

# Symptomatic Relief: Unda Plex Remedies to Support your Patient

Presented by Dr. Robert Abell, N.D., L.Ac.  
Part 2 of 2



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## Dr. Robert Abell, N.D., L.Ac., VNMI

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# UNDA PLEXES: SYSTEM-SPECIFIC SPECIALTY FORMULATIONS



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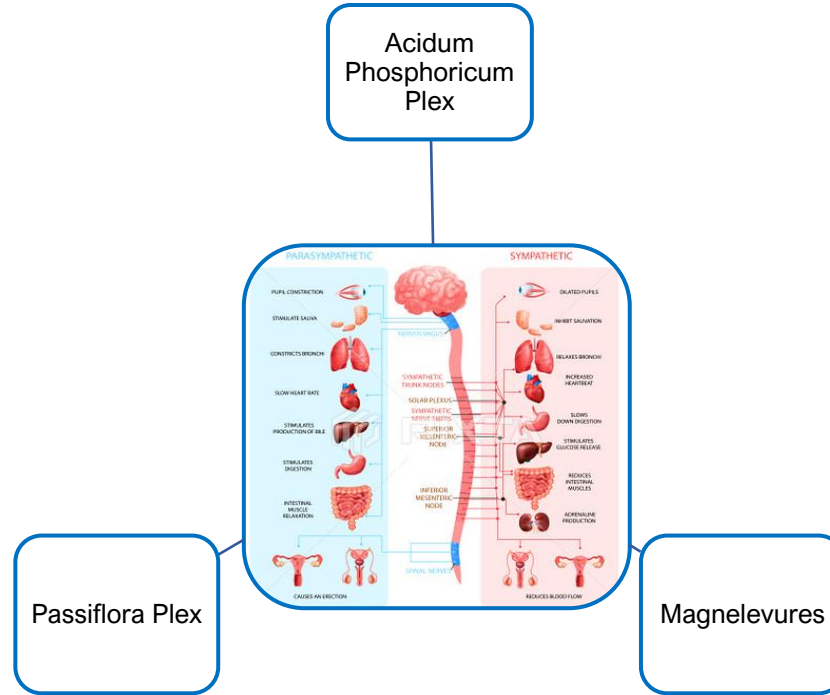


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# Nervous System



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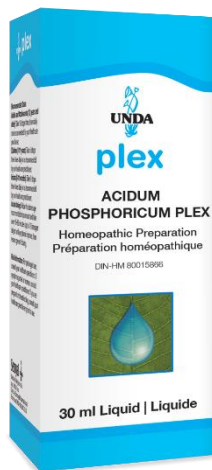


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# Acidum Phosphoricum Plex



**Organ System Applications:**  
Nervous

Acidum Phosphoricum Plex is a homeopathic preparation specifically formulated to support, balance and strengthen the nervous system and alleviate mental fatigue.

## Applications:

Helps to support relief of:

- Mental fatigue and metal weakness
- Lack of concentration and mental focus
- Mental agitation

## EACH DROP CONTAINS:

<i>Phosphoricum acidum</i> (Phosphoric acid).....	6X
<i>Avena sativa</i> (Oats) Aerial Parts of Flowering Parts.....	3X
<i>Anacardium orientale</i> (Anacardium) Fruit.....	6X
<i>Argentum nitricum</i> (Silver nitrate).....	6X
<i>Arnica montana</i> (Mountain arnica) Underground Parts.....	6X
<i>Gelsemium sempervirens</i> (Yellow Jessamine) Underground Parts.....	6X
<i>Kali phosphoricum</i> (Dipotassium hydrogen phosphate).....	6X
<i>Selenium metallicum</i> (Selenium).....	6X



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# Magnelevures



## Organ System Applications:

Cardiovascular, Musculoskeletal, Nervous

Magnelevures is a unique vitamin, mineral and amino acid complex with primary components of Magnesium and Taurine. This formulation is a source of antioxidants and electrolytes; and can support the maintenance of proper muscle function (including the heart muscle), and provide support for the musculoskeletal, cardiovascular and nervous systems.

## Applications:

### Supports:

- Cardiovascular health
- Musculoskeletal health
- Nervous System health

### EACH SACHET (4 g) CONTAINS:

Magnesium (magnesium L-5-oxo-proline).....	150 mg
Taurine .....	100 mg
L-Glutathione .....	10 mg
Vitamin B <sub>6</sub> (pyridoxine hydrochloride) .....	3 mg
Thiamine (thiamine hydrochloride).....	2.1 mg



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# Passiflora Plex



**Organ System Applications:**  
Nervous

Passiflora Plex consists of synergistic homeopathic remedies known for their ability to calm and nourish the nervous system and help to promote healthy sleep patterns.

## Applications:

Helps to:

- Relieve sleeplessness
- Alleviate restlessness and disordered sleep
- Support nervous system health

## EACH DROP CONTAINS:

<i>Passiflora incarnata</i> (Passionflower) Aerial Parts.....	3X
<i>Ignatia amara</i> (Ignatius Bean) Seed .....	8X
<i>Coffea cruda</i> (Coffee) Unroasted Seeds .....	10X
<i>Jalapa</i> (Jalap) Root.....	8X
<i>Tellurium metallicum</i> (Tellurium).....	10X
<i>Phosphoricum acidum</i> (Orthophosphoric acid).....	14X
<i>Palladium metallicum</i> (Palladium) .....	10X
<i>Magnesium metallicum</i> (Magnesium).....	10X



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# Oral System



Homeofresh  
Toothpaste



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# Homeofresh Toothpaste (Chlorophyllum & Citrus)



**Ingredients/ Ingrédients:** Water (eau), Glycerin, Hydrated Silica, Sorbitol, Xylitol, Sodium lauryl sarcosinate, Xanthan gum, Polysorbate 20, Chlorophylli flavor (aroma), Ammonium glycyrrhizate, Benzoic acid, Allantoin, Calendula officinalis (marigold) extract, Plantago major (plantain) leaf extract, Natural licorice flavor (aroma), Mixed tocopherols, Chlorophyllin-copper complex (Ci 75810)



**Ingredients/ Ingrédients:** Water/Eau, Glycerin, Hydrated silica, Sorbitol, Xylitol, Sodium lauryl sarcosinate, Xanthan gum, Polysorbate 20, Citrus flavor (aroma), Ammonium glycyrrhizate, Benzoic acid, Allantoin, Calendula officinalis (marigold) extract, Plantago major (plantain) leaf extract, Natural licorice flavor (aroma), Mixed tocopherols

## Organ System Applications:

Oral

Homeofresh toothpaste contains natural extracts from fresh plants specifically selected for their ability to support the health of teeth, gums and oral health in general. Herbs that are included also protect and maintain the natural ecosystem of the oral flora.

## Applications:

Supports:

- Health of teeth, gums and oral health in general.



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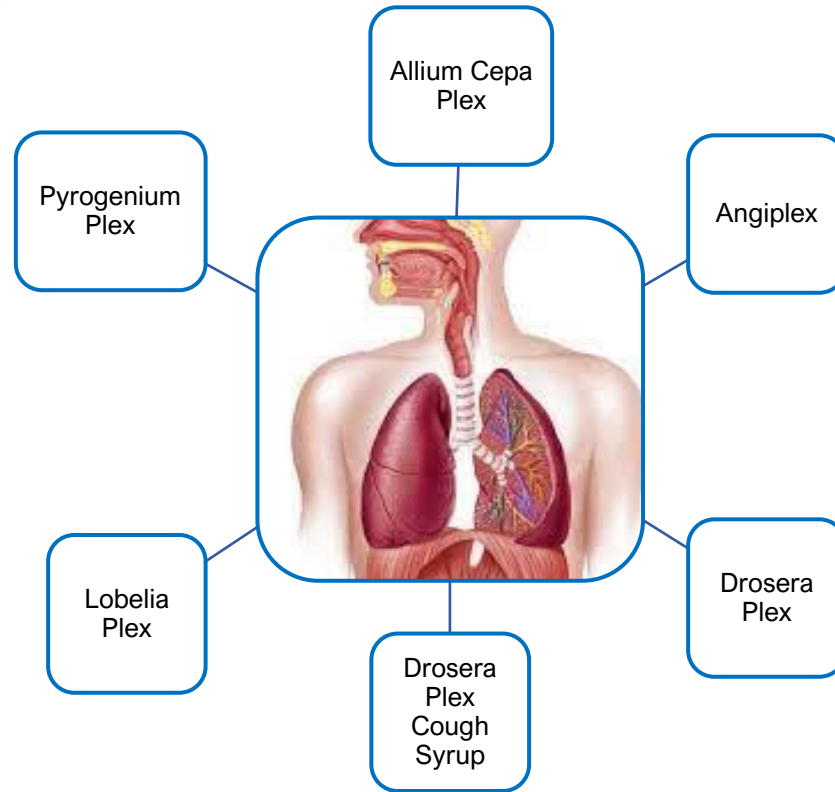


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# Respiratory System



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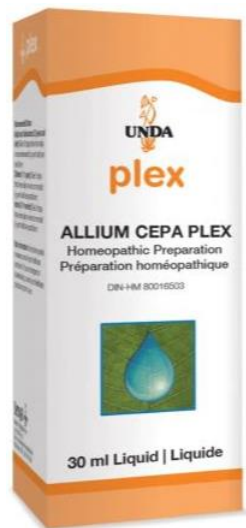


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# Allium Cepa Plex (back in stock mid-July)



**Organ System Applications:**  
Respiratory

Allium Cepa Plex consists of a selection of homeopathic remedies combined specifically target the upper respiratory system and assist with the temporary relief of nasal congestion and watery eyes due to colds and allergies.

## Applications:

Helps to support upper respiratory system health and the relief of:

- Watery eyes and nose
- Nasal congestion.

## EACH DROP CONTAINS:

<i>Allium cepa</i> (Onion) Mature Bulb .....	6X
<i>Belladonna</i> (Deadly Nightshade) Whole Plant .....	.6X
<i>Euphrasia officinalis</i> (Eyebright) Whole Flowering Plant .....	6X
<i>Mercurius dulcis</i> (Mercurous chloride) .....	.6X
<i>Hydrastis canadensis</i> (Goldenseal) Underground Parts .....	.6X
<i>Kalium bichromicum</i> (Potassium Bichromate) .....	6X
<i>Sambucus nigra</i> (European elder) Leaves and Inflorescences .....	.6X



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# Angiplex



**Organ System Applications:**  
Respiratory

Angiplex contains homeopathic ingredients that work in synergy to target, soothe and heal the throat in relation to minor upper respiratory tract conditions such as the cold.

## Applications:

Supports relief of:

- Soreness, burning, stinging and congestion in the throat
- Hoarseness due to minor upper respiratory tract conditions

## EACH TABLET CONTAINS:

<i>Aconitum napellus</i> (Aconite) Whole Plant.....	.8X
<i>Apis mellifica</i> (Honeybee) .....	.8X
<i>Arum triphyllum</i> (Indian turnip) Underground Parts .....	.4X
<i>Belladonna</i> (Deadly nightshade) Whole Plant .....	.8X
<i>Kalium bichromicum</i> (Potassium bichromate) .....	10X
<i>Lachesis mutus</i> (Bushmaster) Venom .....	10X
<i>Mercurius solubilis</i> (Hahnemann's soluble mercury) .....	10X
<i>Phytolacca decandra</i> (Pokeweed) Root.....	.8X



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# Drosera Plex Cough Syrup



**Organ System Applications:**  
Respiratory

Drosera Plex Cough is an excellent non-suppressive cough syrup formulation containing synergistic botanicals and homeopathic ingredients, specifically combined for their affinity to heal, soothe and relax the respiratory tract.

## Applications:

Provides:

- Relieve for coughs in a non-suppressive manner.

## EACH TEASPOON CONTAINS:

<i>Drosera</i> (Sundew) Whole Plant .....	MT
<i>Ipecacuanha</i> (Ipecac) Underground Parts.....	.3X
<i>Origanum vulgare</i> (Wild marjoram) Aerial Parts.....	4D
<i>Papaver rhoeas</i> (Corn Poppy) Flower .....	.2X
<i>Sulphur</i> (Sublimed sulfur) .....	.6X
<i>Rumex crispus</i> (Curly dock) Underground Parts.....	.8X
<i>Pulsatilla</i> (Wind flower) Whole Plant .....	.6X
<i>Spongia tosta</i> (Roasted sponge).....	.8X
<i>Hyoscyamus niger</i> (Henbane) Whole Plant.....	.8X
<i>Lachesis mutus</i> (Bushmaster) Venom .....	.8X
Non-Medicinal Ingredients:	
<i>Adiantum capillus-veneris</i> (Maidenhair) Leaf.....	MT
<i>Hyssopus officinalis</i> (Hyssop) Aerial Parts .....	MT



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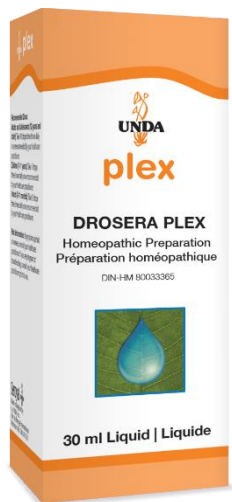


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# Drosera Plex



**Organ System Applications:**  
Respiratory

Drosera Plex contains synergistic homeopathic ingredients that work together to support the upper respiratory tract, in relation to coughs, specifically alleviating dry coughs.

## Applications:

Provides:

- Relieve for coughs in a non-suppressive manner (generally dry coughs)

## EACH DROP CONTAINS:

<i>Drosera</i> (Sundew) Whole Plant .....	.6X
<i>Arnica montana</i> (Leopard's Bane) Underground Parts .....	.6X
<i>Belladonna</i> (Deadly Nightshade) Whole Plant .....	.6X
<i>Cina</i> (Wormseed) Unexpanded flower-heads .....	.6X
<i>Coccus cacti</i> (Cochineal) Dried Female Insect .....	.6X
<i>Corallium rubrum</i> (Red Coral) Calcareous Exoskeleton .....	.6X
<i>Cuprum metallicum</i> (Metallic Copper) .....	.6X
<i>Ferrum phosphoricum</i> (Hydrated iron [III] phosphate) .....	.6X
<i>Ipecacuanha</i> (Ipecac) Underground Parts .....	.6X
<i>Solidago virgaurea</i> (Goldenrod) Inflorescences .....	.2X



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# Lobelia Plex



**Organ System Applications:**  
Respiratory

Lobelia Plex consists of homeopathic ingredients that support the upper respiratory tract and assists with the temporary relief of coughs .

## Applications:

Provides:

- Relieve for coughs, shortness of breath and upper respiratory congestion

## EACH DROP CONTAINS:

<i>Antimonium sulphuratum aureum</i> (Golden antimony sulfide) .....	.8X
<i>Arsenicum iodatum</i> (Arsenic triiodide) .....	.8X
<i>Blatta orientalis</i> (Indian cockroach) Live Insect .....	.6X
<i>Eriodictyon californicum</i> (Yerba santa) Aerial Parts .....	.3X
<i>Ipecacuanha</i> (Ipecac) Root and Rhizome .....	.4X
<i>Lobelia inflata</i> (Indian tobacco) Whole Plant .....	.8X
<i>Natrum sulphuricum</i> (Sodium sulfate) .....	10X
<i>Sambucus nigra</i> (European elder) Leaves and Inflorescences .....	.1X
<i>Senega officinalis</i> (Seneca snakeroot) Root .....	.1X



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# The use of Drosera Plex Cough Syrup VS Drosera Plex VS Lobelia Plex

## Drosera Plex Cough Syrup

- Expectorant cough syrup
- Excellent for WET, mucous coughs
- Helps the body expel excess mucous and reduce irritation



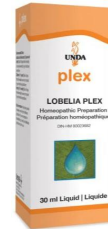
## Drosera Plex

- Antitussive effect
- Reduces irritation of dry, damaged respiratory mucous membranes
- Excellent for DRY, IRRITATED coughs



## Lobelia Plex

- Antispasmodic
- Natural broncho-dilator
- Can be used in bronchial spasms



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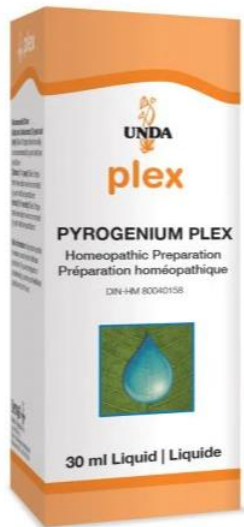


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# Pyrogenium Plex



**Organ System Applications:**  
Respiratory

Pyrogenium Plex contains a specific combination of synergistic homeopathic remedies known for their properties in providing relief of symptoms associated with congestion in the upper respiratory tract, nasal cavity and sinuses.

## Applications:

Helps to support:

- Temporary relief of symptoms associated with general nasal and sinus congestion such as runny nose, sneezing, sinus pain and nasal congestion.

## EACH DROP CONTAINS:

<i>Pyrogenium</i> (from autolysate of porcine muscle) .....	6CH
<i>Hydrastis canadensis</i> (Goldenseal) Underground Parts .....	5CH
<i>Hepar sulfuris</i> (Impure calcium sulfide) .....	5CH
<i>Kalium bichromicum</i> (Potassium bichromate) .....	5CH
<i>Kalium iodatum</i> (Potassium iodide) .....	5CH
<i>Arsenicum album</i> (Arsenic trioxide) .....	5CH



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# Poll



Poll 1. For the last 2 years, our patients have been under an unusual amount of stress due to the pandemic.

Stress is the #1 reason patients seek medical assistance.

Which Plex remedy is the most effective remedy in the Plex system to help alleviate the symptoms of stress?

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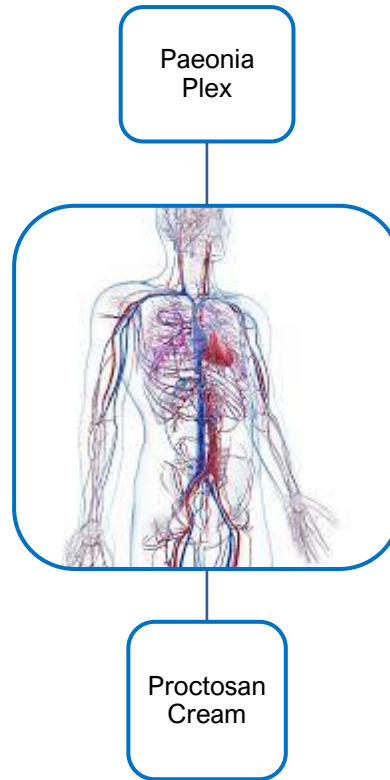


UNDA



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# Vascular System



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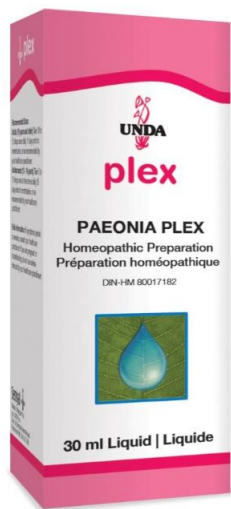
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# Paeonia Plex



**Organ System Applications:**  
Hepatic, Vascular

Paeonia Plex provides support for both the hepatic and vascular systems. This formulation helps to promote and maintain healthy liver function and also assists with the temporary relief of symptoms associated with insufficient vascular health and swollen venous eruptions.

## Applications:

Supports:

- Efficient liver function
- Relief of painful, itchy swollen venous eruptions

## EACH DROP CONTAINS:

<i>Aesculus hippocastanum</i> (Horse Chestnut) Nut.....	3X
<i>Arnica montana</i> (Mountain Arnica) Underground Parts .....	4CH
<i>Graphites</i> (Black Lead) .....	4CH
<i>Hamamelis virginiana</i> (Witch Hazel) Bark .....	4X
<i>Nitricum acidum</i> (Nitric Acid).....	4CH
<i>Nux vomica</i> (Poison Nut) Ripe Seeds.....	4CH
<i>Paeonia officinalis</i> (Peony) Underground Parts .....	4X
<i>Sulphur</i> (Sublimed Sulfur).....	6X



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# Proctosan Cream



**Organ System Applications:**  
Vascular

Proctosan Cream is a botanical formulation of herbs with an affinity for tonifying and healing the vascular system.

## Applications:

Provides:

- Topical application for congestion and fissures associated with the vascular system.

## MEDICINAL INGREDIENTS:

<i>Aesculus hippocastanum</i> (Horse chestnut) Seed.....	MT
<i>Collinsonia canadensis</i> (Stone root) Underground Parts.....	MT
<i>Negundo</i> (Box-elder) Bark.....	MT
<i>Paeonia officinalis</i> (Peony) Underground Parts.....	MT
<i>Ratanhia</i> (Rhatany) Root.....	MT



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# Clinical Cases



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UNDA



Garden of Life



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# Clinical Case #1



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# Chronic Sinusitis

- 39 y/o male

CC: Sinusitis, frontal headache, ear pain

S: Acute sinus infection dx by EENT with concomitant ear infection.

- Symptoms began 14 days ago. Saw GP who referred to EENT for evaluation. RX Augmentin 7-day course. Symptoms only slightly improved. EENT suggests trying Zithromax. Patient wants to try the natural solutions due to chronic issue with sinus infections over the last 12 years. Extreme pressure in head when bending forward.

O: Tender frontal and maxillary areas, temperature 99.2 F (37.3C), rubor in left external auditory canal, TM convex with fluid line.

A: Acute Sinusitis and Otitis Media

S: ?

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# Acute Treatment

- Pyrogenium Plex – 10 drops 6 times a day
- Echinsyr – 5mL two times a day
- Chelidonium Plex – 10 drops three times a day
- HMF Replenish – one capsule a day
- Kalium muriaticum 6X Schuessler – 3 tablets three times a day
- Ferrum phosphoricum 6X Schuessler – 3 tablets three times a day

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## Follow Up

- Patient RTC 5 days after initial visit
- Amazed in how much better he is doing.
- Was VERY skeptical about natural remedies being able to help, but was so frustrated with antibiotics and wife convinced him to try
- Only slight pressure in sinuses. Ear pain gone. Has some yellow mucous in the morning but feels 80% better.
- Patient advised to continue until completely better and then continue for 3 more days before stopping remedies. Advised to follow with full evaluation for causation of sinus and immune issues.

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# Clinical Case #2



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# Anxiety and Insomnia

- 33 y/o female
- CC: daily anxiety and insomnia after childbirth
- S: birth of daughter 9 months ago. Baby is not a great sleeper and wakes 3-4x/night. Does not want to take any RX medications due to breastfeeding. Has tried melatonin and only helps slightly. Has a history of anxiety as a teenager and in college due to perfectionist tendencies.
- O: 125lbs, 5'7". Is pre-pregnancy weight. Thin, small boned. Seems agitated and on guard, defensive.
- A: post partum anxiety and insomnia, adrenal deficiency
- P: ?

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# Anxiety and Insomnia

- Passiflora Plex: 10 drops TID and before bed
- Calm-gen: 5 drops BID or as needed for anxiety
- Magnelevures: 1 sachet mixed in water before bedtime
- Staphyasagria 6C: 3 granules at bedtime before brushing teeth

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# Anxiety and Insomnia

- Patient RTC after one month and is now feeling more relaxed and is sleeping better. Has noticed that after she takes the Passiflora Plex and then breastfeeds, the baby is calmer and sleeps better.
- Advised patient to continue as needed the remedies that she feels helps. She indicated that she would like to continue all four.
- After another month patient says that the baby is waking only a few times at night to breastfeed. Mom is feeling more relaxed and feels calmer, but still has anxiety at times.
- Patient advised to consider doing more long-term care to deal with underlying mental/emotional issues.

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# Clinical Case #3



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# Acute URTI

- 45 y/o male
- CC: acute URTI, cough, fever, fatigue, body aches, hard to take a deep breath
- S: COVID test negative, began 2 days ago.
- O: Oral Temp – 100.9. Shallow breathing, no rales. Pale. Cough wet with yellow, slimy mucous.
- A: Acute Influenza
- P: ?

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# Acute URTI

- Febriplex – one tablet dissolved in mouth every hour until improvement and then decrease to TID until fever resolved
- Drosera Plex Cough Syrup – one tablespoon 5-6x/day
- Echinysr – 5mL BID for no more than 10 days
- Muco coccinum – one tablet 3x/day for 2 days and then 1x/day for 5 more days
- Amino NAC – 2 capsules three times a day
- C1000 – one tablet 6x/day
- Zinc Picolinate Formula – one capsule BID

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# Acute URTI

- Patient RTC in 3 days
- Oral temperature – 98.4F (36.9C), skin color no longer pale, still coughing up yellow mucous in the morning, feels energy is 70% but gets tired as the day goes. Body aches gone after 2 days.
- Advised patient to continue protocol until back to normal and then another 5 days to make sure it does not return.

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# Clinical Case #4



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# Hormonal dysregulation

- 28 y/o female
- CC: PMS, cramps, migraines, bloating, irritable and angry 5 days before menses
- S: History of PMS for the last year. Menarche began at 12 y/o – started and stopped for 6 months and then more regular until BCP at 16 y/o. Stopped BCP one year ago trying to get pregnant. Periods have been irregular since stopping BCP.
- O: Oral Temp – 96.8F (36.0C). Ankles edematous, non pitting edema (one week before menses due). Liver palpation tender. Abdominal palpation tender in lower quadrants.
- P- ?

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# Hormonal dysregulation

- Cimicifuga Plex – 10 drops TID from day 14 to beginning of menses
- Chelidonium Plex – 10 drops TID daily
- GLA 130 Primrose Oil – 2 capsules BID Day 15 to menses
- Organic Flax Seed Oil – 2 capsules BID Day 1 to Day 14
- Sepia 6C – 3 granules daily

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# Hormonal dysregulation

- RTC in two months
- Has had one period since first treatment and PMS was 50% better. No headache pre-menstrually. Cramps much better, but still hard Day 1 of period. Was still irritable, but not as angry the week before menses. Feels like she had a good improvement.
- Advised patient to continue protocol with the addition of UNDA 1, 20 and 243 – 7 drops BID on day 7 to start of menses.
- RTC in another 2 months and said it was the best premenstrual week she has had since stopping the BCP. Now wants to work on getting pregnant.

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# Poll



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# Thank you!



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