

PETER VAN DERICK

EMERGENCY ADVICE FOR SINGERS

As a voice teacher, I am always receiving frantic phone calls and emails from students faced with a performance or audition while they are experiencing allergy, cold, or flu symptoms. I have put together a list of suggestions for Natural, Homeopathic, and over the counter remedies for these symptoms. I suggest investigating some of these products in place of using the Suda-fed, Actifed or Benadryl type of product which are not specific in treating these problems. Natural or Homeopathic approaches have the potential for more precise relief without side-effects. The starred items are products which have worked especially well for me.

Best wishes....Peter Van Derick

HOMEOPATHIC REMEDIES FOR ALLERGIES

Products by Boiron, A. Vogel, BioAllers, Natra-Bio available at most health food stores such as **Whole Foods, Health Nuts, Healthy Pleasures**. A more limited selection available at **GNC** or **The Vitamin Shoppe**.

Boiron Sabadil is a homeopathic remedy that brings relief to symptoms associated with allergies such as watery eyes, runny nose, and sneezing.

For temporary relief of one or more of these symptoms of hay fever or other upper respiratory allergies: itchy nose, sneezing, runny nose, itchy eyes and watery eyes. No side effects.

* **A. Vogel Allergy Relief** (Polinosan) is a specially formulated homeopathic medicine that relieves hay fever symptoms naturally. The natural ingredients act gently to stimulate your body's healing power and build your resistance to irritants such as pollen, mold spores, household dust and other allergens. Natural Relief for Hayfever, allergies, Frequent sneezing, Itchy nose, Nasal congestion, Watery eyes, Swollen eyelids, Inflamed sinuses, Dry, itchy skin, Allergy eczema.

* **Similasan Allergy Eye Relief** Eye Doctor recommended Allergy Eye Relief stimulates the eye's natural ability to fight symptoms of allergies due to pollen, pet dander, mold spores and more. A sting-free formula — Similasan Eye Drops provide Healthy Relief with no known side effects or drug interactions. Safe for prolonged usage. Will not cause dependency or reliance.

* **Neti Pot, Wash or Salt**

Helps maintain healthy sinuses naturally with the Porcelain Neti Pot. This safe Ayurvedic treatment provides quick relief for sinus congestion and allergies. Use noniodized kosher-certified **Neti Pot Salt** to make a pure, cleansing solution that flows in one nostril and out the other for a pleasing nasal sensation. For more relief, add a few drops of **Neti Wash Plus** with antimicrobial and antiviral properties of herbal extracts and zinc.

Zicam Allergy Relief is very effective at improving health-related quality of life in patients with seasonal allergic rhinitis. www.zicam.com

FLU AND COLD REMEDIES

* **Colloidal Silver** As an alternative antibiotic, colloidal silver is known to kill most germs – viruses, fungi, bacteria and internal parasites – Fighting viral infections, colds, flu, yeast and fungal infections without side effects or harm to humans, animals or plants, and also promotes wound healing and tissue growth. Compare these benefits with antibiotics, which don't destroy viruses and are only effective against about a half-dozen bugs!

* **Grapefruit Seed Extract** is being used successfully in humans and animals alike to fight many types of internal and external infections caused from parasites (single and multi-celled), viruses, bacteria, fungus and more!

Zicam Cold Remedy products are over-the-counter homeopathic products that reduce the duration of cold symptoms without tiring you out. Choose from a nasal gel pump, nasal gel swabs, chewable, rapid melt or oral mist. You can also find more information at www.zicam.com.

Boiron Coldcalm tablets are a natural alternative to easing head cold symptoms. Homeopathic medicine for temporary relief of one or more of these cold symptoms: sneezing, runny nose, nasal congestion and minor sore throat. No side effects.

* **Boiron Oscillocochinum** (o-sill-o-cox-see-num) is safe, natural and easy to take. Oscillo is used by millions of people and recommended by doctors around the world. Nature's #1 Flu Medicine. Take Oscillo at the First Sign of Flu. Temporarily relieves symptoms of flu, such as fever, chills, body aches and pains. Non Drowsy, No drug interactions.

BOIRON ROXALIA (SORE THROAT) is a homeopathic combination remedy that can bring relief to sore throats.

* **MUCINEX** (Guaifenesin)

Guaifenesin 600 mg Expectorant. Helps loosen phlegm (mucus) and thin bronchial secretions to rid the bronchial passageways of bothersome mucus and make coughs more productive. FDA APPROVED EXTENDED RELEASE GUAIFENESIN. Prescription guaifenesin formula available over the counter. May take up to 1200 mg every 12 hours.

Entertainer's Secret Throat Relief is a spray formulated to resemble natural mucosal secretions and designed to moisturize, humidify and lubricate the mucous membranes of the throat and larynx. The ingredients are: water, glycerin, sodium carboxymethylcellulose, aloe vera gel, methylparaben, propylparaben, potassium chloride, dibasic sodium phosphate and flavor.

* **Singers Saving Grace** is a soothing throat spray trusted by professional singers and speakers worldwide. Yerba mansa, Jack-in-the-pulpit, osha, echinacea and ginger root are extracted in pure alcohol, water and vegetable glycerin. The ingredients are carefully ground minutes before the cold process percolation and kinetic maceration processes to insure optimum potency for your health. Spray every two hours as needed.

* **Emergen C** is great for those times when you feel worn down, coldy, or you need an energy boost. Emergen-C quickly fizzes in water to furnish 1,000 milligrams of non-acidic Vitamin C as 27 mineral ascorbates and electrolytes instantly form. Emergen-C Lite does not contain any

sweeteners. At the onset of a cold, it is possible to take one packet an hour until you feel a change in symptoms.

***AIRBORNE** Uses: Developed by a school teacher who was sick of getting sick in the classroom. It can be taken 2 ways: at the first sign of a cold symptom, or before entering crowded, potentially germ-infested places like airplanes and offices. Offers maximum vitamin and herbal support for hours. Plus it contains natural ginger for nausea. Also Airshild-CVS's version.

My Technique at the first sign of a cold, I take Airborne, Zicam and Mucinex immediately. That usually knocks the cold out in two days.

NERVES

* **Rescue Remedy** contains a combination of five flower essences including impatiens, star of Bethlehem, cherry plum, rock rose, and clematis to help balance the emotions, relieve stress, and reduce fear and nervousness in stressful, traumatic or emergency situations such as receiving sudden bad news, family upset, bereavement, before an exam, meeting, interview, **performing**, giving a speech, and going to the dentist or hospital. Non-habit forming.

TRAVEL KIT

As a performer, I always traveled with several of these products for the possibility of an unexpected attack of cold, flu, or allergy. Getting started on the remedies at first sign of trouble can stop a serious problem from becoming worse.

Neti Pot (daily use), **Oscillococcinum**, **A. Vogel Allergy Relief**, **MUCINEX**, **SINGERS SAVING GRACE** and **Rescue Remedy**.

I recommend seeing an Allergist if you have serious chronic allergy problems. These suggestions are for your standard seasonal complaints. By all means, have yourself tested for persistent allergies.

It is also worth your time to look for a Homeopathic, Naturapathic, or Ayurvedic Practitioner for regular consultations for allergies as well as chronic problems such as asthma, indigestion, skin rashes.