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**„Flu“ infections, influenza:**

**a remedy which has stood the test of time**

**by Dr. Konrad Werthmann**



Autumn and winter are on their way, and with them comes cold, damp weather. At this time of year, many patients suffer from the common „flu“ infections. The recipe of the „old“ family doctors will help a great deal to start with: they cured their patients by giving them a lot of liquid to drink and denying them solid food.

In order to raise the level of immunity again quickly and to build up the atrophic intestinal mucous membrane, you should therefore have a two-day „tea break“ with a lot of lemon and maple syrup. During this tea break, you should eat 2 to 3-day-old white bread with a bit of goats' butter, maybe some plain boiled potatoes, and each morning and evening a slightly sour apple. During the following few days, you should drink carrot and beetroot juice and eat a lot of well-cooked vegetables, potatoes and rice. However, you should give up meat.

The following medication is taken for 10-14 days:

– **Adults:**  
10 drops each of QUENTAKEHL 5X twice daily and NOTAKEHL 5X once daily mixed on a dessert spoon and taken orally

or

mornings: 10 drops of NOTAKEHL 5X once daily (or 1 tablet of NOTAKEHL 5X once daily) and evenings: 10 drops of QUENTAKEHL 5X once daily;

supplemented by SANUKEHL Serra 6X drops, 5 drops used as embrocation once daily, and 5 drops orally once daily.

The following is recommended as a supplement: on alternate days 5 drops of UTILIN „S“ 6X used as embrocation once daily and 20 drops of RELIVORA Complex 3-5 times daily, taken orally.

– **Children up to 4:**  
5 drops of NOTAKEHL 5X once each morning and 5 drops of QUENTAKEHL 5X once each evening.

– **Children of 5-12 years:**  
8-10 drops of NOTAKEHL 5X once each morning and 8-10 drops of QUENTAKEHL 5X once each evening;  
5-10 drops of RELIVORA Complex 3 times daily, taken orally.

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