



## HOMEOPATHIC IMMUNE BOOSTING FORMULA

**The homeopathic 'Breathe' formulation** helps to boost the immune system and also harmonize its activity. It may therefore be useful in aiding an effective immune response to a viral episode. It is designed to prevent immunological over-reaction which may cause excessive spikes in cytokines. Cytokine storms may precipitate auto-immune damage of organ membranes and haemoglobin, which causes conglomeration of blood and clotting.

This formula has both anti-inflammatory effects and circulatory benefits, assisting blood flow. It can be ordered from “Breathesa” website, where there is more information. <https://www.breathesa.com>

### Formula Rationale

All researchers, homeopathic physicians and pharmacists are encouraged to access detailed homeopathic Materia Medica if they wish to confirm the reasoning which underlies this special formula.

**Senega** 200ch - finds use for treating pneumonia particularly for the aged who have degenerating DNA, and weak lungs. Senega prevents accumulation of thick, sticky mucus, which is difficult to eject. It is also anti-inflammatory – like Bryonia and Cinchona below.

**Bryonia Alba** 200ch is an important addition to counteract the commonly found symptom pattern of a headache, dry, sore throat and achey flu, which can descend suddenly into lungs, resulting in pneumonia. The inflammation of the lungs is accompanied by painful constriction of breathing, and scanty expectoration.

**Antimony Tart** 200ch is matched up to a pattern of profound weakness (commonly found), along with an inability to bring up mucus from the lungs, which may then build up and suffocate. This medicine is used for pneumonia with the above characteristics.

**Arsenicum Album** 30ch - boosts immune power of lungs and increases oxygen uptake. It also powerfully supports the adrenals and thymus gland, possibly preventing an overreaction of immune response. It is a major remedy for asthma.

**Cinchona Off. (Quinine)** 30ch – is a widely recognized antimalarial; found to be useful for intermittent bouts of fever, suffocative cough and difficulty breathing, along with disorganized hemoglobin .

**Eupatorium Perf.** 30ch - has chills with bone aching fever, headache, dry sore trachea, and a deep hoarse cough.

**Pneumococcus** 30ch – is used to encourage antibodies to pneumonia and boost defence against pneumonia type patterns.

**Influenzinum** 15ch – has long been used effectively in homeopathy for prevention and treatment of viral influenzas.

**Kali Bich & Kali Mur** 12ch - both loosen up sticky mucus, and sticky blood thereby aiding reducing a tendency for coagulation and aiding expectoration.

**Zincum Phos & Ferrum Phos** 12ch both boost the immune response of the lungs.

**Hepar Sulph** 12ch - helps prevent infected mucus and pus forming in the lungs, which blocks the tubes.

**Artemisia Annu**a 15ch – is a well researched anti-malarial plant with demonstrable immune stimulating properties.

Dr. Berkeley Digby originated this formula with help from internationally known homeopaths. He was trained in Europe, and practiced 'classical homeopathy for over 40 years. During the last decade he found that viral epidemics were presenting with very complex patterns, and found it necessary and more effective to use several appropriate homeopathic remedies in a complex formula.

The most recent virus strains are most complex and dangerous, as they undermine several physiological systems all at once. The 'Breathe' formula is created specifically to protect organs and counter complex invasion. It is composed of a unique combination of homeopathic medicines put together in various potencies. Variations in potency from higher 200ch to lower 12ch also have a rational explanation.

Briefly, the higher 200ch potencies are reserved for medicines which are specific to the most acute and intense disease patterns which arise in the earlier stages of infection. Bryonia Alba, Antimonium Tart, and Senega are all added in 200ch potencies. These higher potencies one could identify as the 'leading medicines' in the formula. Those medicines which are in the 30ch potency group are of secondary importance, yet have a valuable role to play in resolving acute symptoms. The lower 15ch and 12ch potencies are mainly added to counteract infection (viral and bacterial), and strengthen immunity generally.

It may be added that this formula has been extremely successful in mitigating symptoms and aiding recovery in many documented cases of people in and out of hospital, suffering from serious symptoms. Please note that there are many testimonials available from 'contactable' people – and we have published a few of them on this website. The formula has also been used alongside conventional drug prescriptions with excellent results, as it does not interfere with, or alter their bio-chemical effects.

Homeopathic medicines are very diluted and thus completely harmless, yet powerfully effective in stimulating an appropriate immune response  
Patients are always encouraged to consult their physicians if they are experiencing Symptoms, and particularly if symptoms persist.

---

The following few testimonials from contactable clients, are clearly illustrative of the effectiveness of this formulation.

## **TESTIMONIALS** regarding the Breathe Formulation

“Thanks so much for the anti-viral formula. My 85 year old father was admitted to hospital with breathlessness, weakness, pneumonia, high fever and pleural effusion which was drained. They sent him home after 2 days saying they could do nothing more... He couldn't sit up or eat and had constant pains in the lungs. He started the Homeopathic formula and some added doses of China and recovered fully in two weeks.

He took no other treatment.”

***Kim C. Claremont.***

“Thank you for your Homeopathic remedy for boosting immunity against Viral Infections. I came to you with a fever, scratchy cough and a headache. I was also short of breath and was worried that I had the dreaded virus. Within a day or two your remedy helped me to feel back to my normal self again and I have been taking it regularly as prescribed ever since.

I have also bought a few extra bottles and handed them to staff and friends who were worried and wondering what to use as prevention.

Thank You! Thank You! It has helped us all to feel more protected”

***Carol L. Plettenberg Bay***

“In October 2019, I came down with a very serious bout of bronchitis. This is especially dangerous for me as I was diagnosed with emphysema 8 years ago. Within 10 days of treatment I recovered and was in a better condition than I was before I started taking his treatment.”

***Crosby M. Garden Route***

“Thank you for the Amazing Anti Viral drops you made for our family, friends and staff. We've all used them for the past 12 weeks and been feeling fantastic!

Best Regards, “

***Ilia G. Johannesburg***

“Ten years ago I was diagnosed with chronic bronchiectasis, succumbing frequently to colds and flu with complications of bronchitis. Recently a sore throat, headache and undue

tiredness indicated a virus upon waking. Dr Berkeley Digby prescribed the Breathe Homeopathic Formula to be taken at 2 hourly intervals.

I felt rather poorly during the day, yet to my surprise by bedtime most of the symptoms were virtually gone! In the morning I was even better and symptoms did not return. From my experience of 26 years of homeopathic treatment this formula powerfully and quickly dispenses with respiratory viruses. I highly recommend the Breathe Homeopathic Formula as an essential in the medicine chest. “

***Marianna.M. Cape Town***

“I am 68 years old, with diabetes, high blood pressure and heart disease, and I also have a rare motor-neuron condition.

I contracted covid-19 recently and started taking the Breathe product. I was hospitalised, but my symptoms went away after a short while and I have made a full recovery and I am back home now. I definitely believe that the Breathe product supported my immune system and assisted it to fight off the covid-19 virus.

I have recommended the product to all my family and friends. Two thumbs up! “

***Pat N. Rylands, Athlone***

“I contracted COVID-19 and was very ill with severe chest pains, high fever and body pains. I started taking Breathe a few days later and after a week my symptoms were gone and I have made a full recovery. I now have my entire family using this great product to protect our immune systems. “

***Shamiela M, Athlone***

“A big thank you for introducing me to your products, I must confess I was a bit sceptical at first and when I read the information about the product and trying it out, I was really relieved because I'm convinced that I'm untouchable. I'm in essential services and am being exposed every day but I've been really feeling great every day. My colleagues are also using the products as well.

My entire family is using the same product. Thank you so much once again team. Kind regards. “

**Sthe D, Table View**

