



Benefits of Homeopathy

Homeopathy is a system of natural medicine used world-wide for over 200 years. Recognized by the World Health Organization (WHO) as the second most widely used system of medicine in the world. Homeopathy is Effective, Fast Acting and Cost Effective and Safe.

Homeopathy is based on two main principles

- '*Like cures like*', which means that a substance can produce certain symptoms in a healthy individual, can also be used to treat those same symptoms in a sick individual.
- '*Minimum dose*', which means that only enough medicine is given to stimulate the body's own healing mechanism (vital force or life force or chi), which ensures that homeopathic treatment is gentle and effective as it is healing.

HOWEVER...Safety First!

- Injuries or illnesses of a serious nature should never be treated without seeking expert advice.
- Use your instincts and common sense, if in doubt or worried call for medical assistance.
- Give the appropriate remedy while you are waiting for help to arrive or on your way to an emergency room. Refer to *Warning Signs at the end of pamphlet.

Colds & Flu Homeopathic Remedies

Aconitum napellus: All symptoms come on **SUDDENLY**

- Sore throats; Cold with dry hacking cough
- Croup, cough or fever that occur out of the blue or after a cold wind, draft or cold dry air
- Think the 4 F's: Fast, Fever, Fulmination (violent, big bang) and Fright
- Person feels very hot all over and is very thirsty for large quantities of cold water

Allium Cepa (red onion): One of the best coryza and acute hay fever remedy

- Severe sneezing with bland tears
- Runny nose that is burning and acrid to the skin under the nose
- Profuse watery nasal discharge → nose runs like a faucet

Antimonium tartaricum: Great action on the respiratory system – top remedy for whooping cough

- Hoarseness with lots of **Rattling** of mucus in chest but difficult to bring it up
- Difficult to breathe which is made better by bringing the mucus up → makes it a great remedy for pneumonia, bronchitis or other respiratory illness including COPD
- Burning sensation in chest which rises to throat
- Great for person with difficulties breathing due to lots of thick, white mucus in chest that can be heard
- Emphysema in the elderly
- Trembling of whole body, chills, fast pulse
- There is sleepiness and weakness with the cough
- There can be cyanosis (blueness)

Arsenicum album: Person is anxious, extreme fatigue, RESTLESS and the need for order and control; at their worst between midnight and 2 am.

- Very chilly, like sipping warm drinks
- Great for severe asthma attacks between 1 am to 3 am where person gets out of bed to relieve shortness of breath or wheezing
- Nose is stopped up, throat and air-passages constricted, unable to swallow
- Person needs extra pillow for sleeping to help with breathing

- High fever with cold sweat and complete exhaustion
- Start of a cold with clear runny nose; universal flu remedy

Lots of burning in eyes with acrid tears, thin & watery excoriating discharges from nose, burning in the chest

Belladonna (nightshade) – the fever fighter; Intense, Sudden, Red, Hot & Burning!!

- Redness and heat of face with cold extremities
- Symptoms start and end sudden
- High fevers with delirium or hallucinations; icy cold feet
- Dryness of mouth and throat but thirstless
- At their worst at around 3pm and 9pm
- Worse from touch, noise, jarring movements and lights
- Right sided remedy (symptoms like a sore throat, headache, ear infection occurs on the right side)
- Nose: tingling at tip, red and swollen, coryza mixed with blood
- Throat: dry, red and enlarged tonsils, constricted
- Short, dry, tickling cough, larynx very painful

Bryonia alba: Great remedy for the flu and respiratory viruses which come on with intense aching, and headache or fever. Can be used to avoid and for treating pneumonia and pleurisy. All symptoms are worse with motion.

Great IRRITABILITY! Person wants to be alone and be still.

- Painful, dry, hacking cough, worse taking deep breaths
- Must hold chest to cough
- Heaviness beneath the sternum
- Lots of dryness – lips parched or cracked, mouth, tongue and throat = ***VERY THIRSTY***

Euphrasia: Another great remedy for coryza and acute hay fever and allergies where the eyes are involved

- Opposite symptoms of allium cepa
- Bland runny nose
- Profuse tears are burning and acrid to the skin under the eyes and cheeks
- Photophobia (sensitivity to light)

Carbo vegetabilis: Is used when there is lack of oxygen, person complains of “***air hunger***” accompanied with much weakness, collapse or fever

- Feels icy cold or may have cold sweat but refuses to cover up
- Shortness of breath (dyspnea) – must sit up; Cough is worse lying down; Burning cough
- Desires fresh air (a/c or window open) or to be fanned
- A lifesaver in asthma attacks where there is shortness of breath
- Breath is cold, face or lips can be blue
- Late stages of pneumonia

Ferrum Phosphoricum: Great for First stage of colds, sore throat, ear infection and lung problems where there are no other symptoms except a low-grade fever

- Predisposition to colds
- Low-grade fever of unknown origin
- Sore throat, tonsils red and swollen
- Short, painful tickling cough; Hoarseness
- Coughing better at night; Better by cold applications

Drosera rotundifolia: Main remedy for Whooping cough (Pertussis) but can also be used for other respiratory ailments (flu, croup, bronchitis, or even tuberculosis)

- Dry, barking, croupy cough
- Oppression in the chest and pain is made better by putting pressure on chest with both hands
- Violent, rapid cough where person cannot catch breath and becomes cyanotic (blue lips) and can cause a nosebleed
- Fever with hot face, internal chilliness, cold hands, no thirst

Cough is worse: Lying down; After midnight; From heat of the bed; From singing, drinking or laughing

Gelsemium sempervirens: For the classic Flu remember the 5 “D” – Drowsy, Dopey, Dizzy, Dumb, Disoriented and Dull

- Feels like has been run over by a truck (muscular soreness)
- Chills run up and down the back, trembling
- Sneezing with a fullness at the root of nose, dryness of nasal cavity
- Discharges are watery and excoriating; Acute coryza with dull headache or fever
- Difficult swallowing (especially warm food) - **THIRSTLESS**
- Breathing is slow, pulse is slow, with much prostration and oppression on the chest
- Cough is dry, which causes soreness of chest
- Acute bronchitis, or spasmodic affections of the lungs
- With fever wants to be held because of the shivering and shaking

Kali bichronicum: Targets the mucous membrane of the air-ways

- Sinus congestion with a fullness at the root of the nose; loss of smell
- Coryza with blockage of nose; cannot breathe through nose
- Violent sneezing; lots of watery nasal discharge
- Postnasal drip
- Mucus discharge is thick, ropy, sticky, yellow-green → When it sticks, use kali-bich!!
- Throat is dry, and red with inflammation of the parotid gland
- Voice is hoarse, worse in the evening
- Cough with pain in sternum which extends to shoulders
- Gagging of own mucus, worse at night because the mucus is stuck in the throat which makes breathing difficult

Mercurius solubilis

Mercurius: The human thermometer – all complaints change (aggravate) with slightest change in weather

- Difficult adjusting to change in temperature, low resistance to colds and flus
- Ear infections
- Coryza is thick and acrid; Burning in throat, complete loss of voice
- Discharges are yellow-green
- Throat inflammation (worse right side) which makes it hard to swallow but there is a constant desire to swallow → mumps
- Fever is profuse sweat, which is yellow, but no relief
 - *increased salivation with intense thirst especially at night

Phosphorus: Used for respiratory infections such as viral pneumonia with hard, racking, burning cough that is worse lying on left side

- Sore throat, cannot talk due to pain in larynx (but person loves to talk)
- Otitis media – where hearing is difficult
- Chronic catarrh with blood on blowing nose
- Chilly but desires cold drinks with ice
- Tickling cough, worse cold air, laughing, talking and from going from a warm room into cold air
- Hard, dry, racking cough
- Congestion in the lungs, with burning pains, oppression or a tightness in chest
- Sputa is rusty, blood-coloured

Pulsatilla: Known as a children’s remedy, great for ear infections and swimmers ear infection

- Person will feel clingy and weepy
- Fever: hot and dry mouth but is THIRSTLESS
- Crave cool air (outdoors), worse in warm room and around 5pm
- Symptoms never the same, go from one extreme or another → constant changeability: mucus can be first green, then yellow then white
- Sinusitis with stuffiness which makes it hard to breathe, mucus is yellow / white

Administering the Homeopathic Remedy

- Pick the remedy that best matches the symptoms
 - For acutes use a 200ch but if not available use a 30ch potency
 - Method 1: one pellet placed under the tongue
 - Method 2: place one pellet in 4 ounces of water
- } Take a dose 4 times a day
- Reduce dosing as symptoms improve
 - Stop the remedy when improvement is seen (or as prescribed by homeopath)
 - If you don't see any improvement, re-asses the symptoms
 - If you cannot find a better remedy, find a registered homeopath

How to Avoid Getting Ill



Eating healthy food
including fruits and
vegetables



Washing hands and
avoid touching your
face



Fresh air – get
outdoors, even
in the winter



Exercise



Use supplements
(Vitamin C, D, E or
daily multivitamin)



Sleep

***Warning Signs:** If you or the person you are treating has any of the following, seek assistance immediately!

Bleeding: heavy or unexplained

Burns, severe

Chest pain, severe

Confusion, following any trauma

Consciousness, lost or impaired

Convulsions

Delirium

Dehydration, especially in babies, tots and the elderly

Drowsiness that cannot be explained

Fever above 40C (103.5F) or with a stiff neck

Fluid that is watery or bloody from ears or nose or following any type of head injury

Headache, severe

Impaired or loss of movement

Lost or impaired speech

Puncture wounds near vital organs

Stools that are pale, white or bloody

Swelling that is severe around the mouth or throat

Thirstlessness with prolonged fever, diarrhea or vomiting

Vision that is lost or impaired

Vomiting that is unexpected or bloody

Wheezing that is severe

Disclaimer: It is important to note that homeopathy may not be the appropriate choice for all conditions. If you or individual under your care is experiencing life-threatening symptoms, please dial 911 or go to your nearest emergency room for immediate attention.