

# NET Remedies® #2 METAL®

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

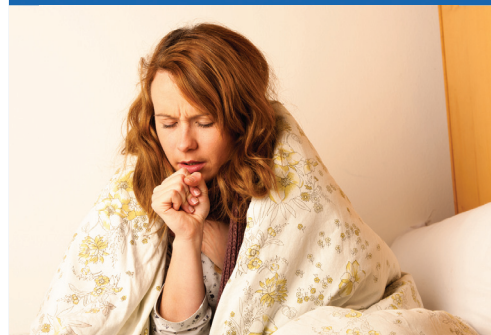
**#2 METAL®** is correlated with the acupuncturist's 'white' Metal Element. The organs/meridians associated with the Metal Element are the Lungs and Large Intestines. Some of the direct physical indicators for this remedy are conditions associated with bronchial conditions, excess mucus, congestion,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



**CHEST CONGESTION  
OR COUGHING?  
NASAL DISCHARGE  
OR DRYNESS?**



**CAN ALSO OFFER RELIEF  
FOR THE SYMPTOMS OF:**

- Chest constriction/pressure
- Bronchitis
- Large Intestine discomfort
- Frequent crying/weeping
- Sore or dry throat
- Hoarseness, laryngitis
- Nose discharge, dryness
- Lung congestion
- Asthma-type conditions
- Skin rash or eczema
- Sinus/nasal symptoms