

## Before the flu—or for the very first symptoms

### **Oscillocochinum®**

For prevention of flu or at first sign of getting sick.

### **Influenzinum**

For prevention of flu.

### **Aconite**

At the first sign of a flu with *sudden* onset with no clear symptoms, i.e., within the first few hours.

### **Ferrum phos**

At the first or second sign of a flu (i.e., after the first few hours) with no clear symptoms yet.

## FLU REMEDIES

Remedy	Onset	Fever	Pain	Cough/Coryza Head/eyes	Thirst	< Worse for	> Better for	Miscellaneous
<b>Arsenicum</b>		<i>Chilly</i>		Profuse, acrid discharge from eyes and nose	<i>Thirsty for sips</i> frequently	<i>Cold</i>	<i>Warmth</i> except the headache	Irritable and anxious <i>Great</i> prostration
<b>Baptisia</b>	<i>Sudden</i>	<i>High fever</i> with prostration with profuse sweat	<i>Sore/bruised</i> feeling or all in bits, <i>scattered</i>	Face is <i>dull/red</i>	<i>Intense thirst</i>			With <i>gastric</i> symptoms i.e. vomiting/diarrhea <i>Stuporous</i>
<b>Bryonia</b>	<i>Slow</i>	<i>Very hot &amp; dry</i>	<i>Aches</i> all over	Painful <i>cough</i> (causes headache)	<i>Large</i> quantities infrequent (for cold)	<i>Least</i> movement	Pressure	With chest symptoms Wants to be still & left alone
<b>Eupatorium perfoliatum</b>		Shivering/chills of back	Severe pains in limbs and back. Bones feel <i>broken</i>	<i>Bursting</i> Headache Eyeballs are sore	<i>Thirst</i> for cold drinks	<i>Least</i> movement		
<b>Gelsemium</b> (No. 1 flu remedy)	<i>Slow</i>	Heat alternating with chills. Shivers/chills run up & down spine No sweat	<i>Aches</i> all over Muscles <i>ache</i> <i>Heavy</i> and <i>weak</i>	Sneezing <i>Dull</i> headache Eyes/head <i>heavy</i> Double vision	<i>Thirstless</i>		Urinating (headache) Open air Sweating	Apathetic, drowsy, "benumbed" Limbs tremble Stiffness of cervical region
<b>Mercurius solubilis</b>		Creeping chilliness		Thick, acrid, smelly, yellow/green discharges Nose is swollen, shiny and sore Cold ascends to eyes	<i>Intense thirst</i> <i>Constant</i> hunger	Heat and cold, i.e., extremes of temperature	Moderate temperatures Rest	With sore throat Salivation, bad taste in mouth & bad breath <i>Restless</i>
<b>Nux vomica</b>		Chilly with shivering (esp. after drinking)	Limbs and back <i>ache</i>	Nose stopped up at night	<i>Thirst</i> for hot drinks	<i>Least</i> movement <i>Cold</i>	Warmth	With gastric symptoms Extremely irritable
<b>Pyrogen</b>		Creeping chills & thumping heart Rapid pulse & low temp or vice versa. Chills in back/limbs	Severe pains in back and limbs. Feels <i>beaten</i> and <i>bruised</i> all over (bed feels hard)	<i>Bursting</i> headache	<i>Thirstless</i>			Intensely <i>restless</i> with the pains & the <i>chills</i>
<b>Rhus toxicodendron</b>		Chilly	Aches and pains in joints/bones	Tip of tongue is red (triangle)	<i>Thirsty</i>	Keeping still Motion	Gentle motion Warmth	<i>Restless</i> & confused Fear of being poisoned

## After the flu

### **China**

More of a physical weakness after a flu with a lot of sweating (and possible dehydration).

### **Kali phosphoricum**

Mildly depressed after a flu.

### **Gelsemium**

Weakness after a flu with heaviness that won't go away.

### **Influenzinum**

Feels that he or she has never recovered from the flu—has never been well since.