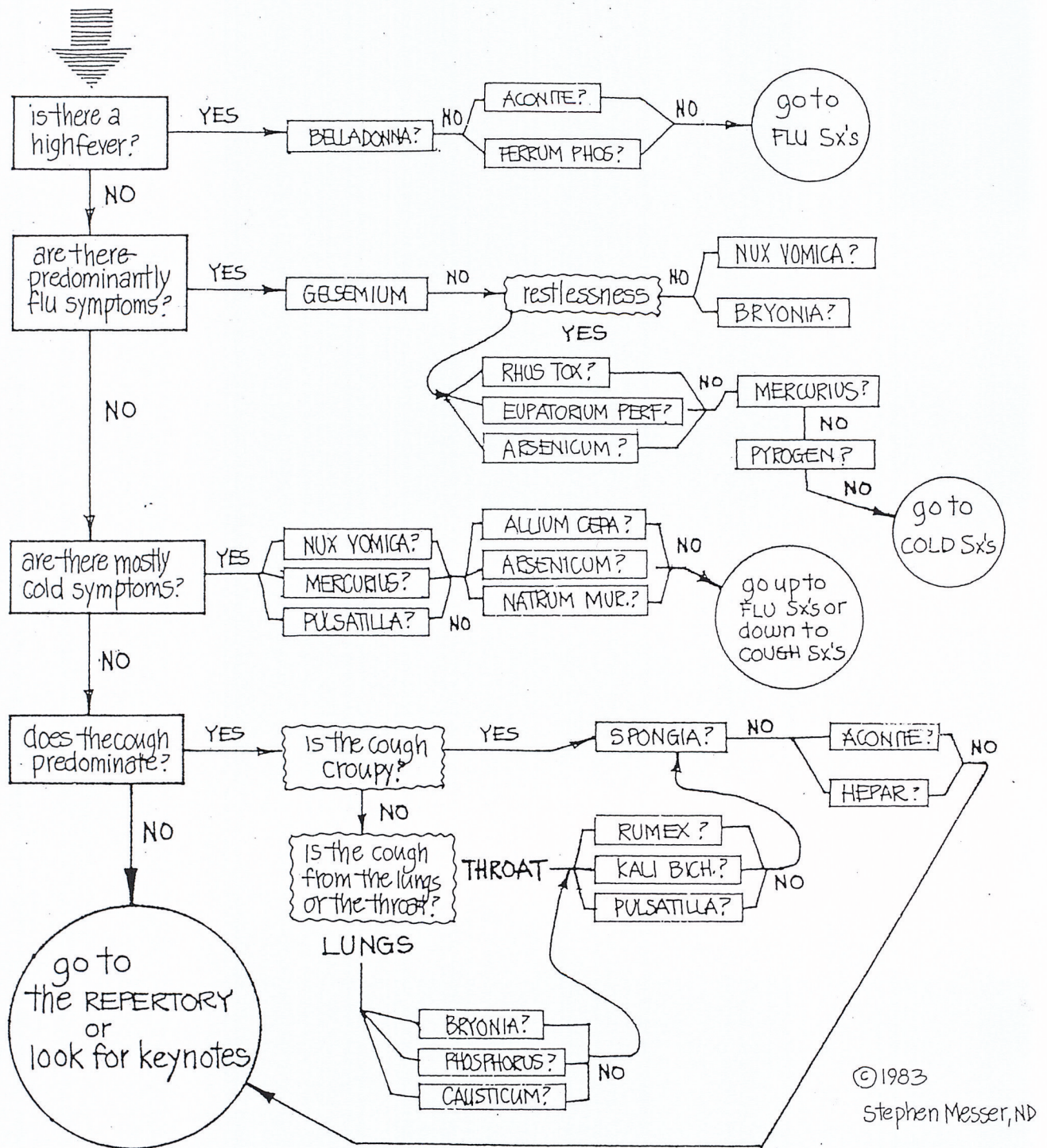


# A CHART OF SIMPLE COLDS, FLUS, AND COUGHS by STEPHEN MESSER, ND



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Stephen Messer, ND

This chart was developed by Dr. Stephen Messer of Eugene, Oregon.

To use the chart, begin at the top left hand column. If there is a high fever, follow the arrow to the right. Read up on the remedy *Belladonna*. If that remedy does not fit the case then look at *Aconite* and *Ferrum phos*. If neither of these remedies fit, then move down to the next block and repeat the procedure. Dr. Messer informs us that he has used the chart regularly in his practice and has found need to search beyond its scope on only a few occasions.