

COLDS & INFLUENZA.

Homeopathy is very effective for colds & 'flu. You may expect to be given antibiotics from your GP. but medical evidence now supports the view that these are ineffective against viral infections which are responsible for most colds & 'flu, so are largely inappropriate. Antibiotics are often prescribed “just in case” rather than for any therapeutic value and in many cases the best cure is sleep with lots of hot drinks such as honey and lemon and vitamin C supplements.

Flu “jabs” may be used to prevent certain strains of 'flu but only a few of the many different types. In some cases, the side-effects can be worse than 'flu itself so they are not always desirable.

Here are some examples of commonly prescribed homeopathic remedies.

Aconite – Monkshood.

Excellent for colds, 'flu or fevers, especially if come on suddenly or caused by a cold wind. Often symptoms start in the late evening i.e. between 10p.m and midnight and may start with a dry cough or sore throat. Sometimes ailments come on after a fright or shock.

Bryonia – Wild Hops.

Everything is dry in bryonia cases – a dry hard cough hurts the chest, dry mouth/ throat with great thirst, drinking large volumes of water. The bryonia patient feels very irritable, often has a really bad headache and everything feels worse on even the slightest movement – even just moving the eyes. Generally symptoms are better for keeping still.

Gelsemium – Yellow Jasmine.

A typical remedy for the 'flu – with chills, shivering and a cold feeling in back – as if someone has poured cold water down the spine. There is a weak, drowsy feeling, aching muscles, & dull headache sometimes with dizziness.

Eupatorium perfoliatum - Thoroughwort.

Severe symptoms of 'flu when the bones feel very painful as if they are about to break. The eyes are often painful, and there may be a headache and sweat. The person needing this remedy normally feels better after breaking out in sweat.

Ferrum Phos – Iron Phosphate.

For early but no strong symptoms. For a general, non-specific run down feeling, may be more thirsty than usual. A useful remedy for initial stages of inflammation generally, so a good “catch it early” remedy.

Ipecac – Ipecac Root.

An excellent remedy for coughs, it is especially useful in gastric 'flu with nausea that doesn't feel any better even after being sick. Symptoms are often accompanied by a cough, and there may be blood streaks in the mucus or nosebleeds.

How to Take Homeopathic Remedies.

Suck 1 tablet (or a few granules) of the remedy in a 6c or 30c strength every 1- 2 hours for 6 doses, then reduce to 2-3 times a day until better. (6c can be taken every 15 – 30 minutes up to 6 doses in acute symptoms.)

Reduce doses as feel better but stop taking your remedy if you feel any worse. Always seek medical help in emergencies.

There is no drug to cure the common cold or 'flu and in the majority of cases they will "have their fling and go", within a few days although 'flu can be more debilitating. Grandmother's remedies often worked just as well medicines - if not better - and without side-effects such as drowsiness with anti-histamines and decongestants; or diarrhoea and thrush commonly found with antibiotics. Most involve a "common sense" approach although some are a little more unusual!

Other treatments.

Here are some examples of alternatives to drugs: choose whichever suits you!

- Inhalations.

This local treatment has survived to the present day and an effective method to relieve a blocked nose and aid breathing) Common ones are steam, thyme, cinnamon, cloves, grapeseed, menthol, eucalyptus / olbas oil, vic and karvol capsules - on the handkerchief or pillowcase.

NB. Menthol, eucalyptus, camphor and other strong smelling substances can antidote homeopathic remedies.

- Avoid dairy foods: especially milk, which encourage mucus formation. Drink plenty of fluids, especially juices.
- Hot Toddy! Lemon and orange juice, honey, and whisky: a time -honoured (and very popular!) remedy. If you're not keen on the alcohol, just lemon/ blackcurrant and honey is very soothing. These are rich in vitamin C.
- Vitamin C: taken in foods /fruit juices, this can also be taken as supplements but take no more than 4 grams a day for any length of time as this can cause kidney stones.
- Zinc & echinacea supplements can also help shorten a cold – check these do not interact with other medication.
- Onions & garlic too are generally beneficial for the respiratory system.
- Raspberry and cider vinegar.
- Salt water douche into the nose can be useful to relieve congestion
- Chicken soup! This traditional Jewish remedy is worth trying as it provides a good source of protein, calories and minerals, and is easily digested.
- Goosegrease on brown paper! This used to be strapped to the back and kept on as a preventative.
- Aromatherapy oils (inhalations or rubbed on): eg Cinammon/ grapeseed and/or wheatgerm oil . Lavender oil on the temples for headaches.
- Accupressure: gentle, circular massage to the end of the nose can help to clear the sinuses. Apply the thumb or index finger to two points below the cheekbones, directly underneath the eye pupils and about a fingers width from the end of the nose. Also, press the skin between the thumb and finger; the area one finger width above the crease in the wrist; or just below the prominent vertebrae at the top of the back.
- Plenty of rest and fresh air can also help congestion. Also avoid overheating with a fever: keep warm not too hot or cold.

MOST IMPORTANTLY: LOOK AFTER YOURSELF!

'Flu packs containing the 6 homeopathic remedies listed, including carry case and instructions are available to clients for £10. If you would like to order a 'flu pack or make an appointment to see a Registered Homeopath, please contact:

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