

# The Burnham Review

## Kim's Medicine Cabinet

Consider Manual Therapy and Complementary and Alternative Medicine for Optimal Health

[www.TheBurnhamReview.com](http://www.TheBurnhamReview.com)

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### Kimberly Burnham, PhD Editor

7-15: Fibromyalgia and Chronic Pain  
7-16: Lymphedema, Immune and CAM  
7-19: Neck Pain and the Spine  
7-21: Headaches  
7-24: Attention Deficit Disorder and ADHD

Green Tea on the skin irritation as well as drinking (CenterIMT<sup>14 6)</sup>  
Near Magic on burns, rashes, bites (CenterIMT<sup>15 6)</sup>  
Apple Cider Vinegar on sunburns

biotherapy.pdf  
5. Standard Process [www.standardprocess.com](http://www.standardprocess.com)  
6. MediHerb [www.standardprocess.com/display/mediherbherbalproducts.spi](http://www.standardprocess.com/display/mediherbherbalproducts.spi)  
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8. Metagenics [www.metagenics.com/products/detail.asp?pid=37](http://www.metagenics.com/products/detail.asp?pid=37)  
9. CenterIMT [www.CenterIMT.com](http://www.CenterIMT.com)  
10. Heel PDF [www.homotoxicology.net/Documents/biotherapy.pdf](http://www.homotoxicology.net/Documents/biotherapy.pdf)  
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12. Seroyal / Genestra [www.rockwellnutrition.net/Muco-Coccinum-by-Genestra-Homeopathic-Flu-support\\_p\\_145-257.html](http://www.rockwellnutrition.net/Muco-Coccinum-by-Genestra-Homeopathic-Flu-support_p_145-257.html)  
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21. CenterIMT [www.CenterIMT.com](http://www.CenterIMT.com)  
22. Biotics Research [www.bioticsresearch.com](http://www.bioticsresearch.com)  
23. [Waiora@TheBurnhamReview.com](mailto:Waiora@TheBurnhamReview.com)

### Kim's Medicine Cabinet

There are a number of things in my medicine cabinet which I consider like a first aid kit or emergency supply kit.

The following products are from a variety of companies. There is also a self-study nutritional program at [www.TheBurnhamReview.com](http://www.TheBurnhamReview.com)

### Homeopathy for Anaphylaxis, Allergies, and Shock

Tonsilla (Heel<sup>1 1)</sup>  
Apis (Heel<sup>2 1)</sup> for Bee Stings & bites  
Epinephrine (Homeopa Deseret<sup>3 2)</sup>)

### Adrenal Stress

Cantharis (Heel<sup>4 1)</sup>  
Drenamine (Standard Process<sup>5 3)</sup>)

### Food Poisoning / Digestive Upset

Tribulus (MediHerb<sup>6 4)</sup>  
Cranberry (MediHerb<sup>7 4)</sup>  
Tribulus Synergy (Metagenics<sup>8 5)</sup>  
Gluten Digest (CenterIMT<sup>9 6)</sup>  
Nux Vomica (Heel<sup>10 1)</sup>)

### Respiratory, Colds, Flu)

Congaplex (Standard Process<sup>11 3)</sup>)  
Mucococcinum (Seroyal<sup>12</sup>)  
Catalyn (Standard Process<sup>13 3)</sup>)

### Skin, Rashes, Bites, Burns

### Joint and Muscle Inflammation or Injuries

Kaprex (Metagenics<sup>16 5)</sup>  
Traumeel (Heel<sup>17 1)</sup>  
Arnica (Homeopathic)  
Essential Fatty Acids (Fish Oils, Flax Seed Oil, Krill Oil, Phophotydlcholine, Borage Oil, etc)

### Ear Aches

Chamomilla (Heel<sup>18 1)</sup>)

### Fevers

Belladonna (Heel<sup>19 1)</sup>)

### Overall Health

Green Tea (CenterIMT<sup>20 6)</sup>  
Thymus Support for Immune System (CenterIMT<sup>21 6)</sup>  
Biotics Detoxification (Biotics<sup>22 7)</sup>  
Natural Cellular Defense<sup>23 8</sup>

### References

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