

Medicine Cabinet Swap



Your Guide To Natural Alternatives For Common Ailments.

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Disclaimer

All the products in this guide about are inexpensive and readily available. As I mentioned before, not all products are created equal, and not all suppliers are the real deal. Please, make sure if you're interested in trying these things, you contact our office so we can be sure you're getting what you expect.

Additionally, please don't skip going to your doctor when necessary because you either saw this presentation on Facebook, or are reading this guide. This is not meant to be a substitute for proper medical advice.

Simply, be aware of your body and its needs. If you or a loved one needs some more individualized help, simply contact the office at 210-347-5010 or visit our website, www.ballardfamilychiro.com for more information. We are always here to help!

Introduction

There are supplements that I recommend at the office on a day to day basis. These products are all natural and can be an amazing substitute for OTC meds, and even some prescription meds, in helping to provide you with relief from some of the most common health issues we all have to deal with.

I use only professional grade supplements in my office because not all supplements are created equal. I prefer and use primarily Standard Process/MediHerb products, but will stray and mention a few others in this guide. All products mentioned can be ordered by simply calling our office and having us add it to our weekly order, or by enrolling in their patient direct programs (drop shipped directly to your door!). I include instructions for direct ordering at the end of this guide.

So strap in, open your mind, and get ready to learn very practical substitutions for the not so healthy products people typically rely on to manage their symptoms!

PS... this is not an all-inclusive list by any stretch of the imagination. It's also not meant to be the end-all-be-all guide to fixing your unique issues. I believe in bio-individuality, so what works for most, may not work for you, but there is something that WILL! If you find yourself struggling with an issue that your body just doesn't seem to be healing from, consider a functional medicine consult and we can dig deeper together to put together the pieces of your own unique puzzle!

Introduction

A brief explanation of why we focus on whole food supplements

Labeling of supplements can be misleading, especially when that vitamin is isolated. Take Vitamin C for example. Vitamin C is a complex molecule with many cofactors that compose it. Every piece of the Vitamin C molecule is important and has a role to play, but if you turn your bottle of Vitamin C around and read the ingredients, you may find it says “vitamin C in the form of ascorbic acid”. Translated, that simply means that some scientists decided that ascorbic acid alone is what is actually doing the work, and didn’t include the other cofactors which truly make up the whole Vitamin C vitamin. It would be like giving you a car, but not giving you gas or oil. Your body has to then come up with the other ingredients, the other cofactors, of that big vitamin molecule in order for it to work for your system.

If you’ve ever taken a supplement, and felt it seemed to help for a while then seemed to stop, that’s likely because your body has run out of the other cofactors to allow that supplement to work. You can actually be supplementing, but making deficiencies worse at the same time!

If you’re going to supplement, make sure it’s for a reason, that you’re using a high quality supplement, and that you have someone who knows what they’re doing to help you along the way!

Colds, Flu, & Immune Support

Oil of Oregano

When to use: At the first sign of a cold or flu, as a natural defense against infection.

Properties:

- Antimicrobial
- Antiviral
- Antioxidant
- Antifungal



Dosage recommendations:

For adults: take 1-2 capsules with each meal for 3-5 days or until symptoms resolve

For teens: take 1 capsule with each meal for 3-5 days or until symptoms resolve

For kiddos that can't swallow, I recommend a slightly different approach.

Pop a capsule and squeeze it into the bathtub. Let the water kick up some of the fumes, and it's a super low dosage but one that will still help.

Fun fact: Dr. Ballard did a research study on oil of oregano while in chiropractic school. The results of that study shocked her and are the reason she's so familiar with it today!

Colds, Flu, & Immune Support

Congaplex

When to use: As a multi and added immune support during cold and flu season, as support in the acute phase of a cold.

Properties:

- Whole food immune support
- High in antioxidants
- Supports the thymus gland
- Contains ribonucleic acid, which the body uses to build new cells



Dosage recommendations:

For adults: 2 capsules every hour while experiencing cold or flu, for approximately the first 12-18 hours, or 3/day as a multivitamin

For kids: 3 tablets/day in the chewable form

*Chewable form tastes like raspberry and its texture is similar to a Flintstone Vitamin, but of course, much healthier!

Fun fact: Dr. Ballard's boys actually ask for this because they think it is a treat!

Colds, Flu, & Immune Support

Elderberry Syrup

When to use: Daily as an immune support product, or the first sign of a cold.

Properties:

- Antioxidant
- Immune system supporter
- Some antiviral properties
- Has been shown to reduce the length and severity of illness



Dosage recommendations:

For adults, 1 tbsp per day.

For kids" 1 tsp per day

Fun facts:

Elderberry has something called anthocyanins, (antioxidants), which help with immune system function by boosting the production of cytokines. Together they all make up the immune messenger cells.

It also has bioflavonoids which help inhibit the enzymes that attack and break down your cell walls once a virus enters your system, and one of the ways it helps to fight infection.

Fevers

The first thing I have to say is to get yourself or your kids adjusted! Here's why:

An adjustment can help stimulate what's called the vagus nerve. The vagus nerve acts as a brake pedal for all of your neurology. It calms the heartrate, slows respiration, improves digestion, and also regulates the gut, and your gut controls your **immune system function**.

If you or your kiddo is sick, instead of calling to say you can't make it due to a fever, call and say it's extra important to get in because you, he or she has a fever!

This is something I do with my own kids and it helps them get over fevers and colds within a day or two. Let's do everything we can to support our bodies immune challenges! In the end, we only end up healthier!

You can read more about the vagus nerve and all the fascinating research that's been done concerning its MANY roles in the body with a quick search on PubMed or Google Scholar.

Fevers

Calcium Lactate

When to use: when you feel an immune challenge starting

Properties:

- Supports phagocyte activity to kill invaders!!
- Provides calcium in a balanced form with magnesium
- Support normal muscle contraction
- Supports healthy cell membranes
- Supports bone health



Dosage recommendations:

Adults: 6-12 tablets per day when ill

Children: 6 tablets per day or 1-2 tsp mixed into juice or applesauce while ill

Fun fact: Phagocytes go and eat dead or damaged cells; they eat up invaders. They “cast a net” to encapsulate a pathogen or bad cell before they dissolve it and eat it up, but the net is made of calcium.

So instead of reaching for a bottle of Tylenol to knock that fever down, we can give calcium lactate to support that fever to do the job that it's designed to; to heat up, knock down, and kill some of that bacteria or virus. It does a better job, and does it faster, with the added bonus that it doesn't deplete our body's detoxifying support, glutathione.

Sore Throats

Herbal Throat Spray

When to use: at the first sign of a sore throat

Properties:

- Supports healthy upper respiratory tissue and track function
- Maintains healthy mucosal tissue
- Promotes healthy throat tissue
- Soothes the throat



Dosage recommendations: 1-2 sprays on each side of the back of the throat

Fun Fact: If you've ever used Cloraseptic spray back in the day, you'll love this product. It's naturally numbing but also has marshmallow root in it which is fantastic for mucus membrane health (the nose and sinus cavity). I'll also give this to people with chronic lung issues because of that mucus membrane support.

Sore Throats

Elderberry Zinc Lozenges

When to use: at the first sign of illness

Properties:

- Supports healthy upper respiratory tissue and track function
- Maintains healthy mucosal tissue
- Promotes healthy throat tissue
- Soothes the throat



Dosage recommendations: 1 lozenge as needed

Fun fact: The last time Dr. Ballard's kids were in the office they got down a bag we keep open for staff and ate "all the candy." Thankfully, they left happy, and with healthier immune systems!

These lozenges also contain zinc. Zinc has a unique taste, almost metallic for lack of a better description. If you can't taste that when you have one of these lozenges, you're zinc deficient!

Sinus Congestion/Infections

Neti Pot

When to use: During times of nasal and sinus congestion.

Properties:

- Saline rinse to reduce and flush out allergens
- Helps to break up congestion
- Promotes easier breathing



Dosage recommendations: Fill with warm water and add pinch of sea salt. Flush each nostril with solution as needed.

Fun fact: There is a small learning curve, but even kids can use a Neti pot safely (and it really impress their brothers). Rest assured, you will not drown.

Sinus Congestion/Infections

Grapefruit Seed Extract

When to use: For sinus infections, especially if it has not resolved with antibiotics. Best to use after a Neti pot if you have a lot of congestion

Properties:

- Antimicrobial
- Antifungal
- Can also be used as a disinfectant and a wash for fruits and veggies!
- Available pre-mixed and nasal spray form



Dosage recommendations: 1 – 2 sprays in each nostril for sinus congestion.

When using a pre mixed solution for disinfecting, use 1 – 2 drops in a spray bottle of water.

Fun fact: Works great for fungal sinus infections!

Mental & Stress Issues

Nevaton Forte (Moodiness)

When to use: During times of mood swings and times of "ups and downs".

Properties:

- Calms nerves and balances mood swings
- Supports normal response to stress
- Encourages body/mind equilibrium



Dosage recommendations: 1-2 tablets per day

Fun fact: Works great for support around that time of the month

Mental & Stress Issues

Min-Chex (Mild Depression)

When to use: When dealing with mild depressive issues. Especially great for teenagers dealing with mild depression.

Properties:

- Calmative mineral blend
- Eases stress
- Supports nervous system health
- Supports actions of neurotransmitters



Dosage recommendations: 3-5 tablets per day

Fun fact: Mic-Chex is the mid-strength mineral calmative made by Standard Process which makes it great for teens. There's also MinTran for kids and Orchex for adults.

Mental & Stress Issues

Hemp Oil (full spectrum CBD oil)

When to use: During times of mood disturbances, inflammation, nausea, and fatigue.

Properties:

- Activates the endocannabinoid system
- Balances immune system function
- Liver and nervous system protective
- Helps regulate moods
- Anti-inflammatory



Dosage recommendations: 1-2 pumps held under the tongue for a minimum of 30 seconds twice daily

Fun fact: When Dr. Ballard's kiddos were teething, she would put just a tiny bit on their pacifier and gums to help relieve their inflammation

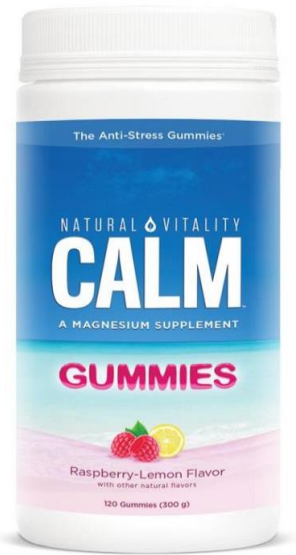
Mental & Stress Issues

Calm

When to use: During times of stress, anxiety, and sleep disturbances. Also great for digestive issues such as constipation.

Properties:

- Improves smooth muscle movement
- Natural muscle relaxer and sleep aid
- Promotes healthy bowel movements and digestion



Dosage recommendations: 1/per day for children, 4/day for adults or as directed.

Fun fact: Calm now comes in gummy form and Dr. Ballard's boys insists on having theirs every day. Also, if you take too much you will cause diarrhea. You have been warned.

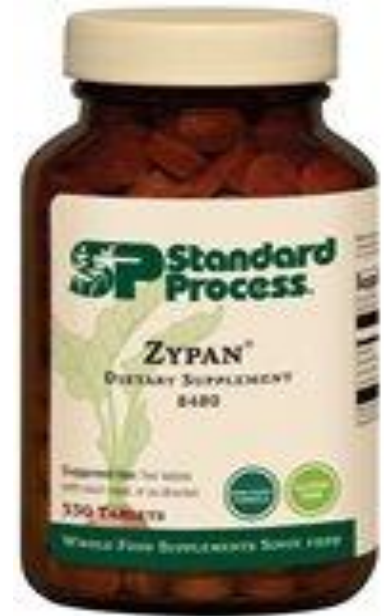
Digestive Issues

Zypan

When to use: When dealing with heartburn and/or indigestion.

Properties:

- Balances acidity of the GI tract
- Supports proper digestion
- Helps bad breath



Dosage recommendations: 1-2 tablets per meal

Fun fact: The symptoms of under and over acidity are very similar. Over time, with age, our ability to produce acid can reduce. Zypan is an easy way to balance the pH of the GI tract to help maintain complete digestion.

Digestive Issues

Digest Forte

When to use: While feeling signs of indigestion, constipation, or heartburn.

Properties:

- Stimulates gastric juice production
- Supports healthy digestion and intestinal function
- Cleanses the liver and increases bile flow



Dosage recommendations: 1 tablet before meals. Let the tablet sit on the tongue for 15 seconds (or at least until you taste the bitterness) then swallow.

Fun fact: Digest Forte contains bitter herbs that help to stimulate the flow of gastric juices, which may sound gross, but is ideal for digestion!

Allergies

Allerplex

When to use: During times of seasonal allergies.

Properties:

- Supports healthy liver, lung and respiratory function
- Supports normal mucus movement



Dosage recommendations:

Adults: 3-5 capsules per day

Kids: 2-3 capsules per day

Fun fact: This product helps to balance the body's response to common allergens and stabilize the cells that cause allergic symptoms. It helps to manage symptoms and actively works to correct the underlying causes of allergic response so unlike Claritin or Zyrtec, you'll be able to discontinue it after function is restored!

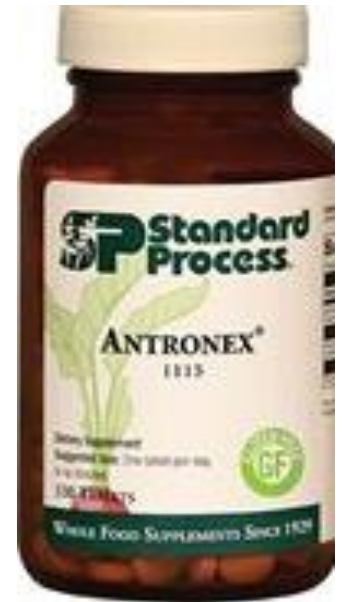
Allergies

Antronex (If allergies are severe.)

When to use: At the first signs of allergic reactions.

Properties:

- Supports liver detoxification and healthy immune function



Dosage recommendations: 3 capsules per day, ideally, paired with Allerplex

Fun fact: Antronex helps to improve clearance of histamine (the allergic symptom causer) from the liver. Not only does it help to reduce symptoms, but it supports your body by improving and restoring function!

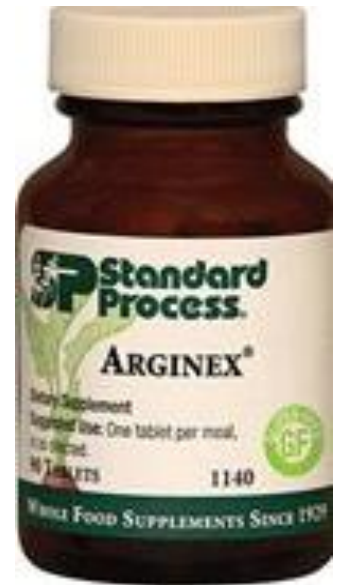
Allergies

Arginex (If eyes are also affected)

When to use: At the first sign of allergic responses, especially in the eyes.

Properties:

- Supports kidney detoxification and healthy liver function



Dosage recommendations: 3 capsules per day

Fun fact: Arginex, especially when coupled with Allerplex, provides kidney and liver support to help balance the elimination of histamine and reduce allergy symptoms. This is my go-to product when someone complains of allergy symptoms which affect their eyes like watering, itching and redness.

Ear Infections

Garlic and Willow Ear Drops

When to use: At the first sign of ear discomfort.

Properties:

- Antimicrobial
- Pain reliever



Dosage recommendations: 2 – 3 drops in each ear (yes, each) 2-3 times per day until symptoms resolve

Fun fact: No only does this product work great, it treats ONLY the area of concern, unlike an antibiotic which would blanket the whole body. Bonus, your kid will smell like a pizza!

Inflammation

Turmeric

When to use: to fight inflammation, both short term (injury related) and chronic such as arthritis or autoimmune conditions

Properties:

- Anti-inflammatory
- Antioxidant rich
- Able to cross blood brain barrier to effect neuroinflammation (this is HUGE)



Dosage recommendations:

For chronic inflammation 2 tablets with each meal for 1 bottle, then reduce to the dose which maintains lower levels of pain or inflammation

Maintenance dose: 1-2 tablets per day

Fun fact: Turmeric Forte is unlike other products on the market in that it is bound to Fenugreek proteins which keep it in your circulation for nearly 25 times longer! Added bonus, the fenugreek makes it smell like maple syrup.

Inflammation

Boswellia

When to use: While feeling stiffness of the joints, swelling, or low energy.

Properties:

- Anti-inflammatory
- Antioxidant rich
- Supports healthy joints



Dosage: Chronic issues 4 tablets/day
Maintenance dose 1-2 tablets/day

Fun fact: Boswellia contains celery seed which makes it particularly good at helping with pain and inflammation within the small joints like fingers, wrists, and ankles.

Menstrual Issues

Chaste Tree

When to use: During irregular cycles, heavy cycles, while transitioning off of birth control, or during perimenopause and menopause.

Properties:

- Promotes normal progesterone and prolactin levels
- Eases PMS
- Hormone balancer/harmonizer
- Go-to product for healthy female hormones



Dosage recommendations:

For regulation 1-2 tablets per day

For excessive bleeding 2-4 tablets per day

For endometriosis 6 tablets per day

FOR MORE SERIOUS ISSUES, PLEASE, GET HELP AND SUPPORT!

Fun fact: Chaste tree does wonders for women's cycling issues. This is probably the product we used the most in our practice to help women of all ages and stages of fertility.

Menstrual Issues

Cramplex

When to use: During times of menstrual cramping and discomfort.

Properties:

- Antispasmodic
- Supports reproductive health
- Smooth muscle relaxation



Dosage recommendations: 1 –2 tablets as needed

Fun fact: Forget the Midol, Cramplex is where it is at! It's success is maximized by using in combination with products which balance the hormones as well!

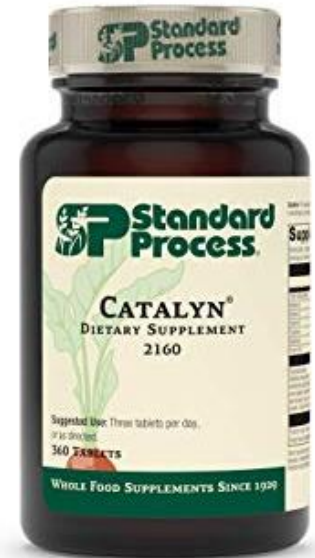
General Health Support

Catalyn (Multivitamin)

When to use: Daily for general overall immune and health support

Properties:

- Supplies multiple vitamins for complete, complex nutritional supplementation
- Designed to bridge nutritional gaps in the diet
- Encourages healthy cell function
- Supports overall well-being



Dosage: 3 tablets per day

Fun fact: This product comes in chewable and gluten free forms. It's another favorite of Dr. Ballard's boys!

General Health Support

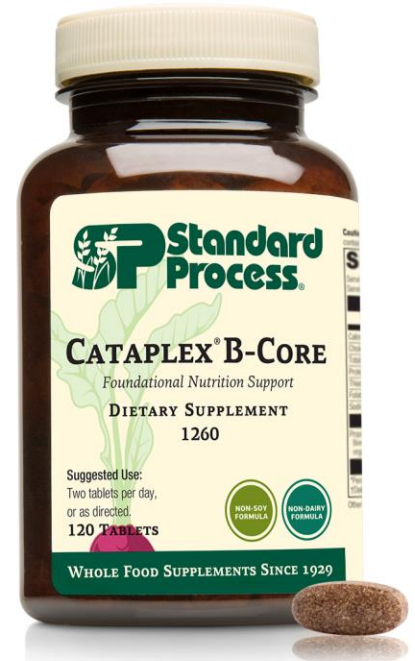
Cataplex B Core

When to use: To support overall health and wellness.

Properties: Cataplex B-Core contains naturally-occurring phytonutrients and B vitamins including thiamin and folate derived from the whole food matrix.

- Contains ingredients that support healthy cellular processes
- Formulated with ingredients that have naturally occurring B vitamins
- Long-term vitamin B support

Dosage: 2 tablets per day



General Health Support

Olprima EPA | DHA

When to use: To support general health and wellness.

Properties:

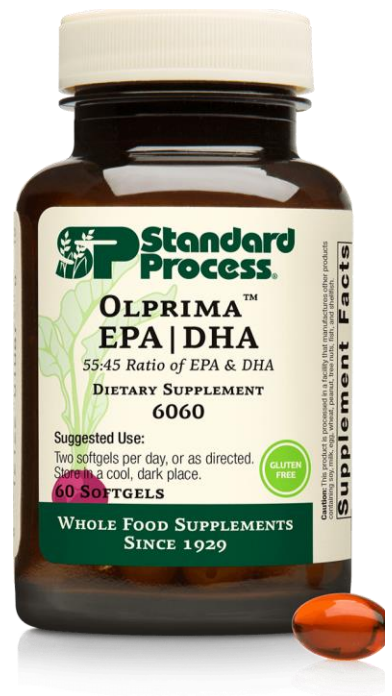
Olprima EPA | DHA provides condition-specific support through a 55:45 ratio of the omega-3s, EPA and DHA. Olprima EPA | DHA supports cardiovascular and brain health while supporting the body's healthy inflammatory response.

- Supports cardiovascular health
- Supports health inflammatory processes
- Supports general brain health and cognition
- General mood support
- Gluten-free

Dosage recommendations:

For Adults: 2 tablets per day.

For children try Tuna Omega 3.



General Health Support

Tuna Omega 3

When to use: For overall daily health and wellness support.

Properties:

- Supports cognition
- Supports skin and hair health
- Supports emotional balance
- Contains DHA, which is important for proper fetal eye and brain development



Dosage recommendations: 4 perles per day

Fun fact: Tuna Omega 3 is a great fish oil option for pregnant women and for children because of its unique DHA/EPA bend. It comes in a chewable form as well. For non-pregnant/non-nursing adults, Cod Liver Oil is a great option as well!

General Health Support

Trace Minerals

When to use: Daily for overall wellness and support of necessary minerals within the body.

Properties:

- Spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning
- Provides iodine, which is required for healthy thyroid, spleen, and red blood cell functions
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune system response function and thyroid function; fat metabolism; and calcium utilization



Dosage recommendations: 3 tablets per day

Fun fact: Trace minerals help to replace what we just don't get from our depleted soils these days. It's also very useful if you drink water from a reverse osmosis system regularly.

General Health Support

Young Living Essential Oils

When to use: All. The. Time

Essential oils can be diffused to eliminate the desire for candles/air fresheners. They can be used topically for a thousand different issues. They can also be used in cooking as a flavoring!



Properties:

- Varies based on the oil. Just ask Dr. Ballard!

Dosage recommendations: Depends on the particular oil and condition. Best to ask Dr. Ballard for guidance!

Fun fact: When Dr. Ballard started reaching oil brands, she was immediately drawn to the Seed to Seal promise of Young Living. This is similar to the way that Standard Process operates its farms. Bottom line, these products are heavily monitored to be sure you get the best quality plants grown under the best possible conditions. Their environmental initiatives (like a zero waste distribution center) are also in alignment with Dr. Ballard's personal beliefs. Couple those things with products that WORK and you have a fantastic tool to maximize your health!

Revive Your Medicine Cabinet!

It's as easy as reaching out to our office to order supplements. We place supplement orders every Monday and have them available in our office on Wednesday in most cases.

Prefer your supplements sent right to your home? We can do that too with our Patient Direct programs. Follow the easy steps below to set up your account with Standard Process and/or Wellevate (most other products mentioned in this guide), then order what you need, whenever you need it.

Standard Process Patient Direct Setup:

To enroll, simply go to the standard process website here:

<https://www.standardprocess.com/> and click on the Patient Direct heading on the upper right.

On the left side, click register under the Patient heading. Use our code, RU94HV to register. We will receive and email form Standard Process to approve you. Once that is completed, you will receive an email and can long in using the username and password you created when registering, then order away! Reach out if you have any questions!

Wellevate Patient Direct Setup:

You just follow the link, set up an account, and order away.

<https://wellevate.me/abbie-ballard#/>

THANK YOU!

Dr. Ballard and her team at Ballard Family Chiropractic are thrilled about your interest in making your medicine cabinet one filled with natural remedies for common ailments. We hope this document has served you well as a guide to do just that!

We are always here to help with questions and concerns you may have. Please feel welcomed to contact us for more information, or to schedule a functional nutrition consultation to help build a protocol specific to YOU and your needs. Our contact info is listed below for your convenience.

We hope you enjoyed this guide to making small steps to shift your medicine cabinet toward health! Thanks for helping us serve our mission of growing a healthier community, one family at a time!

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