

How You Can Get Symptom Relief

Better Than Pharmacists Dream Of

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When You Need Relief the Most

Picture yourself when you don't feel good. Your stomach is bloated, or you are sneezing and your eyes are watering, or you have itchy skin, or



have a nagging cough and cold, or your hemorrhoids have flared up again.

You go to your medicine chest to see if something will help. If you strike out, you go to a drug store. You buy an over-the-counter medication and start taking it in hopes you will feel better.

Does it work?

For how long?

When do you need it again?

What is it you really have done?



When you go into a drug store to get an over-the-counter medication, you do so to relieve symptoms that are self-limiting. That

means that in most cases, your pain will go away in time, your fever will break, your skin itch will fade, cough will go away, or indigestion go away until you do something that brings it on again.

The Pharmacist at the drug store is a wealth of information, and may be able to point you to the one remedy in his experience that is the most reliable.

In addition, it may be your doctor who sent you to the drug store for an over-the-counter remedy. She may explain the signs of when the self-limiting condition progresses and you need to come back for medical care, like when a cough becomes pneumonia. At any rate, your condition is considered not so serious as to need a prescription drug at this point. However, the symptoms you are experiencing are sufficiently bothersome to seek relief. And they are degrading your quality of life.

How Drugs Work

What you may not know is that the over-the-counter medications commonly found in drug stores have an action on the body that suppresses the symptoms. This is evident from the names starting with "anti": anti-diarrheal, anti-biotic, ant-acid, anti-histamine. They work "anti," which means against, the symptoms. The only way they can work against the symptoms are to superficially stop them by working against the physiological process that produced them. This action is suppressive, meaning the cause is not addressed, so the imbalance is driven deeper.

Pharmacists are highly trained in the mechanisms of action of drugs, and they understand when one drug will interact with another. As they fill prescriptions for people over time, they see a pattern in which more and more drugs are prescribed for a person as their health declines. This is because the symptoms which



have been suppressed
have to come out
somewhere, and when
that original route is
blocked with a drug's
action, the body chooses
another body system to

eliminate through, creating a new symptom. This is what Pharmacists are observing with the prescription of a new drug for a new symptom. But health is declining with the onset of more symptoms. For example, eczema becomes asthma, or stomach ulcers or warts appear, seemingly out of nowhere.

This means that whatever condition that is behind the symptom is driven deeper in the body so that you no longer experience it as that particular symptom. While you get relief, it may be temporary or partial, and the bottom line is that the cause of the symptom has not changed. You can prove this to yourself by avoiding all over-the-counter medications, and see what surfaces.

The same symptoms you had before?
More intense?
Something worse?

Lisa Long relates this startling story of her experience when she was serving as a Social Worker for Hospice:



“One of the first things our hospice doctor would do was to take the patients off all the medications they were on. I was shocked at how many got better, signed off hospice

and went on to live a healthy life. They were not dying. They were overmedicated.”

It was heartbreaking to see them suffering, confused and scared from all the medications. I have great admiration to our doctor who had the insight to take them off all medications.”

I am not recommending that you do the same with prescription medications, since you are not in the same situation. This simply goes to show the extent of over-medication in this country. And we tend to reach for some over-the-counter medicine when we are not feeling well.

Getting to the Cause



So, what causes these bothersome symptoms such as runny nose, itchy skin, cough, and so on? Is it the flu or cold virus going around? The pollen in the air from the tree or shrub that is blooming now? The fried food you ate? The dry air? To

answer that, you must consider that everyone who is exposed to a virus or pollen or fried food or dry air does not get the same symptoms as you. They may get no symptoms at all.

We must conclude that it is our own system that reacts by creating symptoms when it is imbalanced. An outside influence may just tip an imbalance into those symptoms. The symptoms – runny nose, itchy skin, hemorrhoids – are clues to in which body system the imbalance lies. And the symptoms are the body's attempt at regaining balance by eliminating unhealthy accumulations. The runny nose flows out cellular debris and accumulated toxins, the skin rash is the attempt to push out through the skin those unwanted accumulations, you cough out mucus with accumulated toxins to clear the lungs.



So, how would you like an alternative to over-the-counter symptomatic remedies that work with the body's systems

instead of against them? The alternative would have to properly process and eliminate toxins from the body, and in so doing relieve the symptoms. They would have to accompany the body's symptoms and make effective the action the body is trying to accomplish with the symptom – eliminate or not be irritated by those pollens, cough up the toxic accumulations in mucus, push the toxins out a healthy route instead of through the skin in a rash.

There are also Naturopathic home remedies such as the warming socks and castor oil packs which will support your body in resolving self-limiting conditions. See my blogs on www.drcherylkasdorf.com for ideas.

The Relief You Are Looking For



The good news is that there are a group of remedies available to you that will relieve those bothersome symptoms without suppressing them. They are synergistic homeopathic

remedies formulated specific to these kinds of conditions, made by the UNDA company.

Established over half a century ago in Belgium, UNDA is renowned for manufacturing exceptional homeopathic products. UNDA uses only pure materials and herbs that are biodynamically grown or wildcrafted. There is exacting quality control in all manufacturing processes.



As a fine chef puts ingredients together so that the flavors enhance each other, the final experience of eating that dish

is a distinct new taste experience. The dish is so much more than the sum of its individual ingredients.

In this same way, UNDA Condition-Specific Formulations are homeopathic remedies put together so that they synergize to accomplish what the body is intending. They work with the body to eliminate the toxins and in so doing relieve the symptoms.



These Condition-Specific remedies are different than combination homeopathic remedies you might find in the Health Food Store.

Combination remedies are labeled with a condition like “teething” or “cough”. Combination remedies are put together by collecting the most common homeopathic remedies indicated for that particular condition. This is the shotgun approach. By taking that remedy, you hope that the particular remedy you need for your particular presentation of cough, for example, is there and will work.

Sometimes people tell me that they tried homeopathy and it does not work. When asked exactly what they tried, I often find out that they bought a combination remedy for their condition and it did not work. I also find out that their particular presentation of symptoms was different than what the remedies in that combination remedy covered or that the cause ran deeper.

A Better Way to Get Relief



These UNDA Condition-Specific formulations drain out toxins and normalize the physiological function of the body and in so doing, relieve symptoms without suppressing them. They are effective for the indicated symptoms, and are a

good start in reversing toxic accumulations. They do not need deeper individualization, so are able to be sold like over-the-counter drugs. But unlike over-the-counter drugs, you can be sure that your health will be better after you take them. This is a scenario that Pharmacists can only dream of – effective symptomatic relief that do NOT lead to the need for more drugs down the line.

I must point out that these Condition-Specific formulations do not get to the deepest cause of the symptoms. In my estimation, you need a Natural Medicine doctor trained with a big picture understanding of patterns of symptoms in each body system and how they relate in order to discern the cause in your individual case. Other specific prescriptions of homeopathic remedies are able to get to the root of the cause of the symptoms. I prescribe according to a system



taught by my mentor, Dr. Guenoit, MD from France. It has been the culmination of all my medical studies to be trained in this Homeopathic system.

In the meantime, check out these Condition-Specific Formulations to substitute for what you were buying over-the-counter at the drugstore. And stock up on the ones that you and your family most commonly need.

As you always keep a spare tire in your car or truck, so you have it when you get a flat, be

prepared for your health self-limiting conditions like cough, cold, hemorrhoids . . .

And now you understand why they work better and how your health will be better after using these formulations – and Pharmacists can only dream of the healing you have in remedies you have filling your Medicine Chest.



Get Relief now at . . .

www.drcherylkasdorf.com/products-for-health/

Find a wide selection for conditions such as:

- Allergies
- Coughs – dry & wet
- Common cold symptoms
- Flu prevention
- Gas & bloating
- Hay fever
- Hemorrhoids
- Indigestion
- Insomnia
- Nerve pain
- Premenstrual Symptoms
- Menopausal Symptoms
- Muscle overexertion
- Nervousness
- Sinus infection
- Skin problems
- Sore throat
- Sprains, strains, injuries
- Stress, anxiety & mental overexertion
- Wound Healing
- Warts

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Success Stories

Now that Con and I are back from our trip to Italy, Greece, Croatia and Turkey, I wanted to thank you for the #228 remedy drops that you gave me to combat jet lag. They really worked!

I made it home to Cottonwood without the groggy disorientation I had felt in the past. I'm thrilled that my worst physical malady is hunger for real Italian food--instead of suffering from jet lag!



-Judy K

HeartofStoneStudio.com

I had extensive dental work one afternoon, including a crown and replacing all silver fillings in my mouth with porcelain.

Dr. Cheryl gave me a series of packets with Arnica pills in them. I still needed some additional anti-inflammatory medication that evening before bed; however, the following morning I was virtually pain-free.



-Karen R

State Farm Insurance
Camp Verde, AZ

I continue to use that Arnica Montana protocol... This time I crushed my toe with a weight. This morning though I have a blackish part of a nail the swelling is virtually nonexistent! You are a magician - you are!

I while back, I fell backwards off a ladder and hit the back of my head on the ground. Within a few minutes I started to feel dizzy, got a headache, and began having difficulty focusing my eyes. I was very alarmed . . . these were the same symptoms I had ten years ago with a very serious concussion . . . one that took almost a year and a half to heal from.

After the first dose of Arnica, the headache went away. I continued taking the Arnica series as she directed throughout the day. The next day I was a bit sore from the fall, but thinking clearly. No headaches have come back, and I have saved myself a ton of lost time at work which also means saving a ton of money.



-Katherine Z

www.kzsolt.com

When I was getting Bowen bodywork from Dr. Cheryl, I asked her about my "trigger" thumb and carpal tunnel problems. She gave me a homeopathic treatment consisting of two remedies to take daily. Within a couple of months it was totally gone! I don't even get a hint of it coming back.



-Dorothy C

Cottonwood, AZ