



NATURA

A *natural* way of life™

Remedy Finder



Natura homoeopathic remedies

Almost half a century ago, Dr. Michael Levien with his dedication and passion to make a difference in the world of healing created Natura. Natura represents the success and value of true inspiration on which its existence was founded.

Since 1966, Natura Laboratory has been manufacturing and distributing homoeopathic medicines in South Africa. From its humble conception, Natura continually strives to serve the unique needs of health care practitioners and the public alike by dedicating itself to supplying natural products which are made with integrity. Natura currently provides consumers with a homoeopathic range especially suited to the treatment of common and minor illnesses and to complement the treatment of chronic and more serious conditions.

Natura continues to honour its founding values of passion, innovation and integrity by committing to go the extra mile, both now and in the future.

The Lotus Flower

The lotus flower has traditionally been recognised as a universal symbol of awakening, creation and purity. It starts its life at the bottom of a pond in the mud and slowly grows up towards the water surface continually moving towards the light. Once it reaches the surface the lotus plant begins to blossom and turns into a beautiful flower.

The lotus flower symbolically represents the development of an individual towards enlightenment and consciousness. It also represents the past, present and future as the plant bears buds, flowers and seeds at the same time.

For Natura it symbolises the deep harmonious healing action of its remedies and their unique ability to gently restore vitality and health to those in need. It also promotes the striving to 'conscious' caring for all the other beings that inhabit the earth.

Understanding homoeopathy

Q: So exactly what is homoeopathy?

A: Homoeopathy is a system of healing that stimulates the body's own healing forces in order to overcome disease.

Q: So how does homoeopathy work?

A: According to the principle of 'like cures like' a substance that causes symptoms in a healthy person, can be used to treat similar symptoms in a sick person.

Q: What are the differences between homoeopathy & conventional medicine?

A: Conventional medicine has its roots in anatomy, physiology and the 'chemistry' focused sciences of biochemistry and microbiology. It is strongly orientated towards eliminating variables in order to find comparable, consistent results. This means that it attempts to treat the symptoms which are common to most people suffering from a particular disease.

Homoeopathy has its roots in the 'energy' focused science of biophysics. It adopts a more holistic perspective and encourages that all variables in each person's experience of a disease are considered. This means that symptoms cannot be viewed in isolation without considering other aspects of the patient's wellbeing. Unlike conventional medicine, homoeopathy is built on the philosophy that the body has an innate ability to heal itself and should be allowed to do so.

Conventional medicine considers symptoms as an indication that the body has been overcome by disease. Medicines are used as an intervention to act 'against' the disease so that the body can return to health. For example, 'anti-diarrhoeals' are used to suppress or stop diarrhoea.

From a homoeopathic perspective, symptoms are considered to be part of the body's attempt to heal itself. Homoeopathic medicines contain no suppressive components and work energetically to stimulate the body's innate ability to heal itself by promoting or supporting the functioning of the various organ systems. For example, diarrhoea is considered to be the body's attempt to flush out toxic materials. Treatment focuses on supporting the digestive system but allows the body to completely eliminate the toxic materials. The diarrhoea will automatically stop and the body will then return to health.

Conventional medicine, in particular emergency medicine, has made an enormous contribution to mankind by saving lives. Homoeopathy has been used across the world to improve the quality of people's lives for nearly 300 years. Both systems of medicine have their merits and it is not essential that one system be used to the exclusion of the other.

Circulation

Your heart moves 7 500 litres of blood every day and pumps over 2.5 billion times in an average lifetime. This pumping action circulates blood through your blood vessels (arteries, veins and capillaries) in order to deliver oxygen and nutrients to all the different parts of your body. Your system of blood vessels is over 96 950km long. This is long enough to go around the world twice, yet it takes just 20 seconds to pump blood throughout the entire circulatory system. Your heart is only as big as your clenched fist and yet even at rest, it works twice as hard as the leg muscles of a sprinting man. Your heart beat is truly the 'rhythm of life'!

In today's society, many people suffer from diseases that are related to poor circulatory function. Heart disease claims more than 12 million lives around the world each year. It is vital that you take care of your circulatory system in order to live a long and healthy life. Natura's homoeopathic medicines can safely be used in conjunction with conventional medicines to assist with circulatory conditions.

Did you know?

Your main artery (aorta) is almost as thick as a garden hose. Your capillaries are so small that it takes ten of them to equal the thickness of a human hair.





Indication

Blood pressure regulating aid

Circulatory tonic

Haemorrhoids (Piles)

Haemorrhoids (Piles)

Heart tonic

Low blood pressure

Nose bleeds

Poor circulation

Regulates & supports the heart

Product

Scutellaria 150 Tablets

Procordial Plus 200ml Tonic

Hemorrho 1 25ml Drops

Hemorrho Plus 50g Ointment

Solaurit 25ml Drops

Angio 25ml Drops

Sango 25ml Drops

Hemorrho 2 25ml Drops

Chronocard Plus 25ml Drops

Hamamelis virginiana is a homoeopathic remedy that is prepared from a plant commonly called Witch hazel. It is used in circulatory products for its ability to tone the muscular walls of blood vessels and prevent congestion of blood in swollen veins.

**Remedy
focus**

Scutellaria 150 Tablets (U1123*), Procordial Plus 200 ml Tonic (U1102*), Hemorrho 1 Drops 25 ml (U1051*), Hemorrho Plus Ointment 50 g (U1054*), Solaurit Drops 25 ml (U1132*), Angio Drops 25 ml (U1005*), Sango Drops 25 ml (U1121*), Hemorrho 2 Drops 25 ml (U1053*), Chronocard Plus Drops 25 ml (U1012*).

*(Act 101/1965)

Digestion

It is estimated that the average human adult eats about 500kg of food per year. All food must first be broken down into smaller components before it can be used as fuel and nourishment for our bodies. Digestion actually starts the moment you take the first bite of your food. Chewing, together with saliva, starts to break the food down before it passes down your oesophagus and enters your stomach. The food remains in your stomach for between 2 and 6 hours before it is emptied into your small intestine, which is responsible for over 90% of digestion and absorption. Your large intestine carries out the final stage of absorption and prepares to eliminate the waste material. Your digestive system also includes the liver and pancreas which 'inject' digestive enzymes and juices to assist with the digestive process.

The digestive system is a common source of discomfort for many people. Over or under activity of any part disturbs the functioning of the entire system and conditions such as bloating, heartburn, nausea or constipation may result. Natura's homoeopathic medicines help to gently regulate the various digestive organs and encourage healthy, normal digestive function.

Did you know?

You produce about 1.5 liters of saliva each day.





Indication

Blood sugar regulating aid
 Colic, nausea & indigestion
 Constipation
 Diarrhoea
 Hangovers
 Liver & hepatobiliary support
 Liver & gallbladder problems
 Lymph drainage

Product

Suc 25ml Drops
 Magen 25ml Drops
 Segiro 25ml Drops
 Diarrho 25ml Drops
 Febro 1 25ml Drops
 Febro 2 25ml Drops
 Gallen 25ml Drops
 Lympha 25ml Drops

Nux vomica is a homoeopathic remedy that is used to treat conditions that are characterised by excessive irritability. It is especially useful for conditions with extreme oversensitivity to light, sound and odours, and it is commonly used for digestive and liver complaints.

**Remedy
focus**

Suc Drops 25 ml (U1137*), Magen Drops 25 ml (U1073*), Segiro Drops 25 ml (U1127*), Diarrho Drops 25 ml (U1029*), Febro 1 Drops 25 ml (U1038*), Febro 2 Drops 25 ml (U1040*), Gallen Drops 25 ml (U1043*), Lympha Drops 25 ml (U1071*).

*(Act 101/1965)

Ear, Nose, Throat & Chest

Breathing is generally something that we take for granted, yet on average we breathe about 23 000 times per day. In all senses of the word, inspiration is something we cannot live without. Your respiratory system is a set of interconnected passages that allow air to be transported in and out of your lungs. You take in about half a litre of air with each breath, and even more when you're exercising. The upper part of your respiratory system includes the ear, nose and throat, and the lower part includes the lungs and bronchi. Your left lung is a bit smaller than your right lung, to leave some space on the left hand side for your heart.

The respiratory system is most commonly affected by airborne viruses or bacteria that cause unpleasant symptoms like congested sinuses, sore throats, runny noses and coughs. Natura's homoeopathic medicines can be safely used to treat a variety of common conditions that affect your ears, nose, throat or chest.

Did you know?

If you flattened out all the alveoli in your lungs, they would cover a tennis court.

Plants are our partners in breathing. We breathe in air, use the oxygen in it, and release carbon dioxide. Plants take in carbon dioxide and release oxygen.





Indication

Allergen de-sensitiser
 Blocked or stuffy nose
 Cold fighter
 Dry cough
 Earache
 Eyestrain & light sensitivity
 Flu
 Hayfever
 Headaches
 Immune stimulant
 Mouth ulcers & gum disease
 Post nasal drip & sore throat
 Sinusitis, blocked nose & sinus congestion
 Sinusitis, sneezing & post nasal drip
 Smoke less
 Soothes mucus membranes
 Tonsillitis & sore throat
 Wet cough

Product

Mixed Allergin 90 Tablets
 Nasenol 20ml Nasal spray
 Pentagen 50ml Drops
 Kofbron 1 25ml Drops
 Otitis 25ml Drops
 Eyebright 25ml Drops
 Gripless 1 25ml Drops
 Hay F 150 Tablets
 Congestivo 25ml Drops
 Organo 1 25ml Drops
 Odon 25ml Drops
 Pharyna 25ml Drops
 Nasosinus 30 Capsules
 Sinfrontal 150 Tablets
 Anti Tobacco 25ml Drops
 Buso 25ml Drops
 Tonsilla 150 Tablets
 Kofbron 2 25ml Liquid

Hydrastis canadensis is commonly known as Goldenseal. It is used in both herbal medicine and homoeopathy to treat conditions that produce large quantities of thick mucus.

**Remedy
focus**

Mixed Allergin 90 Tablets, Nasenol Spray 20 ml (U1075*), Pentagen Drops 50 ml (420678*), Kofbron 1 Drops 25 ml (U1062*), Otitis Drops 25 ml (U1094*), Eyebright Drops 25 ml (U1036*), Gripless 1 Drops 25 ml (U1046*), Hay F 150 Tablets (U1050*), Congestivo Drops 25 ml (U1024*), Organo 1 Drops 25 ml (U1090*), Odon Drops 25 ml (U1088*), Pharyna Drops 25 ml (U1098*), Nasosinus 30 Capsules (U1076*), Sinfrontal 150 Tablets (U1130*), Anti Tobacco Drops 25 ml (U1007*), Buso Drops 25 ml (U1009*), Tonsilla 150 Tablets (U1142*), Kofbron 2 Drops 25 ml (U1064*).

*(Act 101/1965)

Female

As a woman, it is important to appreciate just how dynamic you truly are. You are particularly sensitive to monthly fluctuations in hormones which may affect you physically and emotionally.

Oestrogen starts being produced by your ovaries at puberty. It encourages breast development and excess fat to be stored in the buttocks, hips and thighs. Your body shape is influenced by your skeletal structure and quantity and distribution of muscle and fat on your body. For you to be at your optimum healthy weight you should aim to have a body mass index (BMI) of between 18 and 25. Due to the cyclical nature of your body, it is even more important that you try to achieve balance in all aspects of your life so that you look and feel your best. Natura's homoeopathic female range offers you a variety of solutions for common healthcare issues that you experience as a woman.

Did you know?

The female egg cell is the largest cell in the human body. It is about 175 000 times heavier than the smallest cell, the male sperm cell.

You can calculate your BMI by taking your weight / (height x height).





Indication

Female tonic & cellulite

Hot flushes

Menopausal symptoms

Period pain & menstrual irregularities

Slimming aid

Slow metabolism

Water retention reliever

Product

Landi F 25ml Drops

Sepia 150 Tablets

Phytol Plus 50 Dragees

Feminon 25ml Drops

Natura Slim 200ml Tonic

Struma 2 150 Tablets

Corp 25ml Drops

Sepia officinalis is a homoeopathic remedy made from the ink of a cuttlefish. Cuttlefish flush deep red when agitated. As a remedy it is often used to treat conditions related to hormonal changes like hot flushes associated with menopause.

Remedy
focus

Landi F Drops 25 ml (U1067*), Sepia 150 Tablets (U1120*), Phytol Plus 50 Tablets (U1100*), Struma 2 150 Tablets (U1136*), Feminon Drops 25 ml (U1041*), Natura Slim Tonic 200 ml (U1077*), Corp Drops 25 ml (U1026*).

*(Act 101/1965)

Kidney & Bladder

Your kidneys are two bean-shaped organs on either side of your spine. They filter your blood up to 300 times per day to remove waste products from your blood. Waste is then transported away from your kidneys down a pair of tubes, called ureters, to a sac-like bladder that serves as a reservoir for urine. A small tube, known as the urethra, conveys urine to the outside of your body.

Normal urine is a transparent yellow coloured liquid that is virtually sterile. The volume of urine you produce varies between 0.6-2.5 litres per day. It is influenced by factors such as your fluid intake, the environmental temperature, and your emotional state. Common kidney & bladder conditions, which may be experienced by you or your family, may be helped by Natura's homoeopathic medicines.

Did you know?

The entire world's output of urine would take about 45 minutes to go over the Niagara Falls.





Indication

Bed-wetting & incontinence

Bladder irritation

Excretion of excess fluid

Kidney & bladder support

Urination difficulties

Product

Enur 25ml Drops

Urina 25ml Drops

Diureta 25ml Drops

Nieren 25ml Drops

Prostata 25ml Drops

Kidney &
Bladder

Cantharis vesicatoria is prepared from the well known aphrodisiac, Spanish fly. It creates an extreme burning sensation that is temporarily relieved by rubbing, with a strong desire to urinate. As a homeopathic remedy it is therefore frequently used to treat acute bladder infections which display similar symptoms.

Remedy
focus

Enur Drops 25 ml (U1033*), Urina Drops 25 ml (U1144*), Diureta Drops 25 ml (U1031*), Nieren Drops 25 ml (U1086*), Prostata Drops 25 ml (U1112*).

*(Act 101/1965)

Mom & Baby

There is nothing more wonderful or more terrifying than bringing a child into the world. Your pregnancy is divided into three trimesters which are 3 months each. During each trimester your body undergoes particular changes in order to accommodate the growth and development of your baby. With a newborn, all your hopes and dreams for what they may achieve are constantly on your mind. A baby grows and develops more rapidly in the first 12 months than at any other time. As you watch them grow from day to day, learning and discovering new things, your only wish is that they grow up strong and healthy to realise all those dreams you have and to achieve their own dreams too.

Natura's homoeopathic remedies can safely support you and your baby as you face the physical & emotional demands of your incredible journey through motherhood.

Did you know?

Human foetuses react to loud rock music by kicking. By 12 weeks a human foetus will begin to suck their fingers within the womb.





Indication

Croup & dry cough

Lactation & vitality

Mild fever

Mild pain

Snuffles in babies

Spasmodic colic

Teething

Product

Croupbron 25ml Drops

Alfalfa Tonic 200ml Liquid

Fever 25ml Drops

Pein 25ml Drops

Cataro 25ml Drops

Sedaped 25ml Drops

Cesranol (Teething formula) 25 ml drops

Pulsatilla vulgaris is prepared from the Wind flower. As a homoeopathic remedy, it is used to treat conditions that have the quality of changeability with constantly shifting symptoms.

Remedy
focus

Croupbron Drops 25 ml (U1028*), Alfalfa Tonic Liquid 200 ml (U991*), Fever Drops 25 ml (U1042*), Pein Drops 25 ml (U1096*), Cataro Drops 25 ml (U1018*), Sedaped Drops 25 ml (U1124*).

*(Act 101/1965)

Muscle, Joints & Bones

Working together your muscles, joints & bones provide both stability and allow movement. Your skeleton is made up of 206 bones, the largest of which is in your upper leg (femur) and the smallest 3 are the tiny bones in your inner ear (incus, malleus & stapes). Muscle makes up about 40 - 50% of your total body weight and generates about 85% of your body's total heat.

You have six different types of joints in your body. They are classified according to the type of movement they allow: condyloid, gliding, hinge, pivot, saddle and ball-and-socket joints. Aching muscles, joints and bones can be treated by using a combination of one of Natura's oral homoeopathic medicines and massaging one of Natura's ointments to the affected area.

Did you know?

Did you know that you now have 96 bones less in your body than when you were born? One person in 20 has an extra rib, and they are most often men.





Indication

Aching joints & localised inflammation

Aching joints & localised inflammation

Bruises & stiff aching muscles

Bruises & stiff aching muscles

Gout

Injuries, bruises & muscular strains

Muscular cramps & brittle nails

Promotes healing of fractures

Product

Ruma 1 25ml Drops

Ruma Plus 50g Ointment

Arnica D6 150 Tablets

Arnica Plus 50g Gel

Gichtin 25ml Drops

Injura 25ml Drops

Kalmag 50g Powder

Osto 25ml Drops

Muscle,
Joints &
Bones

As a homoeopathic remedy, *Ruta graveolens* is used to treat the sensation of being bruised, lame and sore, which feels better for movement. The common name for *Ruta graveolens* is Herb of grace.

Remedy
focus

Ruma 1 Drops 25 ml (U1115*), Ruma Plus Ointment 50 g (U1119*), Arnica D6 150 Tablets (U1127*), Arnica Plus Ointment 50 g (U1008*), Gichtin Drops 25 ml (U1044*), Injura Drops 25 ml (U1058*), Kalmag Powder 50 g (U1060*), Osto Drops 25 ml (U1093*).

*(Act 101/1965)

Skin

Your skin is the largest organ of your body. Not only does it reveal emotional feelings by paling, blushing and other expressions, it also tells a story about the overall health of the rest of your body. No other organ is as exposed to damage or disease; it is especially vulnerable to sunlight, injury and environmental pollutants.

The skin protects underlying structures from injury and acts as a barrier to bacteria and viruses. It contains nerve endings that are able to sense heat and cold, pain, pressure and touch. It also regulates body temperature by producing sweat which, when it evaporates, has a cooling effect. Your skin starts aging when the cells die off faster than the body can replace them. It is estimated that each person sheds approximately 22 kilograms of skin cells in his or her lifetime. Illness, stress, anxiety and depression also add to the aging of the skin. Natura's homoeopathic remedies can be used to help the body overcome underlying disturbances and restore balance to this vulnerable and sensitive organ.

Did you know?

South Africa, with its abundance of sun, has (along with Texas and Australia) the world's highest incidence of skin cancer. Nearly 10 000 new cases are diagnosed in South Africa annually.





Indication

Acne & eczema

Boils & cysts

Dry skin & eczema

Insect bites, fever blisters,
nappy rash, slow healing sores

Moisturiser & skin repair

Nappy rash, chapped lips,
superficial wounds, minor burns

Pigmentation & blemishes

Warts

Warts & thickened skin

Wounds & injuries

Product

Acne Plus 50g Ointment

Carno 1 25ml Drops

Herpin 2 25ml Drops

All Heal Plus 50g Ointment

Vitamin E Cream 50g

Calendula Plus 50g Ointment

Pigment 150 Tablets

Thuja 150 Tablets

Thuja Lotion Plus 25ml Drops

Comfrey Plus 50g Ointment

Calendula officinalis is commonly known as the Pot marigold. It is part of the same plant family as Arnica and Echinacea. It has antibacterial properties and promotes the healing of cuts and burns and helps to soothe irritated skin.

Remedy
focus

Acne Plus Ointment 50 g (U990*), Carno 1 Drops 25 ml (U1013*), Herpin 2 Drops 25 ml (U1057*), All Heal Plus Ointment 50 g (U1004*), Vitamin E Cream Cream 50 g, Calendula Plus Ointment 50 g (U1011*), Pigment 150 Tablets (U1101*), Thuja 150 Tablets (U1140*), Thuja Lotion Plus Drops 25 ml (U1139*), Comfrey Plus Ointment 50 g (U1023*).

*(Act 101/1965)

Stress

Today's modern lifestyle is highly stressful and our society seems to be more prone than ever to the effects of stress. Scientists and doctors use the term 'stress' to describe anything that disturbs the stability and balance of the body or mind. There isn't a disease or illness in the modern world that is not, in one way or another, affected, intensified or triggered by stress.

Stress research has been dominated by the popular 'fight-or-flight' theory. However, recent studies suggest that while men tend to respond to stress by exhibiting 'fight-or-flight' behaviour, a woman's response to stress is to 'tend-and-befriend'. This involves comforting and protecting anyone affected by the stress, helping them to feel secure and supported. Natura's homoeopathic medicines can help to rapidly restore a sense of control enabling you to cope more effectively in difficult situations.

Did you know?

Adrenalin is the hormone that your body produces in response to sudden stressful situations. If the stress persists, your body will eventually start to produce cortisol instead of adrenalin.





Indication

Emotional shock, anxiety
& sleeplessness

Emotional shock, anxiety
& sleeplessness

Mental fatigue & tiredness

Mild depression, grief
& tearfulness

Poor concentration &
hyperactive behaviour

Stress & sleeplessness

Tension headache
& restlessness

Product

Rescue 150 Tablets

Rescue 25ml Drops

Nervuton 1 25ml Drops

Nerva 3 25ml Drops

Cerbo 25ml Drops

Nervuton 2 150
Dragees

Nerva 2 25ml Drops

Valeriana officinalis is used for its sedative and calming properties in herbal and homoeopathic products. It has a relaxing effect on the central nervous system and helps to relieve feelings of restlessness.

**Remedy
focus**

Rescue 150 Tablets (U1114*), Rescue Drops 25 ml (U1113*), Nervuton 1 Drops 25 ml (U1084*), Nerva 3 Drops 25 ml (U1082*), Cerbo Drops 25 ml (U1020*), Nervuton 2 150 Tablets (U1085*), Nerva 2 Drops 25 ml (U1080*).

*(Act 101/1965)

Tissue Salt - Simplex

Biochemic tissue salts are 12 inorganic minerals that are found in rocks and in soil in nature. All 12 also occur naturally in your body, and if you are deficient in one or more of these minerals you are more vulnerable to illness and disease. The key, therefore, is to keep the body in balance.

Tissue salts were originally identified by the 19th century German physician, Dr. Wilhelm Schüssler, who prepared them according to a special grinding process known as trituration. Trituration makes these minerals easy for the body to absorb so they are effective even in minute doses.

One of the major benefits of tissue salts is that they are very safe and can be used by anyone, including pregnant women, infants and the elderly. Tissue salts can help you to restore wellness from the inside out as they enable your cells to make better use of the nutrients available from the food you eat.

Help your body to heal itself by using Natura's range of pleasant tasting tissue salts and quickly correct imbalances in the body and restore health.

Did you know?

Tissue salts like most other homoeopathic tablets have a lactose base which gives them a slightly sweet taste. Provided the recommended dosage is adhered to, it should not significantly affect individuals with mild to moderate diabetes.





Indication

Abscesses, boils & styes

Acidity & rheumatism

Anti-inflammatory &
blood oxygenator

Anxiety & nerve disorders

Blood & bone tonic

Blood & tissue cleanser

Cramps, spasms, headaches

Dry, scaly skin & scalp

Fatigue & water imbalances

Mucous decongestant

Nausea & liver disorders

Restores tissue elasticity

Product

Silicea (no. 12) 125 Tablets

Nat phos (no. 10) 125 Tablets

Ferrum phos (no. 4) 125 Tablets

Kali phos (no. 6) 125 Tablets

Calc phos (no. 2) 125 Tablets

Calc sulph (no. 3) 125 Tablets

Mag phos (no. 8) 125 Tablets

Kali sulph (no. 7) 125 Tablets

Nat mur (no. 9) 125 Tablets

Kali mur (no. 5) 125 Tablets

Nat sulph (no. 11) 125 Tablets

Calc fluor (no. 1) 125 Tablets

Silicea T/S 125 Tablets (U1627*), Nat phos T/S 125 Tablets (U1517*), Ferrum phos T/S 125 Tablets (U1388*), Kali phos T/S 125 Tablets (U1453*), Calc phos T/S 125 Tablets (U1285*), Calc sulph T/S 125 Tablets (U1286*), Mag phos T/S 125 Tablets (U1478*), Kali sulph T/S 125 Tablets (U1454*), Nat mur T/S 125 Tablets (U1516*), Kali mur T/S 125 Tablets (U1451*), Nat sulph T/S 125 Tablets (U1519*), Calc fluor T/S 125 Tablets (U1283*).

*(Act 101/1965)

Tissue Salt - Combins

Tissue salt combinations are a new addition to the range of tissue salts originally identified by Dr. Schüssler. For your convenience, certain individual tissue salts have been carefully selected and combined to assist in the treatment of particular conditions.

Tissue salts are traditionally prepared by grinding the starting mineral (e.g. Natrum muriaticum) in a special process known as trituration. Like homoeopathic remedies, tissues salts go through successive stages of dilution, but the dilution specifically takes place in lactose. At no stage is the mineral diluted with either water or alcohol, as is the case with other homoeopathic remedies. True tissue salts are therefore only available in tablet dosage form, while a homoeopathic remedy which may be prepared from the same mineral, may be available in a liquid form.

All of Natura's tissue salts are prepared by trituration to ensure that your body gets exactly what it needs to quickly correct imbalances and restore health.





Indication

Arthritis & rheumatism

Circulation

Colic

Cough & colds

Fatigue & exhaustion

General health & vitality

Hair & nails

Mild allergies

Product

Combin Arthritis & Rheumatism
125 Tablets

Combin Circulation 125 Tablets

Combin Colic 125 Tablets

Combin Cough & Colds 125 Tablets

Combin Fatigue & Exhaustion
125 Tablets

Combin 12 125 Tablets

Combin Hair & Nail 125 Tablets

Combin Allergy 125 Tablets

Your questions answered

Q: Does homoeopathy take a long time to work?

A: The speed at which a person responds to treatment, irrespective of the type of medicine used, is strongly influenced by the nature of the illness that is being treated, as well as, the health, age and wellbeing of the person. Provided the correct homoeopathic remedy is chosen, an improvement may be expected quite quickly.

Q: Are homoeopathic remedies and herbal remedies the same?

A: Herbal remedies are prepared by soaking certain parts of the plant in a solvent (e.g. glycerol, water or alcohol) to produce a 'herbal extract'. This is the same as the first stage of preparation for a homoeopathic remedy except the extract is known as a 'mother tincture'. The mother tincture is subjected to a series of successive serial dilution and succussion steps known as potentisation to produce an energised substance known as a homoeopathic potency. Herbal remedies do not undergo this potentisation process. Homoeopathic mother tinctures can also be prepared from materials other than plants, such as minerals, shells, animal materials, chemical substances, etc.

Q: Are all 'natural' medicines safe?

A: Not all natural medicines are automatically safe. Many naturally occurring substances may be quite poisonous to the human body, or may be unsafe to use during pregnancy, or may interact with other medicines that a person may be taking. Herbal medicines in particular need to be used with caution as they essentially are a combination of biologically active chemicals. Their composition may vary from plant to plant and may easily become contaminated during preparation. Therefore, it is important that you use products from a reputable supplier, who have the necessary good manufacturing processes (GMP) and tests in place to ensure that the products that you buy are in fact safe. It is also important to remember that even oxygen can be toxic when taken in high doses, so it is best to adhere to the recommended dosages.

Q: I've heard that with homoeopathic treatment, you generally should feel worse after starting treatment before you start to get better?

A: This is not true; you should always consult your healthcare provider should you experience any undesirable change to your condition. An aggravation should be distinguished from an actual deterioration of your condition, by a registered healthcare practitioner.

Q: Homoeopathic liquids taste and smell like alcohol; is it safe to be taking this or giving it to my children?

A: Many homoeopathic liquids use 20% alcohol as a base. Alcohol acts as a natural preservative and is safe for human consumption at the recommended dosage. If the recommended dosage is adhered to, the quantity of alcohol that is actually consumed is negligible and will have no adverse effects. However, if you are concerned about the alcohol content of the drops, simply put the drops in a small amount of juice or water and allow to stand for a couple of minutes before taking it. This will allow the alcohol to evaporate. Alternatively, you can use a tablet dosage form.

Q: Can homoeopathic medicines be used at the same time as conventional medicines?

A: Yes, they will not affect each other adversely. However, it is important that you inform your healthcare practitioner of all the medications that you are taking, especially if they are treating you for long-term (chronic) conditions. It is also important that you do not simply stop taking your conventional medicines without first discussing it with your healthcare practitioner.



NATURA

A *natural* way of life™

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