



Remedy Highlight: Cold and Sore Throat Prevention

By Michael Allen, MD

As we enter into cold and flu season, learn more about our #1 go to for cold and sore throat prevention — Cinnabar Dandelion from Uriel Pharmacy

Ever have a hint of a sore throat, a touch of a cold, and a few days later it hits you? Cinnabar Dandelion Cold Relief Pellets is your friend throughout cold season because it helps ward off symptoms. If you get sick, it temporarily relieves symptoms, reducing the severity of your sore throat or cold.

From the Pharmacist

What's in Cinnabar Dandelion? How does it work? Uriel Pharmacist Mark McKibben explains the reasons for its ingredients: Agropyron e radice (roots of quack grass, couch grass)

Known to farmers and gardeners as a tough, pernicious weed, this wheat-related grass sends out numerous underground runners that quickly take over and are hard to eradicate. The roots are rich in silica and have strong vitality. These few observations already point in the direction of its remedy uses: overproduction of mucus may be caused by excessive, out-of-bounds, “weed-like” liver activity. We could also say liver action becomes displaced to the head, leading to congestion.

Quack grass exhibits strong vitality under the moist ground, similar to the liver, which is our most watery organ, the most chemically active, and the most vital – liver tissue can regenerate itself to a large degree when removed or damaged, just as quack grass can be eradicated but grows back quickly from bits and pieces.

Interestingly, silica (of which quartz crystal is composed) is abundant in grasses and especially the roots of quack grass. The silica process in the human being is especially active in the head and sense organs, enabling us to have a “clear head” for perceiving the world. When overcome by liver forces, our head becomes congested and foggy. Colds mostly manifest in fall and winter as we contract into ourselves after a summer of expansion into the warm, sunny cosmos, and we can use the tenacious energy of quack grass roots to “get hold of ourselves” and ward off illness.

Taraxacum e planta tota (whole dandelion plant)

Dandelion is a weed familiar to most people, its bright yellow flowers appearing in spring meadows and lawns, followed by puff balls that launch little parachute seeds. The rosette of sharply indented leaves have a thick milky juice with a bitter taste. The perennial tap root is also permeated by the bitter latex. Young leaves are sometimes added to salads as a spring tonic to stimulate the liver after the relative inactivity of winter.

Again we have an ingredient with a relation to water and the liver, which is stimulated by bitter substances.

Dandelion flowers open and close every day in rhythm with the sun, and the root shows a rhythmic correspondence with the seasons, producing sugars in spring and the starch-like substance inulin in the fall. Often we fall ill with colds and flu because of lack of light in fall and winter, and because we can't generate enough inner light to maintain our spiritual presence on the earthly plane. The sunny dandelion encourages warmth and light processes to restore the proper balance.

Cinnabar

Cinnabar is a striking bright red mineral that chemically combines yellow sulfur with the silvery radiance of liquid mercury. In the process, mercury becomes non-toxic.

Sulfur represents the metabolic digestive pole of the human being, and is found in volcanic areas with its typically pungent smell. Sulfur crystals are continually, if slowly, evaporating, causing them to have a smell, unlike most minerals.

Part of the problem in colds and congestion is that digestive-metabolic energy shoots upward into the head, displacing breathing activity and overwhelming the head. In cinnabar, mercury is able to tame sulfur, helping us to attain balance again.

Pyrite (iron pyrites)

Pyrite is also a sulfur compound like cinnabar, but here iron combines with sulfur, transforming it into a harder mineral with a yellowish metallic luster. This is the substance called “fool’s gold” because flakes of it shine and glitter like gold in stream beds.

Similar to the action of cinnabar, pyrite helps our blood energy to be tamed when it rises up into the throat and sinus mucosa, causing sulfurous inflammation and redness.

Cinere fagi (beech wood ash)

Kalium carbonicum (potassium carbonate, potash) is the chief substance in beech wood ash. Potassium is the main extracellular electrolyte, in contrast to sodium as the main intracellular electrolyte. The alkaline substances of beech wood ash support healthy liver function so that liver activity remains in its place and does not extend up into the head as catarrhal processes.

Mark McKibben

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Cinnabar Dandelion is available at the Center for Living Health and on our online store www.gloinnerwellness.com