



## **Memo to Mighty Members Tip #174**

### **NEWS: OTC Cold Meds Don't Work**

**September 28, 2023**

I labeled this Memo “News,” but is it really? It’s certainly not news to us! But in my estimation, the fact that the general public is being alerted to this issue is a sea change in mainstream health care reporting — one I’m heartened to see.

What’s the issue? Well, hold onto your hats, my friends. Over-the-counter cold and allergy medications don’t work! And the pharmaceutical industry KNOWS they don’t work.

The article published in The Atlantic ([Why Has a Useless Cold Medication Been Allowed on Shelves for Years?](#)) details the inefficacy of the pharmaceutical phenylephrine, which has been a decongestant ingredient in OTC cold and allergy meds for two decades. And lest you think this is a new revelation, it’s not!

The article quotes Randy Hatton, a pharmacy professor at the University of Florida, as saying this drug of commerce’s uselessness “... has been an open secret among pharmacists.”

What? Is he saying that Big Pharma misled the public? Go on! Really? Imagine that. <insert eye roll here, right?>

My friends, this is not news to us. Are they just noticing this? Many of us have known this for decades.

However, it honestly floors me to see the mainstream media begin to pull back the curtain, allowing the public to see just how far the pharmaceutical industry has gone to make money through deception.

I'm hoping this is a good sign. Perhaps this is a shift, and publications are finally realizing that if they want readers, they have to give the public what they want. And this kind of information is precisely what the public wants now.

Twenty-five years ago, readers probably would have glossed over the article and said, "What am I supposed to do with this information?" But now, the public is savvier.

So, it is undoubtedly encouraging that, as the article states, "an advisory panel to the FDA voted 16–0 that the drug is ineffective orally, which could pave the way for the agency to finally pull the drug."

But do I have a lot of faith that the government — the FDA — will bite the hand that feeds it by eventually ruling the industry must remove these medicaments? Not so much.

What is hopeful is that the readers will begin to come to their own conclusions. I bet many folks read that article and thought, "What? I *wasn't* crazy! That decongestant doesn't work!"



So, lick your finger and put it up in the air. Do you feel something in the air? I do. I believe public perception toward industrialized medicine is shifting.

Now is the time for each of us to evangelize our beloved health care paradigm — Practical Homeopathy®. When the public is ready to turn their backs on Big Pharma, we need to stand

poised to offer them a safe, effective, reproducible, self-reliant method to care for themselves and their loved ones.

So, pass on the good news of homeopathy. We may be on the cusp of a revolution, my friends.

Stay Mighty!



**Joette Calabrese, HMC, PHom M**

Founder and Director of The Academy of Practical Homeopathy® and Mastery™

Links:\*

Why Has a Useless Cold Medication Been Allowed on Shelves for Years? (requires free trial or subscription to read entire article) —

<https://www.theatlantic.com/health/archive/2023/09/cold-medicine-decongestant-phenylephrine-ineffective/675303/>

Popular OTC medicines for colds and allergies don't work, FDA panel says —

<https://www.cnn.com/2023/09/12/health/phenylephrine-tablets-ineffective-fda-panel-says/>

\*We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.



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**Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!**

If you have any tips to share, please send them to my team member [tracey@practicalhomeopathy.com](mailto:tracey@practicalhomeopathy.com). She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

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