

German Apotheke/Pharmacy Must-Haves for your Medicine Cabinet



By Lauren Steinman, Naturopathic Doctor



Who am I and who is this guide for?

Hi- I'm Lauren. I'm a Naturopathic Doctor and Heilpraktiker with a private practice in Idstein, Germany. I'm a mom of two young boys and grew up in Germany in an American Family associated with the US military. I grew up bilingual and am passionate about helping service members, their families, and everyone else transplanted to Germany find their

footing when it comes to taking care of themselves and their families. I made this resource due to overwhelming requests from patients.

Many moms I talked to feel really overwhelmed by their options at German pharmacies., so this guide is a labor of love to support you! There is SO much good stuff waiting for you there to help you take care of your family- often in a more natural way than what is available to you on base or in the states. Germany has put a lot of research money into developing evidence-based herbal and natural medicines for common ailments and has a long tradition of using these safe and effective medicines as first line treatment. I put together this guide of my favorite tried and true remedies, medicines, and herbal products to help put you in the driver's seat of your family's health while you're in Germany.

If you would like individualized guidance for your or your family's health, I'm here to help as the only American licensed US Naturopathic Doctor in Germany. You're welcome to establish care with me in my private practice. Many american private insurances cover my services. I treat people of all ages and you can book an appointment via my website : <https://www.laurensteinman.com/>

DISCALIMER: Please note, none of this information constitutes medical advice and I assume no liability. This guide does not replace the need for a medical exam and diagnosis in the case of these ailments, especially if antibiotics may be needed. This is simply an informational resource to help you know what is available over the counter in Germany. Please speak with your medical provider and/or a pharmacist about these medicines, their dosing and potential contraindications, or other questions you may have.

How to use this guide:

I divided this guide into sections for easy reference. You'll find the sections are split into symptoms of common ailments, as well as baby-health, and nursing mama support.

These medicines are all available over the counter and can be purchased at any Apotheke/ German Pharmacy. Pharmacists are often very happy to make suggestions if you tell them a little about your or your children's health complaints. Many of these items are not carried in stock by all Apotheken at all times and you'll need to ask your pharmacist to order them

for you sometimes. This is quick and easy, as well as free to you. You can also call ahead to save yourself an extra trip. Alternatively, many online discounter pharmacy websites exist, such as Medpex.de, Shop Apotheke.de, and so on. These often have better prices than the brick and mortar pharmacies. Make sure to read the information pamphlet included for each of these items to know how to dose the medicines correctly. This is especially important if you don't talk to a pharmacist in person.

I'd suggest putting together a first aid assortment for maximum peace of mind if you or your family deals with anything on a regular basis (in our house, that's currently upper respiratory infections/coughs with our 2.5 and 4 year olds).

The way these remedies are written can be copied onto a notepad and shown to a pharmacist.

COMMON AILMENTS

Colds and Flu:

- ❖ Angocin (herbal pill)
- ❖ Sinupret Forte (herbal pill)
- ❖ Sinupret Saft (herbal liquid for kids)
- ❖ Metavirulent Liquid (herbal/homeopathic tincture)
- ❖ Infuldo Liquid Weleda (herbal/homeopathic tincture)
- ❖ Agropyron Globuli Velati Wala (herbal/homeopathic pellets for nasal congestion)
- ❖ Otriven (baby nosedrops)
- ❖ Nurofen fiebersaft (Ibuprofen liquid)

Sinuses:

- ❖ Sinupret Forte (herbal pill)
- ❖ Emser Nasenspray (Saline nosespray, they also make a baby version)
- ❖ Angocin (herbal pill)

Ear aches:

- ❖ *To prevent if a cold has already started in your little one: Sinupret Saft, Nose drops*
- ❖ Aconitum Ohrentropfen Wala
- ❖ Kirschkernkissen (warm this in the microwave, not too hot! And apply to the ear in pain)
- ❖ Mercurialis salbe (cream, it gets applied to area in front of and behind ear)
- ❖ Nurofen fiebersaft (Ibuprofen liquid)

Coughs:

- ❖ Bienenwachs/Beeswax sheets - great for babies (ask pharmacist how to use these)
- ❖ Bronchi plantago Globuli Velati Wala (herbal/homeopathic pellets for productive /wet cough)
- ❖ Archangelica Globuli Velati Wala (herbal/homeopathic pellets for dry/irritating cough)
- ❖ Bronchi Plantago Husten Saft (herbal/homeopathic cough syrup)
- ❖ Prospan Hustensaft (herbal cough syrup)
- ❖ Umckaloabo Tinktur (herbal liquid for bronchitis)
- ❖ Thymi Verla Husten Tropfen (herbal liquid for wet cough)
- ❖ Husten Tee (herbal cough tee, there is also a kids version)

Digestion:

- ❖ Bactoflor Pulver für Kinder (Kids probiotic powder)
- ❖ Aktiv Kohle (Activated Charcoal, in case of food poisoning)
- ❖ Wala gentiana magen globuli (herbal/homeopathic pellets for upset stomach)
- ❖ Bitterkraft (Bitter herbal tincture for digestive support)
- ❖ Carmenthin (Peppermint/Caraway oil capsules for gas/bloating/IBS)

UTIs

- ❖ Angocin (herbal pill)

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- ❖ Femmanose (D-mannose powder)
 - ❖ Cystinol (herbal pill)

Babies

- ❖ Kümmelzäpfchen Carum Carvi Pädia (Gas pain/colic suppositories)
- ❖ Weleda Bauechlein Oel (herbal stomach massage oil for colic/gas pains)
- ❖ Kirschkernkissen (cherry pit pillow to be warmed and placed on belly- careful about burns!)
- ❖ Bienenwachs auflage (beeswax sheets to apply to baby's chest for coughs)
- ❖ Chamomilla C30 (homeopathic pellets for teething pain)
- ❖ Osanit (homeopathic pellets for teething pain)

Nursing mamas

- ❖ Bombastus Stilltee (my favorite nursing tea to help with supply)
- ❖ Bockshornklee Aktiviert Dr. Pandalis (Fenugreek for increasing milk supply)
- ❖ Multi Mam lanolin Salbe (cream for cracked/sore nipples)
- ❖ Bryonia C30 Globuli (Homeopathic pellets that can help with mastitis)
- ❖ Phytolacca C30 Globuli (Homeopathic pellets that can help with mastitis)

Headaches

- ❖ Rephalgin (homeopathic tablets)
- ❖ Magnesium Biolecetra Brausetabletten (Dissolving Magnesium)

First aid/ Skin

- ❖ Weleda Wundcreme (healing cream for cuts/scrapes)
- ❖ Wala Narbengel (cream for healing scars)
- ❖ Dermatodoron Weleda (dry cracked skin/eczema)

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