

There Are Alternatives to Antibiotics

Latest NICE and PHE guidelines on treating coughs recommend Pelargonium for first-line treatment to help reduce the overprescribing of antibiotics and the ever-increasing risks of resistant bugs.

Here in France where I live, patients are used to consulting their local pharmacist as the first step in health advice and it is a shame that the same thing does not happen as often in the UK. Here, I asked pharmacist Mike Wakeman for his help.

Find out more about Mike here:

http://www.michaelvanstraten.com/factsheets/mike_wakeman.pdf

Patients with bad coughs should be urged by the NHS to treat it with the over-the-counter herbal medicine, Pelargonium sold as Kaloba Pelargonium Cough & Cold Relief - or even a jar of honey - instead of expecting antibiotics according to new published guidelines by the National Institute of Health and Care Excellence (NICE) and Public Health England (PHE).

Mike says, "It was important to learn that *Pelargonium sidoides* extract (EPs® 7630) - was singled out by NICE. Indeed, apart from the use of honey, this was the only approach for self-care deemed appropriate for children under 12 years of age. However, whilst this recommendation is an accurate reflection of some published data, this guidance was based upon a Cochrane review published in 2013 and since then three other systematic reviews and meta-analyses have been published.



"The first which appeared in 2016 assessed over 1100 adults and over 600 children in randomised placebo-controlled trials and concluded in children and adults with acute bronchitis patients treated with the herbal extract showed a faster onset of remission, reduced symptom severity and duration as well as an earlier return to work, school, or kindergarten.

"The two other papers specifically examining data in children were both published this year. Whilst one reported "*P. sidoides* is effective and safe for those of paediatric age and may be regarded as an alternative option for the management of a respiratory tract infection"; the second which assessed the efficacy of any herbal remedy deemed suitable for children, found only Kaloba to be effective." concludes Mike.

The NICE recommendation has caused a significant increase in interest from community pharmacists about Kaloba, and to learn more visit www.kaloba.co.uk