

COUGH cough cough cough cough !

It is the season of coughs, so what can we do?

Symptoms; Coughs can be short, dry and painful, or loose and productive. They can come singly or in paroxysms of violent coughing.

- Eat more raw fruit and vegetables for vitamin C and beta-carotenes; garlic, onions, leeks, chives, thyme for their antibacterial effect; lemons and honey for soothing properties;
- Eat less dairy produce and salt.
- Avoid smoking.

A cough does not always indicate chest disease or infection. Dust, atmospheric pollutants, smoke, chemical fumes or even a wrongly swallowed piece of food, can trigger the cough reflex. The cough expels the irritant from the lungs and so acts as their first line of defence.

A cough however is the most common of all respiratory symptoms and may indicate the presence of asthma, a chest infection, chronic bronchitis, or any chronic obstructive pulmonary disease (COPD). Coughs are generally worse at night or first thing in the morning, and can even be irritated by changes in temperature or weather.

The traditional treatments of inhalation with essential oils, and drinking hot water, honey and lemon do a great deal to soothe the discomfort. Reducing salt intake also lessens the likelihood of fluid retention which can add to chesty congestion and Naturopaths believe that reducing consumption of dairy products lessens the amount of mucus produced by the body.

Lung tissue requires an abundance of beta carotene and vitamin A, all infections benefit from an increase in vitamin C, and herbalists throughout the Western world have traditionally relied on the antibacterial properties of garlic, onions and leeks in the treatment of all chest infections. Thyme is a powerfully antibacterial herb and should be used liberally in cooking and on salads. Five drops of essential oil of thyme in 25ml of carrier oil, makes a soothing chest rub.

Parents often expect their GP to prescribe antibiotics for themselves and their children when suffering from a nasty cough, but most chest infections are viral so not helped by antibiotics. Sadly, over use of these lifesaving medicines has led to more and more resistant strains of bugs appearing.

Please read the following important story

ANTIBIOTIC RESISTANCE: WHAT'S THE ALTERNATIVE?

Since the breakthrough discovery of penicillin by Alexander Fleming in 1928, antibiotics have grown to take centre stage in the world of medicine. However recent concerns surrounding overuse and the growing problem of antibiotic resistance have led to fears of a future where the treatment could no longer be effective.

The World Health Organisation warned of a fast approaching "post-antibiotic era, in effect, an end to modern medicine as we know it".

Antibiotics work in a number of different ways, and against a variety of bacteria but they do not work against infections caused by viruses.

In the past two decades, modern antibiotics have become synonymous with a trip to the GP for many patients, with medical practitioners sometimes prescribing antibiotics unnecessarily for common illnesses, such as upper respiratory tract infections, which include coughs, colds, flu and sore throats - these are almost always caused by viruses.

Antibiotics are still being given to more than 90 per cent of patients with chesty coughs, 80 per cent with ear infections, and 60 per cent with sore throats, despite the fact that antibiotics are ineffective in treating infections of the respiratory tract, the majority of which are caused by viruses.

To make matters worse, enormous quantities of antibiotics are used in farming, both to treat sick animals and added to feed as a growth promoter! These not only produce resistant bugs in the livestock, but you get them in your meat, eggs and dairy products too.

There are alternative, well-researched, over-the-counter treatments on the market for common minor infections, like coughs and colds. These are scientifically proven to lessen the symptoms and even shorten the period of infection and do not involve the use of antibiotics. Such treatments should be considered as a first preferred option for those suffering from such infections. GP awareness of these alternatives and appropriate advice would also help to reduce inappropriate prescribing and potentially reduce rates of antibiotic resistance.

Licensed natural remedies, such as Kaloba®, are specifically licensed for the treatment of upper respiratory tract infections, providing a safe and effective choice for such minor ailments. It contains a unique root extract from *Pelargonium sidoides*, a medicinal plant native to South Africa.

Kaloba® is the most widely researched natural cough and cold remedy worldwide, and is regulated to the same extent as pharmaceutical medicines, offering families peace of mind when using the product. Unlike some over-the-counter remedies, Kaloba is suitable for children aged six and older and is safe for use by asthma sufferers, as well as other vulnerable groups such as diabetics.

Recent studies have shown that Kaloba® works in three ways to combat the cold virus:

- 1) Anti-viral: stimulates killer T-cell production, they attack viruses, unlike antibiotics.
- 2) Anti-bacterial: prevents cell attachment, multiplication and spread of bacteria and viruses.
- 3) Removes mucus more effectively from nasal passages by increasing the ciliary beat (movement of nasal hairs).

Whilst GPs may use antibiotics to treat more serious bacterial infections, many common minor infections can be resolved at home without a visit to the GP. Over-the-counter remedies, such as Kaloba®, are widely available from high-street pharmacies such as Boots without the need for a prescription and are available online at www.kaloba.co.uk

In most cases it is not necessary to see your doctor for a cough or cold and instead, it would be better to consult your Pharmacist, who can advise you on the best form of treatment.”

The Kaloba® range includes convenient tablets, traditional oral drops and sugar-free syrup formula, which is both alcohol and additive free and should be taken at the first sign of a cold.

Kaloba® syrup and Kaloba® oral drops are suitable to be taken by children 6 years and over and Kaloba® tablets from 12 years.

