



## NATIONAL CENTER FOR HOMEOPATHY | [HOMEOPATHY FOR THE HOME WEBINARS](#)

THE DREADED FLU – with Miranda Castro ... November 6<sup>th</sup>, 2011

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### LINKS

- ▶ My Fevers article (plus lots of others!): [http://mirandacastro.com/articles/fever\\_in\\_children.html](http://mirandacastro.com/articles/fever_in_children.html)
  - An excellent article about Fevers written by an Susan McCreadie MD:  
[http://www.nourishmd.com/index.php?option=com\\_content&view=article&id=1251:fever-treat-or-not-to-treat&catid=216:cold-a-flu&Itemid=572](http://www.nourishmd.com/index.php?option=com_content&view=article&id=1251:fever-treat-or-not-to-treat&catid=216:cold-a-flu&Itemid=572) (or go to <http://www.nourishmd.com> and search for Fevers)
  - A more recent New York Times article: [http://www.nytimes.com/2011/01/11/health/11klass.html?\\_r=1](http://www.nytimes.com/2011/01/11/health/11klass.html?_r=1)
- ▶ Mercola ... a good (if frequently scary) source of up to date information about the flu vaccine:  
<http://search.mercola.com/search/Pages/results.aspx?k=flu>
- ▶ CDC flu map ... see if the flu is marching through your state or getting close: <http://www.cdc.gov/flu/weekly/usmap.htm>
- ▶ NCH ... a treasure trove of articles about the flu ... years worth of them: <http://nationalcenterforhomeopathy.org/articles-flu>
- ▶ My website: helpful articles and information: [www.mirandacastro.com](http://www.mirandacastro.com)
- ▶ A homeopathic flu kit and book: <http://tinyurl.com/flukit30c>
- ▶ My Facebook Fan Page where homeopaths around the US (and the world) talk about which remedies are working for the flu in their area/s for their patients and loved ones: <http://www.facebook.com/MirandaCastroHomeopath>

# THE DREADED FLU

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## SYMPTOMS & STAGES

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### STAGES

- Incubation: 1-7 days .... typically 2 days.
- Infectious: 3-5 days without complications.
- Convalescence: 1 week or more.
- The flu typically lasts about 2 weeks from start to finish.
- A cold generally lasts about a week.
- ONSET
  - Generally sudden (common symptom).

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### INITIAL SYMPTOMS

- General feeling of 'unwellness'
- Headache
- Weakness
- Aching
- Low grade fever: 99°F - 100°F
- The *common cold* has less fever; less aching, more energy
- If you have to get up and go ... to shop/cook/work/school ... you can

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## PROGRESSIVE SYMPTOMS

- Low grade fever: 101° - 102°
- Pains, typically aching in muscles and/or joints and/or bones
- Back pain
- Headache often with a pain in the eyes
- Nasal congestion/runny nose
- Sore throat
- Cough
- Malaise; generalized to severe discomfort; weariness, weakness.
- Dizziness; light-headedness.
- Shivering and shaking.
- Confusion.

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## GASTRIC FLU

- Nausea.
- Stomach pain.
- Vomiting.
- Diarrhea.

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## COMMON COMPLICATIONS

- Dehydration, especially if thirstless ...
  - from sweating and/or diarrhea (loss of body fluids).
- Weakness (esp. if unable to rest/sleep).
- Difficulty fighting secondary infections (i.e. bronchitis/pneumonia/sinusitis)
  - It is thought that suppressing the fever is suppressed can contribute to this or maybe even cause it (i.e. with aspirin or maybe even with homeopathy i.e. with Ferrum phos.)

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## SYMPTOMS IN CONVALESCENCE

- Depression – unaccountable, mild, no enthusiasm for anything.
- Weakness – cannot recover former get up and go.
- Cough – lingering.
- Rhinitis (runny/blocked nose) – threatens to become chronic.
- Sinusitis

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## REMEMBER!

- A good (or bad) flu will give you lifelong immunity from that flu.
- A good (or bad) flu will give your immune system a chance to flex its muscles.

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## VARIATIONS ON A THEME

- Bird/Swine Flus
  - Severe inflammations of the lungs, heart, gastro-intestinal tract and brain.
- HINI
  - Bad flu ... with a bad cough

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## HOMEOPATHY

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## TAKING THE CASE

- The homeopathic 'case' is unique. It comprises a special blend of symptoms and inquiry.
- You need 'strong symptoms'—those that are **clear and intense**, or **unusual in or of themselves**, or **different** from how a person's is normally.
- **Make notes** at each and every step.
- Remember the 3-legged stool
  - One emotional or mental symptom
  - One general symptom
  - One physical symptom
  - One 'cause' if there is one.

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## OBSERVE & QUESTION

- Listen/look out for the obvious—and the not so obvious. Listen to your first impressions and your feelings (unless you are the partner) Watch first – then smell and touch ...THEN start asking questions.
- **Ask general questions first, and then get more details.**
- Details must be specific.
- Get examples.
- Get curious.Very curious.

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## REMINDERS ABOUT QUESTIONS

- **Try not to ask leading questions.**
- If you must ask a leading question give at least TWO choices for answering Are you more thirsty than normal or less thirsty? Have you been sweating or are you not sweating at all?
- **Evaluate the symptoms that are unique to this illness.**
- You are only interested in NEW, STRONG or ODD symptoms If a person is always thirsty and still thirsty it doesn't count. A thirsty person who is now thirstless is very important.
- **Use a scale of 1 to 10 (1 = best and 10 = worst) or mild/moderate/severe to rate each symptom.**
  - **Rate it privately (to yourself) then ask your 'patient' for their number** i.e. are you spot on or way off and why?

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## OBSERVE OBSERVE

- **Are the** lips unusually red or dry and cracked.
- Are the eyes are half open/half closed.
- Is your 'patient' unwilling to answer any questions.
- Are their answers trailing off half way through a sentence.
- Are they slumped in the bed.
- Are they completely covered or not.
- Are they shaking.
- Check the tongue.
- Feel the skin – are the hands/feet/head cold or hot.
- Are they wet and sweaty or sticky? Or dry as a bone.

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## REMEMBER REMEMBER

- ***You may have to observe these: remember, someone with a bad flu cannot collect their thoughts.***
- **The most important symptoms are those that cannot be explained, the stranger the better. Any strange sensations: bed hard, body scattered, bones broken**
- **Remember what is normal/common in the flu/in a fever and cross stuff out.**
- **Remember the word *sometimes*. This is not at all helpful unless the whole picture is sprinkled liberally with the word and you realize the symptoms in general is 'changeable'.**

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## YOUR JUDGMENT AND COMMON SENSE

- ⦿ **How sick is this person?** Use your good judgment, common sense and intuition – if someone seems very ill then get help .
- ⦿ Be smart – get as much help as you need.
- ⦿ **It is worth bearing in mind that people with acute illnesses are vulnerable to contracting a more serious illness from exposure to viruses or bacteria in a hospital setting.**
  - A walk in clinic or urgent care center may be a more sensible option to start with.
- ⦿ If they say they are fine when they are plainly very ill this is a symptom, give the remedy (which one?!) on the way to getting medical help. And call your homeopath on the way if you haven't done so already.

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## FLU SYMPTOMS: FEVER & PAINS

- ⦿ **Is there a fever? How high? Please take it! You cannot tell how high it is (or not) by holding a hand to the forehead.**
  - Is there sweating or not?
  - Thirst or not? For cold or hot or what?
  - Chills or not?
  - Do you/your child want covering or not?
- ⦿ **If there are pains ...**
  - Where are they located?
  - Do they radiate anywhere?
  - Can they be described using an adjective i.e. are they aching/sore/sharp/burning/throbbing etc.

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## FLU SYMPTOMS: COUGHS & DISCHARGES

- ⦿ **Is there a cough ...**
  - Is it dry or loose?
  - Painful or not?
  - What does it sound like: barking, deep, like a seal etc.?
- ⦿ **If there is a discharge ...**
  - Where is it and how much is there (a lot or a little)?
  - What color is it?
    - Clear, white, yellow, green, blood-streaked etc.
  - Is it bland (non-irritating) or does it burn or itch?
  - Is it thick or thin, watery or more like egg white, sticky or creamy?

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## MODALITIES

- ⦿ **Is there anything that makes some or all symptoms feel better:**
  - Pressure: touch (hard or soft), bandaging,
  - Temperature: heat, cold, steam, fresh air etc.
  - Position: lying down, sitting up
  - Motion: moving around
  - Light, dark or smells.
  - Bathing
  - Before, during or after eating, drinking or sleeping.
  - particular time of day or night?
- ⦿ **Is there anything that makes some or all symptoms feel worse:**
- ⦿ **Do any of these things affect you (or your child) in general – making you feeling generally better or worse in yourself?**

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## GENERAL SYMPTOMS

- Have any of the following changed from the normal state of health?
  - Energy. Sleep.
  - Appetite. Thirst.
  - Perspiration. Response to heat/cold.
- Are there any changes in mood (mental/emotional state) since becoming sick?
  - More (or less) irritable, depressed, anxious etc.
- Are there any odd sensations or feelings in the body?
  - Bones are broken with a flu
  - A hair on the back of the tongue with a cough.

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## FINALLY ...

- What medications have been taken so far?
  - Herbal
  - Homeopathic,
  - Conventional medications etc.
  - Has a diagnosis been made by the primary care doctor?
- Do you or your child look or feel sick and if so, how sick?
- Are you or your child well enough to go to work or school?
- If you are well enough to go to work or school do you really have the flu — or just a bad cold.
- If you have the flu and are at work or school, what body part needs examining?

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## SELECTING A REMEDY

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## KEEP COPIOUS NOTES

- Write everything down — keep copious notes
  - That way you can always backtrack if you need to.
  - Sometimes the information you need is staring you in the face (not yours).
- And ... if at first you don't succeed it doesn't mean homeopathy doesn't work ... go back to your 'drawing board' and try again.
- Sometimes you have to try one or more remedies before you find the one that really helps. If you keep notes you'll learn from the process. Once a remedy works you'll remember it!
- If you are treating yourself please remember that is the most difficult of all even (especially) for homeopaths/students.

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## THE TROUBLE WITH HOMEOPATHY

- It isn't so easy – especially if you are new to it.
- Our remedies are shopping lists of symptoms
- They tend to merge and their keynotes (the strong symptoms) all sound similar:
  - Remedies are similar and overlap, just like people.
- You have to find a way to sort the wood from the trees – to identify the differences between remedies – and in sick people.
- People who are sick tend to merge but there are differences.
- It is the differences that guide us to a homeopathic healing solution!
- Sorting the wood from the trees is the key to successful remedy selection.

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## MATCH SYMPTOMS

- Identify the strong or unique or unusual symptoms (from the mass of common symptoms) – in a person who is sick ...
- Match those symptoms (the unique symptoms) that with one or remedies that have a similar set of unique symptoms.
- Use the charts and any first aid books at hand to select a remedy that fits the whole person best.
- Narrow down your choice by matching the keynotes.
- Jot down any 'back up' remedies just in case the one you choose doesn't help.

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## THE CAUSE (ETIOLOGY)

- A clear and strong (Incontrovertible) cause is brilliantly helpful
- Remember! Etiology over-rides symptomatology i.e. you don't have to worry as much about the symptoms if you have a clear cause.
- Not everyone gets sick in an epidemic so did anything precede the flu, were there any significant stress factors in the day/s beforehand:
  - An emotional upset: a significant loss or business failure.
  - A physical loss like getting chilled (or seriously over heated), loss of sleep.

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## PRESCRIBING GUIDELINES

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## GET PROFESSIONAL ADVICE IF ....

- It is always advisable to seek professional advice for chronic, long-standing complaints.
- **Check with your homeopath before self-prescribing**
  - If you or your child are under homeopathic care or have taken a constitutional remedy within the past 3-6 months check with your practitioner before taking any acute remedies.
  - Homeopathic remedies have relationships with one another and it's a great shame to take an acute remedy that 'counteracts' the effects of a constitutional remedy that has worked well.
  - Sometimes all that is needed is a repeat of the constitutional remedy.

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## POTENCY & MODE

- The potency is the least important thing.
- Getting the right remedy is the most important.
- The correct remedy will work in almost any potency.
- Having identified a remedy that matches your symptoms (or your child's) for an acute complaint and your health or the health of your child is generally good (the picture is not complicated, for example, by other health problems and medications) then use the following guidelines to take (or give) the selected remedy.
  - Take the remedy in a 6C, 12C, 30X or 30C potency, especially if you are a home prescriber or just learning about homeopathy.

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## HOW TO TAKE

- You can take the remedy dry on or under the tongue: a few granules or globules or one or two tablets is just fine but it NEVER matters how many pellets or granules.
  - One granule or one whole tube of granules = one dose.
- Remedies can also be taken in water:
  - dissolve a dose in a cup (8 oz.) of water and take a teaspoon at a time stirring vigorously before each dose.

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## REPEAT ACCORDING TO SEVERITY

- **Repeat the remedy according to the severity of the symptoms:**
  - Severe: every ½ - 1 hour (high fever, unbearable pain).
  - Moderate: every 2 - 4 hours (bad cough, aching with the flu).
  - Mild: every 4-8 hours (able to carry on working!)
  - Tonic: 3 times daily (tiredness after flu)
- **Stop on improvement:** take it less often if there is moderate improvement and stop taking it as soon as there is a significant improvement.
- **Repeat as needed:** repeat the same remedy if it helped and the symptoms return—starting and stopping as needed until better.
- **Change the remedy** if 6-10 doses have been taken with no result.
  - It is probably the wrong one—select another one or get help.

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## HEALING RELATIONSHIPS

- ⦿ Homeopathic remedies act as catalysts stimulating the body to heal itself so you will find it invaluable to
  - **make a relationship** with a remedy that is working and,
  - **be guided by your symptoms** or your child's symptoms—physical, general and emotional—as to when to repeat i.e.
  - **stopping and starting** as needed,
  - **taking it less often** once noticeable improvements begin and
  - **stopping** on significant improvement.
- You can repeat the remedy that helped if the same symptoms return.

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## TAKING CARE

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## NATURAL IMMUNITY

- ⦿ A good (or bad) flu will give you lifelong immunity from that flu.
- ⦿ A good (or bad) flu will give your immune system a chance to flex its muscles.
- ⦿ Don't go back to work until you have had 24-48 hours of a normal temperature (i.e. NO fever) and a normal diet.
  - Keep your flu to yourself until you are over it!

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## ACUTE CARE

- ⦿ Go to bed (or take to your sofa) and stay there.
- ⦿ Rest and sleep as much as possible.
- ⦿ All the cells of your body heal at twice the rate during sleep.
- ⦿ Keep hydrated – increase hot or cold fluids, especially water; herb teas, honey and lemon (with ginger).
- ⦿ Stop dairy, caffeine, alcohol and all sugars.
- ⦿ People, especially children with a fever will mostly have no appetite—vegetable or chicken broths, herb teas, hot or cold fruit juices are all fine. Those who are hungry should eat light, nutritious foods: fruits, vegetables, yoghurt, oatmeal etc.

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## NATURAL/HERBAL INFECTION FIGHTERS

- Echinacea – the maximum dose (1 teaspoon for adults) of echinacea tincture (organic if possible) every 2 hours in 2-4 ounces of water but only while sick and convalescing.
- Add Hydrastis tincture if the sinuses are congested and/or painful.
- Fresh garlic (organic if possible): Chop a good sized clove fairly fine (not minced) and add to a spoon of raw honey and swallow without chewing – repeat every 2-4 hours (try a small amount first to make sure your stomach can take it – if it can't then try garlic capsules instead).
- Home-made chicken/vegetable broth/soup for those who are not vegetarian (free range chickens are available at Publix now).

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## INFECTION FIGHTERS: SUPPLEMENTS

- Chewable acerola (for the C) – up to 2 grams spread over a day.
- Zinc (the maximum dose per day) if stress led up to getting sick.
- B complex (including B12 – maximum daily dose) if stress led up to getting sick.
- Acute Colds and Flu (ACF) by Buried Treasure. This is a great supplement that has all the above (herbs and supplements) plus more. There's a Children's formulation – Vitacost or iHerb. Take (or give) the maximum dose at the first sign of a cold or flu – stop once the illness is done and dusted!

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## BETTER OILS

- Vick's Vapor Rub and Olbas Oil both contain Eucalyptus and Camphor; ingredients which are fine in themselves but so strong they have been known to counteract the healing action of homeopathic remedies. It's best to avoid them.
- Use Rosemary and Lavender oils in their place instead. They work great for coughs and nasal congestion and there are no side effects (no rebound congestion).
  - Rub a few drops of each into the chest and back.
  - Drop some onto a Kleenex and place under the pillow – or drop straight on to the pillow or sheets.
  - Rub a drop or two into/under the nostrils (diluted with a little almond oil) to help relieve a congested nose and sinuses.
  - Add to a humidifier if you are using one.

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## SINUS IRRIGATION

- Irrigate the sinuses 2-3 times a day with a saline solution using a bulb syringe or netipot (found at drug or natural food stores).
- Nasal irrigation involves flooding the nasal cavity with a warm saline solution in order to clear out excess mucus and moisturize the nasal cavity. Clinical trials have found it both safe and beneficial.
- The Mayo Clinic website ([www.mayoclinic.com](http://www.mayoclinic.com)) has a couple of helpful instructional videos relating to the use of the bulb syringe. (Search for "nasal irrigation.")
- For information about using the netipot go to [www.netipot.org](http://www.netipot.org) and follow the links to their excellent video with instructions.
- Some prefer a nasal irrigator: <http://www.amazon.com/Nasaline-Adult-Nasal-Rinser-Ki-boxes/dp/B0001C0FLG> (there are child versions).

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## THE FEVER

- Be cautious about treating a fever that accompanies a cough or cold. Fever is the body's main mechanism for fighting infection.
- If you bring the fever down artificially (including with homeopathic remedies) the infection can take longer to heal.
- Get a thermometer (a reliable one) to check your temperature. You cannot tell how high (or low) a temperature is without one.
  - Make sure you know your 'base line' temperature (i.e. when you are well). Some people have a low normal temperature which means 99° F is high for them.
  - An elevated temperature means you probably have more than a simple cold.

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## FEVERS ARTICLES

- My article: [http://mirandacastro.com/articles/fever\\_in\\_children.html](http://mirandacastro.com/articles/fever_in_children.html)
- Here's an excellent article about Fevers written by an Susan McCreadie MD:  
[http://www.nourishmd.com/index.php?option=com\\_content&view=article&id=1251:fever-treat-or-not-to-treat&catid=216:cold-a-flu&Itemid=572](http://www.nourishmd.com/index.php?option=com_content&view=article&id=1251:fever-treat-or-not-to-treat&catid=216:cold-a-flu&Itemid=572)  
(or go to <http://www.nourishmd.com> and search for Fevers)
- And this more recent New York Times article:  
[http://www.nytimes.com/2011/01/11/health/11kass.html?\\_r=1](http://www.nytimes.com/2011/01/11/health/11kass.html?_r=1)

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## A FEW FAVORITE RESOURCES

- Mercola ... a good source of up to date information about the vaccine: <http://search.mercola.com/search/Pages/results.aspx?ik=flu>
- CDC flu map ... see if the flu is marching through your state or getting close: <http://www.cdc.gov/flu/weekly/usmap.htm>
- NCH ... a treasure trove of articles about the flu ... years worth of them: <http://nationalcenterforhomeopathy.org/articles-flu>
- My website: helpful articles and information: [www.mirandacastro.com](http://www.mirandacastro.com)
- My shop! A great flu kit, book and handouts: <http://tinyurl.com/flukit30c>
- My Facebook Fan Page: <http://www.facebook.com/MirandaCastroHomeopath>

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## PREVENTING THE FLU

<b>Influenzinum:</b> <b>9C, 12C or 30C</b>	For prevention of flu. <ul style="list-style-type: none"> <li>▶ Once a month during flu season: one dose at bedtime and one dose on waking (just two doses/once a month)</li> <li>▶ Repeat if in contact with someone who has the flu: one dose at bedtime and one the following morning.</li> </ul>
<b>Genus Epidemicus</b>	The remedy that is helping most people with the flu can be used as a preventative IF you have similar symptoms
<b>Oscillococcinum</b>	At first sign of getting sick when unwell but asymptomatic or no strong symptoms yet: Three doses over 12-24 hours.

## AT THE FIRST SIGN OF THE FLU

<b>Oscillococcinum</b>	At first sign of getting sick when unwell but asymptomatic or no strong symptoms yet: Three doses over 12-24 hours.
<b>Genus Epidemicus</b>	The remedy that is helping most people with the flu can be used IF you have similar symptoms
<b>Aconite</b>	First stage of a flu with <b>sudden onset</b> + no clear symptoms i.e. within the first few hours and/or with clear Aconitum symptoms
<b>Ferrum phos</b>	First stage of a flu (i.e. after the first few hours) with no clear symptoms yet – except for fever and flushing for one or more days.
<b>Constitutional</b>	Constitutional remedy if known

## AFTER THE FLU

<b>China</b>	More of a physical weakness after a flu, especially a gastric flu with a lot of sweating/diarrhea (and possible dehydration).
<b>Kali phosphoricum</b>	Mildly depressed after the flu and tired. 6X is best – every 1-2 hours for one day then 3-4 times daily for up to 5 days.
<b>Gelsemium</b>	Weakness after the flu with heaviness and flu-type symptoms that won't go away.
<b>Influenzinum</b>	Has never recovered from the flu--has never been well since – with flu-like symptoms recurring and/or cough etc.

## PRESCRIBING REMINDERS

### **Do not treat yourself for recurring or chronic complaints.**

It is always advisable to seek professional advice for chronic, recurring or long-standing complaints. You can treat yourself and/or your loved ones for minor/everyday, recent complaints.

### **Check with your homeopath before self-prescribing**

If you or your child are under homeopathic care or have taken a constitutional remedy within the past 3-6 months. Remedies have relationships with one another and it's a great shame to take an acute remedy that inadvertently 'counteracts' the effects of a constitutional remedy that has worked well. Sometimes all that is needed is a repeat of the constitutional remedy.

After you identify a remedy that matches the whole picture, **then use** these guidelines to take (or give) the selected remedy. Remember—homeopathic remedies act as catalysts stimulating the body to heal itself so you will find it invaluable to **make a relationship** with a remedy that is working and be guided

by the symptoms—physical, general and emotional—**stopping and starting the remedy as needed.**

- 
- Take the remedy in a 6C, 12C, 30X or 30C potency.
- **Repeat the remedy according to the severity of the symptoms:**
  - ▶ Severe: every ½ - 1 hour (high fever, unbearable pain).
  - ▶ Moderate: every 2 – 4 hours
  - ▶ Mild: every 4-6 hours (able to carry on working!)
  - ▶ Tonic: every 8 hours (tiredness after childbirth)
- **Stop on improvement:** take it less often if there is moderate improvement and stop taking it as soon as there is a significant improvement.
- **Repeat as needed:** repeat the same remedy if it helped and the symptoms return—starting and stopping as needed until better.
- **Change the remedy** if 6-10 doses have been taken with no result. It is probably the wrong one—select another one or get help.
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# HOMEOPATHIC CASE TAKING NOTES & REMINDERS FOR ACUTE COMPLAINTS

**GOLDEN RULE # 1:** *If you are not sure whether to repeat a remedy WAIT!!!*

**GOLDEN RULE # 2:** **KEEP NOTES!!!**

## **Use your powers of observation like crazy.**

Listen/look out for the obvious—and the not so obvious.

Listen to your first impressions and your feelings (unless you are the partner)

Watch first – then smell and touch ... THEN start asking questions.

## **Ask general questions first, and then get more details.**

Details must be specific. Get examples. Get curious. Very curious.

## **NEVER ask a leading question**

If you must ask a leading question give at least TWO choices for answering

Are you more thirsty than normal or less thirsty?

Have you been sweating or are you not sweating at all?

## **Evaluate the symptoms that are unique to this illness.**

You are only interested in NEW, STRONG or ODD symptoms

If a person is always thirsty and still thirsty it doesn't count.

A thirsty person who is now thirstless is very important.

## **Evaluate/assess the most striking symptoms, or the most intense ones.**

The lips are incredibly red or dry and cracked.

The eyes are half open/half closed.

They don't want to answer any questions.

Their answers trail off half way through the sentence.

## **Get a whole flu picture if you can:**

\*\*\* What brought this on? Not everyone gets sick in an epidemic.

Were there any stress factors (etiology)?

For example: emotions, getting chilled/over heated, loss of sleep.

How did it start and was the progression of symptoms fast or slow?

What kinds of pains (get an adjective if you can).

Where are they and do they stay in one place or move around – in which case where to?

Describe discharges including color/consistency/quantity etc.

\*\*\* **What makes a person feel better or worse?**

\*\*\* **What makes each (all?) symptoms better or worse?**

Temperature, air, light, smells, touch, movement, position, cover/uncovering, emotions, times of day or night, bathing, eating etc. etc. You may have to observe these: remember, someone with a bad flu cannot collect their thoughts.

***Jot down copious notes. I'm not even kidding***

Write down each and every remedy you give (or take) however apparently insignificant.

If you don't write it down you **will** forget what you took – it's just a question of time!!

You can always write more extensive notes in a journal format. The 'master list' will enable you to spot patterns and see which remedies help and which do not.

Use a scale of 1 to 10 (1 = best and 10 = worst) or mild/moderate/severe to rate each symptom.

Rate it privately then ask the 'patient' for their number i.e. are you spot on or way off and why?

## **Are there any other accompanying symptoms?** i.e. a headache with the fever.

The most important symptoms are those that cannot be explained, the stranger the better. Any strange sensations: bed hard, body scattered etc.

Remember what is normal/common in the flu/in a fever and cross stuff out.

## **How sick is this person?**

Use your good judgment, common sense and intuition – if they seem very ill then get medical assistant ASAP.

If they say they are fine when they are plainly very ill this is a symptom, give the remedy (which one!!) on the way to the ER.

Be smart – get as much help as you need.

Call your homeopath on the way to the ER/your pediatrician etc.

## **How are they feeling: moods that are different from their normal MO.**

Mentally: confused, poor concentration, dull, too many thoughts.

Emotionally: irritable, impatient, restless, calm, agitated, affectionate, wants to be alone, weepy, clingy etc.

## **General Symptoms.**

Appetite & thirst: desires, aversions, aggravations esp. if different from normal

Temperature: are they hot or chilled or alternating, covered or uncovered.

Perspiration: quantity, quality, location, times, smell etc.

Sleep: quality, position, drools, grinds teeth, dreams.

**Observations:** Facial expression, posture, gestures, voice, quality of voice,

Tongue, pulse. Skin: dry, clammy, hot, cold.

The 'obvious'.

## **Have any medications been taken?**

Do they have a history of the flu?

Have they had this kind of acute complaint before? When? How often?

Does anyone else you know have this?

"Test the territory"

Assign one sheet per person and keep a running list like this...

Date	Remedy	Why	Effect
20 Jul 07	Arn 30C	Banged head at babysitter	Worked great – no bruising
31 Aug 07	Aco 30C	Snuffles/fever after chilled	Symptoms gone by next am

## FLU REMEDIES CHART – Miranda Castro

REMEDY	ONSET	FEVER	PAIN	Cough/Nose/Head/Eyes	THIRST	< worse for	> better for	MISCELLANEOUS
<b><u>Arsenicum</u></b>		CHILLY		Profuse, acrid discharge from eyes and nose	THIRSTY for SIPS frequently	COLD 1 am (1 pm)	WARMTH except headache	Irritable and Anxious GREAT prostration
<b><u>Baptisia</u></b>	SUDDEN	HIGH FEVER with prostration with profuse sweat	SORE/BRUISED feeling or all in bits, SCATTERED	FACE is DULL/RED	INTENSE THIRST			With GASTRIC symptoms i.e. vomiting/diarrhea STUPOROUS
<b><u>Belladonna</u></b>	SUDDEN	HIGH FEVER – burning No sweat	Throbbing pains	Painful, barking, dry cough Dilated pupils Right sided headache	THIRSTY	Jarring/light Touch 3pm	Lying down	Delirious Red Face; hot head/cool extremities Getting head wet
<b><u>Bryonia</u></b>	SLOW	Very HOT & DRY	ACHES all over	Painful COUGH (causes headache)	THIRSTY large quantities/cold infrequently	LEAST movement	Pressure	With chest symptoms Wants to be still & left alone
<b><u>Eupatorium perfoliatum</u></b>		Shivering/chills of back	Severe pains in limbs and back Bones feel BROKEN	BURSTING headache Eyeballs are sore	THIRST	LEAST movement		
<b><u>Gelsemium</u> (No. 1 flu remedy)</b>	SLOW	Heat alternating with chills. Shivers/chills run up & down spine No sweat	ACHES all over - Muscles ACHE HEAVY and WEAK	Sneezing DULL headache Eyes/head HEAVY Double vision	THIRSTLESS		Urinating (h/ache) Open air Sweating	Apathetic Drowsy 'benumbed' Limbs tremble Stiffness of cervical region
<b><u>Mercurius solubilis</u> (vivus)</b>		Creeping chilliness		Thick, acrid, smelly, yellow/green discharges Nose swollen/shiny/sore Cold ascends to eyes	INTENSE THIRST CONSTANT HUNGER	Heat & cold (extremes of temperature)	Moderate temperatures Rest	With sore throat Salivation, bad taste in mouth & bad breath. RESTLESS
<b><u>Nux vomica</u></b>		Chilly with shivering (esp. after drinking)	Limbs & back ACHE	Nose stopped up at night		LEAST movement COLD		With gastric symptoms. Extremely irritable
<b><u>Pyrogen</u></b>		Creeping chills & thumping heart Rapid pulse & low temp or v.v. Chills in back/limbs	Severe pains in back and limbs Feels BEATEN and BRUISED all over (bed feels hard)	BURSTING headache	THIRSTLESS			Intensely RESTLESS with the pains & the CHILLS
<b><u>Rhus toxicodendron</u></b>		Chilly	Aches and pains in joints/bones	Tip of tongue is red (triangle)	THIRSTY	Keeping still Motion	Gentle motion Warmth	RESTLESS & confused. Fear of being poisoned

## GASTRIC FLU REMEDIES – Miranda Castro

REMEDY	FEVER	PAIN	GI Symptoms	STOOLS	THIRST	< worse for	> better for	MISCELLANEOUS
<b><u>Arsenicum</u></b>	CHILLY	Burning pains better for heat	Vomit and diarrhea simultaneously	Stools dark W/undigested food.	THIRSTY for SIPS frequently	COLD 1 am (1 pm)	WARMTH except headache	ANXIOUS & RESTLESS GREAT prostration (out of proportion to symptoms)
<b><u>Baptisia</u></b>	HIGH FEVER with prostration with profuse sweat	SORE/BRUISED feeling or all in bits, SCATTERED	Sudden attacks of vomiting/diarrhea/fever Easy vomiting Sens. hard substance abd. or sinking sens.	Stools: thin, offensive, dark, bloody, mushy, fetid, painless, exhausting.	CONSTANT, INTENSE THIRST for water No appetite			With GASTRIC symptoms i.e. vomiting/diarrhea STUPOROUS Tongue coated Brown Breath offensive
<b>China</b>			Diarrhea at night only Distension relieved by belching/sour burps or fetid gas	Stools yellow, watery, frothy, painless		Drafts Light touch	Hard pressure	Great weakness Pale, earthy, bloated face Tongue coated Yellow Vertigo – as if sinking thro’ bed
<b>Croton tiglium</b>	FEVER with CHILLINESS Sweat during stool		Sudden urging for stool Diarrhea pours out like water from a fire hydrant – in one gush. Sudden vomiting (before or with stool)	Stools yellow, watery.		Immediately during or after eating or drinking.		Vertigo after stool Dry, parched lips Sudden weakness
<b>Ipecacuahna</b>			CONSTANT nausea Nausea not amel by vomiting.		THIRSTLESS	Cold & heat		Clean tongue With constant salivation Weakness from the diarrhea
<b><u>Nux vomica</u></b>	Chilly with shivering (esp. after drinking)	Limbs and back ACHE	Nausea with vomiting Violent tenesmus during stool	Frequent, small evacuations with unfinished feeling		LEAST movement COLD	Warmth	Extremely IRRITABLE
<b>Podophyllum</b>			Painful rumbling & gurgling before explosive diarrhea	Stool splutters, with flatus Stool watery	THIRSTY for cold drinks		Lying on abdomen Bending forward Warmth	Thinks he is about to die Sweats with pains
<b>Sarcolactic acid</b>			Violent uncontrollable retching and vomiting (when Arsenicum has failed)					Most violent flu Greatest prostration/muscular weakness – sore all over Restless at night
<b>Veratrum album</b>		Cutting, cramping pains in abdomen	Vomiting and diarrhea simultaneously	Diarrhea watery, profuse, worse at night	Great THIRST			With cold sweat, nausea and vertigo



# COLDS

REMEDY	ONSET	SNEEZING	DISCHARGE	THROAT	Hunger/Thirst	WORSE	BETTER	MISC.
<b>Aconite</b>	SUDDEN 1st stage • SHOCK • COLD WIND	FREQUENT	CLEAR, hot water DRIPS from nose		THIRSTY	Stuffy room		Feverish and restless at night (OK on going to bed, wakes around midnight with sx)
<b>Allium cepa</b>		FREQUENT VIOLENT	Nose: FLUENT and ACRID Eyes: FLUENT and BLAND		THIRSTY	Warm room	Fresh air	Hot and headachy
<b>Arsenicum</b>	• CHANGE OF WEATHER	Sneezing without relief	THIN, WATERY, BURNING Excoriates upper lip Stopped up at night		THIRSTY for SIPS	Cold drinks COLD		Cold DESCENDS RESTLESS ANXIOUS FUSSY
<b>Camphor</b>	1st stage • CHILLED • CHANGE OF WEATHER	Sneezing	FLUENT from nose					GREAT CHILLINESS ICY cold (throws covers off) alternates + burning heat (> to be covered)
<b>Euphrasia</b>		Sneezing	Nose: FLUENT and BLAND Eyes: FLUENT and ACRID < at night/ ly down			Sunlight Wind	Fresh air Dark room	With cough which is worse in the day and better lying down
<b>Ferrum phos</b>	1st stage early inflamms	<u>NO STRONG</u>	<u>SYMPTOMS</u>					Chest sx. WITH fever. Flush alt. with pallor
<b>Gelsemium</b>	SLOW • CHANGE OF WEATHER to warm (wet)	Sneezing esp. in early am	THIN ACRID WATERY		THIRSTLESS NO APPETITE	Humidity	Urinating Sweating	Influenza type cold Heavy limbs/eyelids Hot/cold chills up and down spine
<b>Mercurius sol (viv)</b>	• CHANGE OF WEATHER	Violent sneezing esp. in the sunshine	THICK, ACRID, PURULENT Greenish/Yellow Nose is swollen, shiny and sore	With SORE THROAT	INTENSE THIRST CONSTANT HUNGER	Extremes of temp. i.e. heat AND cold	Moderate temp. Rest	Creeping chilliness Cold ASCENDS (eyes) Salivation, bad taste in mouth & bad breath. RESTLESS
<b>Pulsatilla</b>			THICK YELLOW BLAND Profuse outside		THIRSTLESS No appetite	In a warm or stuffy room At night	Fresh air	Persistent colds, especially in infants. WEEPY & CLINGY Kids want to be carried
<b>Natrum mur</b>		Violent sneezing	PROFUSE from NOSE (viscid, albuminous, like egg white). With lachrymation		THIRSTY	Heat		Taste/smell LOST With cold sores (herpes) around nose/mouth Cracked lips (lower/mid) WANTS to be ALONE
<b>Nux vomica</b>	• DRY COLD • OVER-INDULGENCE	Violent fits Abortive	Blocked at night (and outdoors) Runs during the day (and indoors) Usually WATERY	With SORE THROAT	Thirst for warm drinks.			CHILLY > to be covered. Shivering with slightest uncovering. Achy and sweaty. IRRITABLE
<b>Sulphur</b>		Frequent sneezing	Fluent/BURNING Alternates sides Tip of nose/alae nasi red/swollen	SORE THROAT As if swollen	Drinks much Eats little (sudden hunger at 11 am)	Warm, stuffy room After sleep	Open air	

## DRY COUGHS

REMEDY	ONSET	COUGH	EXPECTORATION	WORSE	BETTER	MISC./Concomitant Sx
<b>Aconite</b>	SUDDEN	Barking.				May be frightened with the cough First stage CROUP
<b>Belladonna</b>	SUDDEN	Tickling, short, dry.		Night		With hoarseness/loss of voice Larynx painful – as if something were in it during cough.
<b>Bryonia</b>	SLOW	Dry, hacking with stitching pains in chest & headache < during cough		Slightest movement Lying painful side	Hard pressure	DRYNESS everywhere – lips/throat/stools IRRITABLE - < disturbed
<b>Coccus cacti</b>		Dry, spasmodic, choking.	Thick and stringy (Kali-bi) Difficult (Kali-bi)	Brushing teeth 6 am/11.30 pm Warm food and drinks (opp Spo)	Cold air and drinks	
<b>Drosera</b>		Dry, irritating, barking, painful. WHOOPING cough type. Paroxysms so close together can't catch breath – may choke & retch	Cannot cough deep enough to get relief.	After midnight Lying (as soon as head touches pillow) Eating/drinking	Presses hands on chest and abdomen to get relief	
<b>Rumex crispus</b>		Dry, incessant, exhausting, violent. From tickling in supra sternal notch.	Constant desire to hack up mucus which brings no relief	Evening, 11 pm Touch/pressure on throat pit Talking - taking a deep breath Breathing cold air. Warm to cold	Warm air (Covers mouth with clothes or a blanket to warm up air.)	With incontinence.
<b>Spongia tosta</b>		Hard, barking, dry, irrepressible. Like a saw going through wood, ringing metallic sound From tickling in larynx		Deep breath Excitement Cold drinks	Warm drinks and food Bending head forward	Wakes a person with suffocated feeling around midnight. CROUP

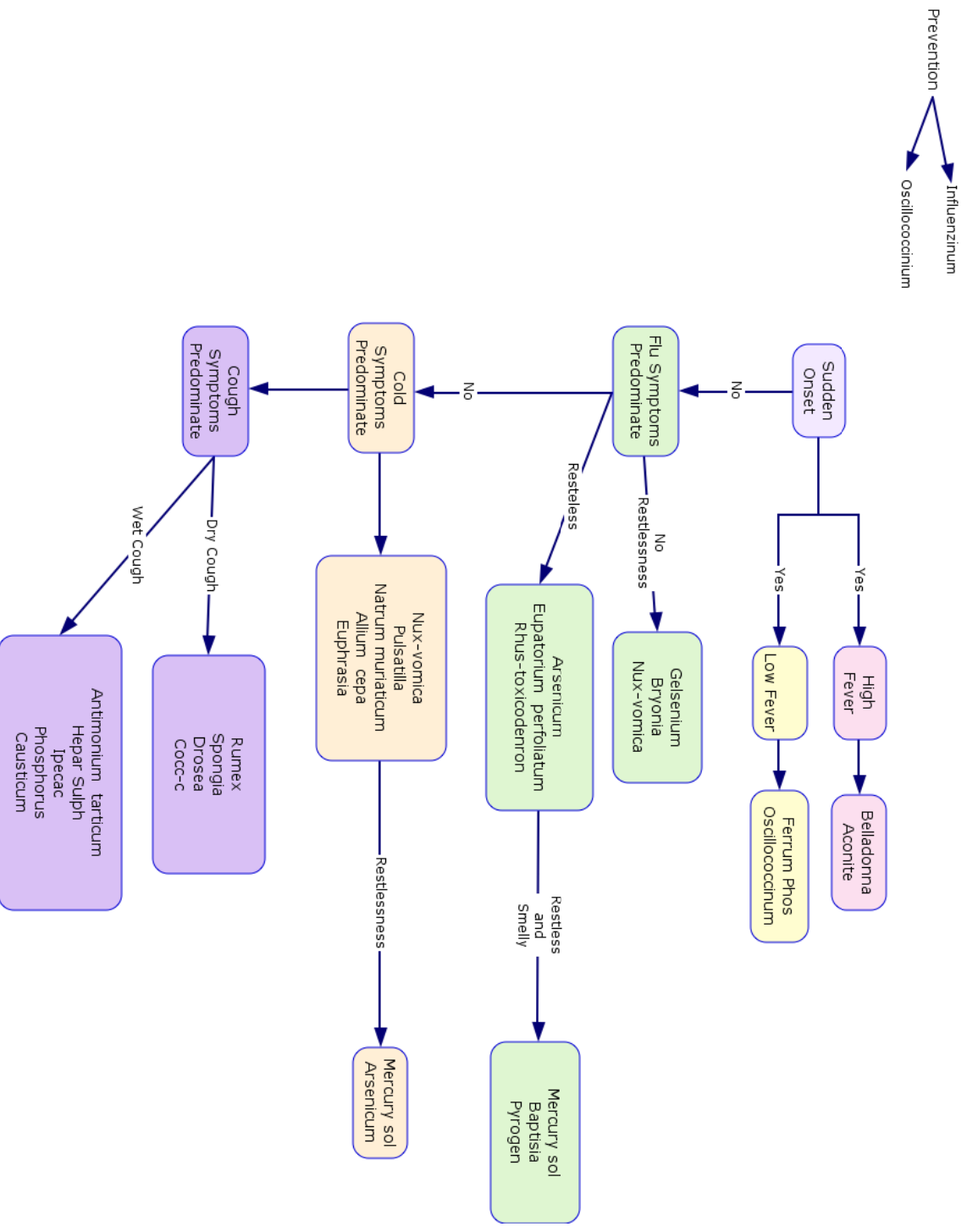
## LOOSE/WET COUGHS

REMEDY	ONSET	COUGH		WORSE	BETTER	MISC.
<b>Antimonium tartaricum</b>		Loose, rattling – respiration is audible from another room With dizziness	Chest full of mucus Sputum not hard to raise but too weak to cough effectively			Chilly and very pale and white tongue Quivering of lower jaw Very ill, exhausted, great drowsiness
<b>Hepar sulph</b>		Loose in the morning Choking fits with cough	Thick, yellow	Touch Cold	Warm moist weather	With hoarseness CROUP
<b>Ipecac</b>	Colds rapidly descend	Deep, wet cough with loud coarse rattling	Much phlegm – may lead to choking, gagging, vomiting with cough – hard to get a breath	Worse warm room		Clean tongue Capricious hunger for knows not what

## OTHER COUGHS

REMEDY	ONSET	COUGH	DISCHARGE	WORSE	BETTER	MISC.
<b>Causticum</b>	Colds rapidly descend	Unsatisfactory cough Pain in chest with cough Rawsness in chest	Scanty – can't get it up so has to swallow it		Drinking water, cold drinks	Holds chest to cough (b/c pain) With incontinence
<b>Phosphorus</b>	Colds rapidly descend	Painful cough Tight chest – feels like a band		Talking/laughing Cold air Lying left side	Lying right side	> company Sick but doesn't show it/look it

# Flu's, Colds, And Coughs

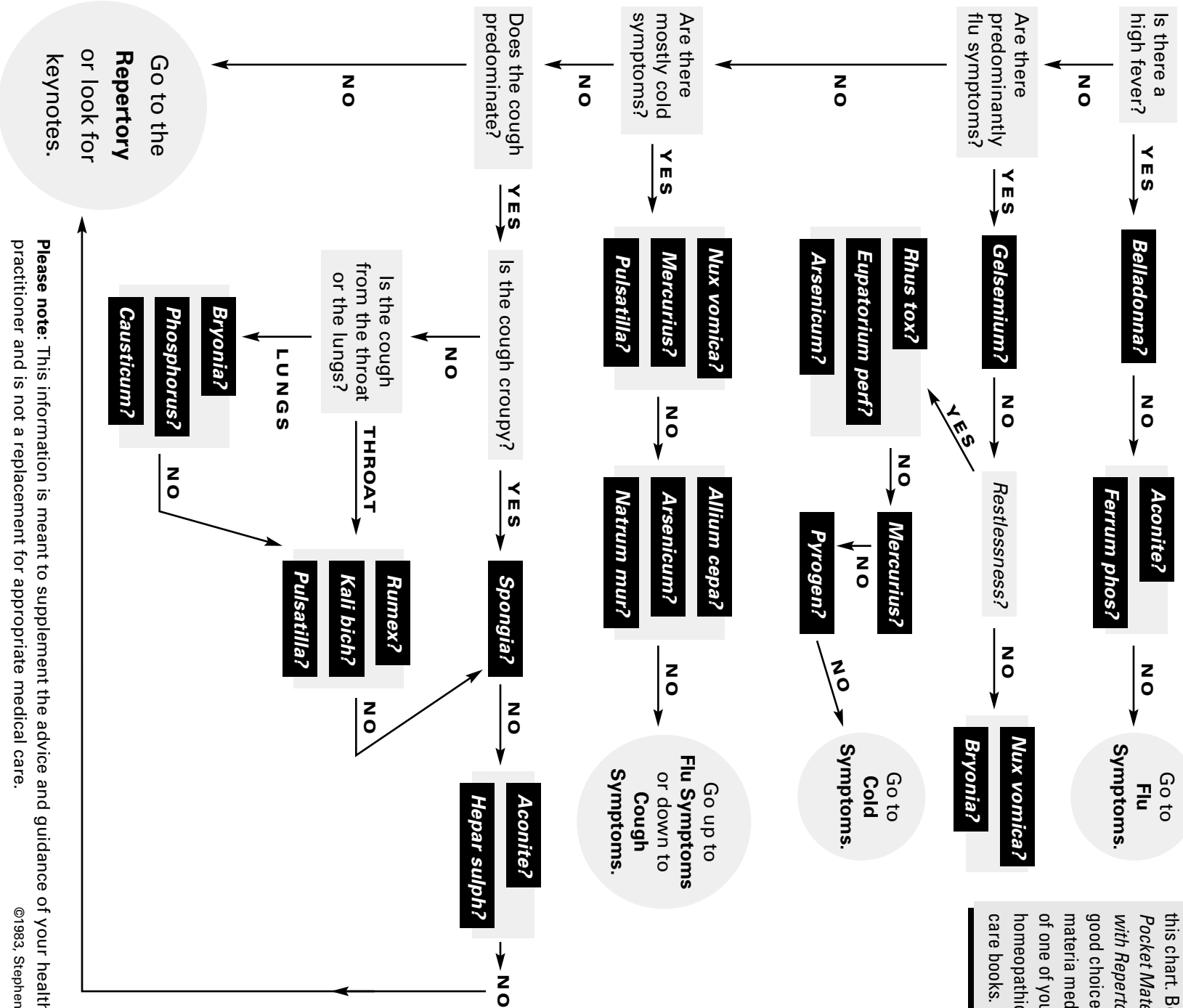


# CHOOSE THE RIGHT REMEDY FOR Colds, Flus, and Coughs

by Stephen Messer, ND, DHANP



Tape this chart inside your medicine cabinet, and you'll be ready the next time you feel those sniffles coming on. You will also need a book or two to help you differentiate among the remedies suggested in this chart. Boericke's *Pocket Materia Medica* with *Repertory* is a good choice, or use the materia medica section of one of your favorite homeopathic home care books.



**Please note:** This information is meant to supplement the advice and guidance of your health care practitioner and is not a replacement for appropriate medical care.

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## ***Fevers by Miranda Castro (taken from The Complete Homeopathy Handbook)***

A fever can be a helpful and necessary healing stage of an acute disease, during a cold perhaps, or a 'childhood illness', something positive, to be encouraged rather than suppressed. By understanding that fever is a symptom and not a disease in itself, you can come to see it as an ally rather than an enemy. Fevers that recur, after illnesses like glandular fever, are a different matter and should always be referred to a professional homeopath.

When our bodies become stressed by physical or emotional stresses we may become susceptible to disease. Typical examples of physical stresses are overwork, lack of sleep, an accident, environmental pollution, becoming chilled, teething, getting overheated or wet through, over-indulgence in rich foods or alcohol, etc. Examples of emotional stresses are shock, the death of close relative or friend, boredom, fear, resentment or any strong feeling which isn't expressed. Where a person is under continued stress, a cold or flu may well surface as the body's way of saying, 'Help! Please take some rest so that I can recharge my batteries and heal myself.'

Hippocrates said, 'Give me a fever and I can cure the child'. A weak child may be endlessly 'sick', neither very ill nor very well, but with no significant rise in temperature. A more robust child whose temperature soars may look and feel very ill, therefore giving more cause for concern, but is usually ill for a shorter time and recovers more quickly.

A high temperature generally indicates that the body's defense mechanism is fighting an infection and temperature variations indicate how it is coping. During a fever the healing reactions of the body are speeded up; the heart beats faster, carrying the blood more quickly to the organs; respiration is quicker, increasing oxygen intake; and perspiration increases, helping the body to cool down naturally. Attempts to suppress or control a fever artificially with Tylenol, or even with homeopathic remedies, are likely to confuse the body's natural efforts to heal itself.

Each person has their own pattern of falling ill and will experience different fever symptoms. One person may feel hot with a high fever, may feel chilly and shiver. Another may be irritable, intolerant of any disturbance and need to be kept warm, while another may be aching and restless, may moan

and complain. One person may sweat profusely, be thirsty and slightly delirious; another may want company or prefer to be alone. Each person with a fever will respond to an individual homeopathic remedy depending on their emotional state and general symptoms.

The average normal temperature in a healthy human is said to be 98.4°F (37°C), but this can vary quite markedly. Most people, adults and children, can run a fever of up to 104°F (40°C) for several days with no danger. It is normal for healthy infants and children to throw high fevers 103°F (39.5°C) and over with an infection. A temperature of 105°F (40.5°C) is a serious cause for concern, but it is only when it passes above 106°F (41.0°C) that there is a risk to life.

Fevers usually peak towards nighttime and drop by the following morning, so that a temperature of 104°F (40°C) registered in the evening may recur on subsequent evenings. A drop in temperature in the morning does not mean that the fever is past its peak. It can rise and fall several times over several days before finally returning to normal.

Small children who develop a fever, especially infants under six months old, must be watched carefully because they are vulnerable to becoming quickly dehydrated. Delirium and tantrums in children sometimes accompany high fevers and, although these are distressing, they are not dangerous.

### **General Advice**

Do

> Take temperature with a thermometer placed under the tongue or tucked tightly under the armpit for 5 minutes, for an accurate reading. A temperature taken by tucking the thermometer tightly under the armpit will read about a half degree Fahrenheit lower than that taken under the tongue. A fever strip (for the forehead) is a rough guide only and a hand held on the forehead is next to useless. The newer digital thermometers are much easier for younger children and give a quick and accurate reading. (Always keep a spare battery in the house!)

> Provide a calm environment for your feverish baby. This is not a time to go visiting!

> Avoid tea, coffee, chocolate, alcohol and sugar as they stimulate the system when it needs to rest.

> Encourage a feverish patient to drink plenty of fluids or at least sips of water at frequent intervals. Water, lemon and honey or diluted fresh fruit juices, warmed or cold as desired, are best. Breast-milk is fine for a nursing baby and is probably all that will be wanted. Older babies and young children who are reluctant to drink will often suck on a wet sponge or flannel, especially if the water is warm, or try an ice cube or frozen fruit juice, or give fluids on a spoon.

> Immerse a feverish but not desperately ill child in the bath from time to time to bring down the fever. Thirstless children will often drink the bath water as an added bonus!

> Sponge down with tepid water if the fever goes above 103°F/104°F (40°C) and your patient feels uncomfortable (hot and sweaty). Expose and sponge one limb at a time until it feels cool to the touch. Dry and replace it under the covers before going on to the next limb. This will help the temperature to drop by 1 or 2°F (up to 1°C) and can be repeated as often as necessary. Sponging the face and forehead alone can also give relief.

> Undress a feverish baby especially if either the weather or your house is very hot. Small babies can throw a fever if they become overheated and will quickly revert to normal with undressing and/or sponging down.

> Respond to your patient's needs. Keep a hot, feverish baby lightly dressed and a chilly, feverish child (who feels cold to the touch and shivers) well covered.

> Prescribe homeopathic remedies where the fever is one of a number of symptoms, for example, where the patient is clearly suffering from, say earache, teething or a sore throat and a fever. If the first symptom to arise is a fever then wait for a while for other symptoms to surface before prescribing for the whole picture. Contain the fever, again if necessary, by sponging down (see above).

> Suppress the fever with Tylenol in an emergency, that is, where the fever rises above 105°F (40.5°C), or if your child is in severe pain from, say, teething in the middle of the night, and homeopathic first-aid prescribing isn't helping. Call your homeopath or doctor in the morning or during the night if you are anxious.

> Watch for signs of dehydration in infants under six months old, and especially in children who are refusing to drink or who are drinking less than usual.

## Don't

> Encourage a sick child to eat. Many children with a high fever will not wish to eat. This is a good sign; fasting encourages the body further to eliminate toxic wastes and helps it focus on recovery. Encourage a hungry patient to eat light, easily digested dishes such as vegetable soup, yogurt, raw or stewed fruit with honey.

> Give any homeopathic remedy, say Aconite, Belladonna or Chamomilla, at the first sign of a rise in temperature as this can confuse the picture. Any attempt to interrupt the body's own healing processes is unwise. Wait until a fuller picture develops or until other symptoms emerge.

> Suppress a fever in children with any form of aspirin. This has been known to lead to dangerous, although rare, complications, in particular Reye's syndrome, which affects the brain and liver. Acetaminophen may be used in an emergency but never exceed the recommended dose.

## **Seek help if**

> A baby under six months old has a fever.

> An older baby has a fever of over 104°F (40°C) that doesn't respond to sponging and homeopathic treatment within 24 hours.

> Your family has a history of convulsions accompanying fevers: keep a close eye when your baby has a fever. It is the rapid rise in temperature that can cause a fit.

> The baby or older child is also refusing to drink (is thirstless) as dehydration can occur.

> There is a lack of reaction (listlessness and limpness), which can imply that a serious illness such as pneumonia or meningitis has developed.

## **If you are worried contact your doctor and/or homeopath immediately.**

Here's an excellent article about Fevers written by an MD:

[http://www.nourishmd.com/index.php?option=com\\_content&view=article&id=1251:fever-treat-or-not-to-treat&catid=216:cold-a-flu&Itemid=572](http://www.nourishmd.com/index.php?option=com_content&view=article&id=1251:fever-treat-or-not-to-treat&catid=216:cold-a-flu&Itemid=572)

(or go to <http://www.nourishmd.com> and search for Fevers)

And this more recent one:

[http://www.nytimes.com/2011/01/11/health/11klass.html?\\_r=1](http://www.nytimes.com/2011/01/11/health/11klass.html?_r=1)

# Oh fluey!

by *Miranda Castro, FSHom, RSHom(NA), CCH*

**I**WENT DOWN WITH THE FLU LAST MONTH—way down. At first I thought I just had a little cold and was pleased in the kind of righteous way that only a homeopath can be—welcoming my body's annual acute illness wholeheartedly as an opportunity to go to bed and give my vital force a little R & R. Yes ma'am. Practicing what I preach and everything! Oh well—best laid plans and all that.

This time my little cold zoomed straight down into my chest, and within a day I was coughing and coughing and coughing. By the end of the same day my temperature had zoomed up—and with it the telltale aching in every joint and muscle in my body which told me that my little cold had evolved into a full-blown flu.

With a cold you can enjoy your sojourn in bed, watching an afternoon movie and following it with a little nap. The flu, by sharp contrast, is a bed of nails. You feel sick, you look terrible, and people who visit keep their distance. I was in bed but was unable to read or watch TV because of the aching in my head, and I wasn't excited any longer. Not even a teeny, little bit. I was completely miserable: groaning and moaning—even when no one was there to listen. I couldn't sleep because my body hurt so much and because of the constant, dry, hacking cough that tormented me day and night.

When you have a cold, dinner nearly always sounds good however snotty you are or even if your nose is so blocked you can't smell the food. With a flu, your appetite flies out the window and you try and console yourself with the thought that you might lose a few pounds—if that is any consolation.

## The bad flu

A good—or rather bad—flu can last for a week and leave people limp for another week or three afterwards. Each year 10,000–20,000 people die in the U.S. from complications of the flu, mainly pneumonia in those who are vulnerable (the elderly and those with certain chronic diseases such as emphysema). There have been three serious flu epidemics this century: in 1918–19, 20 million died of the Spanish Flu; in 1957, 100,000 died of the Asian flu, and in 1968, 50,000 died of the Hong Kong flu.

## Flu prevention

Give yourself an increased chance of staying healthy during flu season by eating all the right things (including plenty of vitamin-C rich fruits and vegetables) and getting enough exercise, rest, and sleep. Washing your hands when around those who are sick will help to reduce your chances of contracting the disease.

Boiron's *Oscillococcinum*® (the only truly unpronounceable remedy in our Materia Medica!) or Dolisols' *Dolixil*™ are useful when you know you have been

exposed to the flu but have no symptoms.

The homeopathic remedy *Influenzinum* can be used as a preventative—taken once a month during flu season with additional doses if in contact with someone who has the flu. Many homeopathic pharmacies make it fresh each year from that year's flu vaccine. Some homeopaths swear by it—finding it more effective than the conventional flu shot, without the side effects. Studies in England and India conducted between 1968 and 1970 using *Influenzinum* as a preventative showed the homeopathic remedy to be highly effective at preventing the flu.

## At the first sign of a flu

*Oscillococcinum*® can also be taken right at the very beginning of feeling ill but before any symptoms have developed, before you even know that it's a flu. Take two or three doses 4–8 hours apart and hope for the best.

*Aconite* will help if taken in the first few hours of a fast developing flu that comes on after getting chilled in a cold wind. You can take *Aconite* when you know you are getting sick, have started to sneeze and develop a fever, but before you have a clearly identifiable symptom picture. Take three doses, one every hour or so ... and cross a couple fingers or toes!

*Ferrum phosphoricum* is the remedy to take after *Aconite* hasn't helped and a fever has developed, but you have no other symptoms yet. Again, take three doses, one every hour or so.

## Homeopathic remedies for the flu

*Arsenicum album* is for flus with great prostration in chilly, irritable, anxious, and fussy types. The eyes and nose stream with watery, acrid discharges. Fevers are accompanied by extreme chilliness and a thirst for (frequent) sips of warm drinks. Everything is better for warmth except for the headache, which is worse for heat and better for fresh air.

*Baptisia* is for terrible flus that come on suddenly. People feel sore and bruised all over, and the body and the limbs feel as if they are "scattered and all in bits." They really do. There's profuse sweating with a high fever and an intense thirst. The face is a dull red color and people who need this remedy look "stuporous"—dazed and sluggish to the point of falling asleep while they are talking to someone. This remedy is for gastric flus with vomiting and diarrhea.

*Bryonia* is for flus that come on slowly. These people ache all over, especially in the joints, and the aching pains are much worse for motion, even the smallest movement; so these people lie completely still in their beds. They are extremely irritable and want to be left alone. They have a peculiar thirst—for large quantities of cold drinks, but at infrequent intervals (because of all the movements involved in the drinking!) They have a



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dry, painful cough which makes their heads hurt.

*Eupatorium perfoliatum* is for the most dreaded of all the flus. The pains are so severe that it feels as if the bones are broken. The muscles ache and feel sore and bruised as well. These people moan and groan with the pains. Everything hurts; there is a bursting headache and sore, aching eyeballs. The nose runs with much sneezing, the chest feels sore and raw, and coughing makes the head hurt. They want (ice) cold water in spite of the fact that it brings on violent chills that begin in the small of the back. They don't sweat much but when they do, they feel better all over (except for the head).

*Gelsemium* is for flus that come on when the weather changes from cold to warm. It is for the commonest of flus that come on slowly and are accompanied by weak, aching muscles. There is a dull headache and a great feeling of heaviness ... everywhere, especially the eyelids, head, and limbs. These people are thirstless even with the fever, which alternates with chills and shivers that run up and down the spine. They are apathetic, dull, and drowsy.

*Mercurius solubilis* is for those who experience fever with copious, extremely offensive perspiration, which makes them feel worse or at the very least doesn't provide any relief (unlike most feverish sweats). Their breath smells bad, they have more salivation than normal, and they are extremely thirsty.

*Nux vomica* is for gastric flus with vomiting and diarrhea. Their limbs and back ache a great deal. The nose runs during the day and is stopped up at night. Their fevers are accompanied by chills and shivering, especially after drinking. They are very chilly, finding it hard to get warm, and are sensitive to the slightest draft of air or uncovering of any part of their body. They are extremely impatient and irritable.

*Pyrogenium* is another remedy for serious flus with severe pains in the back and the limbs and a terrible, bursting headache. These people feel beaten and bruised all over (and the bed feels hard). They are very restless but unlike *Rhus toxicodendron*, feel better on beginning to move. Chills are felt in the back and the limbs, and are accompanied by a thumping heart. A high fever is accompanied by a slow pulse and urine that is clear, like water.

*Rhus toxicodendron* is for flus that come in cold damp weather. There is much aching and stiffness in the joints which is worse when these people first start to move after having sat or lain down for a while. The pains then ease up after a bit of movement (like a rusty gate) but these people become quickly weak and sore and so they have to rest again. After they have rested for a while they stiffen up and have to move again—creating a cycle of restlessness. Their pains are better for warmth. They can be anxious and weepy (not knowing

why they are crying).

Take the indicated remedy in a 30X or 30C potency according to the severity of the symptoms: more often (every 1–2 hours) if the symptoms are severe and less often (every 3–4 hours) if they are not too bad. Stop and start the remedy as needed: back off if you feel better—and repeat it only if the symptoms start to return again. If you have taken about six doses and had no response then it's likely that you selected the wrong remedy. Check your symptoms again and find another remedy. Just like I did (below)! If you only have a higher (200) or lower (6) potency, don't worry—the right remedy will work in any potency.

## Convalescing

My favorite homeopathic remedies for weakness after influenza are *Kali phosphoricum*, *China*, and *Gelsemium*. These aren't the only remedies for post-viral weakness but they will help many of those whose vital forces are struggling to recover their former strength and health.

*Kali phosphoricum* is for those who suffer general exhaustion and are unaccountably depressed after the flu.

*China* is for those who are debilitated after the flu especially if they have lost a lot of fluids through sweating and/or vomiting. They are chilly, pale, and wan with dark circles under the eyes and are touchy and irritable. Their limbs feel weary and they want to constantly stretch or change position.

If one of these remedies fits the symptoms, it should be taken in a low potency—that is, 6X, 6C, or 12X—two to four times daily, for up to a week.

*Gelsemium* is for those who continue to feel dull, apathetic, heavy, and trembly, even after the acute flu symptoms have passed. Their temperature stays up around 99°F and while they don't feel very ill they don't feel well either. This is a more serious state as it can develop into chronic exhaustion; therefore, this remedy should be taken in a higher potency—12C or 30C—twice daily for up to three days. It can be taken if the feelings of heaviness and exhaustion look like they are settling into a chronic fatigue pattern also.

The homeopathic remedy *Influenzinum* can also be taken in any situation where a person simply feels they have never been well since the flu. A single dose of a 30C can be all that is needed in this situation.

## What about me?

Enough of all this I can hear you saying. What did *you* do? I reworded my own symptoms (it's been said before but cannot be stated too often—the homeopath who self-prescribes has a fool for a patient and an idiot for a practitioner) and came up with *Nux vomica*. I had a hard, dry, painful cough. I was irritable and wanted to

## Influenzinum

by Julian Winston

One of my earliest experiences with homeopathy involved the use of the nosode *Influenzinum*. It was 1972 in Philadelphia, and I had just begun seeing Dr. Ray Seidel, a homeopathic medical doctor and 1935 graduate of Hahnemann Medical College. I had been to him a few times and he had helped me on each occasion.

In 1972, the news was full of the reports of a new possible flu epidemic and everyone was being urged to get their flu shot. I went to see Dr. Seidel and asked him about it. He grunted. "Only thing that shot will do to you is make you sick. Here, open your mouth." I did, and he poured some fine granules on my tongue. They tasted sweet just like all the other granules he ever gave me. "That will hold you," he said. "Come back in a month or so for another dose."

Well, *that* was the year of the "swine flu" and many people had very serious reactions to the flu shots. One woman I know was paralyzed and in the hospital for about a month after getting the flu vaccine. For me, I just cruised through the winter. No colds, no flu.

For the next few years, I got a dose from Dr. Seidel at the beginning of each flu season. I finally asked him what it was. He told me it was a preparation of "flu virus" that was made by Nelson's in the U.K. He had obtained it from Boericke and Tafel in a 200th potency, and gave it to all his patients. According to him, none ever reported having the flu.



Flu ... be alone. I wanted hot drinks—lots of them—and everything ached. *Nux vomica* didn't help so I moved on to *Bryonia* which didn't do anything either. So then I took *Hepar sulph* followed by *Eupatorium* after which I gave up, thinking homeopathy was an infuriating bunch of baloney.

On day three I was desperately sick. I had given myself one silly remedy after another (they were silly because they hadn't worked, of course). Luck sent me a homeopathic friend to visit who got the picture after only 30 seconds of keen observations. My eyelids were one give-away—I simply could not open them. I was slurring my words with the effort of talking, and one quick question ascertained that the full glass of water on the bedside table had been full since the morning. Case closed! She threw a *Gelsemium* 200C under my indifferent, heavy, thirstless tongue and within a few hours I was up and hunting for some soup.

When another friend in my neighborhood went down with a similar flu, I listened carefully for symptoms of *Gelsemium* and saw them more easily (now that they weren't in my body) and gave the remedy at the onset of her illness. Her flu was milder and shorter. 🍃

Before the flu—or for the very first symptoms

<i>Oscillococcinum®</i> For prevention of flu or at first sign of getting sick.		<i>Influenzinum</i> For prevention of flu.		<i>Aconite</i> At the first sign of a flu with <i>sudden</i> onset with no clear symptoms, i.e., within the first few hours.		<i>Ferrum phos</i> 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
<i>Arsenicum</i>		<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
<i>Baptisia</i>	<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>
<i>Bryonia</i>	<i>Slow</i>	Very <i>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
<i>Eupatorium perfoliatum</i>		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		
<i>Gelsemium</i> (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
<i>Mercurius solubilis</i>		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>
<i>Nux vomica</i>		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
<i>Pyrogen</i>		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>
<i>Rhus toxicodendron</i>		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	
<i>China</i>	<i>Kali phosphoricum</i>
More of a physical weakness after a flu with a lot of sweating (and possible dehydration).	Mildly depressed after a flu.
	<i>Gelsemium</i>
	Weakness after a flu with heaviness that won't go away.
	<i>Influenzinum</i>
	Feels that he or she has never recovered from the flu—has never been well since.