

COLDS, FLU & IMMUNITY

Maintenance of a healthy immune system during the winter months is about strengthening and preparing the body. This can be achieved with the use of homoeopaths, herbal preparations, vitamins and minerals, essential oils and a healthy approach to our diet and exercise routines.

Symptoms of the common cold are the body's natural response to a viral infection and its way of expelling the infecting virus. Young children may develop several colds a year and this allows their immune systems to build a healthy and natural "bounce back" response to infection.

PREVENTION

Echinacea with Vitamins A,C,E and Zinc in a herbal complex is an excellent immune stimulant. For children use a Children's Multi-vitamin, extra Vitamin C and Echinacea liquid (available from the Centre). It is suggested that a course of one months treatment is taken at the beginning of the winter to build up the system, then begin again if a cold develops and continue for a week or so afterwards. If you are fortunate enough not to come down with any colds or flu, then it is recommended you follow the above regimen for alternate months throughout winter. Taking these supplements on a continuous basis can make your body less susceptible to their beneficial effects over time, and an "on-off" process allows the body to do some of the work itself. The homoeopathic remedy *Anas Barbariae* can be taken fortnightly during the winter months as a preventative if you are particularly susceptible to severe colds and flu.

COMMON COLD

The first symptoms of a cold can be slightly different for everyone, however, our Colds & Flu mini kit with its four remedies should cover most situations.

At the first sign of infection take one or two doses of *Anas Barbariae 200c*, then *Aconite* in alternation with *Ferrum Phos* for rapid onset or *Gelsemium* with *Ferrum Phos* for slow onset (all in the mini kit), as well as extra Vitamin C (up to 1000mg a day in total), Echinacea and Zinc. If and when the cold progresses, consider one of the remedies below, bearing in mind they may cover any or all of the stages, if they fit your particular picture:

1ST STAGE REMEDIES

Inflammation of mucous membrane & pain. Minimal or no discharge. *Aconite* - burning & pricking in throat, restlessness & heat, fever. *Belladonna* – high temperature, sudden onset, profuse sweating, flushed face. *Nat Mur* – begins with sneezing. *Bryonia* – great thirst, dry lips & nose, headache over bridge or nose, worse for movement. *Nux Vomica* – shivering if uncovered, can't get warm, wants warm drinks, very irritable.

2ND STAGE REMEDIES

Runny nose, clear & heavier, changing to white. Eyes involved & sneezing. *Allium Cepa* – clear, profuse, acrid discharge, corrodes nostrils & upper lip, water eyes. *Arsenicum Alb* – irritating nasal discharge, better in warm room, hot yet craves heat (drinks, room etc) restless. *Nat Mur* – discharge like egg white, violent sneezing, cracked lips, cold sores.

3RD STAGE REMEDIES

Discharge becomes thicker, & changes from white to yellow. *Pulsatilla* – bland, thick yellow discharge, blocked nose indoors, runs in open air, dry mouth with no thirst, poor appetite. *Mercurius* – colds that spread to throat, profuse salivation, intense thirst, bad taste in mouth & bad breath.

4TH STAGE REMEDIES

Discharge now yellow to yellow/green. *Hepar Sulph* – takes cold at the drop of a hat, generally unhealthy, nose blocked outside, sore throat, sensitive to cold

and draughts, cold sores. *Kali Bich* – thick yellow or green stringy, ropy discharge, or tough and jelly-like.

COUGHS

Many colds leave behind a cough, which can take some time to resolve. There are many cough remedies and you will need to note the symptoms carefully. Consider *Phosphorus*, *Spongia*, *Bryonia*, *Hepar Sulph*, *Pulsatilla*, or seek professional Homoeopathic advice in selecting a suitable remedy.

Homoeopathic cough complexes are sometimes recommended when a cough does not respond to simplex prescribing quickly. Ask for information at the Centre.

Herbal cough formulas If coughs become harsh and uncomfortable it is often a good idea to use a natural cough medicine along with the remedies to soothe irritation and/or aid in expectoration. Any good health food shop will advise you or call the Centre.

INFLUENZA

Symptoms are more widespread than a cold, with headache, prostration, severe pain in body, chills and lethargy. Aches and pain in bones and joints are prominent. As for colds, take a couple of doses of *Anas Barbariae* at the onset and consider *Aconite*, *Gelsemium* and *Ferrum Phos* in the early stages. *Bryonia* – pain throughout body, just wants to lie still and be left alone, hot & profuse sweat. *Eupatorium* – intense bone pain, often eye sockets and shins ache most, complaining, restless, thirst for cold drinks.

ESSENTIAL OILS FOR COLDS & FLU

Preventative, massage, inhalation. Sinusitis can be relieved with an inhalation of **Peppermint** and **Eucalyptus**. For bronchial coughs blend **Pine**, **Cedarwood**, **Eucalyptus**, **Lavender** and **Frankincense** in base oil and use as a chest rub to tonify and strengthen respiratory system. For children 25 drops of **Sandalwood** in 100ml of olive

oil can be massaged on the back and chest throughout winter to help strengthen the immune system. A room spritzer using anti-bacterial, anti-viral oils such as **Tea Tree, Eucalyptus** or **Thyme** helps prevent infection when someone in the house or work place is unwell.

GENERAL HOME CARE

1. Adequate rest is important. The more energy used up in work or play, the less is available for healing. Especially avoid deadlines & responsibilities.
2. Drink plenty of fluids as they have an expectorant effect for loosening mucous.
3. Cool mist humidifier, vaporizer or steamy bathroom help liquify sticky mucous.
4. Increase Vitamin C levels. Anecdotal evidence suggests that extra Vitamin C, Zinc & Echinacea reduce the length and severity of the infection.
5. Garlic tablets are a natural anti-bacterial agent and help break down thick or discoloured mucous.
6. Avoid any foods which tax the liver function, which is fighting the virus, especially those high in fat. Stick to easily digested soups and lightly cooked chicken or fish.

REMEDY INFORMATION

Owen Homoeopathic remedies can be purchased from your local stockist or from us direct. Check the web-site for a full list of stockists.

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen
Everybody's Guide to Homoeopathy – Ullman
Australian Family Homoeopathy – Callinan
Aromatherapy an A-Z – Patricia Davis
Materia Medica & Repertory – Boericke

IMPORTANT

Taking of Homoeopathic Remedies

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle.
7. Store your remedies away from direct light, heat, and strong smells particularly camphor or essential oils, as the potency of the remedy will be weakened.
8. When taking Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your remedies away from electrical appliances such as fridge, TV, microwave, computer and stereo.

COLDS AND INFLUENZA

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic Practitioner must be consulted if there is any doubt or query.

The information in this flyer provides a good first point of reference for treating colds and influenza at home. Most of the remedies are contained in our Home Remedy Kit or can be obtained from the Centre, if required.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia, and to a lesser extent in Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence any other medicines prescribed for you by your doctor.

OWEN HOMOEOPATHICS

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