

2013

## TRIPLE WHAMMY

VIRUS

(Revised)

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CMG Archives

<http://www.campbellmgold.com>

(2013)

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### IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein**

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### Introduction

2013 has arrived, and with it a nasty Triple Whammy virus that targets the throat, the chest, and the digestive tract. The virus has flu type symptoms, is highly communicable, and initially targets the individual's weakest system (more than one area can be affected, or areas can be affected in turn). The symptoms develop rapidly, and the individual soon feels too unwell to continue their usual activities.

Although the virus can affect different areas of the body, the recommended remedies and treatments are the same. Unfortunately, if left untreated, further conditions can develop - especially serious chest infections or pneumonia.

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### Symptoms

Symptoms of the 2013 Triple Whammy virus include:

- Aching joints and muscles, and an aching body in general
- Breathlessness
- Burning throat
- Can't get into a comfortable position to sleep

- Chills
- Confusion (especially in the elderly)
- Cough (from dry tickle to very productive with blood in phlegm) - cough type varies from person to person
- Diarrhoea or upset stomach
- Difficulty sleeping
- Discomfort when passing urine
- Elevated blood pressure
- Faintness
- Feelings of lassitude
- Feelings of extreme weakness
- Fever (esp. sudden onset - temps of 38 °C (100.4 °F) or above)
- Headache
- Just can't get things done
- Light headed
- Loose stools
- Loss of appetite
- Low blood sugar
- Muscle cramps
- Muscle pain, especially from coughing
- Nausea and stomach/abdominal cramps
- Painful (burning) chest especially when coughing
- Painful sinuses
- Poor concentration
- Restless - sleep cycles are disturbed
- Runny or blocked nose
- Shivering
- Skin is very sensitive
- Sneezing
- Soft stools
- Sometimes blood is noted in the phlegm that is coughed up (this is not serious, and is usually in consequence of vigorous coughing)
- Sore, rasping, burning throat
- Strong smelling, dark, urine (drink plenty of water - 1.5 L - 3 L daily)
- Swollen/aching glands
- Tiredness (extreme)

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### **Rest, Warmth, and Water**

It is essential that the individual gets plenty of rest, keeps warm, and drinks plenty of water (never drink raw tap water - EVER) while the condition develops and is resolved. Spring water is recommended or filtered tap water can be used as a second choice.

It is recommended that at least 5 to 7 days complete rest be taken.

There should be a marked improvement within the first 48 - 96 hours of taking the remedies - however, this will depend upon which physical areas have been affected.



Once the treatment is started, the symptoms usually peak after two to three days and the individual should begin to feel much better within five to ten days. However, there may be a lingering cough, and the individual may still feel very tired, and lacking in energy, for a further two to three weeks.

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### Food

Eat little and often; and eat light, fresh, and easily digestible foods during the illness and treatment.

### Tea, Coffee, and Alcohol

Tea, coffee, and alcohol should be avoided during treatment. However, gentle herb teas (except mint teas) may be taken.

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### Allopathic [NHS] Recommendations and Therapy

Allopathic medicine does not have a specific treatment regimen for flu, but does recommend:

- Rest
- Keep warm
- Drink plenty of water to avoid dehydration
- Take paracetamol or anti-inflammatory medicines such as ibuprofen to lower a high temperature and relieve flu-aches

Note: Antivirals will not cure flu but allopaths believe that they may help to:

- Reduce the length of time that an individual will be ill by around one day
- Relieve some of the symptoms
- Reduce the potential for serious complications

However, the effect of such "benefits" is absolutely negligible in real terms.

<http://www.nhs.uk/Conditions/Flu/Pages/Introduction.aspx>

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### Alternative Recommendations and Therapy

The following supplements and therapies are recommended to resolve the 2013 Triple Whammy. (Minimum or alternative dosage levels are noted in red.)

#### Essential Supplements

- Vit C - (500 mg, 1 x tab, 2 x daily) 1000 mg, 2 x tabs, 3 - 4 x daily
- Cod liver oil cap - 1000 mg, 1 cap, 1 x daily
- Garlic Oil Caps - 1000 mg, (1 x cap, 2 x daily) 2 x caps, 3 x daily
- Zinc - 25 mg, 1 x tab daily
- Acidophilus - 1 to 2 billion organisms per capsule, take as per manufacturer's instructions



## Optional Supplements to Strengthen the Immune System

- Co-Enzyme Q10 - 150 mg, 1 x tab daily
- Echinacea - 400 mg, (1 x cap daily) 1 x cap, 2 x daily
- Good Multi-Vit - 1 x tab daily
- Selenium - 200 ug (mgm), 1 x cap daily

It is typical to take supplements during or following a meal.

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## Tissue Salt Recommendations

According to symptoms select 1 to 2 Tissue Salt remedies and take in alternation. Remedies should not be taken within 15 minutes of eating anything. (Select 1 x Tissue Salt remedy)

While in the acute phase, the selected tissue salts may be taken in alternation, 4 x tabs, every 10 minutes. As the symptoms lessen, the selected tissue salts may be taken in alternation, 4 x tabs, every hour. Then, the final selected tissue salts may be taken, 4 x tabs, 4 x daily until the condition is fully resolved. (Take 4 x tabs, 3 x daily until the symptom is fully resolved)



## For Cough Symptoms

- **Ferr Phos** - Hard, dry cough with soreness and feverishness.
- **Kali Mur** - Cough with white, albuminous phlegm; white or grey coated tongue. Children's cough.
- **Kali Sulph** - Cough with yellow expectoration. Worse in a heated room or in the evening.
- **Nat Mur** - Watery, frothy expectation with loss of taste and smell.
- **Mag Phos** - Painful, spasmodic cough with a tendency to persist.
- **Calc Sulph** - When the cough is loose and rattling with expectoration of thin, watery sputum. In alteration with Ferr Phos.
- **Silica** - When the cough is accompanied by thick, yellow-green, profuse expectoration.
- **Calc Phos** - Useful as an \*intercurrent remedy and during convalescence.

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## For Cold Symptoms

- **Ferr Phos** - This is needed for the feverishness, stuffiness and sneezing that herald the onset of a cold. A bout of sneezing is a first sign that a cold is threatening and Ferr Phos should be taken.
- **Kali Mur** - For the second stage when there is white phlegm and stuffiness with congestion.
- **Nat Mur** - Running, watery colds with chilliness and a general feeling of discomfort. Loss of taste and smell, and dryness of the skin.
- **Cal Phos** - A short course of this remedy is helpful in building up the general health after a cold.

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## For Flu Symptoms

- **Nat Sulph** - The principal remedy. It should be taken in alternation with Ferr Phos throughout the feverish stage, for the inflammation and temperature.

- **Ferr Phos** - For the inflammation and feverishness.
- **Kali Sulph** - To promote perspiration and to control temperature.
- **Kali Mur** - For the catarrhal symptoms in alternation with one or more of the other indicated remedies.
- **Calc Phos** - To speed recovery during convalescence.
- **Nat Mur** - Running, watery colds with chilliness and a general feeling of discomfort. Loss of taste and smell, and dryness of the skin.

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### For Sore Throat

- **Ferr Phos** - For the inflammation and burning pain. Throat red and dry with hoarseness, loss of voice.
- **Kali Mur** - in alternation with Ferr Phos when there is swelling of the glands or tonsils.
- **Calc Sulph** - If taken in the early stages can prevent development of a cold. In the later stages of tonsillitis when matter is discharged or abscess forms. Ulcerated sore throat.
- **Calc Fluor** - Relaxed throat with tickling in the larynx. In alternation with Calc Phos. For enlargement of the tonsils.
- **Calc Phos** - Sore, aching throat with pain on swallowing. Chronic enlargement of tonsils.
- **Silica** - Periodical tonsillitis and when suppuration threatens.

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### Charcoal Therapy

This treatment is recommended for all viruses (flu and gastric viruses included) and toxins.

Initially take 8 x 260 mg activated charcoal tabs/caps with water, per hour - repeat 4 - 8 x or until charcoal appears in the motions. **(Omit this part unless poisoning is suspected)**

Then take 4 x 260 mg activated charcoal tabs/caps with water, 4 x daily, before or following a meal, until the condition is fully resolved. **(Take 1 - 2 x 260 mg activated charcoal tabs/caps with water, 3 x daily, following a meal, until the condition is fully resolved)**



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### Steam Inhalation Therapy

This is an important therapy, especially where chest infections are concerned.

Steam inhalation should be effected at least 3 - 4 x daily, or as needed.

#### Procedure

Boil a kettle of water and pour it into a suitable bowl.

Add a couple of drops of suitable decongestant/antiseptic therapeutic aromatherapy oil (two oils can be added if desired - *Tea Tree* and *Lavender* is a good combination for healing, and *Tea Tree* and *Albas* is a good decongestant combination):

- Tea Tree
- Albas
- Lavender



- Eucalyptus

Place the bowl on a table, sit down, lean over the bowl, close the eyes, drape a towel over the head, and inhale the steam into the nose, sinuses, and lungs.

The steam will help to relieve congestion, and the oils will augment the steam and will help to deal with infection and any stubborn phlegm/mucus.

Continue to inhale the steam into the nasal passages and respiratory tract for as long as is comfortable.

Inhaling the steam for 10 minutes, 3 - 4 times a day is recommended for all conditions.

Alternatively a warm mist vaporiser/humidifier can be used to disperse the water and aromatherapy oil(s) continually into the air. This is especially recommended for use during the night

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### Other (over-the-counter) Remedies that May be Considered

Because the symptoms of the 2013 Triple Whammy can be very severe, distressing and draining, the following over-the-counter medications may be considered if the person has no allergy, or adverse reaction, thereto:

#### Cold and Flu Type Symptoms

For fever, headache, spasm, joint aches and pains, rheumatic pain; and skin sensitivity - take ibuprofen, or paracetamol, or a cold and flu remedy that works for you. However, carefully follow the directions and never exceed the recommended dose. Additionally, do not mix and match products as more than one remedy may contain paracetamol, or other analgesic, etc.

Typical doses would be:

- **Ibuprofen** (adults and children over 12 years old) - 200 mg tabs, 1 - 2 tabs up to 3 x daily, as required, with or after food. The dose should not be repeated more than 3 x in any 24 hour period. For children under 12 years old, please consult your health professional.
- **Paracetamol** (adults and children over 12 years old) - 500 mg tabs, 1 - 2 tabs, every 4 - 6 hours, to a maximum of 8 x tabs in any 24 hour period. For children between 6 and 12 years old, give 1/2 the adult dose. For children under 6 years old, please consult your health professional.



- **Cold and Flu Caps** (adults and children over 12 years old) - typically (but always check the directions), 2 caps to be taken every 4 - 6 hours, to a maximum of 8 x tabs in any 24 hour period. Do not give to children under 12 years old.



### IMPORTANT NOTE:

**ASPIRIN IS NOT RECOMMENDED FOR THIS CONDITION,  
AND SHOULD NOT BE USED**

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### Cough

For the cough component, consider a gentle cough linctus/syrup. In the UK we recommend the "Covonia" range of products. Simply match the product type to your cough symptoms. The Covonia range includes: "Herbal Mucus Cough Syrup", "Chesty Cough Mixture", "Dry and Tickly Cough Linctus", "Original Bronchial Balsam", "Night Time Formula", "Cold and Flu Formula", "Catarrh Relief Formula", "Vapour Drops", and "Throat Spray". However, irrespective of the manufacturer, find and use the product that works for you and makes you more comfortable.



Typical Dose (but always check the directions) - adults, the elderly, and children over 12 years of age, 5 - 10 ml every 4 hours if required. Children 5 - 12 years old, 5 ml every 4 hours if required. Do not give to children under 5 years old.

Consider mixing the dose with 1 x part mixture with 1 - 2 parts hot water and then drink down.

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### Sore Throat

For a sore throat consider using an antiseptic throat lozenge. Follow the manufacturer's recommendations, and use the one that works for you.



How to take an antiseptic throat lozenge:

Always take the medicine exactly as described. Check with your health professional if you are not sure.

Dosage (Adults, the elderly, and children over 12 years old):

- Suck one lozenge slowly every hour until relief is obtained
- Do not take more than 24 lozenges in any 24 hour period

Children 6 to 12 years old:

- Suck one lozenge slowly every two hours until relief is obtained
- Do not take more than 12 lozenges in any 24 hour period

Do not give to children under 6 years unless on medical advice from your health professional.

Do not exceed the stated dose.

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### **Nausea and Digestive Cramps**

#### **Activated Charcoal**

Activated charcoal, as described earlier in this material covers the treatment for nausea and digestive cramps.

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#### **Coca-Cola** (classic variety - anecdotal only)

It has been anecdotally reported that 250 ml of regular Coca-Cola, sipped slowly, helps with digestive cramps and a sore throat. It is thought that the phosphoric acid and the carbonic acid ingredients help to calm irritation and spasm. Moreover, the stimulating effect of the caffeine helps to move the other remedies through the digestive tract to be absorbed.



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#### **Relaxation Therapy**

It is very important to relax and get plenty of rest while dealing with this particular virus. If you are looking for a recorded program to help with relaxation and healing, then *A5002M - Intensive Healing Program 2*, or *A5003M - Intensive Healing Program 3*, or *R7040M - Classical CMG Healing Program 4* are worth considering. These can be found in the product pages on <http://www.campbellgold.com>. However, review all the available titles and see which one would be suitable for your specific needs.

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#### **Other Considerations**

Avoid all products containing peppermint or spearmint - this interferes with complementary remedies..

Do not drink large amounts of tea or coffee - instead, drink water (spring water recommended) until the condition is resolved.

Do not drink tap-water, EVER, unless it has been filtered through an active charcoal filter.



Do a resting pulse test to determine any allergic reactions -  
[http://campbellmgold.com/archive\\_health/resting\\_pulse\\_rate.pdf](http://campbellmgold.com/archive_health/resting_pulse_rate.pdf).

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