



## General Treatment Guidelines for Respiratory Illness.

1. For a cold: take EHB (herbal), 2 capsules 3 times daily while awake until you are well. Vitamin C 1000mg at least 2-3 times daily or until bowel tolerance.
2. For sore throat: warm salt water gargles. One 8 oz. glass of warm water with one tablespoon of salt. Gargle three times per day until sore throat is gone. In addition may also take Throatase (herbal) 60 drops in a little water every 2 hours while awake for 2 days or until you are feeling better, then reduce to 60 drops 4 times per day until you are well. If already using Phytobiotic discontinue it and use Throatase instead.
3. Follow the gargles with three sprays of Chloroseptic throat spray or Throat Mist (herbal), three times per day. Spray can be found over the counter (OTC). May also use zinc lozenges.
4. For nasal congestion: If you have a Neti pot use it as directed. You may be given an antihistaminic decongestant like Allegra-D or OTC Claritin-D 12 hour use once a day in the morning for 7-10 days. For mild nasal congestion may consider using Repair Guard (natural alternative) 2 tablets 3 times daily on an empty stomach (1/2 hour before or 1 hour after eating) instead of Allegra or Claritin. You may also require a low dose steroid nasal spray like Nasonex, use 2 sprays in each nostril in the morning for 7 to 10 days OR Xlear (natural alternative) nasal spray 2 sprays in each nostril as needed for 7 to 10 days.
5. For chest congestion and cough: OTC Mucinex DM one to two tablets twice a day for 7 to 10 days OR Homeopathic Mucolytic Drainage Formula 1 tsp. under the tongue, hold under tongue for 30 seconds before swallowing, 2-4 times daily (take at least 20 minutes from food before or after). You may also get a RX for Tessalon Pearls, use 100 mg every 4-6 hours as needed for the cough OR Homeopathic Cough Syrup (Spongatos) 1 tsp. every 1/2-1 hour until relieved, then every two or three hours .
6. Generally if you are not better with taking the above conservative approach for approximately 2 to 3 days, or your condition gets worse with all symptoms worsening, like high fever, productive cough etc. then you may need to take an antibiotic. You may take 1 Ceftin 250 mg tablet twice daily with food for a minimum of 7-10 days, along with the other above indicated medicines. During the time you are taking an antibiotic you should also take a probiotic to replace the good bacteria that has been destroyed. We recommend taking Ther-Biotic (refrigerate), 2 capsules twice a day with food, at least 2 hours away from taking the antibiotic. Take Ther-Biotic for the entire duration of the antibiotic and treatment and continue for another 2 weeks after.
7. If you are sick and have tried the above written directions and are not feeling better and Dr. Safayan is not available to see you please contact; The Feldman Ear, Nose and Throat Group, Mark Dettelbach, MD, 5454 Wisconsin Ave. suite 1535 Chevy Chase, MD 20815, (301) 652-8847.
8. Centers for Disease Control and Prevention (CDC), Includes information on disease outbreaks, health topics, and emergency preparedness. [www.cdc.gov](http://www.cdc.gov)