

# VADEMECUM ALLERGY PLEX



***VADEMECUM  
ALLERGY PLEX***



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# *INTRODUCTION*

## ***General Introduction and Therapeutic Schemes***

### **Composition of Allergy Plex remedies**

1. Homeopathised foods for allergy and food intolerance cases. For example: dairy products and products containing Lactose, sugar, sweetener, citrus fruits etc. (intolerances that do not always have a Familial biological basis).
2. All the Allergy Plex remedies contain components according to potency: for example: 4-8-12-15-20-24-30CH.  
This solves the problem of identifying the most appropriate potency, and they also act at various organic levels.
3. Allergy Plex remedies are combinations of:
  - a) Antidotes and neutralisers
  - b) Constitutional support Homeopathic remedies
  - c) Homeopathised catalyts (for enzymatic reactions)
  - d) Pancreas support Homeopathic remedies
  - e) Homeopathic remedies for causal links
  - f) Accompanying symptomatic homeopathic remedies

### **Each Allergy Plex remedy:**

1. Can neutralise and desensitize using a wide range of components (each Allergy Plex remedy comprises a minimum of 10 components up to a maximum of 50).
2. Responds to the need to vary homeopathic potency during treatment.
3. Is a completely new homeopathic remedy, which can be used in various ways and which acts at various levels.
4. Can be used in long-term treatments without causing tolerance phenomena.

## *The Effects of Allergy Plex*

1. Detoxification and drainage: homeopathic and isopathic effect
2. Stimulation of the immune system for the following organs: the Thymus, bone marrow, the spleen and the endocrine system
3. Modulation of symptomology
4. Constitutional effects: absorption method, method of enzyme use
5. Neutralising and antidote effects: blocking reaction
6. Profound desensitization: long-term treatments (modulation of the immune system)
7. Digestive processes: activation and regulation
8. Anti-dysbiosis treatment
9. Regulation of Hypoglycaemia



## *Desensitization*

This is necessary in cases of:

1. Recurrent allergy or intolerance (from excessive consumption of a food)
2. Alcohol and Drug abuse (which often presents with hypoglycemic phenomena)
3. When exposure to a sensitizing agent cannot be avoided
4. Exudative diathesis in children
5. Urticaria and insect bites
6. Asthma
7. Candidiasis and serious dysbiosis
8. When Corticosteroids are used
9. Recurrent infections
10. Proven allergies
11. Auto-immune diseases

## ***When to use Allergy Plex***

1. For chronic disorders. In 65% of these cases, a link can be found with foodstuffs
2. For all disorders that are resistant to treatment. 40% of cases are food-related
3. For chronic Asthenia. 70% of cases are food-related
4. For specific dietary programmes (Diets)
5. For the detoxification of: alcoholics, smokers and those dependent on coffee and dairy products
6. For those trying to conceive
7. For disorders of the digestive apparatus: acidity, diarrhoea, constipation, flatulence
8. For tiredness after meals and when the patient feels it necessary to eat before going to bed
9. For Dysbiosis and Candidiasis
10. For the clinical picture of various diseases: Urticaria, Eczema, Migraine, Arthritis, Rigidity, Headache, Hyperactivity

### **Posology**

Standard administration of 10 drops, 3 times a day.

In the section entitled “Therapeutic Indications”, specific posologies are mentioned from time to time for the more common pathologies of allergic origin.

For the posology of emotional therapies, consult the Flower Plex Vade-Mecum.

## ***THERAPEUTIC INDICATIONS***

## ***Summary of therapeutic indications***

- Hay Fever
- Chronic Rhinitis
- Asthma – Chronic Bronchitis
- Urticaria – Allergies to heat and cold
- Constitutional Eczema – Infantile Eczema
- Contact Eczema
- Allergies to drugs
- Allergies to insect bites
- Food allergies
- Food intolerances
- Occupational allergies
- Migraine – serious chronic cephalaea
- Rheumatic diseases – muscle pains
- Chronic ORL diseases
- Intestinal colics – Irritable colon syndrome
- Tiredness – depression – apathy
- Bacterial infections or recurrent viral infections
- Hyperactivity in children
- Hypoglycaemia – premenstrual syndrome
- Diabetes
- Candidiasis



## *Hay Fever*

### TREATMENT

- **Allergy Plex No 29** Pollens and dust  
Before and during the season: 10 drops, 4 times a day; after the season: 15 drops twice a day, in the morning and evening.
- **Allergy Plex No. 40** Profound desensitization  
Before and during the season: 10 drops, 3 times a day;  
after the season, 15 drops morning and evening, once a month.
- **Allergy Plex No. 36** Desensitization I: Gemmo/Phytotherapeutic  
Before and during the season: 10 drops, 4 times a day; after the season: 15 drops twice a day, in the morning and evening.

### Desensitization

Cut out coffee and milk from the diet and desensitize using:

- **Allergy Plex No. 35** Coffee
- **Allergy Plex No. 1** Milk

10 drops of each remedy, 3 times a day.

### Emotional therapy

Flower Plex No. 69 First-aid  
Flower Plex No. 51 Urban harmony  
Flower Plex No. 32 Adaptation



## *Chronic Rhinitis*

### **TREATMENT**

- **Allergy Plex No. 29** Pollens and dust
- **Allergy Plex No. 31** Fur
- **Allergy Plex No. 32** Exhaust fumes

Administer 10 drops of each remedy, 3 times a day and alternate every 3 days.

### **Add-on therapy**

- **Allergy Plex No. 36** Desensitization I - Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- **Allergy Plex No. 40** Profound desensitization  
15 drops in the morning and evening, once a month.

Cut out dairy products and coffee.

Desensitization to dairy products and coffee: see the schemes outlined in the chapter entitled **Hay Fever**.

### **Emotional therapy**

- Flower Plex No. 40 Mind/body balance
- Flower Plex No. 25 Inner balance
- Flower Plex No. 30 Changing patterns



## *Asthma/Chronic Bronchitis*

### **SYMPTOMOLOGY**

1. Oedema of the mucous membranes
2. Increase in mucus
3. Narrowing of the airways

This is not always the result of an allergy, it is often caused by Hyper-reactivity. In children, it is often caused by a viral infection (20% of cases). 80% of asthmatic children have reactivity to dust mites and for 60% of asthmatic children, the cause is pollinosis or mycosis. An additional cause of this symptomology is reactivity to skin derivatives from skin desquamation.

We should point out that 30% of asthmatic patients present with this symptomology before the age of ten.

Atmospheric pollution and cigarette smoke can also cause asthma attacks. Acetylsalicylic acid (aspirin) and other medicines such as anti-inflammatories (FANS) can also cause asthma.

Intolerance to Salicylates is often combined with intolerance to colourings and benzoates. The latter often gives rise to chronic itching.

We should also bear in mind that psychological factors often play an important part in the onset of asthma.

### **TREATMENT**

- Allergy Plex No. 29 Pollens and dust  
10 drops, morning and evening.
- Allergy Plex No. 31 Fur  
10 drops in the morning.  
For domestic animals (dogs and cats): 5 drops, 3 times a day.
- Allergy Plex No. 34 Smoke  
15 drops in the morning.  
If the patient has parents who smoke, 10 drops, 3 times a day.
- Allergy Plex No. 30 Feathers  
10 drops, 3 times a day.

If the patient has contact with birds.

Cut dairy products out of the diet and desensitize using:

- Allergy Plex No. 1 Milk  
10 drops, 3 times a day.

### **Detoxification and drainage**

- Allergy Plex No. 36 Desensitization I - Gemmo/Phytotherapeutic  
10 drops, 3 times a day.

### **Long-term treatment**

- Allergy Plex No. 40 Profound desensitization  
15 drops a day for the first 2 weeks.

### **Emotional therapy**

*In the event of an attack:*

Flower Plex No. 69 First-aid  
Flower Plex No. 2 Energy flow  
8 drops every 5 minutes.

*During states of anxiety, when an asthma attack is feared:*

Flower Plex No. 50 Fear energies elimination



## ***Urticaria – Allergy to heat and cold***

15-20% of people have at some time had problems with itchy skin eruptions, or urticaria; in these cases there is a release of Histamine with local vasodilating. Only a small percentage of these manifestations are linked to a real allergy.

It can be connected with a food allergy, which is generally linked to peanuts, hazelnuts, shrimps, fish, eggs, aromatic herbs and celery.

However, in 17% of cases, there is a physical cause – for example, Pressure Urticaria, can still appear 4-6 hours after a physical stress or as a result of actual pressure on the skin; or Cholinergic Urticaria, which can appear after a physical stress, strong emotion or after exposure to heat and the sun's rays.

The manifestation often lasts for 15-30 minutes.

In 75% of cases it is Chronic Urticaria. Of these, 20% of patients have had manifestations of this type for more than 10 years. It is not a real allergy as there is no increase in IgE.

### **TREATMENT**

- Allergy Plex No. 40 Profound desensitization  
20 drops, morning and evening for 2 weeks.  
Repeat the treatment after 6 weeks.  
Repeat this treatment cycle 4 to 6 times.
- Allergy Plex No. 36 Desensitization I - Gemmo/Phytotherapeutic  
10 drops, 3 times a day.

### **Add-on therapy**

- Allergy Plex No. 37 Urticaria  
15 drops, 3 times a day for each of the remedies, which should be administered on alternate days.

## Constitutional Eczema – Infantile Eczema

Heredity plays a very important part in these types of manifestations, which are also known as Atopic Eczemas.

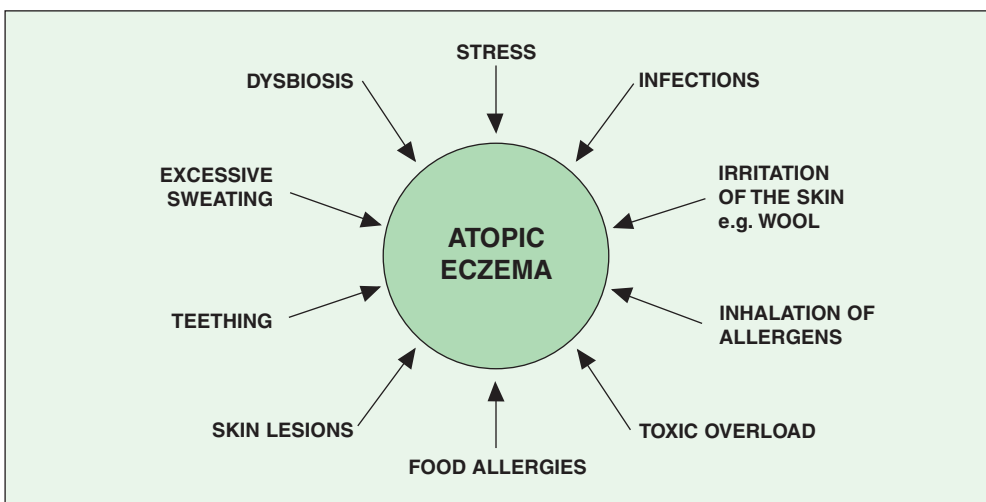
There is often a link between Eczema, Asthma and Hay fever. However, 70% of allergies are of Familial origin. 75% of cases of Infantile Eczema begin in the child's first year.

It is sometimes caused by a secondary bacterial infection, in lesions caused by scratching for example.

It often appears initially on the cheeks, forehead, trunk, arms and legs. It can also subsequently develop on the face, hands, feet and the flexor parts of the articulations.

After the age of five, it affects the extensor parts of the articulations. It then alternates between periods of dormancy and recrudescence (In Winter, and sometimes in the Spring or Autumn).

Infantile allergies are often caused by the proteins in cows milk and eggs. The smaller the child, the more significant the allergic factor.



*Treatment in allopathic medicine: Corticosteroid therapy*  
*Causal therapy: difficult*

## TREATMENT

1. Cut out proteins from cows milk, chicken and citrus fruits.
2. If there is no response within two months, cut out wheat as well.

## Remedies

- Allergy Plex No. 37 Desensitization II – Urticaria  
15 drops in the morning and evening.
- Allergy Plex No. 40 Profound desensitization  
20 drops in the morning and evening.
- Allergy Plex No. 1 Milk  
15 drops in the morning.
- Allergy Plex No. 4 Chicken-eggs  
15 drops in the afternoon.
- Allergy Plex No. 12 Citrus fruits  
15 drops in the evening.
- Allergy Plex No. 36 Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.

## Additional therapeutic advice

The following action is recommended:

1. Desensitization to fungi
2. Strengthen the immune system
3. Causal therapy

## Contact Eczema

In order to carry out its action, the allergizing substance has to get through the entire skin barrier. Only chemical substances and metals fall into this category – they are known as Haptens, which join themselves to the skin proteins, and then become allergens.

Contact Eczema is a Type IV (delayed type) allergy, which produces a reaction after 2-3 days.

| Overview of allergic skin reactions |                               |                                       |
|-------------------------------------|-------------------------------|---------------------------------------|
| <i>Allergy</i>                      | <i>Denomination</i>           | <i>Manifestations</i>                 |
| Type I                              | Immediate                     | Urticaria                             |
| Type II                             | Cytotoxicity                  | Pemphigus                             |
| Type III                            | Formation of immuno-complexes | Skin diseases                         |
| Type IV                             | Delayed type                  | Contact Eczema, sometimes from drugs. |

Contact Eczema mainly manifests itself on the hands and face; other areas that may be affected are the ear lobes, armpits and fingers.

It should be noted that Nickel, contained in ordinary eyeshadows, often causes Contact Eczema.

6% of the Dutch population suffer from Eczema on their hands and forearms. In 50% of cases, it is Contact Eczema.

Furthermore, eczematous manifestations are occurring more frequently in young people rather than people over seventy.

## TREATMENT

- **Allergy Plex No. 36** Desensitization I - Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- **Allergy Plex No. 40** Profound desensitization:  
20 drops, twice a day for 2 weeks. Suspend treatment for 6 weeks and then repeat.
- **Allergy Plex No. 37** Desensitization II – Urticaria  
15 drops, twice a day.
- **Allergy Plex No. 32** Exhaust fumes  
15 drops, twice a day.

## Allergy to drugs

Immunological reaction plays an important part.

### Undesired effects of medicines

1. Intoxication (accumulation and overdosing over a long period)
2. Organotoxic action (deterioration of the liver, bone marrow, kidneys etc.)
3. Immuno-suppressive action (from antibiotics and corticosteroids)
4. Dysbiosis (corticosteroids, antibiotics, hormones)
5. Hyperactivity (unpredictable)
6. Teratogenic actions (harmful to the foetus)
7. Oncogenic action (causes cancer)
8. Interaction between drugs (synergistic collateral effects)
9. Allergic reactions
10. Other secondary effects.

Approximately 10% of people are allergic to drugs.

### Overview of allergies to drugs

| Type     | Immune response system    | Symptoms   | Types of drugs  |
|----------|---------------------------|--|---|
| Type I   | IgE                       | Generalised Erythema<br>Anaphylactic shock (19% of cases)<br>Oedema of the nasal and ocular mucosa | Penicillins<br>Cephalosporins                         |
| Type II  | T-cells (Lymphocytopenia) | Anaemia (4% of cases)  | Penicillin<br>Alfa-methylidopa                        |
| Type III | Immuno-complexes          | Serum disease (14%)<br>Itchy skin eruption   | Anti-ophidic vaccines<br>Penicillins<br>Sulphonamides |
| Type IV  | Delayed type              | Contact Eczema   | Topical drugs   |

## Allergies to antibiotics

The most common of these allergies is to Penicillins and antibiotics derived from them (10%). It is often possible to encounter this type of allergy in a patient crossed with the response to another antibiotic.

We should also bear in mind that these antibiotics are often introduced via foods (meat).

## Photoallergies

Photoallergies – hypersensitivity to light - can also be listed amongst allergies to drugs due to their reaction to ultraviolet rays.

| Other drugs which cause allergies |  |
|-----------------------------------|--|
| <i>Drug</i>                       | <i>Applications</i>                      |
| Nalixidic acid                    | For urinary infections                   |
| Tetracycline                      | Antibiotic with a broad spectrum of uses |
| Tar                               | For dermatological use                   |
| Phenothiazine                     | In tranquillizers                        |
| Sulphonamide                      | Used for a huge range of infections      |
| Psoralens                         | Used in Psoriasis treatments             |
| Promethazine                      | Anti-histamic                            |
| Furosamide                        | Diuretic                                 |

## TREATMENT

- Allergy Plex No. 20 Moulds II (Tetracycline)  
10 drops, 3 times a day.
- Allergy Plex No. 32 Exhaust fumes  
10 drops, 3 times a day.
- Allergy Plex No. 36 Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.

*For dermatological problems:*

- Allergy Plex No. 37 Desensitization II – Urticaria  
15 drops, twice a day.

*For all cases:*

- Allergy Plex No. 40 Profound desensitization  
15 drops a day for the first 2 weeks.





## *Allergies to insect bites*

The physiological response to insect bites is a local toxic reaction.

The allergic response can manifest itself as a very strong general reaction, which can even be in the form of an anaphylactic shock. In this case, there is a maximum reaction of the mast cells, which release Histamine. 5 people die each year in Holland as a result.

### TREATMENT

- **Allergy Plex No. 38** Desensitization III – Insects  
10 drops, 3 times a day.
  - **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
  - **Allergy Plex No. 37** Desensitization II – Urticaria  
15 drops, twice a day.
  - **Allergy Plex No. 40** Profound desensitization  
15 drops every day for the first 2 weeks.
- If there are environmental allergens, add:*
- **Allergy Plex No. 32** Exhaust fumes  
15 drops, twice a day.



## ***Food allergy***

This is neglected by traditional medicine as a result of the frequent concomitance of other conditioned immune reactions to inhalatory allergens.

In children, food allergy is due to their digestive apparatus not functioning at its best.

The following are foods to which the majority of allergies relate:

Cows milk, eggs, fish, peanuts, wheat, chocolate, nuts, citrus fruits and pork.

### **Principal symptoms in children**

Nausea, colic, vomiting, lack of appetite, stomach ache, constipation, diarrhoea, oedema and itching.

Secondary symptoms

Watering eyes, sinusitis, Rhinitis, Otitis, Asthma, Cough, Eczema, Bronchitis, irritation, Hyperactivity, Cephalaea.

### **Symptoms in adults**

Tiredness, anxiety, myalgia, articular pains, migraine, sinusitis, problems with concentration.

## **TREATMENT**

For this type of allergy, it is very important to use a diagnostic method. Should it not be possible to carry out a diagnostic test, one should intervene in the diet by eliminating the following foods for 4 weeks:

Cows milk, eggs, fish, nuts, wheat, chocolate, citrus fruits and pork.

Should the disorders not disappear, one should cut the patient's favourite foods out of their diet.

### **General treatment**

- Allergy Plex No. 40 Profound desensitization  
10 drops, 3 times a day.
- Allergy Plex No. 36 Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- Allergy Plex No. 32 Exhaust fumes  
10 drops, 3 times a day.



## ***Food Intolerances***

It is impossible to identify an immunological reaction for food intolerances. The symptoms are often identical to those of food allergies.

### **Principal symptoms**

Skin irritation, Vasomotoric Rhinitis, Dyspnoea, flatulence, Cephalaea, diarrhoea, colitis and sinusitis. These disorders often manifest themselves two hours after a meal.

### **Important considerations**

Foods rarely cause allergies. However, industrially-treated food products often cause intolerances. We should bear in mind that various substances are added to food products during processing - the food industry has a range of 50,000 different chemical substances to enable them to preserve and process foods. The toxicity of these substances has in no way been accurately studied.

We should also remember that intolerance to food additives is often chronic.

### **Classification**

1. Substances that release Histamine  
Chocolate, Alcohol, some aromatic herbs, tomato.
2. Other biogenous amines  
Tryptamine, Tiramine, Serotonin etc.  
The most important biogenous amines are found in: chocolate, cheese, red wine, bananas, shrimps, sauerkraut, meat and fish that has gone bad or been badly preserved during freezing.
3. Chemical additives  
Azo colourings (Tartrazine; Methyl orange and yellow)  
Erythrosine  
Preservatives (Benzoic acid, Benzoic flavourings)  
Flavourings (Vanilla, Aldehydes, Cinnamon)

## TREATMENT

### Drainage therapy

- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.

### Treatment for food additives

- **Allergy Plex No. 25** Food Additives I (Preserving agents)
- **Allergy Plex No. 26** Food Additives II (Emulsifying agents)
- **Allergy Plex No. 27** Food Additives III (Colouring agents)
- **Allergy Plex No. 28** Food Additives IV (Chemical substances)

10 drops of each remedy, 3 times a day.

### Treatment for Dysbiosis (Fungi)

- **Allergy Plex No. 19** Moulds I
- **Allergy Plex No. 20** Moulds II

10 drops of each remedy, 3 times a day.

### Specific desensitization

This depends on the causes found.

### General desensitization

- **Allergy Plex No. 40** Profound desensitization  
15 drops a day, for the first 2 weeks.

## Hypoglycaemia

- **Allergy Plex No. 22** Sugar and sweeteners  
10 drops, 3 times a day.

## Preferences for spicy foods

- **Allergy Plex No. 24** Salt and spices  
10 drops, 3 times a day.

## Preferences for dairy products

- **Allergy Plex No. 1** Milk  
10 drops, 3 times a day.



## *Occupational allergy*

Occupational allergy develops between 1 to 2 years after the first contact with the allergen. The most common causes of occupational allergy are:

### *Allergen*

Animals, rodents, insects  
Shrimps, crabs etc.

Products of vegetable origin,  
flour, coffee, tobacco, jute,  
cotton, silk, polyester

Biological enzymes:  
Pancrease, pepsin,  
Bacillus subtilis

Chemical substances, ammonia,  
polymers and anhydrides

Metals and their salts, platinum,  
Chromium, mercury, aluminium,  
Cobalt

Drugs, antibiotics

Other substances:  
Welding fumes, Formaldehyde,  
Epoxy resins\*

### *Environment*

Pet shops, food and fish industries

Bakeries, food and textile industries,  
saw mills

Soap industries, pharmaceutical  
industries

Plastics, paint, glue and resins, and  
packaging industries

Metallurgical industries, dental  
laboratories, diamond cutting  
laboratories

Pharmaceutical industries

Electronics and graphics industries,  
hospitals

\*Taken from "Occupational Asthma" by H. Mengelers/J. Kreukneit, Ned. Jijchr v. Geneesk (134/1990/426-430)

## **TREATMENT**

### **Drainage therapy**

- Allergy Plex No. 36 Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.

### **Causal therapy**

Change employment.

### **Specific desensitization**

This depends on the cause. The specific remedy for desensitization will be prescribed. The standard posology is: 10 drops, 3 times a day.

### **General desensitization**

- Allergy Plex No. 40 Profound desensitization  
15 drops, once a day for the first 2 weeks.

Change in lifestyle

Take action on: smoking, diet, alcoholic beverages etc.

### **Collateral therapies**

Intervene in cases of: dysbiosis, liver disorders, renal insufficiency etc.





## *Migraine/chronic serious cephalaea*

For these allergies the biogenous amines contained in the following foods play an important part:

Chocolate, milk derivatives, citrus fruits, alcohol, fried foods, onions, tea and coffee, pork and clams.

### **TREATMENT**

Cut out consumption of coffee, tea, chocolate, sugar, pork, alcohol, milk derivatives and fried foods.

- **Allergy Plex No. 1** Milk  
10 drops, 3 times a day.
- **Allergy Plex No. 35** Coffee – tea  
10 drops, 3 times a day.

### **Support treatment**

- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- **Allergy Plex No. 40** Profound desensitization  
15 drops, once a day for the first 2 weeks.

In addition to diet, it is very important to ensure good drainage of the liver. It is even more important to resolve any emotional stress.

**Emotional therapy**

|                    |                      |
|--------------------|----------------------|
| Flower Plex No. 2  | Energy Flow          |
| Flower Plex No. 21 | Harmony              |
| Flower Plex No. 25 | Inner balance        |
| Flower Plex No. 39 | Mind/body harmony    |
| Flower Plex No. 49 | Anger energy release |
| Flower Plex No. 56 | The inner child      |
| Flower Plex No. 59 | Letting go           |
| Flower Plex No. 69 | First-aid            |



## *Rheumatic diseases*

Diet and lifestyle play an important role. For these pathologies, one should eliminate all milk derivatives, solanaceae, coffee, caffeine and sugar from the diet. B and C group vitamins, zinc and magnesium should also be added to the diet.

### **TREATMENT**

#### *Drainage*

- Allergy Plex No. 36 Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- Allergy Plex No. 13 Solanaceae (Potatoes, tomatoes)  
10 drops, 3 times a day.
- Allergy Plex No. 1 Milk  
10 drops, 3 times a day.
- Allergy Plex No. 32 Exhaust fumes  
15 drops, once a day.
- Allergy Plex No. 40 Profound desensitization  
20 drops, once a day for the first 2 weeks.
- Allergy Plex No. 16 Vegetables III  
15 drops, once a day for the first 2 weeks.

#### **Emotional therapy**

|                    |                        |
|--------------------|------------------------|
| Flower Plex No. 21 | Harmony                |
| Flower Plex No. 26 | Warmth                 |
| Flower Plex No. 3  | Forgetting an incident |
| Flower Plex No. 70 | Love                   |
| Flower Plex No. 48 | Perseverance           |



## ***ORL Diseases***

In children, ORL disorders can be caused by: allergies to cows milk-based products, eggs, citrus fruits, wheat, nuts etc.

One should begin each treatment by cutting out milk proteins.

### **TREATMENT**

- **Allergy Plex No. 1** Milk  
10 drops, 3 times a day.
- **Allergy Plex No. 40** Profound detoxification  
20 drops, once a month.
- **Allergy Plex No. 32** Fumes  
15 drops before going to bed.
- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- **Allergy Plex No. 29** Pollens and dust  
15 drops in the morning.
- **Allergy Plex No. 17** Vegetables IV  
10 drops, 3 times a day.

One should also carry out lymph drainage and treatment for dysbiosis.

### **Emotional therapy**

Flower Plex No. 51 Urban harmony



## ***Intestinal colics/Irritable Bowel (colon) Syndrome***

Products derived from milk can often cause problems. The same can be said of carbohydrates from wheat and savoy cabbages.

In these cases, one should eliminate dairy products, wheat, citrus fruits, nuts, caffeine and nicotine from the diet. It is also absolutely vital to cut out alcohol consumption. With children, it is also a good idea to take emotional factors into consideration.

### **TREATMENT**

- **Allergy Plex No. 19** Moulds I
- **Allergy Plex No. 20** Moulds II  
15 drops, twice a day, on alternate days.
  
- **Allergy Plex No. 7** Cereals I
- **Allergy Plex No. 1** Milk  
15 drops, twice a day, on alternate days.
  
- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
  
- **Allergy Plex No. 40** Profound desensitization  
20 drops, once every 15 days.

Continue with the treatment for at least 3 months.



## *Vagus Nerve disorders: tiredness, depression, apathy*

These symptoms present themselves in connection with refined foods and dysbiosis. Hypoglycaemia and emotional stress are also factors (we should also take viral and bacterial infections into account).

### **TREATMENT**

An anticandidiasis and antihypoglycaemic diet should be followed for 3-6 months.

#### **Cravings for sweets**

- **Allergy Plex No. 22** Sugars and sweeteners  
10 drops, 3 times a day.

#### **Cravings for salty foods**

- **Allergy Plex No. 24** Salt and spices  
10 drops, 3 times a day.

#### **Cravings for dairy products**

- **Allergy Plex No. 1** Milk  
10 drops, 3 times a day.

#### **Cravings for carbohydrates**

- **Allergy Plex No. 7** Cereals I  
10 drops, 3 times a day.

**If the patient is a drinker**

- **Allergy Plex No. 21** Alcohol  
10 drops, 3 times a day.

**Add-on therapy**

- **Allergy Plex No. 32** Exhaust fumes  
10 drops, twice a day.
- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, twice a day.
- **Allergy Plex No. 40** Profound desensitization  
15 drops, once a day for the first 2 weeks.

## Emotional therapy

- Flower Plex No. 56 Inner energy
- Flower Plex No. 12 Kundalini Chi
- Flower Plex No. 24 Joy
- Flower Plex No. 46 Action
- Flower Plex No. 67 Encouragement



## ***Recurrent viral or bacterial infections***

There is often a reaction with food, due to an excess of animal proteins. It is advisable to eliminate all animal proteins and dairy products from the diet. It may sometimes be necessary to cut out chicken and fish as well.

It is advisable to carry out lymph drainage and treatment for dysbiosis as well as the usual emotional therapy.

### **TREATMENT**

- **Allergy Plex No. 17** Vegetables IV  
10 drops, 3 times a day.
- **Allergy Plex No. 1** Milk  
10 drops, 3 times a day.
- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- **Allergy Plex No. 40** Profound desensitization  
15 drops, once a day for the first 2 weeks.

Important: if an infection is diagnosed, it is advisable to use a specific remedy.

For example, in the case of Herpes Simplex, use:

- **Allergy Plex No. 3** Pork  
10 drops, 3 times a day.





## *Hyperactive children*

In this case as well, there is a link with diet – it is often connected with food colourings, sugar, products derived from milk and dysbiosis.

Sometimes there are purely emotional causes. For example, it often affects highly intelligent children.

It is advisable to eliminate overprocessed foods containing colourings and other additives from the diet; one should also cut out pork, dairy products and artificial fruit juices, and possibly citrus fruits, chicken and wheat.

It would also be advisable for them to participate in a team sport that requires discipline. Judo is also highly recommended.

### **TREATMENT**

Treatment should last for at least 1 or 2 years.

Desensitize for each product separately in sequences of two and a half months for each one.

#### **Group 1**

- **Allergy Plex No. 27** Food additives III
- **Allergy Plex No. 25** Food additives I
- **Allergy Plex No. 26** Food additives II
- **Allergy Plex No. 28** Food additives IV
- **Allergy Plex No. 23** Flavourings
- **Allergy Plex No. 24** Salt and spices

10 drops, twice a day in the morning and evening.

## Group 2

- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic
- **Allergy Plex No. 17** Vegetables IV
- **Allergy Plex No. 19** Moulds I
- **Allergy Plex No. 20** Moulds II
- **Allergy Plex No. 22** Sugars and sweeteners
- **Allergy Plex No. 32** Exhaust fumes

10 drops, twice a day in the morning and evening.

## Group 3

- **Allergy Plex No. 1** Milk
- **Allergy Plex No. 12** Citrus fruits
- **Allergy Plex No. 3** Pork
- **Allergy Plex No. 4** Chicken
- **Allergy Plex No. 7** Cereals I
- **Allergy Plex No. 1** Milk

10 drops, twice a day in morning and evening.

## Group 4

- **Allergy Plex No. 40** Profound desensitization

20 drops, once a month.

**Point 5 (Emotional therapy)**

- Flower Plex No. 58 Peace of mind
- Flower Plex No. 57 Inner peace
- Flower Plex No. 60 At ease
- Flower Plex No. 39 Mind/body harmony
- Flower Plex No. 22 Soothing
- Flower Plex No. 21 Harmony
- Flower Plex No. 32 Adaptation

10 drops, twice a day in the morning and evening.

**Posology**

Take one remedy at a time from groups 1, 2, 3 and 5 every day, in accordance with the dose and sequence indicated. When complete, repeat the cycle.

For example: 1st day – A.P. No. 27, A.P. No. 36, A.P. No. 1, F.P. No. 58.

2nd day – A.P. No. 25, A.P. No. 17, A.P. No. 12, F.P. No. 57 etc.



## *Hypoglycaemia/premenstrual syndrome*

In the case of Hypoglycaemia and premenstrual syndrome, it is important to follow one diet for Hypoglycaemia and one diet for Candidiasis.

One should also deal with emotional stress.

### **TREATMENT**

- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic  
10 drops, 3 times a day.
- **Allergy Plex No. 22** Sugars and sweeteners  
10 drops, 3 times a day.
- **Allergy Plex No. 32** Exhaust fumes  
10 drops, 3 times a day.

### **Emotional therapy**

Flower Plex No. 37 Fixed point  
10 drops, 3 times a day.

Flower Plex No. 21 Harmony  
10 drops, 3 times a day before bed.

Flower Plex No. 6 Inner vitality and energy  
10 drops, 3 times a day before bed.

Should reactions occur, use Flower Plex No. 69 First-aid  
15 drops when required.



## *Diabetes*

If possible, avoid carbohydrates such as pasta, bread and potatoes. Instead it is advisable to eat rice, whole grain, barley, millet and rye (unground). Carbohydrates from green vegetables and raw and unfermented foods are allowed.

Vinegar, sweeteners, sugar, alcohol and yeast must be eliminated from the diet. Coffee, cocoa and tea should also be cut out and the patient should give up smoking if applicable.

This diet should be followed to the letter for at least 2 years. It is also absolutely vital to deal with the patient's emotional state!

### **TREATMENT**

#### **Group 1**

- **Allergy Plex No. 36** Desensitization I – Gemmo/Phytotherapeutic
- **Allergy Plex No. 19** Moulds I
- **Allergy Plex No. 20** Moulds II
- **Allergy Plex No. 17** Vegetables IV

#### **Group 2**

- **Allergy Plex No. 22** Sugars and sweeteners
- **Allergy Plex No. 24** Salt and spices
- **Allergy Plex No. 7** Cereals I
- **Allergy Plex No. 8** Cereals II
- **Allergy Plex No. 1** Milk

## Posology

10 drops, 3 times a day.

Take one remedy at a time from groups 1, 2 and 3 every day, in accordance with the dose and sequence indicated. When complete, repeat the cycle.

For example: 1st day - A.P. No. 36, A.P. No. 22, F.P. No. 70

2nd day – A.P. No. 19, A.P. No. 24, F.P. No. 57 etc.

## Add-on therapy

■ **Allergy Plex No. 40** Profound desensitization

20 drops, every 15 days.

■ **Allergy Plex No. 32** Exhaust fumes

15 drops every evening before bed.

## Group 3 (Emotional therapy)

■ Flower Plex No. 70 Love

■ Flower Plex No. 57 Inner peace

■ Flower Plex No. 62 True to self

■ Flower Plex No. 48 Perseverance

■ Flower Plex No. 18 Positivity

10 drops, 3 times a day.



## *Candidiasis*

The treatment of dysbiosis is the basis for any chronic disease that can be regarded as Candidiasis.

In any case, one should avoid refined carbohydrates, coffee, sugar, dairy products, vinegar, alcohol and stimulating substances.

### **TREATMENT**

#### **Group 1**

- Allergy Plex No. 17 Vegetables IV
- Allergy Plex No. 19 Moulds I
- Allergy Plex No. 20 Moulds II
- Allergy Plex No. 22 Sugars and Sweeteners
- Allergy Plex No. 1 Milk
- Allergy Plex No. 21 Alcohol

10 drops, 3 times a day.

#### **Group 2**

- Allergy Plex No. 36 Desensitization I – Gemmo/Phytotherapeutic
- Allergy Plex No. 32 Exhaust fumes
- Allergy Plex No. 17 Vegetables IV
- Allergy Plex No. 19 Moulds I
- Allergy Plex No. 20 Moulds II

10 drops, 3 times a day.

In accordance with the dose and sequence indicated, take one remedy at a time from each group every day. When complete, repeat the cycle.

For example: 1st day – A.P. No. 17, A.P. No. 36, F.P. No. 37.

2nd day – A.P. No. 19, A.P. No. 32, F.P. No. 6 etc.

Add-on therapy

- **Allergy Plex No. 40** Profound desensitization  
20 drops, every 15 days.
- **Allergy Plex No. 14** Vegetables I  
10 drops, 3 times a day, on alternate days.
- **Allergy Plex No. 18** Vegetables V  
10 drops, 3 times a day, on alternate days.
- **Allergy Plex No. 7** Cereals I  
15 drops, twice a day.

### **Group 3 (Emotional therapy)**

Flower Plex No. 37 Fixed point

Flower Plex No. 6 Inner Chi



***ALLERGY PLEX***  
***(Pharmacological) THERAPEUTIC INDEX***

n° 1

**Milk-Dairy products****COMPOSITION**

Cows' milk, skimmed milk, goats' milk, fermented milk, sheeps' milk, yoghurt, milk chocolate, cheese, margarine, butter.

**Potencies:** 4CH, 8CH, 12CH, 15CH, 20CH, 24CH, 30CH

|                               |                                |
|-------------------------------|--------------------------------|
| Aethusa cynapium D6, D10, D12 | Lactase 4CH                    |
| Allium sativum D6             | Lactose D8, D10, D12, D20, D30 |
| Calcium carbonicum D8, D10    | Lycopodium D12                 |
| Carbo vegetabilis D12         | Magnesium muriaticum D10       |
| Guajacum D10                  | Protease 4CH                   |
| Homarus D6, D8, D10, D12      | Pulsatilla D8                  |
| Lac defloratum D10            | Staphysagria D12               |

**INDICATIONS**

Allergies and intolerances to milk, dairy products, Lactose; extremely effective in the case of chronic lymphatic stasis and lactase insufficiency. For all types of inflammation in the oral cavity, ears, mucous membranes and paranasal sinuses.

n° 3

**Pork****COMPOSITION**

Pork, ham, lard, sausage, horsehair.

**Potencies:** 4CH, 6CH, 9CH, 12CH, 15CH, 18CH

|  |                           |
|--|---------------------------|
| Benzopyrene 4CH, 6CH, 8CH, 10CH, 12CH    | Lipase 4CH                |
| Chelidonium D1                           | Mezereum D8, D12          |
| Cholesterinum 4CH, 8CH, 12CH             | Natrium sulfuricum D6     |
| Crotalus horridus D10, D12               | Pulsatilla D8, D12        |
| Calculi bili 4CH, 6CH, 8CH, 10CH, 12CH   | Sanicula europea D10, D12 |
| Herpes simplex 4CH, 6CH, 8CH, 10CH, 12CH | Tuberculinum 15CH         |
| Juniperus communis Gemmae D1             | Urea D8, D10, D12         |

**INDICATIONS**

Intolerance to pork. Also indicated in the treatment of Herpes simplex.

n° 4

## Chicken/eggs

### COMPOSITION

Chicken, turkey, albumen, egg yolk, duck, duck feathers, hen feathers, pigeon feathers.

**Potencies:** 4CH, 5CH, 6CH, 8CH, 12CH, 15CH, 18CH

Colchicum D8, D12

Lecithinum D4, D6

Lycopodium D6

Magnesium muriaticum D5

Natrium carbonicum D8, D10

Phytolacca D4, D8, D10

### INDICATIONS

Allergies to chicken, eggs, duck, turkey, pigeon.

n° 5

## Fish

### COMPOSITION

Trout, halibut, herring, cod, carp, eel, sardine, salmon, plaice, tuna and sole.

**Potencies:** 4CH, 6CH, 8CH, 10CH, 15CH, 20CH

Asterias rubens D6, D8, D10

Colchicum D8, D10, D12, D15

Natrium phosphoricum D12

Natrium sulfuricum D8

Natrium muriaticum D8, D10, D12, D15

Phosphorus D10, D12

### INDICATIONS

Allergies and intolerances to fish.

n° 6

## Crustacea

### COMPOSITION

Shrimp, crab, lobster, mussels, oysters, clams, date mussels.

**Potencies:** 6K, 9K, 12K, 15K, 30K, 34K, 38K, 40K

Astacus D6

Asterias rubens D12

Belladonna D30

Homarus D6, D8, D10, D12

Limulus (xiphosuran) D6, D9, D12, D15

Lycopodium D8

Natrium muriaticum D12, D30

Nux vomica D10

Sepia D30

### INDICATIONS

Allergies and intolerances to crustacea.

n° 7

## Cereals I

### COMPOSITION

Barley, whole wheat, wheat, oats, rye, wheat flour, gluten, millet, baking yeast, chicory, fibre.

**Potencies:** 4CH, 6CH, 9CH, 12CH, 15CH, 20CH, 24CH

Amylase 4CH

Carbo vegetabilis D8, D10, D12, D15

Eichornia crassipes D2

Natrium carbonicum D10, D12

Natrium sulfuricum D6, D8

Pancreas 4CH

### INDICATIONS

Allergies to cereals in general; intolerance to gluten; also effective in the treatment of constipation and Asthenia; allergies to Vitamin B complex.

n° 8

## Cereals II

### COMPOSITION

Millet, oats, wheat, starch, glazed rice, whole rice, bran.

**Potencies:** 4CH, 6CH, 9CH, 12CH, 15CH, 20CH, 24CH, 30CH

Amylase 4CH

Carbo vegetabilis D8, D10, D12

Cobaltum D8, D10

Cotyledon D6

Eichornia crassipes D2

Pancreas 4CH

### INDICATIONS

Allergies to rice, bran, wheat, oats, millet; allergies to Vitamin B complex.

n° 9

## Nuts

### COMPOSITION

Almonds, Brazil nuts, cashew nuts, hazelnuts, Pecan nuts, peanuts, sesame seeds, walnuts, sunflower seeds.

**Potencies:** 4CH, 6CH, 8CH, 10CH, 12CH, 15CH

Aesculus hippocastanum Gemmae D1

Cucurbita pepo D3, D6, D8

Eucalyptus D8, D10, D12

### INDICATIONS

Intolerances and allergies to peanuts, cashew nuts and nuts in general.

n° 10

**Fruit I****COMPOSITION**

Strawberries, apricots, apples, pears, plums, mulberries, bilberries, raspberries.

**Potencies:** 4CH, 6CH, 9CH, 12CH, 15CH, 18CH, 20CH

Acidum phosphoricum D12

Causticum D12

Acidum oxalicum D8, D10

Ferrum metallicum D12, D15

Antimonium tartaricum D8

Fragaria D12, D15, D20, D24, D30

**INDICATIONS**

Allergies and intolerances to strawberries, apricots, apples, pears, plums, raspberries, bilberries and mulberries.

n° 11

**Fruit II****COMPOSITION**

Pineapple, avocado, banana, white and black grapes, kiwi fruit, raisins, mango, melon, olives, red currants, watermelon and peach.

**Potencies:** 4CH, 6CH, 9CH, 12CH, 15CH, 18CH, 20CH

Aloe D4

Phosphorus D10

Arsenicum album D8, D10

Zingiber officinale D4, D6, D8, D10, D12

Causticum D8, D10, D12

**INDICATIONS**

Intolerances and allergies to: pineapple, avocado, banana, white and black grapes, kiwi fruit, raisins, mango, melon, olives, red currants, watermelon and peach.

n° 12

**Citrus fruits****COMPOSITION**

Bilberry, lemon, lime, mandarin, grapefruit, orange, kiwi fruit, cherry and sour cherry.

**Potencies:** 4CH, 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH

Acidum ascorbicum D6, D8, D10, D12

Acidum citricum D8, D10, D12

Arsenicum album D8

Belladonna D10

Calcium sulfuricum D12

Citrus vulgaris D8, D10, D12

Citrus limonum Gemmae D3, D6, D8, D12.

Tetracyclin D12, D15

**INDICATIONS**

Allergies and intolerances to bilberry, lemon, lime, mandarin, grapefruit, orange, kiwi fruit, cherry and sour cherry.

n° 13

**Solanaceae****COMPOSITION**

Potatoes, aubergine, ketchup, chilli pepper, chilli powder, tomatoes.

**Potencies:** 4CH, 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH

Acidum sarcolacticum D12, D15

Aluminium D12, D15

Capsicum D6, D9, D12

Fagus sylvatica Gemmae D1

Ferrum metallicum D12

Fraxinus Americana D4

Cartilago 7CH

Pilosella D1

Solanum tuberosum D6, D9, D12, D15

Solanum nigrum D6, D9, D12, D15

Tabacum D6, D9, D12

Thuja D8

**INDICATIONS**

Allergies and intolerances to potatoes, aubergines, ketchup, chilli pepper, chilli powder, tomatoes. It can also be effective in the treatment of rheumatic-type disorders, and muscular and articular pains.

**n° 14****Vegetables I****COMPOSITION**

Beans in general, soya beans, French beans, broad beans, peas, lentils, vegetables in general, peanuts, soya flour.

**Potencies:** 5CH, 6CH, 7CH, 9CH, 10CH, 12CH, 15CH

Amylase 4CH

China D4, D6

Dioscorea villosa D6, D8

Eichornia crassipes D1

Pancreas 4CH

Protease 4CH

**INDICATIONS**

Allergies and intolerances to beans in general, soya beans, French beans, broad beans, peas, lentils, vegetables, peanuts and soya flour. It is also indicated in the treatment of indigestion and meteorism.

**n° 15****Vegetables II****COMPOSITION**

Common salad, asparagus, celery, chlorophyll, courgette, cucumber, pumpkin, spinach, parsley, leek, rhubarb, lettuce, Belgian salad.

**Potencies:** 6CH, 9CH, 10CH, 12CH, 15CH

Amylase 4CH

Pancreas 4CH

Silicea D8, D10

**INDICATIONS**

Intolerances and allergies to: common salad, asparagus, celery, chlorophyll, courgette, cucumber, pumpkin, spinach, parsley, leek, rhubarb, lettuce and Belgian salad.



## n° 16

**Vegetables III****COMPOSITION**

Potatoes, beetroot, garlic, peanuts, white and red onions, carrots, artichokes, radishes, turnip-root celery, turnip, scorzonera, shallots.

**Potencies:** 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH

Arnica D8

Bryonia D12

Formica rufa D6

Harpagophytum D6

Rhus toxicodendron D8, D10, D12

Solidago D3

**INDICATIONS**

Allergies and intolerances to potatoes, beetroot, garlic, peanuts, white and red onions, carrots, artichokes, radishes, turnip-root celery, turnip, scorzonera and shallots. It is also effective in the treatment of rheumatic disorders and muscular pains.

## n° 17

**Vegetables IV****COMPOSITION**

Brewer's yeast, yeast, mushrooms and white sugar.

**Potencies:** 6CH, 8CH, 10CH, 12CH, 15CH

Candida albicans 6CH, 8CH, 10CH, 12CH

Carduus marianus D4

Chelidonium majus D3

Chininum arsenicosum D6

Echinacea angustifolia D3

Ribes nigrum Gemmae D1

Scrophularia nodosa D6, D8

Thymus 4CH

**INDICAZIONI**

Allergies and intolerances to brewer's yeast, yeast, mushrooms and white sugar. It is also effective in the treatment of indigestion, asthenia and intolerances to yeasts.

n° 18

## Vegetables V

### COMPOSITION

Cauliflower, broccoli, leek, red cabbage, sauerkraut, savoy cabbage.

Potencies: 5CH, 6CH, 9CH, 10CH, 12CH, 15CH, 20CH

Amylase 4CH

Dolichos pruriens D6

Hydrastis Canadensis D6, D9, D12

Pancreas 4CH, 7CH

### INDICATIONS

Allergies and intolerances to: cauliflower, broccoli, leeks, red cabbage, sauerkraut and savoy cabbage. It is also indicated in the treatment of manifestations of meteorism and indigestion.

n° 19

## Moulds I

### COMPOSITION

Aleurisma castellanii and Lugdunensis, Aspergillus (bronchialis, fumigatus, niger), leaven, yeast, Candida albicans, Cladosporium metanigrum, Mucor mucedo, Mucor plumbeus, Mucor racemosus, Rizopus nigricans, Streptococcus faecalis, Trichophyton (depressum, versicolor, rubrum, tonsurans), enzymes.

**Potencies:** D10, D12, D15, D18, D20, D24, D28, D30

Bornite D8

Carbo vegetabilis D8

Manganum aceticum d8

Pyrite D8

### INDICATIONS

Intolerances to moulds and yeasts. The symptoms worsen with humidity and during humid seasons and remain in wooden houses, parks, farms, cellars and after consuming alcohol, tea, vinegar, fruit, vegetables and enzymes.

## n° 20

**Moulds II****COMPOSITION**

Fusarium oxysporum, Penicillium (candidum, caseicolum, cyclopium, glaucum, griseum, notatum, piceum), Saccharomyces apiculata, Salmonella, E-coli, Bacillinum, Sporobolomyces roseus, salmonicolor, Streptomyces citreus, griseus

**Potencies:** D10, D12, D15, D18, D20, D24, D28, D30

Dioscorea villosa D3

Millefolium D3

Nystatin® D8, D10, D12

Saccharum officinale D8, D10

Tetracyclin D8, D10, D12

**INDICATIONS**

Intolerances to moulds and yeasts, particularly after taking antibiotics and corticosteroids.

## n° 21

**Alcohol****COMPOSITION**

Vinegar, beer, whisky, port, methyl alcohol, brandy, Grappa.

**Potencies:** 4CH, 6CH, 8CH, 10CH, 12CH, 15CH, 20CH

Angelica D2

Antimonium crudum D10

Hepar 7CH

Lycopodium D4

Nux vomica D12

Phosphorus D8, D10, D12

Quercus glandium spir. D4, D6, D8

Zincum metallicum D12

**INDICATIONS**

Allergies and intolerances to vinegar, beer, whisky, port, methyl alcohol, brandy and Grappa. It is effective in the treatment of alcohol abuse and hepatic dysfunction; it is also recommended for yeast infections.

## n° 22

**Sugars and sweeteners****COMPOSITION**

Maple syrup, aspartame, sugar beet, carob, cyclamate, barley fructose, malt syrup, honey, lactose, wheat syrup, mannitol, treacle, cane sugar, saccharin, sorbitol and white sugar.

**Potencies:** 4CH, 7CH, 9CH, 12CH, 15CH, 18CH, 20CH

Argentum nitricum D8, D10, D12

Spleen 7CH

Betafite D8

Pancreas 7CH

Zincum sulfuricum D8

Ribes nigrum Gemmae D1

Insulinum 4CH, 7CH, 9CH

**INDICATIONS**

Allergies and intolerances to maple syrup, aspartame, sugar beet, carob, fructose, barley, malt syrup, honey, lactose, wheat syrup, Mannitol, treacle, cane sugar, saccharin, sorbitol and white sugar. It is also effective in the treatment of asthenia syndromes from chronic exhaustion, yeast infections and hypoglycaemia.

## n° 23

**Flavourings****COMPOSITION**

Allium sativum, anethol, Basilicum, Ethyl vanilla, Sweet marjoram, Kajeput, menthol, peppermint, vanilla.

**Potencies:** 4CH, 6CH, 9CH, 12CH, 15CH

Ribes nigrum Gemmae D1

Antimonium crudum D6

Hydrastis D3

**INDICATIONS**

Allergies and intolerances to all types of aromatic substances and essential oils. It is also effective in the treatment of chronic asthenia, Hypoglycaemia, depression and also excessive sugar intake.

n° 24

***Salt and spices*****COMPOSITION**

Anise, basil, spring onions, chillies, dill, curry, cumin, cloves, mustard, nutmeg, chilli powder, white and black pepper, soy sauce, salt, sea salt, thyme and oregano.

**Potencies:** 4CH, 6CH, 8CH, 9CH, 12CH, 15CH

Capsicum D8, D12, D15

China officinalis D6

Natrium muriaticum D8, D10, D12, D15, D20, D30

Phosphorus D12

**INDICATIONS**

Allergies and intolerances to aniseed, basil, spring onions, chillies, dill, curry, cumin, cloves, mustard, nutmeg, chilli powder, white and black pepper, soy sauce, salt, sea salt, thyme and oregano.

n° 25

***Food additives I (Preserving agents)*****COMPOSITION**

Yeast powder. Preservatives: E200-202-210-211-212-214-216-218-220-221-222-223-224-239-249-250-251-252-621

Frying sauce, gelatine, ketchup, mayonnaise, tamari, mustard.

**Potencies:** 4CH, 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH, 24CH, 30CH

Nux vomica D8, D10, D12, D15

Sulphur D8, D10

**INDICATIONS**

Intolerances and allergies to all types of food preservatives and additives. It is also indicated in the treatment of children who are hyperactive and who present with chronic symptoms that are not clearly defined.

n° 26

**Food additives II (Emulsifying agents)****COMPOSITION**

Emulsifying agents: E322-338-339B-340A/B/C-341C-E450-450A/C-578-621-622-623

**Potencies:** 6CH, 10CH, 12CH, 15CH, 18CH, 20CH, 24CH, 28CH, 30CH

Acidum fluoricum D6, D8

China D3

Phosphorus D10, D12, D15

**INDICATIONS**

Intolerances and allergies to all types of emulsifying agent and food additive. It is also indicated in the treatment of hyperactive children, with concentration problems, and who present with chronic symptoms that are not clearly defined.

n° 27

**Food additives III (Colouring agents)****COMPOSITION**

Colouring agents: E102-104-110-120-122-123-124-127-132-133-151

**Potencies:** 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH, 24CH, 28CH, 30CH

Berberis vulgaris D4

Sulphur D6, D8

Chelidonium majus D1

Taraxacum D2

Juniperun communis Gemmae D3

Thymus 7CH

Nux vomica D6, D8, D10

**INDICATIONS**

Intolerances and allergies to all types of artificial colouring agent. It is also indicated in the treatment of hyperactive children, with concentration problems, and who present with chronic symptoms that are not clearly defined.

n° 28

**Food additives IV (Chemical substances)****COMPOSITION**

Colouring agents: E200-210-214-216-218-239-310-312-320-321

Acetone, Basodin, Benzopyrene, Benzene, Delts, Derosal, Dimilir, Formaline, Malathion, Paraquat, Sporgon, Trementine, Trichloretylene.

**Potencies:** 6CH, 7CH, 8CH, 9CH, 10CH, 11CH, 12CH, 13CH, 14CH, 15CH

Berberis vulgaris D3, D6

Natrium bicarbonicum D6, D8, D10

Carbo vegetabilis D8, D10

Phosphorus D9, D12, D15

Juniperus communis Gemmae D1

**INDICATIONS**

Intolerances and allergies to all types of pesticide and anti-oxidant. It is also indicated in the treatment of all undefined symptoms and chronic asthenia.

n° 29

**Pollens and dust****COMPOSITION**

Hay, domestic dust, dermatophagoid, dandruff, pollens of various origin (trees, shrubs, grass, cereals), flour mites, hay dust.

**Potencies:** 4CH, 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH, 28CH, 30CH

Allium cepa D6, D9

Euphrasia D6, D9

Ambra D10, D12

Histaminum 7CH, 9CH, 12CH

Arsenicum album D10, D12, D15, D20

Solidago D6, D9

Cinnabaris D8

**INDICATIONS**

Allergies and intolerances to: hay, domestic dust, dermatophagoid, dandruff, pollens of various origins (trees, shrubs, grass, cereals), flour mites and hay dust. It is also very effective in the treatment of hay fever, rhinitis and chronic sinusitis.

n° 30

## Feathers

### COMPOSITION

Feathers from geese, pigeons, ducks, canaries, chickens, parrots, parakeets and pigeon faeces.

**Potencies:** 6CH, 7CH, 8CH, 9CH, 12CH, 15CH, 18CH, 20CH, 24CH, 30CH

Glycerinum D12, D15, D20, D22

Histaminum 7CH, 9CH, 12CH

Scrofularia nodosa D4, D6, D8

### INDICATIONS

Allergies and intolerances to feathers from geese, pigeons, ducks, canaries, chickens, parrots, parakeets and pigeon faeces. It is also indicated in the treatment of symptoms of the respiratory tract when the patient is in constant contact with birds and also when they sleep with a feather duvet or pillow.

n° 31

## Fur

### COMPOSITION

Fur in general; fur from guinea pigs, hamsters, dogs, cats, cattle, rabbits, mice, horses, rats and pigs, wool and dandruff.

**Potencies:** 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH

Arsenicum jodatatum D8, D10, D12

Histaminum 7CH, 9CH, 12CH

Silicea D12

### INDICATIONS

Allergies and intolerances to fur in general - fur from guinea pigs, hamsters, dogs, cats, cattle, rabbits, mice, horses, rats and pigs, wool and dandruff. It is indicated in the treatment of symptoms of the respiratory tract, when the patient is in constant contact with domestic animals.



n° 32

***Exhaust fumes*****COMPOSITION**

Benzenum crudum, diesel oil, formaldehyde, kerosene, engine oil, brake fluid, cigarette smoke, trementine fumes, exhaust fumes in general.

**Potencies:** 6CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH, 24CH, 28CH, 30CH

Acidum carbolicum D9, D12, D15

Platinum metallicum D12, D15, D20

Amiantus D12, D15, D20

Plumbum metallicum, D12, D14, D20

Ichthyolum D10, D12

**INDICATIONS**

Intolerances and allergies to exhaust fumes, fumes in general, perfumes, petroleum derivatives, formaldehyde and cigarette smoke. It is also indicated in the treatment of Tabagism and all forms of allergies to inhalants, as well as drivers' asthenia and hypoglycaemic states.

n° 33

***Fumes from ink and printed matter*****COMPOSITION**

Formaldehyde, ink, photocopier toner, newspaper ink.

**Potencies:** 6CH, 7CH, 8CH, 10CH, 12CH, 15CH, 18CH, 20CH, 24CH, 28CH, 30CH

Euphrasia D3, D6, D9

Histaminum 15CH, 20CH, 28CH, 30CH

Sepia D8, D10, D12, D15

**INDICATIONS**

Allergies and intolerances to ink, photocopier toner, printers and newspaper ink; it is also indicated in the treatment of eye inflammation and irritation.

n° 34

**Smoke****COMPOSITION**

Various brands of cigarette: Caballero, Camel, Gauloise, Marboro; various brands of tobacco: Drum, Samson.

**Potencies:** 6CH, 8CH, 9CH, 10CH, 12CH, 15CH, 18CH, 20CH, 24CH, 30CH

|                               |  |
|-------------------------------|--|
| Caladium D4                   | Nicotine 4CH, 7CH, 9CH, 12CH, 15CH, 18CH, 30CH |
| Dafne indica D6, D8, D12, D15 | Pix liquida D8, D10, D12                       |
| Ignatia D6, D9, D12           | Plantago D2                                    |
| Kreosotum D12, D15            | Pulmonaria 12CH, 15CH, 20CH, 30CH              |
| Lobelia inflata D4, D6        | Selenium D12                                   |

**INDICATIONS**

Allergies and intolerances to smoke and cigarettes. It is also effective for breaking the habit of tabagism by neutralising the effects of the smoke. Patients who are administered this product, develop an aversion to smoke.

n° 35

**Coffee – Tea – Cocoa****COMPOSITION**

Black tea, Chinese tea, chocolate, cocoa, camomile, coffee, decaffeinated coffee.

**Potencies:** 6CH, 8CH, 10CH, 12CH, 15CH, 20CH, 24CH, 30CH

|                                |                                      |
|--------------------------------|--------------------------------------|
| Calcium cabonicum D8, D12, D30 | Coffea cruda D10, D12, D15, D20, D30 |
| Capsicum D8, D10               | Lycopodium D12                       |
| China D4, D6                   | Moschus D5                           |
| Cocculus D4, D6                | Nux vomica D8, D10, D12              |

**INDICATIONS**

Intolerances and allergies to coffee, tea, chocolate or cocoa. It is also effective in helping people who are addicted to coffee to neutralise the effects and to give up the habit. It is also indicated in the treatment of states of nervousness, hyperactivity, insomnia and asthenia.

n° 36

**Desensitization I: Gemmo/phytotherapeutic drainage****COMPOSITION**

|                                    |  |
|------------------------------------|--|
| Carduus marianus D1                | Rosmarinus officinalis Gemmae D1, D3, D6 |
| Carpinus betulus Gemmae D1, D3, D6 | Solidago D1                              |
| Chelidonium majus D2               | Taraxacum D3                             |
| Fagus sylvatica gemmae D1          | Thymus 4CH                               |
| Glycyrrhiza glabra D1              | Ulmus campestris Gemmae D1, D3, D6       |
| Histaminum 7CH, 9CH, 12CH          | Viburnum lantana Gemmae D1, D3, D6       |
| Ribes nigrum Gemmae D1, D3, D6     | Viscum album D1                          |
| Rosa canina Gemmae D1, D3, D6      |  |

**INDICATIONS**

Co-adjutant in allergy therapies, for encouraging emunctory activity. It should be alternated with endocrine support therapy and used for 3-4 months during allergy therapy.

n° 37

**Desensitization II: Urticaria****COMPOSITION**

|                             |                           |
|-----------------------------|---------------------------|
| Anacardium D6, D8           | Ledum D8, D10             |
| Apis mellifica D8, D10, D12 | Petroselinum D2           |
| Astacus fluviatilis D6, D12 | Rhus diversiloba D10      |
| Bovista D6                  | Rhus Tox D12              |
| Cutis 12CH, 15CH, 20CH      | Rhus venenata D6, D8, D10 |
| Fagus sylvatica Gemmae D2   | Solidago D2               |
| Fragaria D15, D20 D24       | Urtica urens D6, D9       |
| Histaminum 9CH, 12CH, 15CH  |                           |

**INDICATIONS**

For all allergies or conditions of irritation or pruritus of the epidermis. Also effective in the treatment of burns, hypersensitivity to light, and hypersensitivity to cold. It should be alternated with endocrine support therapy.

n° 38

***Desensitization III: Insects*****COMPOSITION**

Bees, ticks, midges, fleas, flies and horseflies.

Potencies: 5CH, 7CH, 9CH, 12CH, 15CH, 18CH, 20CH

Apis mellifica D8, D10, D12

Aranea diadema D8, D10

Belladonna D6, D8, D10

Histaminum 12CH, 15CH, 18CH, 30CH

Latrodectus mactans 10CH

Ledum D6, D8, D12

Tarantula D12

Theridion D12

Urtica urens D6

**INDICATIONS**

Intolerances and allergies to insects in general: spiders, bees and jellyfish. It is also effective for the treatment of acute attacks of pruritus, states of suffering of the nervous system and infections with blisters. It is also indicated in the treatment of nervous patients and poisoning from heavy metals.

n° 40

***Profound desensitization*****COMPOSITION**

Apis mellifica 30K, 60K, 100K, 120K

Arsenicum jodatum 30CH

Arsenicum album D30

Cortisone acetate 30CH

Histaminum 20CH, 28CH, 30CH, 30K,

60K, 100K

Domestic dust 30K, 60K, 100K

Ledum D30

Pollens of various origin 30CH, 30K, 60K, 100K

Prednisone 30CH

Solidago D12, D15, D20

Sulphur 30K

Thymus 4CH, 7CH, 9CH

Urtica urens D30

**INDICATIONS**

Intolerances and allergies, to stimulate immune functions.

Posology: once a day for 2 weeks; repeat the treatment after six weeks.



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