

## NATUROPATHIC HELP

Avoid dairy products & sugar during acute illness as this can increase mucous production and suppress the action of the immune system.

Drink plenty of fluids.

Take up to 3000mg Vitamin C (adults) per day. If cramping or diarrhea appears, reduce the dose until these symptoms stop.

We recommend and stock both Echinacea and Olive Leaf Extract in homeopathic potency, which are powerful immune boosters and taste better to small children than a herbal tincture!

Or consider our Immune Boost remedy containing Echinacea 6x, Olive Leaf Extract 6x and Astragalus 6x.

NB: If using the immune boosting remedies prophylactically they should be taken one month on and one week off, or 5 days on, 2 days off to ensure the immune system does not become lazy.

Otherwise take 3 times a day during an acute illness.

**REMEMBER** should your home prescribing prove ineffective, call your homeopath for advice or visit your medical practitioner.

## NOTES

- Homeopathic remedies are safe to give to baby, no matter what age & to use during pregnancy.
- Remedies do not interact with other forms of medication and can safely be used alongside Panadol and other drugs.
- If you cannot choose between 2 remedies, alternate them rather than give together.
- In the case of a fever or other acute illness, give the remedies a chance to work before you try the Panadol etc. It is better to let the fever break without suppressing it, as this gives the best outcome and strengthens the immune system. If in doubt consult your homeopath or medical practitioner.
- If you are anxious about giving pilules whole, crush between two clean teaspoons and tap a little into baby's mouth.
- If you find pilules difficult to administer, put 1 pilule in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose.
- For animals and birds, remedies can be made up as above and if unable to give by mouth, drop on the beak, top of the head or other area where the remedy can contact the skin.
- Remedies can also be made up in liquid. Please ask when remedies are dispensed, but be aware that remedies will not last as long when made up in liquid and can be easily contaminated if the mouth touches the dropper.

## Dose

- The dose for remedies in the kit is 2 pilules as required until improvement is felt.
- If the situation is intense take a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, and increasing to more frequently if required.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath.

## Care of Your Remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.
2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

## HOMEOPATHY

Medicine for the 21st Century

Safe, Effective Health Care for You  
& Your Family



Homeopathy offers rapid and effective resolution of colds and flu, and can be used as a preventative against viral and bacterial illness where people are prone.

This treatment is also great for children who attend daycare or who have recently started school and have a tendency to catch everything going!! Use the preventative remedies with the whole family for best results.

The remedies in this flyer have been selected for their affinity for the early stages of winter illness. Started early enough it is possible to head off more severe symptoms. Our Children's ENT kit may be more appropriate if your family is prone to ear problems or tonsillitis, but do read this flyer first.

If any illness is recurrent a consultation is recommended to address the problem on a deeper level.

*If your home prescribing is not effective consult your homoeopath.*

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## TREATMENT

The remedies listed below are useful in the beginning stages of colds and flu and should help prevent symptoms becoming more severe. Obviously, however, there will be times when mild symptoms become a full blown cold or flu, which is sometimes necessary for maintenance of a strong immune system. In this case other remedies may be required to complete the recovery process.

Symptoms which fail to respond to treatment or do not resolve after a cold or flu, may need a constitutional remedy to rebalance the immune system and bring about full recovery. See your homeopath in this situation.

**Aconite 30c** First stage of a cold with rapid onset. Runny nose, sometimes sneezing, dry cough, soreness, burning and pricking of throat, with pain on speaking or swallowing, and/or earache/infection. Often comes on after becoming chilled. May have fever, flushes of heat alternating with chills, restlessness or anxiety, strong thirst. Headaches of influenza or colds. Bronchitis with short, dry cough and great thirst.

**Allium Cepa 30c** Common feverish cold with streaming eyes and nose. Profuse, watery nasal discharge which burns upper lip. Red, running eyes with bland discharge. Headache worse in warm room.

**Anas Barb (Oscillo) 200c** The top selling flu remedy in France, this remedy is useful as a preventative treatment during the winter for

people who are prone to colds and flu, or for children in child care or new to school.

It can also be used in acute situations. Use for its anti-viral/ anti-bacterial action. If symptoms of cold, flu or other viral illness such as tonsillitis, appear take three times a day for the first 3 days of illness along with your chosen remedy.

**Ferrum Phos 30c** A good choice when there are no characteristic symptoms, just the suspicion that the patient is coming down with something. Usually fever, slightly flushed, symptoms may begin with a cough.

For children I prefer to use **Kali Mur/Ferrum Phos 6x**, particularly if nose is runny. However, if you do not have this remedy to hand, use Ferrum Phos.

**Flu Combination** (Arsenicum Iod/ Gelsemium/Eupatorium 30c) which covers typical flu symptoms of fever, runny nose, achiness, lethargy, feeling as if bones broken, etc

**Sinusitis Combination** (Ferrum Phos, Kali Mur, Kali S, Nat M 6x) A tissue salt combination which covers the typical symptoms of sinusitis when associated with a cold or flu. Should be taken 3 times a day for up to one week.

Chronic sinusitis normally requires constitutional treatment to resolve, but this combination may help in the acute situation.

**Congestion Combination** (Kali Bich/Hydrastic/Pulsatilla 30c) can help with lingering coughs and mucous following a cold or flu. It

covers thick, sticky mucous in the chest and sinuses, so is a good all rounder.

## OTHER REMEDIES TO CONSIDER

**Ars Alb 30c** Profuse clear watery mucous which burns the nose & may produce tickly cough or asthma. Anxious, restless, fussy. Thirsty but tends to sip. Chilly and feverish.

**Gelsemium 30c** Symptoms develop slowly over a few days. Patient is weary, heavy, achy and wants to lie down. Eyes are droopy and heavy, sore throat with pains in neck and ears, worse for swallowing. May avoid drinking (usually no thirst anyway) because swallowing is so painful.

**Nat Mur 30c** Sneezing with profuse clear watery bland mucous. Often comes with cold sores. Thirst for large quantities of cold water. Usually feels warm.

**Phosphorus 30c** Colds go quickly to the chest producing cough with or without profuse green mucous, especially in people who are prone to respiratory complaints each winter. May have strong thirst.

**Pulsatilla 30c** Colds with thick yellow/green mucous, often going to ears or producing a rattly cough. Generally no thirst.

**Eupatorium 30c** Classic flu symptoms with aching bones and back, chills and shivering. Must move to relieve soreness. Great thirst for cold drinks.

There are obviously many more remedies which address symptoms

of colds and flu. Please ring for further help before symptoms become severe - the earlier you treat, the quicker symptoms resolve.

## PREVENTION & EPIDEMICS

**Anas Barb (Oscillo) 200c** has an anti-viral/anti-bacterial action and can be taken fortnightly during winter to boost immunity against colds and flu in susceptible people or for children who are in child care.

**Dose:** 1 or 2 pilules once a fortnight during winter if prone to respiratory complaints and as a flu preventative (similar effect to the flu vaccination but safer!).

Give weekly to children in child care, new to school, during an epidemic, or to people with respiratory weakness, eg asthma.

If you have been in contact with a carrier increase to daily for 5 days.

*See over for Immune Boosting remedies.*