



Nature's Medicine Chest

The Fine Art of [Original Medicine](#) to Strengthen Your Body's Ability to Respond, Recover and Stay Well

Dr. Lauren Nappen

Original Medicine



It makes a wonderful difference whether we find in the body and ally or a adversary

- Goethe

BEING MINDFUL

Sometimes we need to be sick. It's Nature's way of reminding us we've overextended ourselves, forgotten that we don't control time, only what we do with it. It's also a reminder that burning the candle at both ends still isn't the answer to what scares us; more likely it is the reason for what ails us.

A STARTING PLACE

- Pay attention to your energy levels. When you start to feel **run down** it's time to stop running.
- Being proactive means becoming less reactive.
- Drink more water (coffee and scotch don't count!)
- Watch your diet. Fatigue entices us towards food with little nutritional value (sugar!)
- Be mindful of what you listen to and what you take to bed with you (**who** is an entirely different conversation!) As your head greets the pillow let the day go. Excess weight on your shoulders becomes the burden you feel in your body and heart.
- Honor the season **and** listen more deeply to your body and spirit. It will be obvious when you've missed the mark. So while the outer world encourages you to speed up, the natural world demonstrates why it's important to slow down.
- And last but not least, embrace gratitude, remember how wonderful you are and how wonderful everyone else is, and maybe take a walk around a lake.

Ahhhjustments

Getting your spine checked is **vital!** When it's free of **subluxations** your body can boost it's own immunity, bringing greater success to anything else you choose to do when caring for yourself. You may need to be here more often so ask me how!

ASEA

If you haven't stepped into the world of **ASEA** consider it now. **ASEA** is the only redox signaling molecule supplement available for use. [Redox Signaling Molecules](#) talk to your immune system on the cellular level - all cells in all organs! Signaling molecules are the reason your immune system responds in the first place! Communication on this level is vital to your body being able to boost it's own immunity. If you are already taking **ASEA** then double your dose. You may also use **ASEA** as a sinus cleanse. If you have questions or concerns, ask me.

FLOWER POWER

Holiday stress and emotional challenges are the number one contributing factor for why any of us succumb to illness at this time of year. Flower Essences can nip a downward cycle in the bud quickly, gently and easily - harmonizing any emotions that have you bound and wound - overwhelm, fear, guilt, and worry. Brief consultations are available as well as the more in depth [Certainty Session](#). Sometimes the most healing moment is when we are heard. If you are lucky enough to have a set of [Bach Flower Essences](#) on hand call or email me and I can quickly help you with your perfect recipe... if not, stop in and get your personalized bottle of essences.

FROM YOUR PANTRY

Nearly all upper respiratory and sinus challenges begin in the gut. The following recipe will balance the pH in your intestines in whatever direction it needs to go in addition to acting as digestive support for occasional irregularity.

Baking Soda - Cream of Tartar - Water

In 8 ounces of water mix 1/4 tsp of baking soda and 1/4 tsp of cream of tartar. Use 1/day for 2-3 days or longer if necessary.

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STRENGTHEN YOUR BODY'S ABILITY TO RESPOND, RECOVER AND STAY WELL

NUTRITIONAL SUPPORT TO HAVE ON HAND

Whole food supplementation by Standard Process/Medi-Herb is organ specific. The goal is to nourish and strengthen the organs that fight infection. If you do not have these on hand, email or call to place your order and I will make sure it's ready for convenient pickup.

Antronex: A natural antihistamine. Used for runny noses, itching, headaches, sneezing, congestion.

Cataplex C/ACP/AC: Not your ordinary Vitamin C! This is the **whole C complex** (Vitamin C is more than ascorbic acid) with all the synergistic factors and co-enzymes necessary to make it work!

Congaplex: Support for colds, flu, fever, strep/staph infections, non-specific infections.

ProSynbiotic: A powerful combination of pre and post-biotics for digestive balance and health.

Use in the following manner - Dosing may be different for each individual however this is a good place to begin:

SUPPLEMENT	#/DAY	BREAKFAST	LUNCH	DINNER	BED
Congaplex	9/day for 3 days	3	3	3	
	6/day for 3 days	2	2	2	
Antronex	9/day for 3 days	3	3	3	
	6/day for 3 days	2	2	2	
Cataplex C/ACP/AC	6/day for 6 days	2	2	2	
ProSynbiotic	2/day	1		1	

NUTRITION CONSULTATIONS MAY BE NECESSARY

If after 1-2 days your immune system is not responding please call for an appointment. With Nutrition Response Testing, Zyto Scanning and over 20 yrs. of experience, we can create a more personalized solution, drawing from Standard Process, MediHerb, Homeopathy, Essential Oils, Essences and Energy Medicine.

NATURE'S SOLUTIONS ESSENTIAL OILS

Since the beginning of time Essential Oils have been used medicinally for imbalances of fungal, bacterial, and viral growth within our bodies. The most useful and easily accessible for this season: Eucalyptus, Lavender (Spike,) Pine (Scotch,) Ravensara, Cajeput, Tea Tree, Rose, Cedarwood, Peppermint, Wintergreen and Palo Santos. Informational cards on how to use essential oils during this season are available. Ask me.

Most essential oils are easy to work with however they do require mindfulness. If you have sensitive skin please use a carrier oil or speak with me directly for personalized use.

For basic cold/flu/run down feelings proceed in the following manner:

3-5 drops of each oil, one on top of the other, applied 3x throughout the day

1. Chest (AM)
2. Back of Neck (Dinner)
3. Low Back/Stomach (Bedtime)

Dab a drop of Eucalyptus under your nose for easier breathing. Use Cajeput on your gums, or a drop on your tongue every 15 minutes when you feel a sore throat coming on. Yummy! Or add a drop in warm water and gargle!

Q-Tip application: Soak Q-tip with 1-2 drops of Eucalyptus and swab inner ear. It will have a cooling effect and can mitigate an inner ear infection. Also massage 1-2 drops of each oil around the outer edge of ear as well as behind the ear.

Steam inhalation, shower application or Sinus Cleanse: See me.

Diffuser: Use 10 drops of each oil and diffuse for several hours at a time.

Humidifier: An oldie but a goody! Add essential oils as per manufacturer's instructions.



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Disclaimer: The recommendations given are not to replace appropriate medical care should you deem it necessary. Each healing model offers certain benefits that the other cannot. The goal of [Original Medicine](#) is to provide you with the most natural resources available to support your body's ability to respond to it's environment, thus restoring health and well being. Witnessing your body's innate wisdom and desire to be well is the best 'side effect' ever!

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