



colds, flu, winter ills

This fact sheet covers both the deterrence of and the treatment of simple respiratory ailments. As we know the best defense is prevention and people who are prone to frequent bouts of cold and flu may benefit from a dose of *Anas barbariae 200c*, fortnightly or monthly during the winter months.

The first symptoms of a cold or flu can be different for everyone, however these five remedies cover most situations. At the first sign of infection take *Anas barbariae 200c*, then *Aconite* in alternation with first aid tissue salt *Ferrum phos* for rapid onset or *Gelsemium* with *Ferrum phos* for slow onset. *Ferrum phos* and *Kali mur* are generally well indicated as they are understood to stimulate the immune system and reduce inflammation.

If the illness progresses, consider the remedies below, bearing in mind they may cover any or all of the stages, if they fit your particular picture.

Aconite: Sudden onset often preceded by exposure to chill wind or shock. Fever and chill may alternate; there can be strong thirst and a burning, pricking sensation in the throat.

Allium: Clear, profuse, acrid discharge, corrodes nostrils & upper lip, watery eyes.

Arsenicum: Chilly and exhausted with anxious restlessness. Thirsty for sips of warm water. Watery, runny nose with irritating discharge, sneezing fits and a dry or wheezing cough. There may be burning tummy pain & diarrhoea.

Belladonna: Sudden onset, with a high temperature or alternating chills and heat, flushed face. The extremities may be cold. Inflammatory symptoms of a very sore throat, pounding headache and nagging cough. Usually right sided.

Bryonia: Headache and achey pain throughout the body. Very grumpy and miserable, everything is much worse from movement. Dry mouth, lips and nose and great thirst for long, cold drinks.

Hepar sulph: Thick, yellow/green discharges. Sore throat with splinter like pains, cold sores and blocked nose when outside. Productive cough.

Kali bic: Thick yellow/green discharges, stringy, ropy, tough and jelly-like. Or may be so congested that there is no discharge. Headachy sinus pain.

Mercurius: Profuse salivation, infected throat, night sweats, intense thirst, bad taste in mouth, ulcers and bad breath and generally feels toxic.



Nat mur: First symptom is sneezing and a runny nose rather than a fever. The discharge is like egg white. May be accompanied by a cold sore.

Nux vomica: Chilly, shivers if uncovered, can't get warm. Dry, stuffed up nose and rough, scrapey throat. Very irritable and wants warm drinks.

Pulsatilla: A bland, thick, yellow discharge. The nose is blocked indoors and runs in the open air, dry mouth with no thirst, poor appetite.

Rhus tox: Extremely restless with fever. Muscle aches and stiffness all over, sore throat and teasing cough. Worse lying or sitting, better from a hot shower or pacing about.

Lingering and Recurrent Infections

Failure to bounce back and recover from flu can occur in people with weakened immune systems or if they have failed to take good care of their health. When symptoms fail to respond to seemingly well-chosen remedies or are lingering one of the following remedies may help stimulate the vital force to recovery. *Sulphur*, *Carbo veg*, *Gelsemium* or *Mercurius*.

Should these remedies fail to restore good health in either slow recovery or 'never well since' then see your local homoeopath for a personal prescription.