson Chewable Vitamin C

Thompson Vitamin C Chewable 250 mg 100 Tablets

(natural cure) This is the brand we use for the littlest Greedies. We typically give them 2 chewables per day for the duration of their sickness.
Bromelain Chewable

Nature’s Plus Chewable Bromelain 40mg

This is a low dose, 40mg chewable Bromelain on the market that might be right for your child. Please review the considerations and warnings before giving your child Bromelain.

Warm Mist (and Cool Mist) Humidifiers

Vick’s Warm Mist Humidifier

(natural relief) This adds moisture to the air (usually a small area within a room) to relieve naggings symptoms. The warm mist humidifier has helped soothe the Greedy Kids' symptoms of cough, congestion and dry nose, particularly at night to help them sleep better. As for cool mist humidifiers, that worked well when Greedy Baby experienced croup (a scary viral cough that sounds like a barking seal). Alternatively, if your child has croup, a few minutes in the cool air outside can also help relieve symptoms. Humidifiers can usually be purchased at a pharmacy or at larger stores like Walmart and
Target. Please explore humidifier buying tips before making your purchase. An auto shut-off feature, like in the Vick’s Warm Mist Humidifier, is excellent.

The following children’s homeopathic remedies are the same as those described in the Treatments for Adults section. Administer the proper dosage for your child according to label directions:

- Baryta Carbonica liquid
- Sinus pellets
- Colds & Coughs pellets

My Gift to YOU

We’d be here all freakin’ day if I lectured you on the health benefits of chewing on fruits and vegetables (boor-ing!). And, quite frankly, I’ve got to be wrapping up this eBook soon so I can tend to some important stuff in a few minutes, like couch-azzing and TV-watching. So how about I throw you a little gift if you promise to do this quick homework?

Your Quick & Easy Homework Assignment (no whining allowed)

For every fruit and vegetable you eat in the next few days, go to a trusted site like WHfoods.org (World’s Healthiest foods) to learn how that particular food helps to sustain your health. This is how I learned, for example, how garlic protects our health and guards against illness:

Garlic: Anti-inflammatory, anti-bacterial, anti-viral and anti-fungal benefits, as well as cancer-fighting properties. Crush or chop your fresh garlic and let it sit for a few minutes prior to cooking/heating. This actually preserves garlic’s ability to deliver its benefits to you.

From nytimes.com:
"Many home chefs mistakenly cook garlic immediately after crushing or chopping it, added Dr. Kraus. To maximize the health benefits, you should crush the garlic at room temperature and allow it to sit for about 15 minutes. That triggers an enzyme reaction that boosts the healthy compounds in garlic."

Knowledge will empower you. If you have little to no personal knowledge on how foods like broccoli and kale and strawberries can provide natural boosts to keep you well, then it's time you found out. If you can take the time to read nutrition labels to find out how many calories are in that package of cookies, then you can certainly go online to find out the benefits of honey, for example, to help heal you when you’re sick.

...and here’s my gift to YOU for completing your quick ‘n easy homework assignment: It’s a free tip on Jaw Enlargement Surgery.

A Word on Probiotics

I’m gonna lay this one on you real plain and simple the way my kids’ Pediatrician explained it to me: If you don’t have a healthy gut, you’re opening yourself up to all kinds of sickness and disease. Your gut should be getting probiotics.
You’ve heard of probiotics, right? But just in case you don’t have a thorough understanding, this site right here does a fancy-good job at breaking it all down, so make sure to do your probiotic homework while you’re reading up on those fruits and veggies. Okay?

Reference Links Roundup

- abcHomeopathy.com
- Homeopath Directory
- Homeopath Forums
- Homeopathic Testimonials
- The Academy of Veterinary Homeopathy
- HomeopathyWorks.com
- Bromelain information
- WHFoods.org (World Healthiest Foods)

It might seem kinda weird that a food & fitness blogger like myself would be busting out with the homeopathic and natural cures knowledge, but the fact is, if you want to reach your healthy living goals, you definitely need to keep the germs at bay so you can to keep plugging along with minimal sick day interruptions.

Even if you’re not ready to take this simplistic plunge into alternative medicine, you owe it to you and your family to at least learn more about it. Traditional, western medicine is NOT the only answer.

Stay well, my friends.

Love,

Josie
About The Author

Josie Maurer is the owner and editor of the YumYucky.com blog, delivering up food and fitness with an entertaining twist. Her favorite past time is chewing on extra large slices of pie and cake while successfully balancing out all that greediness with her passion for fitness. Josie shed nearly 40 pounds in her relentless quest to be very sexy, healthy and now maintains a fit & healthy lifestyle by staying active and enjoying her favorite, sinister foods only in moderation. Josie, her husband, Matthew, and their four children (ages 3 to 18) reside on the East Coast, USA.

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Josie's email Inbox is always opens. You're invited to contact her with your questions and comments.

For ad inquiries in a future Yum Yucky's Guide publication, please contact Josie Maurer for more information.
Read it on the blog: **Shakeology Bitch-Slapped My Seasonal Allergies**

![Shakeology Bitch-Slapped My Seasonal Allergies](image)

*See what doctors are saying about Shakeology.*

![Shakeology Bitch-Slapped My Seasonal Allergies](image)

Click [here](#) to watch video in your web browser.

**Links of Interest**

- [Shakeology 3-day cleanse: Everything You Need to Know](#)
- [Shakeology.com/YumYucky](#)
- [BeachbodyCoach.com/YumYucky](#)