

# Outbreak Update: Thoughts and Recommendations

## Miranda Castro—11<sup>th</sup> April, 2020

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### Happy Birthday to Samuel Hahnemann (b. 1755)

Today, April 10th is Samuel Hahnemann's birthday!

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### Who Am I?

#### **BOCH (Boring Old Classical Homeopath)**

One remedy at a time (I sometimes alternate because of time constraints or if I am desperate)

A remedy that fits as much of a person's whole picture as possible avoiding common symptoms as much as possible

If a remedy doesn't work stop and reassess

If that remedy doesn't work step back and focus harder

#### **LLUH (Life Long User of Homeopathy)**

I have seen and done pretty much everything

Single remedies make sense and are elegant – and repeatable

### Today's Webinar

Today is mainly for those prescribing at home whether you are new to homeopathy, a seasoned or enthusiastic home prescriber or a student.

There'll be some reminders for those familiar with homeopathy also.

I shall get practical – with details on how to take/give remedies.

I will look at how to prepare. From a homeopathic standpoint.

I will review the main remedies that homeopaths are finding helpful for

Covid-19 and bring them to life. And compare them with each other.

My mission is to help you to think like a HomeoPro! During this outbreak ... or any epidemic!

### Important: Before We Begin

This information is not intended to replace medical advice or care.

Covid-19 can be a very serious illness that always needs expert medical and/or homeopathic support.

The remedy indications in this webinar are for mild doses of this (or any) illness that can safely be treated at home.

If in doubt always contact your primary health care provider for assurance about whether you can safely stay at home.

These remedy suggestions are not meant to replace the vital healing practices necessary to enhance the healing process, especially with Covid-19: hydration, fever management, keeping lungs moist, keeping strength up, deep breathing etc.

See pdf: Respiratory Therapist's Advice.

## Take Your Own Situation Into Account

Are you on your own? This makes everything more difficult if you get sick.

Are you caring for others - babies or children? Caring for them is always hard if you get sick. Harder still if you are a single parent.

Are you caring for others at home? Elderly parents for example?

Are you an elderly person yourself? I'm headed in that direction myself.

Are you vulnerable (any age) because of a pre-existing condition?

Are you a natural extrovert? Is sheltering in place a special kind of torture.

Are you naturally frightened? A germaphobe? Prefer to be in control?

**Take your own nature and situation and stressors into account when planning ahead. Be thoughtful and kind. Listen to yourself.**

## Remedies for Uncertainty. And Anxiety.

### **Arsenicum album**

Relentless anxiety about the future, about getting sick, about the family. Worries about security, especially financial security.

### **Gelsemium**

Anticipates the worst. Dreads any upcoming ordeal. Hearing bad news makes everything worse. Feels anxious about being out of control.

### **Argentum nitricum**

Debilitating panic attacks. With churning inside. Feels out of control hates it. Terrible restlessness (pacing).

## Play it S.A.F.E. whether you are isolating or not

Your immune system is a complex system with basic needs:

**Sleep and rest** ... sleep is deeply healing for every system and organ and every cell in your body.

**Activities** ... those that are fun/creative/relaxing ... a distraction

**Food** as nourishing as possible.

**Exercise** every day, every day. Twice a day whatever your age/ability.

Extras:

**Stress vitamins** (esp. C), and minerals (esp. B and Zinc etc.)

**Antioxidant** anything/everything.

Herbs – the ones that speak to you. Elderberry and garlic speak to me.

**Sunshine** – 20 mins a day (Floridians I'm speaking to you!)

## The Bottom Line

25-50% experience NO symptoms.

Up to 80% experience MILD (to moderate) symptoms.

20% experience SEVERE symptoms. (moderate to severe)

Most people are going to be OK.

We are in it together.

## The Different Stages of an Acute/Viral Illness

**Incubation:** no symptoms ... can be long 2-14 (24) days

**Infectious:** with recognizable symptoms ... 1 - 2 - 3 weeks (mild to moderate)

**Infectious with complications:** can come on suddenly/violently with or without a lull especially with this illness

**Convalescence:** symptoms have receded - not acutely sick any more ... can last for weeks (with or without relapses)

**People are thought to be infectious during the incubation and the infectious stages of this illness.**

## Check Your Remedies. Make Lists.

**Make a list:** of all (and I mean all) the remedies you have at home. Do you have a few piled in one drawer, a kit or two here or there? Are yours scattered a few here and a few there? Now is the time to gather them together. Right now.

**Check ALL the bottles...** chuck the empties. Don't worry about expiration dates. They are mainly a legal requirement. The active ingredient (the homeopathic remedy) is good for years and years.

**Check your kit/s for gaps.** These are annoying especially if Murphy's law kicks in. (If something can go wrong i.e. missing it will).

**Check the remedies** in your kit/s are in the correct slots. It's ridiculously easy to misfile one.

## Do Some Homeopathic Research Just in Case

**Print out the charts:**

[My Flu Chart](#), [my Coughs Chart](#), [Ian Watson's Cheat Sheet](#).

**Study them – compare the same remedies on different charts.**

Highlight or underline anything that leaps out at you, that is striking, that is memorable. To you.

**Cross reference** remedies with descriptions in homeopathic books you have already, and/or with online resources.

**Add notes** of your own as you go. Do you know this remedy because you have taken it or given it? Is this remedy a 'friend' because of that? Make a note of that next to it.

**Group remedies** in a way that makes sense to you.

## Use the Charts as reminders ...

Use these charts to remind you of homeopathic remedies that may help. Simple remedies that will at the very least give your vital force a small boost. Put them in an easily accessible place like your fridge.

**Ian Watson's Chart** lists 7 widely available remedies that are being used by homeopathic practitioners successfully around the world.

Additionally, many homeopaths have reported *Eupatorium perfoliatum* helping for severe flu-like symptoms with bones pains and a terrible headache where even the eyeballs hurt. Especially if *Gelsemium* doesn't help. See [my Flu Chart](#).

[My Coughs Chart](#) may help in the early stages of a mild cough. Some Extreme thanks to [Fi Connors](#) for collaborating with me on these charts. homeopaths have reported *Spongia* helping (not listed on Ian's chart.)

## My Pneumonia Charts

These two charts (1 & 2) are for homeopathic (or medical) practitioners only.

**If you get this sick you have to get expert medical help immediately.**

The charts are extrapolated from the book "Pneumonias" (1941) by Douglas M Borland. Borland was British homeopathic medical helping for doctor with a London practice who treated hundreds of patients with pneumonia. He was on the staff of the London Homeopathic Hospital, where he became senior consultant physician and chief of staff.

## Healing Remedies for Home Prescribers

1. Aconite napellus – sudden, thirsty, hot
2. Antimonium tartaricum – rattling, drowsy
3. Arsenicum album – anxious, thirstless, chilled
4. Antimonium arsenicosum – dry cough, breathless (Ars and/or Ant-tart don't help)
5. Bryonia alba – slow, painful cough, worse movement
6. Calc phos – convalescence (Phos-ac)
7. Ferrum phosphoricum – continued fever, continued cough, no symptoms
8. Gelsemium – droopy, drowsy, dizzy.
9. Eupatorium perfoliatum – bone pains, headache, eyes hurt
10. Kali muriaticum – tonic for lungs/mucus membranes
11. Phosphorus – deep cough, blood streaked
12. Phosphoric acid – convalescence (Calc phos)
13. Spongia tosta – dry cough, barking (seal), breathless

## A Note About Antimonium arsenicosum

This is a small, little known remedy. I have not used it and I don't generally recommend remedies I am not familiar with but this remedy is different.

[Jeremy Sherr](#) (homeopath with 30+ years of experience in all kinds of epidemics) is recommending this remedy strongly based on a literature search and the many cases he has treated during this epidemic already.

It is a specific (based on Homeopathic Materia Medica) for pneumonia associated with influenza/a viral illness with excessive breathlessness. With or without acute heart symptoms. I am including it in my list because it looks so promising.

## Healing Remedies Grouped

**Aconite napellus** – sudden, thirsty, hot ... ANY STAGE

**Gelsemium** – droopy, drowsy, dizzy ... FLU LIKE SYMPTOMS

**Eupatorium perfoliatum** – bone pains, headache, eyes hurt ... FLU LIKE SYMPTOMS

**Calcarea phosphoricum** – convalescence (Phos-ac) ... RECOVERY

**Phosphoric acid** – convalescence (Calc phos) ... RECOVERY

**Gelsemium** ... RECOVERY with Gelsemium type symptoms (especially where Gelsemium helped during the infectious stage).

## Cough Remedies

**Antimonium tartaricum** – rattling, drowsy

**Arsenicum album** – anxious, thirstless, chilled

**Antimonium arsenicosum** – dry cough, breathless (esp. where Arsenicum and/or Antimonium tartaricum don't help)

**Bryonia alba** – slow, painful cough, worse movement

**Phosphorus** – deep cough, blood streaked

helped during the infectious stage of the illness) Spongia tosta – dry cough, barking (seal), breathless

**Ferrum phosphoricum** – continued fever, continued cough, no symptoms

**Kali muriaticum** – tonic for lungs/mucus membranes

## FAQs about Taking Remedies

Q. What potency should I take?

A. Don't worry about the potency - the one you have is always the perfect one (Love the one you're with)

Q. How many pellets/tablets should I take?

A. It never matters. However many fall out. Use the lid. Tip out 2 or 3 but you don't have to count them. Some people take one. Others more.

Q. How often should I take it?

A. As often as needed according to the urgency of the situation. There are no fixed 'rules'

Start with 3 - 6 doses spread over 12 hrs.

Take more frequently if more sick (every 1-2 hours), less often if coping pretty well (every 3-4 hours)

Back off on improvement, take less often if improving, stop if much better

And then if it works you can repeat the same remedy as needed.

If a remedy helps don't keep taking it ... back off and repeat as needed

If a remedy doesn't help don't keep taking it ... select another remedy.

**If you are very sick or have any problems breathing get in touch with your medical practitioner or the emergency services immediately.**

## Stop ... Look ... Listen

Don't worry about being CLEVER and ... don't panic.

Makes notes - listen and observe

**Put the date and the time next to everything**

GET GENERAL SYMPTOMS

THIRST or NOT ..

FEVER with SWEAT (where? Hot or cold?) or NO SWEAT (hot or cold?)

POSITION - which helps and which aggravates

HEAT or COLD helps or aggravates? In general? Specific symptoms?

Look at the tongue

Feel the pulse (weak or pounding)

Feel the skin (dry or damp/clammy or wet)

Paradoxically people who need Arsenicum can sometimes say this. When they are very very sick.

**This is NOT a time to wait and watch ... this is a STEALTH virus ....**

You just need a few symptoms – 2 or 3 good legs OR a process of elimination - what is it NOT

## A Few Characteristic Symptoms about Covid-19

There's NO runny nose (a runny nose is a common symptom with the flu)  
LOSS of SMELL and/or LOSS of TASTE - these have become confirmatory symptoms

Dry cough which becomes prolonged - no expectoration/sputum  
Prolonged low-grade fever. (99, 100, 101)

DON'T ignore ANYTHING - people are saying "I'm OK" - it's just a stupid/little cough - don't worry I'm OK, don't worry about me

Paradoxically people who need Arsenicum can sometimes say this. When they are very very sick.

***This is NOT a time to wait and watch ... this is a STEALTH virus ....***

You just need a few symptoms - 2 or 3 good legs OR a process of elimination - what is it NOT

### Amy

Amy - 13 year old with history of kidney disease and severe asthma  
Fever last night around midnight - sudden - high 102/103 (OK on going to bed)  
Heat then chills and extreme weakness  
Mother studied Flu Chart - in a state of panic  
She found herself crossing off remedies  
By a process of elimination ended up with Aconite which then seemed right - gave it with trepidation - her first acute remedy ever  
**1 am: Aconite 30C** ... did nothing much  
**3 am: Aconite 30C** ...  
The fever broke after the second dose and Amy went to sleep  
Temperature normal the next morning also lungs and nose clear.  
She slept all day

That evening sudden breathlessness

developed.

Amy told mother she had been feeling shakiness in her legs for a whole week but hadn't wanted to worry her. She admitted to feeling a bit dizzy also on and off over the past week and also weak - especially in her legs. She had no cough, no fever, no wheezing and Albuterol inhaler didn't help

Mom gave Gelsemium but it didn't help the breathless - only helped the shaky legs a bit - maybe 50%

Breathless is getting worse - walking, even crossing the room agg. She is more out of breath now than before.

Sitting she is OK - not breathlessness. It is a 3/10 when she's lying and goes up to an 8/10 when she gets up and walks across the room. She isn't panting or breathing faster than normal when sitting  
"It's like i've run a marathon or done brutal exercising. I get out of breath and weak. the weakness is mostly in my legs. I woke up and got out of bed and it was weird - i immediately felt breathless - i sat down and felt better then I stood up and got worse again. I walked to the bathroom and got much worse. I feel it in my upper chest area (bronchi). It's different from my normal asthma - there's no wheezing."

Thirsty - a bit less thirsty than normal

Oxygen sats 98%. Pulse is normal.

A pulse oximeter is a good idea for this virus. CVS/Walgreens, Amazon (?), eBay (filter by US only)

### ***10 pm Spongia 30C dry dose.***

Mother reported:"Her eyes got big - like saucers ... like within minutes. It was unbelievable to me ... and her. Is it possible that it worked that fast? No other remedies needed.

I chose Spongia because of its relationship to Aconite (it follows really well), also because Gelsemium didn't work, because there was no anxiety (not Arsenicum), because of its affinities (lungs esp. bronchi), because of a process of elimination (other remedies not indicated).

## A Note About Fevers

Fever is your body's primary infection-fighting mechanism. Homeopaths have observed that fevers artificially reduced during a viral illness can lead to a worsening of symptoms and a prolonged recovery.

Many doctors are recommending people avoid all pain and fever reducing medications, especially since the fever accompanying this virus is a low grade i.e. not dangerous.

Keep hydrated is all. Make your own electrolyte drink (water, and honey or sugar, and lemon or orange juice, and salt).

IF the fever goes high (103/104) AND the vitality becomes low AND there are any other symptoms **get immediate help**.

## If at first you don't succeed GET HELP!

Home prescribing without any training is always a bit limited. It is hard to replace a skilled homeopathic practitioner. Especially one trained in acute illnesses/epidemics.

If you take one or two remedies with no result get in touch with your homeopath, or an online service like this one:

<https://homeopathyhelpnow.com/>.

Homeopathy Help Now have set up a task force of homeopathic practitioners to help specifically with this outbreak.

They are working on a donation only basis.

## A Few of Your Questions

Q. Are the loss of taste and smell with this illness good symptoms?

A. Andre Saine says to look at Sanguinaria for this symptom. He has also given Sulphur to a number of patients. Study his notes carefully.

Q. Do you recommend using Ossillococcinum alternately with the indicated remedy to assist healing

A. Not really. Ossillo is worth trying at the beginning especially if this is the only remedy you have at home. Just a few doses. One day.

Q. Any recommendation for homeopathic prevention? Many remedies are being proposed.

A. Not really. It's too early. Take a remedy for emotional stress. One of the ones that are also good for the disease itself (Gelsemium or Arsenicum)

Q. What are your thoughts regarding the total lack of coverage for all alternative treatments for COVID-19, in particular Homeopathy, even though from what I have read, success has been obtained on different fronts with different methods including intravenous vitamin C.

A. I'm not sure this is true. There's a run on the homeopathic pharmacies. People are voting with their feet. It's almost impossible to track homeopathic results because of the paucity of testing. See Andre Saine's Transcript where 'captive' groups have been treated and results were able to be tracked. Our time will come. We have to be patient - and careful - and scientific.

## Resources:

### Keep Up With The Statistics

The following sites update most of their published numbers daily:

<https://ourworldindata.org/coronavirus>  
<https://www.worldometers.info/coronavirus/#countries>

<https://www.worldometers.info/coronavirus/country/us/>

Florida Dashboard:

[https://experience.arcgis.com/experience/](https://experience.arcgis.com/experience/96dd742462124fa0b38ddedb9b25e429)

[96dd742462124fa0b38ddedb9b25e429](https://experience.arcgis.com/experience/96dd742462124fa0b38ddedb9b25e429)

## Resources:

### Homeopathic Pharmacies

Washington Homeopathic Products:

<https://homeopathyworks.com>

Hahnemann Labs:

<https://hahnemannlabs.com>

Natural Health Supply:

<https://a2zhomeopathy.com/>

Homeopathy Overnight:

<https://homeopathyovernight.net/>

Amazon (mostly Boiron remedies which are fine).

## Contact Me

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Website: [www.mirandacastro.com/](http://www.mirandacastro.com/)

The recording for this webinar and all links from it in one place:

[www.mirandacastro.com/outbreak-resources/](http://www.mirandacastro.com/outbreak-resources/)

Facebook:

[www.facebook.com/floridahomeopath](https://www.facebook.com/floridahomeopath)

## Resources: For

### Homeopaths/Serious Students

This article (Dr Ajit Kulkarni) is fully referenced and homeopathically sound

<https://hpathy.com/homeopathy-interviews/the-covid-19-pandemic-and-its-homeopathic-approach-interview-with-dr-ajit-kulkarni/>

The video (Dr André Saine) is long.

<https://homeopathyusa.org/>

The notes are brilliantly comprehensive ... an intelligent, incredibly helpful and fully referenced discussion.

[https://homeopathyusa.org/uploads/Case\\_Management\\_of\\_the\\_Influenza\\_and\\_Pneumonia\\_Patient\\_with\\_Homeopathy.pdf](https://homeopathyusa.org/uploads/Case_Management_of_the_Influenza_and_Pneumonia_Patient_with_Homeopathy.pdf)

## Castro: Complete Homeopathy Handbook p. 27

DOSAGE CHART		
Degree of Seriousness	Potency	Dosage
<i>Very serious</i>		
Symptoms need immediate attention and are usually accompanied by great pain – e.g. earache; head or back injury; second- or third-degree burn; cystitis, etc.	6C, 12C or 30C	one dose every 5–30 minutes
<i>Serious</i>		
Symptoms need help within about 24 hours and are not necessarily accompanied by pain – e.g. bad cough; abscess; food poisoning; vomiting, etc.	6C or 12C	one dose every 1–2 hours
<i>Less serious</i>		
Symptoms can wait a day or two to be treated – e.g. sore throat; flu; teething; chicken pox, etc.	6C or 12C	one dose every 4–8 hours
<i>Not serious</i>		
Symptoms are usually mild and need longer-term treatment – e.g. anaemia; exhaustion, etc.	6X or 6C	one dose 3 times daily for up to 10 days

STOP ON IMPROVEMENT. REPEAT AS NEEDED

## Thank You ♥

I want to end by appreciating the armies of emergency services and health care personnel who are caring for sick patients. Let's not forget the support personnel as well, the janitors and aides and administrators and service providers (food and linens etc.) There are so many. So many.

In addition there are multitudes of remarkable people carrying out essential work right now. Helping to keep all our worlds afloat.

- Sanitation personnel (trash and recycling)
- Grocery store clerks and personnel
- Pharmacists and pharmacy clerks
- Truck drivers and bus drivers
- Mail men and women ... and so many more.

Those of us sheltering safely in place would like you all to know we are deeply grateful for all you are doing to feed us and deliver our mail and take our trash. And, well, everything.