

With the 'flu' season in mind this newsletter is full of remedy ideas to help you keep the whole family happy and healthy this winter.

Jan Owen

Influenza

True influenza refers to the many strains of highly infectious viral illness afflicting us with symptoms more intense and debilitating than those of the common cold. These symptoms typically include fever, muscle aching, headache, fatigue and generalised malaise compared to the more local discomfort of cold viruses.

Prevention is the best form of defense and this can be achieved with a strong healthy immune system and the occasional dose of **Anas Barbariae**. This remedy resonates with most classic flu symptoms and is a great preventive. It can be taken fortnightly or monthly depending on susceptibility. This is especially beneficial for the very young, the elderly and those who suffer respiratory problems or who work or play around sickly people.

At the very first symptom of flu take a dose of **Anas Barb** and follow it with two or three doses of the best indicated remedy based on your symptoms. Homoeopaths find that there are often one or two 'epidemic remedies' for a season or epidemic. Ask around amongst your 'homoeopathic friends' or local stockist to see what are the most commonly prescribed or requested remedies for this flu.

As a rule of thumb use **Aconite** for sudden onset, **Gelsemium** for slow onset and **Ferrum phos** for generally off colour with no other clear symptoms. Then take a breathe and closely consider the remedy picture to see if another remedy is more outstanding.

Aconite: Sudden and intense onset often preceded by exposure to chill wind or a shock. Fever, anxiety and strong thirst. Fever and chill may alternate.

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

Belladonna: Sudden onset with fever, red face and



hot skin. Inflammatory symptoms of very sore throat, pounding headache and nagging cough. Alternating chills or hot head and cold feet.

Bryonia: Very grumpy and miserable with the flu, wants to lie still and be left alone. Headache, muscle aches, and cough or stomach pain, all worse from even the slightest motion. Dry mouth and a thirst for long cold drinks.

Ferrum phos: Very first stage, 'off colour' with unclear symptoms. Fever, headache, rosy cheeks, sensitive eyes and general weariness. Hard cough.

Gelsemium: Gradual onset of fatigue and achyness over several days. Face feels heavy, eyes droopy. drowsy and aching. Shaky with chills and heat up and down the spine. Moderate fever and a bursting headache.

Phosphorus: Fever and feels very weak and dizzy. Headache and cough with hoarse sore throat. Anxious and wants company. Thirst for cold drinks - vomits when liquids warm up in the stomach.

Rhus tox: Extremely restless with fever and bone and muscle aches. Sore and stiff all over, sore throat and teasing cough. Better from a hot shower or pacing about. May come on after getting wet while hot. Worse after lying or sitting.

Other possible remedies are **Apis**, **Nux vomica**, **Eupatorium** and **Sulphur**.



Chronic effects of influenza

Slow recovery from flu: Failure to bounce back and quickly recover from flu can occur in people with weakened immune systems or if they have failed to take good care of their health.

When the symptoms of flu fail to respond to seemingly well chosen remedies or are very long-lasting and lingering the following remedies may help stimulate the vital force to recovery. **Sulphur, Carbo Veg, Gelsemium** and **Mercurius**.

Never well since the flu: The statement 'never well since the flu' is commonly heard by homoeopaths as a major factor in ill health. **Gelsemium** or **Kali phos** could be good choices to help clear this layer – take the chosen remedy twice daily for 10 – 14 days.

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.

Nutritional Support

As well as the indicated remedies use a good quality supplement when feeling below par and vulnerable or during bouts of winter illness.

A simple antioxidant formula including Vitamin C and Echinacea provides a great immune boost. You could also add a probiotic formula as they inhibit toxin producing micro-organisms and produce a natural anti-biotic.

Classes & Study Group & Talks

Home Prescribing Classes:

Learn to use your Home Remedy Kit for treating acute symptoms and first aid situations at home. Upcoming classes: Saturday **7th June** and **31st July** 12 - 3pm.

Pregnancy, birth, postnatal, babies series:

One hour Saturday seminars between 11am-12. These seminars include lots of information on homoeopathy and how to use it during pregnancy, birth and the post natal period as well as for your newborn.

You can attend all 3 for \$75 or individual sessions for \$20 – includes a remedy and information.

Pregnancy: 7th June;

Birth: 28th June;

Mother & newborn: 26th July;

Babies & toddlers: 16th August.

Contact us to register 08 9277 9565.

Book & CD Corner



Homoeopathy Bible:

This book is the ideal complement to your **Owen Home prescribing booklet** as it contains detailed remedy pictures covering physical, emotional, general and keynote symptoms. It looks at the history of Homoeopathy and explains in detail what a safe, gentle and effective medicine it is. **\$29.95**

Healthy Pets Naturally

Cat Flu

Dogs rarely get flu symptoms with sneezing and runny eyes and nose like humans do, but for cats this is a common problem. Cats can get flu even if they have had the conventional vaccination from a vet, because low general immunity and stress are important causes, for example the stress of going to a boarding cattery, moving house, being old etc.

Homeopathic Cat flu nosode 30C, 200C or 1M given every six months and just prior to boarding can help prevent cat flu, but are also useful as treatment for an affected cat. As well as the nosode you can give a homoeopathic remedy to fit the symptoms.

Consider **Allium Cepa** for copious running of nose and sore eyes, **Kali Mur** for thick white discharge and mouth ulcers, **Arsenicum Alb** if restless and cold or **Nat Mur** if 'egg white like' discharges and unsociable and seemingly depressed.

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Jalna Neti Pots

Neti means 'nasal cleansing' and Jalna means 'water'. Neti pots use warm salted water to cleanse the nasal and sinus passages and are fabulous for people who suffer sinusitis, allergies, postnasal drip, inflamed tonsils and general congestion. Cleansing with the Neti Pot removes dirt and bacteria from the nasal structure. Perth homoeopath and potter Sally Moore produces our supply, and they sell for \$24.50.

Yoga @ Owen Homoeopathics

Monday & Wednesday nights, 6.30pm

P: 08 9252 0043 www.yoga.com.au