

Fighting flu season

While the most common solutions to preventing and treating colds and the flu may be to reach for an added dose of vitamin C or echinacea, homeopathic remedies offer a simple alternative by stimulating your body's own self-healing mechanisms.

Preventatively homeopathy works by using serial dilutions of the substance that we wish to prevent against to prime the immune system. By using serial dilutions homeopathy removes the toxicity of the substance, and also enhances the substances healing properties and removes undesirable side effects caused by the crude form. Homeopathy stimulates the body's immune response similar to the way vaccinations work. Some naturopathic doctors offer homeopathic-based flu shots.

Every year a new updated version of the homeopathic remedy *influenzinum* is released. This is a safe homeopathic alternative to the flu vaccination. It is a serial dilution of the flu strains which allows for safe, but effective protection against this year's different strain of flu. One dose once a week has said to be effective in protecting against the flu.

In the case of already contracting the flu, these remedies are most helpful and available at some health food stores:

Belladonna: This remedy is indicated with people that have a high temperature and a pounding headache.

Gelsemium: This remedy is indicated with weakness and tired sensation with aches and chills that run up and down the back. This remedy also indicated with sore throat, fatigue and tired droopy eyes.

Colds on the other hand come in many different forms and target different areas. Some start as sniffles and move into the chest, while others have sinus pain that leads to headaches. For each type of cold there is a remedy which will target that particular cold and help utilize your bodies self healing mechanisms to boost the immune system to target those specific symptoms.

Some remedies which can be most helpful in aiding in cold symptoms are:

Aconite: For very first stages of a cold with a rapid and sudden onset. Usually indicated with a barking cough and a sore throat.
Allium Cepa: The typical common cold. The runny nose is red and burns the upper lip and is profuse. The eyes are red, watery with bland tears. Sneezing in this remedy is worse upon entering a warm room and a sore throat is noted.

Bryonia: Is indicated where the cold has moved strictly into the chest and is mainly a deep cough. This remedy is worse with motion; it is best to stay as still as possible to avoid discomfort/pain.
Kali Bichromicum: This remedy is indicated by discharges that tend to be ropy and sticky mucus. The cough is a violent rattling that will cause gagging from thick mucus in the throat. This remedy is good for sinus headaches and late stage colds that linger. The cough is worse in the morning upon waking.

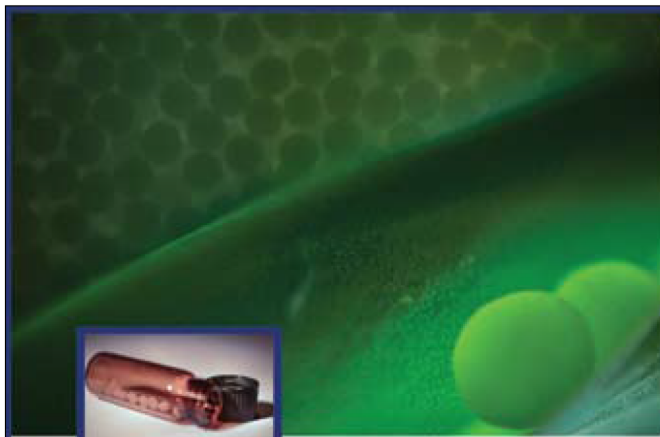
Drosera: Indicated by a hoarse cough that is persistent and coughing fits with a sore throat leading to bronchitis. These symptoms are worse with heat, at night and lying down.

Spongia Tosta: Is indicative of a dry barking croupy cough with wheezing and swollen glands. The cough stems from a tickling in the throat. The nose runs and then stops intermittently. These symptoms are worse in wind, and before midnight.

Hepar Sulph: Indicated by a loose rattling cough with choking/suffocative attacks, with a very stuffy nose, lots of sneezing with itching eyes and throat. Nasal discharge with this remedy is water.

Pulsatilla: Is indicated by chills and a stuffy nose with thick yellow discharge. They have sinus discharges with ear aches and is the chronic remedy to aconite (used in first stages followed by pulsatilla if cold persists).

Remedies provided by Jessica Ernewein, DCHM(Hons), HD(RHom).



SUDBURY HOMEOPATHIC CLINIC

...your path back to wellness

Now specializing in the long awaited Banerji Cancer Protocols!

Jessica Ernewein
 Classical Homeopathic Practitioner
 DCHM (Hons), HD(RHom)
 1500 Paris Street
 Sudbury, ON P3E 3B8 **705-805-0508**

www.sudburyhomeopathicclinic.com