

## DIETARY SUPPLEMENTS

Institute for Family Health / Beth Israel Residency in Urban Family Medicine  
EPIC smartphrases

(Note: \*\*\* indicates another smartphrase can be added in to make the prescription more directive or where the provider should designate a dose)

NAME	SMARTPHRASE
Aloe vera	Aloe has both a latex and a gel component. It is the latex component that has "anthroquinones" which are stimulatory to the gut and can ease constipation. As a result, the latex can be bloating as well, and there is concern about toxicity from these anthroquinones. The FDA banned the use of aloe latex in laxatives as a result. Aloe gel lacks these anthroquinones, and does have vitamins and polysaccharides which can be beneficial to health. Use a gel product that is free of the latex, and so free of the anthroquinones. Gel could possibly lower blood glucose levels.
alpha lipoic acid	Alpha Lipoic Acid 600-1200 mg daily can be helpful for peripheral neuropathy. Solgar and Jarrow are reliable brands.
bitter melon	Bitter melon does likely help diabetes, but it doesn't have a lot of research. The fruit and seeds are what are helpful. One way to prepare it is to boil it, and drink the water and eat the melon. You should avoid it if you have G6PD deficiency.
black cohosh	Black cohosh is useful for menopausal symptoms - use an extract under the brand name Remifemin by Enzymatic Therapy, start at 20 mg twice a day, can increase to 40 mg twice daily if needed for the symptoms. Generally best to take this for 6-12 months. We will check your liver labs 4-6 weeks after you start it.
Boric acid	Boric acid (600 mg) suppositories in the vagina can be helpful for vaginitis, once a day for 7 days. Bigelow's Pharmacy (9th Street & 6th Ave, New York) carries them.
chastetree berry	Chastetree berry is an herb that can be helpful for PMS symptoms. Take 40-80 mg twice a day for 2-3 cycles, then drop to once daily. Vitex by Nature's Way is a good product.
coenzyme Q10	Coenzyme Q10 is a supplement that can be helpful in lowering blood pressure. Take 100 mg total in a day, usually 50 mg twice a day. Blue Bonnet, Carlson's, and Equaline are good brands.
cranberry juice or extract	Cranberry is useful for prevention of UTI (urinary tract infection). Cran-Max is a pill - 500 mg daily, it costs about \$15 per two months, or cranberry juice, 300 mL a day can be used. It doesn't help in people with neurogenic bladder, and at these doses, it has little side effects; at doses more than 1 L, it may cause nausea, and it can increase risk of uric acid kidney stones

echinacea	Echinacea tincture 1 tablepsoon 4-5 x a day at the first "warning signs" of a cold - Herb Pharm and Gaia are good brands
elderberry adults	Elderberry syrup: 15 mL (1 tablespoon) 4 times daily of elderberry juice-containing syrup (Sambucol, Nature's Way) daily for 3-5 days for upper respiratory infections in adults
elderberry peds	Elderberry syrup: 15 mL (1 tablespoon) twice daily of Nature's Way product Sambucol for 3 days can be helpful in upper respiratory infections in kids. It can be used for children older than 2 years.
Elimination diet	Elimination diet includes avoiding foods you may be sensitive to and don't digest well. Foods to avoid include those with wheat (gluten), dairy, soy, and corn. You may also avoid nuts, citrus and eggs too. Avoid these foods for 4-6 weeks, during which time also avoid sugars, coffee and tea; and alcohol. After the elimination period, restart one of the foods for one week at a time, then move on to the next for the next week.
evening primrose oil	Evening Primrose oil (EPO) is a good source of gamma-linlenic acid (a good fat), which can be useful for cyclic mastalgia (breast pain). Take it 2-3 grams daily, you should avoid EPO if you have a bleeding risk or are taking medications that can cause bleeding, such as coumadin
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feverfew	Feverfew has some evidence to prevent mgraine headaches. One product which may be helpful is Migre-Lief, which contains feverfew (standardized to 0.7% parthenolides, the active ingredient). Takes 2 caspules daily, which is 100 mg of feverfew, 300 mg of magnesium, and 400 mg of riboflavin. Feverfew has been used safely for 4 months. Feverfew might have a minor effect on bleeding risk, and so should not be used in those folks with risks of bleeding, or who take blood thinners. There can be some cross-allergy to ragweed. These doses of magnesium and riboflavin are safe, except magnesium at this dose should be used catiously with those with kidney problems.

fish oil adults	<p>Fish oils are sources of omega-3 fatty acids – DHA and EPA. Please take *** mg daily. Some general adult doses include 400 mg once daily for prevention of a heart attack in someone who's never had one, 1000 mg (1 gram) once daily to prevent another heart attack, or 2.5 grams daily for inflammatory syndromes such as rheumatoid arthritis. 2.5 grams are used daily for high triglycerides. All of these doses are based on the EPA and DHA components added together. Good brands include Carlson's and Nordic Naturals (more expensive). Side effects include fishy burps – this can be helped by freezing the fish oils and taking with food. Doses higher than 4 grams can result in diarrhea. Use cautiously with Coumadin – use no more than 1 gram daily if bleeding risk low. INR won't be affected, but bleeding risk could still theoretically increase.</p>
fish oil peds	<p>Fish oils (DHA and EPA) are important for infant development. For healthy kids, use fractional doses of adults doses, starting with about 200 mg for an infant. Can slowly increase over age-range, assuming about 1000 mg for a health adult. Carlson's and Nordic Naturals make good-tasting and liquid forms of the fish oils. For kids with inflammatory syndromes such as asthma, doses of 2 grams daily can be used with kids over the age of 2 years.</p>
florasone cream	<p>B &amp; T Florasone cream topically - Florasone is a homeopathic cream, made from a tincture of the cardiospermum halicacabim plant (balloon vine) can be helpful for itchy rashes, like eczema</p>
ginger	<p>Ginger can be useful in pregnancy for nausea. 1-2 grams daily during pregnancy of dried whole ginger is safe. An inch of ginger root is the equivalent of the 1-2 grams of dried whole ginger – this can be boiled as a tea. Avoid concentrated ginger products during pregnancy, which can provide more than the safe recommended dose. A good product is Nature's Way green top ginger product, 1-2 tablets daily.</p>
glucomannan	<p>Glucomannan is made from the konjac root, and can be helpful with blood sugar control. It can interact with other diabetes medications, and could lower sugar too much. Jarrow makes a product, can take 2 capsules daily. Avoid taking it with fat-soluble vitamins (vit A, D, E, and K), as it could interfere with their absorption.</p>
glucosamine and chondroitin	<p>Glucosamine / chondroitin is a supplement that can be useful for osteoarthritis. Take it 3x a day to get to 1500 /1200 mg total. "Cosamin DS" is a good preparation, as well as Walgreens &amp; Twinlab products</p>
horse chestnut	<p>For chronic venous insufficiency, horse chestnut seed extract standardized to 20% aescin can be helpful - twice daily. Nature's Way has a good product, take one 250 mg pill twice a day</p>

immune support	At times, immune support can be helpful for chronic viral infections, such as HPV. A trial of a medicinal mushroom product such as New Chapter's Lifeshield Immunity mushroom capules for a 2-month course can be beneficial. Don't use if allergy to mushrooms, or if you have an autoimmune disease.
licorice	Regular licorice (not DGL licorice) as a tea is useful for common colds, and is safe. As a tincture, it can be useful for aphthous ulcers and herpes simplex mouth outbreaks. At high doses and for prolonged periods, can cause loss of potassium, as it has effects on the kidney. It should be used with caution in folks who have heart disease, and who are taking digoxin, for this reason. Of note, the flavoring in licorice candy is generally not licorice, but anise.
Licorice, deglycyrrhizinated (DGL)	Deglycyrrhizinated licorice (DGL) is a type of licorice that is safe to take long term, is helpful for reflux (heartburn) symptoms: take 400-600 mg three times a day. Enzymatic Therapeutics makes a tincture, and Nature's Way has a good product.
Lifeshield Immunity by New Chapter	Lifeshield Immunity by New Chapter used to be called "Host Defense," and is a collection of immune-stimulating mushrooms, packaged in a capsule. For adults, take as directed on bottle (2 caps daily) for 2 months. This should be used with caution if you have an autoimmune disease.
magnesium	Magnesium can be helpful for lowering blood pressure. Start at 200 mg daily, then you can increase up to 800 mg daily. If you get loose stools, then decrease the dose. Magnesium should be used with caution in patients who have chronic kidney disease.
melatonin	Melatonin can be helpful for sleep. 30-60 minutes before you want to go to sleep, take 0.3 mg. Typically, people don't take it continuously for more than 2-3 months. Solgar and Jarrow are generally good brands.
milk thistle	Milk thistle can be helpful for chronic hepatitis (B or C) (240 mg twice daily), and might also be useful for alcoholic hepatitis (240 mg twice daily). It may improve glucose control with diabetes type II (200 mg three times a day). Use an extract that has 70% silymarin, one good product is by Nature's Way. It can occasionally cause GI upset or loose stools. Be careful when using with other diabetic medications, your medicine need may go down. Avoid taking it while taking coumadin, valium, and elavil. Speak with your doctor about using this with birth control pills or "statin" medications - it could decrease their effectiveness.

NAC (n-acetylcysteine)	N-acetylcysteine supports antioxidant function, and replenishes glutathione in the body. Use 600 mg twice a day for influenza prevention, and 600 mg to 1200 mg in divided doses to improve COPD function. It occasionally it can cause GI upset. Don't use with nitrates or viagra-like medicines. A good brand is Pure Encapsulations.
nasal lavage (neti pot)	Nasal lavage is a way to help with nasal congestion from colds and allergies. In a neti pot (a neti pot looks sort of like a watering can, with a spout) or some other container, place 8 oz of warmish water with 1 teaspoon of non-iodized salt. Dissolve the salt and then pour the salt water in one nostril. Repeat in the other nostril.
omega 3 fatty acids	Omega 3 fatty acids are good fats. They can be found in walnuts, ground-up flax seeds, flax seed oil, and oily fish (e.g., salmon, tuna, sardines).
probiotics adults	Probiotics are good bacteria (like acidophilus). Jarrow (jarrodophilus) and Nature's Way (primadophilus) are good brands. Keep them in the fridge, take 20 billion a day with food, and take 2 hours away from any antibiotics. Take them for ***.
probiotics peds	Probiotics are good bacteria (like acidophilus). Jarrow (babydophilus) and Nature's Way are good brands. Keep them in the fridge, take 10 billion a day with food, and take 2 hours away from any antibiotics. Take them for ***.
quercetin	Quercetin is a supplement derived from plants that can be helpful for allergic rhinitis symptoms. You can take up to 1000 mg three x a day. It often is helped by taking it with bromelain (200-300 mg at a time). Nature's Way, Solgar, and Jarrow are examples of good brands to buy.
red yeast rice	Red Yeast Rice may be successful in lowering LDL levels in patients who do not tolerate statins well. Rhabdomyolysis and myalgias are contraindications. Brands which have tested well for safety include 21st Century Red Yeast Rice Extract, Cholestene, and Healthy America, using 1800 mg total in a day (can divide it up to twice a day). Red Yeast Rice is not legally standardized in the U.S., and so potency of products can fluctuate. Brands to avoid due to safety concerns include Solaray, Walgreen's, Natural Balance, and VegLife.
saccharomyces boulardii	Saccharomyces boulardii is a good yeast that can help protect against diarrhea from antibiotics. Take at least 10 billion a day for the time you're on the antibiotics and 1-2 weeks after. Two good brands are Florastor and Jarrow. The Florastor dose would be 250 mg twice a day (one pill twice a day).

SAmE	<p>SamE is a supplement which can be helpful for osteoarthritis and depression. 400-1600 mg in a day is a typical dose for osteoarthritis; 400-1600 mg per day is the range for treatment of depression. 800 mg per day can be helpful for fibromyalgia, and 1200 mg per day can be helpful for liver disease: improvement in cholestasis and decreased mortality in folks with cirrhosis. Caution should be used in patients with bipolar disorder as mania has been reported. Side effects can include GI symptoms as well as dry mouth, headache, dizziness and nervousness; although these are more common at higher doses. When dosing SAmE, it is advisable to start slowly with 200-400 mg twice daily and to titrate up from there to minimize side effects. Recommendations are to take SAmE on an empty stomach, however, this tends to exacerbate nausea, therefore, you may want to recommend taking SAmE with food. Good brands are Jarrow, GNC, and Vitaline (Integrative Therapeutics).</p>
saw palmetto	<p>Saw Palmetto can be useful for benign prostatic hyperplasia (BPH), 160 mg twice daily or 320 mg once daily of a lipophilic extract containing 80% to 90% fatty acids has been used with success - Nature's Way makes a product that has this profile.</p>
st. john's wort	<p>St. John's Wort can be beneficial for mild to moderate major depression. Use a product that is standardized to 0.2%-0.3% hypericin, or 3-5% hyperforin, 250 mg twice a day, up to 300 mg three times a day. Examples of good products include Nature's Way, CVS Pharmacy brand, and Vitamin Shoppe. St. John's Wort has a interactions with a lot of medications, including coumdain, cyclosporine, xanax, and birth control pills. It can sometimes cause nausea, headaches, insomnia, though it usually tolerated pretty well. It is best to taper off St. John's Wort, if it's been taken for more than 1 month.</p>
teatree oil	<p>Teatree oil can be used for vaginal yeast infections. Use it daily as a vaginal suppository for 7 days.</p>
valerian root	<p>Valerian root is helpful for sleep. Nature's Way makes a preparation that is combined with hops that is good. Take one or two of the tablets 30-60 minutes before you want to sleep.</p>
vitamin A	<p>Vitamin A can be ingested from animal, plants, or as a supplement. Recommended vitamin A forms in a suplment are derived from plants, which are beta-carotenes. RDA for adults is roughly 3000 IU of "retinol activity equivalents, and in general, 2500 IU daily is a safe value for any adult.</p>

vitamin D	Vitamin D is important for bone health, as well as general health, and is created by the skin with exposure to sunlight in the middle of the day, around 15-20 minutes. Decreased vitamin D production occurs with use of sunscreen. A good dose of vitamin D for most adults is 800 IU daily, and the vitamin D type to take is vitamin D3 --> also called cholecalciferol.
vitamin D infants	Vitamin D is necessary for all infants - the American Association of Pediatrics is recommending that all infants received 400 IU daily of vitamin D3 - this is in commercial formulas; for breast-feeding infants, a good preparation is made by Carlson's: 1 drop daily is 400 IU. You may place a drop on the nipple for the infant to suck off.
vitamin D repletion	For adults who are low in vitamin D, a suggested regimen is vitamin D2 (also called ergocalciferol) 50,000 IU once a week for 8 weeks - this can be covered by prescription. Vitamin D3 sometimes has better absorption, repletion dose would be 5000 IU daily for 8 weeks. It doesn't come as prescription, however. Recheck the serum value (25-hydroxy vitamin D) after the 8 weeks repletion.
vitamin E	
xylitol	Xylitol is a sugar substitute that can be helpful for prevention of otitis media in kids. 2 grams 5x a day after meals is the dose to aim for, this can be accomplished through xylitol in chewing gum. Higher doses of xylitol can cause diarrhea because it's not absorbed well by intestines.

## SUPPLEMENTS BY CONDITION (ADULT)

Institute for Family Health / Beth Israel Residency in Urban Family Medicine  
EPIC smartphrases

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CONDITION	REMEDIES
allergic rhinitis	<p><b>Allergic rhinitis</b> Anti-inflammatory or elimination diet, omega 3s Consider nasal lavage: it's a way to help with nasal congestion from colds and allergies. In a neti pot (a neti pot looks sort of like a watering can, with a spout) or some other container, place 8 oz of warmish water with 1 teaspoon of non-iodized salt. Dissolve the salt and then pour the salt water in one nostril. Repeat in the other nostril. Special covers for mattresses, pillows; remove carpet where possible, avoid outdoor activities 5:00am-10:00am on dry days to limit pollen exposure Butterbur 50 mg qd-tid (Petadolex is a good product)*** Quercetin with bromelain can also be useful for symptoms***</p>
anxiety	<p><b>Anxiety</b> Avoid caffeine Meditation, yoga or other relaxation practice Valerian Root*** Passionflower*** Melatonin 0.3-2mg each evening*** Consider L-theanine 200-400 mg twice daily***</p>
asthma	<p><b>Asthma</b> Elimination diet*** Probiotics*** Consider fish oil 2-3 grams daily*** Avoid known triggers Exercise and nutrition to help with weight loss, if applicable Journaling Yoga and abdominal breathing HEPA filter and other environmental measures Consider butterbur (natural leukotriene inhibitor) ("PA free", avoid if ragweed allergy)*** Acupuncture/gua sha (particularly in acute setting) Osteopathic or chiropractic manipulation</p>

## **Chronic pain online resources**

www.chronicpaincontrol.net

This website includes relaxation exercises, breathing techniques, visual imagery, written expression and more.

chronic pain

[http://healingchronicdisease.org/en/chronic\\_pain/self\\_care/index.html](http://healingchronicdisease.org/en/chronic_pain/self_care/index.html)

Another website for chronic pain, including self-care techniques, self-assessment tools, educational info and more. There are two other modules for heart disease and for diabetes.

[http://healingchronicdisease.org/es/chronic\\_pain/index.html](http://healingchronicdisease.org/es/chronic_pain/index.html) in Spanish

Kitchen Table Wisdom: Stories that Heal

Rachel Naomi Remen, MD, Riverhead Trade, 1997

A collection of real-life stories that serve as a guide to wisdom and our common humanity

## **Depression**

Regular exercise

Cognitive behavioral therapy

Massage therapy, yoga, tai chi or mindfulness meditation

Vitamin D supplementation if deficient or 20 minutes of sunshine daily\*\*\*

Fish oil including 1000mg EPA daily\*\*\*

High protein/low sugar diet, avoid sugar, high glycemic load foods (eg, white bread, white rice)

Depression

Alcohol and caffeine in some people can make depression worse - avoid these when necessary

A daily meditative practice can be helpful - many folks find thinking about a positive thought or an affirmation when meditating is helpful

Consider St. John's Wort standardized to 0.3% hypericin content, 600 mg in the morning, 300 mg in the evening (can interact with other medications so notify your doctor)\*\*\*

Or consider SAMe 200-400mg twice daily\*\*\*

B-100 complex vitamin

Inositol 5-6 grams twice daily\*\*\*

### **Diabetes**

diabetes

Exercise 30 minutes 5 times/week  
Fish oil 1-2 grams daily\*\*\*  
Mediterranean diet or high fiber/high glycemic index diet  
Psyllium 5 grams before each meal  
Increase cruciferous vegetables (broccoli, kale, brussel sprouts)  
Multivitamin with adequate zinc and magnesium  
Consider chromium 100-200mcg daily\*\*\*  
Consider bitter melon 100-200mg three times daily\*\*\*  
Consider alpha lipoic acid to help with peripheral neuropathy\*\*\*

### **Eczema**

eczema

Look for triggers: heat, wool, stress, foods (milk, peanuts, eggs, soy), dust mites  
Probiotics during pregnancy, or as treatment\*\*\*  
Topical hyperformin, chamomile or calendula cream\*\*\*  
B & T Florasone cream topically - Florasone is a homeopathic cream, made from a tincture of the cardiospermum halicacabim plant (balloon vine) can be helpful for itchy rashes, like eczema  
Increase omega 3s – cold water fish, nuts, flaxseed, and greens, as well as DHA

### **GERD**

GERD

Avoid coffee, dairy, orange juice, tomatoes, spicy foods or mint  
Consider a trial of the elimination diet\*\*\*  
Deglycyrrhizinated Licorice (DGL) 400-800mg before meals x 4-6 weeks\*\*\*  
Slippery elm\*\*\*  
Marshmallow\*\*\*  
Taper down slowly on proton-pump inhibitor medications if you're on those  
Eat slowly and thoroughly chew your food

### **Headache**

headache

Elimination diet\*\*\*  
Common triggers include sulfites, eggs, MSG, cheese, chocolate  
For prevention:  
Magnesium 300-600 mg daily (magnesium citrate used in some studies, 600 mg daily)\*\*\*  
Riboflavin 400 mg daily (can cause diarrhea)\*\*\*  
Consider Feverfew 50-125 mg extract daily (avoid if ragweed allergy)\*\*\*  
Consider Butterbur 75 mg twice daily of “PA free formula”\*\*\*  
Acupuncture for acute or chronic treatment

### **Herpes simplex**

herpes simplex

Lysine is good for prevention of herpes cold sores, Jarrow and Solgar are good brands. Try 1000 mg once daily at first, if that doesn't work, can try 1000 mg three times a day. Take this regularly for 3-6 months, then do a holiday for 2-3 months. Licorice tincture is also helpful for treatment of cold sores - herbpharm or gaia are brands that have good products. Use 1-2 droppers 4-5x a day at first sign of herpes\*\*\*

### **HPV high risk**

HPV high risk

Stop smoking if you smoke  
Folic acid 800 mcg daily  
Consider an immune support such as astragalus\*\*\* or New Chapter's Lifeshield Immunity mushroom capules\*\*\* for a 2-month course

### **Hyperlipidemia**

hyperlipdemia

Fish oil 2-3grams daily for triglycerides\*\*\*  
Niacin can be prescribed for helping HDL and triglycerides  
Increase vegetarian meals in the diet  
Foods with added sterols and stanols maybe beneficial  
Oat bran or psyllium as good fiber sources  
Red yeast rice may be a viable alternative to "statin" medications\*\*\*

### **Hypertension**

hypertension

Exercise 30 minutes 5 times/week  
Stress reduction  
Fish oil 1-2 grams daily\*\*\*  
Sufficient calcium supplementation (at least 1000mg daily, divided)  
Whole grain, low salt diet rich in colorful vegetables and fruits  
Dark chocolate (70% cocoa content) in place of other sweets  
Consider coenzyme Q10\*\*\*  
Consider hawthorn, an herb which promotes overall cardiovascular health\*\*\*  
Drink green tea rather than coffee

### **Hypothyroidism**

This may aid in decreasing the auto-antibodies that cause Hashimoto's disease

hypothyroidism

Selenium, 200 mcg for 3 months, then drop to 100 mcg daily  
Consider the elimination diet\*\*\*  
Fish oils 2 gms daily (Now, Carlson's, and Nordic Naturals are all good brands)  
Probiotics  
Recheck thyroid levels in 4-6 weeks

### **IBS**

IBS

Avoid coffee, dairy  
Fiber 20-30 grams daily  
Meditation or guided imagery  
Fennel or Yogi stomach ease tea  
Probiotics 50-100 billion CFUs, bifidus infantis as one of the species in the preparation\*\*\*  
Ginger 0.5 grams 3 times/day\*\*\*  
Consider enteric coated peppermint oil 1-2 tablets twice daily\*\*\*  
Consider Artichoke extract 320-640 mg for constipation predominant symptoms\*\*\*

### **Insomnia**

insomnia

Bedtime ritual  
Limit caffeine  
Sleep log  
Valerian around 400 mg daily, can make some people have increased energy, taper off when discontinuing\*\*\*  
Consider Melatonin 0.3-2mg each evening\*\*\*  
Consider Passionflower or Lemon balm teas  
Aromatherapy: lavender, sandalwood, chamomile, sweet orange, bergamot

### **Menopause**

menopause

Black cohosh 20 mg daily (Remifemin) or twice daily\*\*\*  
Chasteberry for PMS symptoms or irregular bleeding 20-40 mg daily\*\*\*  
Soy 20-60gm (in actual soy food products like tofu, soymilk, tempeh) daily may help with hot flashes  
Flaxseed 40 gm daily (in place of other seeds)

### **Osteoarthritis**

osteoarthritis

Gluosamine sulfate with chondroitin is helpful\*\*\*  
SAmE (s-adensoyl methionine) also can help with pain\*\*\*  
Tai chi can be useful for balance and function  
Exercise also is important for joint strength

### **Osteoporosis**

osteoporosis

Citrical 1040 mg daily or calcium carbonate 1200 mg daily  
Vitamin D 800 IU daily\*\*\*  
Vitamin C 200 mg daily  
Magnesium 200-250 mg daily\*\*\*  
Copper about 3 mg daily, with 5 mg zinc and small amount of manganese  
Boron may be helpful in your multivitamin  
Get vitamin K from green vegetables

### **Premenstrual Syndrome (PMS)**

PMS

Calcium, 1200 mg total daily dose  
Vitamin B6, 100 mg a day  
Magnesium, 200-400 mg a day\*\*\*  
Chastetree Berry - a good product is made by Nature's Way which has B6 in it - don't use it with oral contraception pills. Take this daily for 2-3 cycles for best results\*\*\*  
Ginkgo bilaboa also can be helpful for bloating; Nature's Way also has a good product called ginkgold; take it 50 mg three times a day starting 10 days after your last period, lasting until 5 days after the bleeding is over - don't use this if you have any bleeding abnormalities

## Relaxation online and CD resources

<http://www.mindfulnessstapes.com/>  
Dr Jon Kabat-Zinn's mindfulness meditation tapes

<http://www.guidetopsychology.com/pmr.htm>  
Guide to progressive muscle relaxation

<http://www.mayoclinic.com/health/yoga/MM00650>  
5 Yoga poses for stress management

<http://www.taichinetwork.org/>  
Connecting students with teachers in the area.

relaxation

[www.youtube.com](http://www.youtube.com)  
Search for meditation, relaxation, guided visualization or yoga.  
Keep sifting through until you find what you like and then write it down so you can revisit.

[http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/module\\_meditation\\_patient.pdf](http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/module_meditation_patient.pdf)  
Handout on types of meditation

### CDs:

Breathing: the Master Key to Self-Healing (Andrew Weil)  
Relieve Anxiety (Steven Gurgevich), also Deep Sleep (Gurgevich)

## Upper Respiratory Infections

Steam, also saline nasal rinses

Saline or sesame oil gargles

Probiotics during cold/flu season for prevention\*\*\*

Limit dairy

Consider Vitamin C 1-2 grams daily at onset of symptoms

Zinc 9-24 mg daily at onset

Echinacea at onset (avoid if ragweed allergy)\*\*\*

Consider Andrographis 4-5 mg daily x 5 days (one brand is Kan Jang)\*\*\*

Consider Astragalus 2-6 grams daily\*\*\*

Elderberry extract 15ml 3-4 times daily x 5 days (one brand is Nature's Way Sambucol)\*\*\*

URI

## SUPPLEMENTS BY CONDITION (PEDS)

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EPIC smartphrases

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CONDITION	REMEDIES
asthmapeds	<b>Asthma</b> Anti-inflammatory*** or elimination diet*** HEPA filters, removing pets, avoid smoke Omega 3 fatty acids 1000 mg daily, zinc 15 mg daily, vitamin C 200 mg daily Daily massage Breathing/relaxation exercises
colic	<b>Colic</b> If breastfeeding, trial for mother of avoiding milk, wheat, eggs, and nuts Decrease infant stimulation, swaddling Check out DVD "Happiest Baby On the Block" by Dr. Harvey Karp Probiotic with Lactobacillus Reuteri in it, at least 1 billion CFU's daily Homeopathic medicines, such as chamomila or coccyntal Lavender aromatherapy (using a diffuser)
headache	<b>Headache</b> Watch for food triggers, especially cheeses, cashews, onions, chocolate, processed meats, concentrated sugars Avoid skipping meals and get enough sleep Magnesium oxide 9 mg/kg/day, reduce dose if causing loose stools*** Butterbur 50 mg bid-tid (Petadolex)*** Biofeedback Acupuncture
otitis media	<b>Otitis Media</b> Naturopathic ear drops - mullein drops, 2-3 drops 3-4x a day for ear pain Avoid cigarette smoke, wood burning stoves Cranial osteopathy Xylitol in chewing gum or syrup, 2 grams 5x a day Probiotic therapy***