

The Flu, You & Homeopathy

It seems as if mayhem is upon us. I see line ups of women with small children, the elderly and anyone else in between lining up for their flu shots. My phone, as well as the clinic's phone, has been ringing off the hook with various questions about the flu, the flu vaccination, the H1N1 vaccination and the homeopathic flu protocol.

I hope to answers most of those common questions and give a few hopeful suggestion to stay healthy.

To vaccine or not?

This is always the most controversial question of all. One's decision to get the flu shot is a very personal one indeed. I always recommend that one follow their own heart as to what they should do. We have all had various experiences with vaccination and one's experience cannot determine another's decision.

Influenzinum as Protocol

There has been some confusion as to whether the Influenzinum used in the protocol is designed each year for the most recent flu strain. Some homeopathic pharmacies will create a remedy at the beginning of the flu season. For example, Oscilloccinum, is a homeopathic preparation of the liver and heart of a Barbary duck (trade name *Oscilloccinum*).

The Influenzinum used in my Flu Kits are made from the 1918 Spanish flu. For at least the past 150 years homeopathic practitioners have used the medicine Influenzinum as flu preventive. Influenzinum is a homeopathic medicine made from flu viruses and incorporates all flu strains including the H1N1 virus.

Ideally, one should start the protocol before the flu season is upon us. However, this year the flu arrived earlier than expected.

Can you use the Protocol if you have the flu or been vaccinated?

Absolutely! It is never too late to start the protocol as it will encourage you defenses for the flu. The kit also contains two very useful remedies to treat symptoms of the flu which can relieve discomfort and speed healing.

Even if you have started the protocol and changed your mind to have the flu shot, you stand a better chance of having adverse reactions from the vaccine. Also, if you had the flu shot already and are not feeling well you most certainly should see your homeopath as homeopathy may be able to reverse any side effects of the vaccine.

Other Flu Remedies to have on hand:

As in international homeopath, I have colleagues all over the world and we keep in constant communication especially when we are faced with an epidemic such as this. During these times we are able to collectively gather the most common symptoms of the flu and come up with one or two remedies that are best suited. This year we add Eupatorium (and any of the Asteraceae family members) and Positronium.

Eupatorium is commonly known as Boneset. The key features you are looking for as an indication that this remedy is needed are:

Distressing bone pains with influenza; Soreness, Bruised feeling as if broken all over body; vomiting, & diarrhea bilious with sick headaches; Vertigo sensation; Cough with soreness compelling the patient to hold chest. Nocturnal loose cough; Thirst for cold water before and during chill, after drinking shuddering and vomiting; Little or no perspiration. If perspiration, it relieves all symptoms except headache; Nausea with smell or sight of food; Craves ice creams, acid drinks; Tongue-yellow.

Positronium is well indicated where there is much despair about the flu and fear of contagious epidemic. The person can be very sad and pessimistic with indifference as to keeping themselves safe from others. There is a heightened sensitivity of all senses and when aggravated can become irritable. Headaches are congestive and constrictive as if a tight band has been wrapped around the head. Aching back and small joints. There is vomiting and the patient remains thirsty. It may be indicated to finish off lingering symptoms.

My Mother's Testimony

My mother is 76 years old and has followed this protocol for the past 13 years. She only became ill with the flu once and that was after a flu shot.

What happens if you get the flu?

If you do come down with the flu or flu like symptoms, do not panic. Take time off of work to nurture yourself back to health. Use immune stimulating remedies to boost your immune systems as well as indicated remedies for treating your symptoms. Remember once the symptoms change so must the remedy.

Last week my daughter came home from school complaining of feeling achy all over, she was given Gelsemium. That was the end of it or so I thought. After being out "trick or treating" on Saturday night, exposed to the strong wind and not very warmly dress, she woke on Sunday with body aches and sore throat with a cough. I gave her Aconite which is indicated when symptoms come after a change in weather with strong wind. As her symptoms changed to hurting at every movement, and cough, I gave her Bryonia. She went to bed at 9pm and slept soundly all night.

I called her in sick for school as even though she was doing better that morning I knew she still needed to honor her health and rest. I received a call from her at 12:30 and she complained of her boding hurting so much. I grabbed the Eupatorium and ampoules of Engystol & Gripp-Heel which I administered to her as soon as I got home. She had not had anything to eat or drink all morning and had a fever of 101.5. I gave a big glass of juice and made some soup. She felt better and moved to the couch to watch TV. At 2:43pm she mentioned her eyes were burning and she didn't feel well again. I took her temperature; sure enough her fever was rising, 102. I gave Belladonna. Belladonna is hot, red, worse at 3 am or 3 pm and thristless. Within minutes, seriously, she was asleep. She woke 30 minutes later with little beads of sweat on her forehead and a smile on her face. She felt better again. I know our night is not yet over and may take a day or two, but this is an example of how homeopathy can be used. Of course I may be at an advantage as I am a homeopath and I have these remedies available. However, all these remedies are available for you as well and so is my knowledge. I recommend that everyone have a home remedy kit at their disposal and welcome my clients to keep in close communication while treating acutely. In fact, I encourage it. Having the basis of a Homeopathic Acute Care and First Aid course would be very beneficial as well.

(If you are interested in having a course in your area please contact Kathleen Geelen-Cervi at Lambton College Continuing Education Coordinator 519-542-7751 ext 3559)