Naturopathic Help
Avoid dairy products & sugar during acute illness. Drink plenty of fluid. Take up to 3000mg Vitamin C (adults) per day.
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!

Dose
The dose for remedies in the kit is 1 or 2 pilules as follows:

For very acute symptoms (ie come on suddenly & intensely)
- 1 hourly on the first day
- 2 hourly on day 2 and
- 3 times a day from then if treatment is still required.
Begin to reduce dose as soon as improvement is seen.

If there is no change after 5 doses, another remedy may be required. However, remember that improvement may mean falling into a restful sleep or looking or feeling brighter, rather than immediate improvement of the physical symptoms.

For symptoms which have come on slowly over a number of days:
Give 3 times a day for 3 days and then reduce dose to once a day if still required.

Care of your Remedies
1. Don’t touch the remedies. Tip into lid of vial and drop under tongue to dissolve. Can be crushed between 2 teaspoons for small children.
2. Take remedies 10 or 15 minutes away from food, drink, smoking or brushing teeth.
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.

MELANIE CREEDY
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Registered Homeopath
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Homeopathy offers rapid and effective resolution of colds and flu, and can be used as a preventative against colds and flu where people are prone. This treatment is also great for children who attend daycare or playgroup and have a tendency to catch everything going!!

The four remedies in this kit have been selected for their affinity for the first stage of most viral 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 helpful 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.

Oscillo 200c Use for its anti-viral action. If symptoms of cold or flu appear take three times on the first day of illness along with your chosen remedy.

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. Bronchitis with short, dry cough and great thirst.

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 drops, particularly if nose is runny. However, if you do not have this remedy to hand, use Ferrum Phos.

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. Will avoid drinking (usually no thirst anyway) because swallowing is so painful.

Other Remedies

Ars Alb 30c Profuse clear watery mucus which burns the nose. Anxious, restless, fuzzy. Thirsty but tends to sip. Chilly and feverish.

Nat Mur 30c Sneezing with profuse clear watery bland mucus. 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 mucus, especially in people who are prone to respiratory complaints each winter. May have strong thirst.

Prevention

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: 1-2 pilules once a fortnight during winter if prone to respiratory complaints and as a flu preventative (similar effect to the flu vaccination but safer!). Can also be taken if you have been in contact with a carrier - once a day for 5 days.

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Pulsatilla 30c Colds with thick yellow/green mucous, often going to ears or produce 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.

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