



**Nasal discharge or dryness?**



# **NET Remedies®** **#2 Metal**

**#2 Metal can help with Lung and Large Intestine conditions, as well as grief-type situations.**

**#2 Metal** is correlated with the acupuncturist's "white" Metal Element. The organs/meridians associated with the Metal Element are the Lungs and Large Intestines. Some of the direct physical indicators for this remedy are conditions associated with bronchial conditions, excess mucus, congestion, diarrhea, or constipation.

Common emotional correlations are prolonged grief, crying, compelled to neatness, defensive, sadness, yearning, cloudy thinking and anguish.

Also think of using **#2 Metal** for skin conditions or chronic lung or breathing problems.



**Additionally, NET Remedies #2 Metal can offer relief for the symptoms of:**

- ◆ Chest constriction/pressure
- ◆ Bronchitis
- ◆ Large Intestine discomfort
- ◆ Prolonged feelings of grief
- ◆ Chronic cough
- ◆ Frequent crying/weeping
- ◆ Sore or dry throat
- ◆ Hoarseness, laryngitis
- ◆ Nose discharge, dryness
- ◆ Lung congestion
- ◆ Asthma-type conditions
- ◆ Sensitivity to touch
- ◆ Skin rash or eczema
- ◆ Sinus/nasal symptoms

## **NET Remedies #2 Metal Ingredients**

Alumina, Ammonium Carbonicum, Anacardium Orientale, Antimonium Crudum, Hydrastis Canadensis, Ignatia Amara, Magnesia Phosphorica, Natrum Muriaticum, Nitricum Acidum, Osmium Metallicum, Paraffinum, Senna, Silicea, Spongia Tosta.

*If you have any questions regarding the use of this or any other NET Remedies products, please check with your practitioner.*