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# homoeopathy

## & health care

Nothing makes life more miserable than a persistent, irritating cough. It can ruin your sleep, your concentration and even a night at the movies! This newsletter is full of remedy information to help keep you and your family cough free this winter.

### Coughs

Jan Owen

Colds, flu and the resulting cough can go through many stages, requiring different remedies, as it progresses. Many of these ailments can drag on leaving us with a residual cough that can take some time and very careful consideration of symptoms and remedy pictures to effectively resolve.

**For the dry cough:** consider **Ferrum phos** in the early stages of an inflammatory process. It may be useful for short, acute, painful cough with no expectoration. Sudden onset of a dry croupy cough, better from steam, **Aconite**. **Belladonna** when a dry, barking repetitive cough is accompanied with fever and a flushed face. For a dry throat and hard, dry cough that is painful and worse from movement **Bryonia**: the person holds their sternum still when they cough. **Nux Vomica** has a dry fatiguing cough and feels worse in the morning. Dry, raspy, croupy cough that sounds like a seal **Spongia**.

**For the spasmodic cough:** **Drosera** has a tickling, wheezing or deep suffocating cough which is worse for lying down and after midnight. **Ipecac** relieves incessant, wheezing, choking coughs that may trigger retching, nausea and hoarseness. For a sudden suffocating cough consider **Sambucus**. For an awful dry, wracking cough moving into a moist cough, worse at night and accompanied by a sore throat, bad breath and offensive sweat **Mercurius**.

**For the mucousy cough:** **Nat Mur**, when there is excessive clear and watery mucous or **Kali Mur** for a hoarse and rattling cough especially when the mucous is white and thick and difficult to expectorate. **Hepar Sulph** feels like you have a splinter or fish bone caught in your throat and the loose cough is noisy, barking and rattling. **Ant tart** has much rattling mucous in the chest that can't be expectorated. **Pulsatilla** has thick bland yellow mucus by day and dry at night. **Silica** feels worse in the morning upon rising and when lying down at night. Chronic thick mucous.

### Coughs in Babies and Toddlers

The following remedies can be considered for little ones with a lingering cough that doesn't respond to indicated remedies. When the cough is associated with teething consider **Chamomilla**. The cough is persistent, irritating, dry and tickling especially during sleep. **Calc carb** suffers frequent coughs, colds and swollen glands especially at times of rapid growth.



Consider **Ignatia** for a lingering nervous cough that won't resolve and may be related to emotional upsets such as dad being away, mum starting work again or a family grief. **Phosphorus** suits all kinds of coughs in little ones. This includes loose, dry or spasmodic coughs in an open, friendly child who loves cold drinks. Use along with the indicated remedy.

### The Lingering or Recurrent Cough

When a cough lingers or recurs despite your best home prescribing efforts it may well be time for you to consider a homoeopathic consultation. The homoeopath will carefully consider the symptoms and overall picture and help you discover a deeper acting remedy that can restore balance and treat the person as a whole.

### Whooping Cough

As you will be aware there is currently an outbreak affecting many people in Australia that 'strangely' seems resistant to vaccination. Traditional homoeopathic literature suggests a level of support may be achieved by taking a dose of **Pertussin M** and repeating it 4 weeks later. If you suspect that your child has been in contact with the illness it is better to give several doses of **Pertussin 30c**.

For symptoms you need professional help as well as giving indicated remedies. As the illness progresses **Drosera**, **Coccus cacti**, **Ipecac** and **Corallium** are important considerations. **Carbo veg** helps the vitality when exhausted and run down by illness.



## Classes & Talks 2012

**Home Prescribing Classes:** Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home.

The next class is on Saturday **23rd June, 12 - 3pm. Fee of \$55** includes afternoon tea. Bring along paper and pen for note taking. If you've attended this class before you can come along and refresh at no cost, spaces permitting.

You can view details and book classes for 2012 online at [www.owenhomeopathics.com.au](http://www.owenhomeopathics.com.au).

## Healthy Pets Naturally

### Treating Pets' Coughs Naturally

A good initial remedy for early stage of illness, there may be the odd sneeze in cats or a throaty cough in dogs, is **Ferrum phos**. At this stage, it also helps if you can dose with vitamin C, a pinch of powder twice daily in food for cats to a teaspoon of powder or 1000mg tablet for a large breed dog.

For later stages with a cough (in dogs) and sneeze/runny nose (in cats) consider **Gelsemium**, when the animal is droopy and lethargic, or **Pulsatilla** if the discharge is thick and bland and they seek company. **Phosphorous** if blood-flecked, **Hepar sulph** if irritable, with yellow green discharge or **Bryonia** for a painful cough, worse from moving but settles when resting.

Kennel cough can also be a problem. It is not a serious disease, just a mild croup-like cough for a few days. Occasionally, bronchitis and pneumonia may develop in very young or old dogs, but for most dogs, homeopathic treatment is very effective.

The **Kennel cough 30C** nosode itself can be given once or twice, and other useful remedies may be **Aconite** for the early stages for a rough, loud, barking (pardon the pun) cough, especially at night. Then later, other remedies might be **Bryonia**, **Drosera** or **Ant tart**.

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## Homeopathy Action Trust

For those of you online you can read and add to the many positive and inspiring homeopathic experiences at [www.facebook.com/HoWFMe](http://www.facebook.com/HoWFMe).

This site is managed by the Homeopathy Action Trust and you can read the stories of celebrities and others who have been helped by homeopathy.

## Crossword

**Across**

- 2 - Aconite and ..... help this croupy cough
- 5 - Bryonia has a dry painful cough, worse from .....
- 6 - Spongia barks like a ...
- 9 - Loose, noisy, rattly cough

**Down**

- 1 - Barking, choking spasmodic cough
- 2 - The loud, barking and ..... onset of a Belladonna cough
- 3 - How long do remedies keep if well stored
- 4 - The only remedy we provide in 200c: its a winter favourite
- 7 - Chamomilla can have a persistent irritating cough when ....
- 8 - Phosphorus for all kinds of coughs when the picture suits this .....

**\*\*Answers at [www.h-e-c.com.au](http://www.h-e-c.com.au)\*\***

## Book Corner

### A Guide to the Methodologies of Homeopathy

**Ian Watson's** informative and interesting book expands the readers' knowledge from home prescribing to a more advanced level. It stimulates the reader to learn more about the many applications of homeopathy and the different methods of prescribing. **RRP \$27.50**

### The Complete Homeopathy Handbook

written by **Miranda Castro** empowers the reader in dealing with everyday complaints such as coughs, colds and flu, pains and aches, childhood illnesses and other minor complaints. The information is accessible and there are sample cases with repertorisation charts to guide readers. **RRP: \$30.00**

