

Influenza Came To Visit? Chase Him Away With Homeopathy!!

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So...who came to dinner at your house today? Seems to be a lot of sniffing, sneezing and coughing going on; perhaps it's influenza? Who knew that family dinner you had been planning for weeks would be just the invite influenza was waiting for! Let's serve him a homeopathic dish he won't soon forget...

Let's start him off with an appetizer of **Ferrum Phos**. This little tissue salt (that means it's in 6X potency) is great at the first signs of illness when you have a fever, but not many other symptoms. Try a tablet or 2 up to 6 times a day for the first few days. But if your illness progresses, it's time to move onto a heartier dish...

Now for the main course...you have your choice of 6 main dishes, all in the 30C potency. Try the one that seems to fit what you need the best, but if you're not feeling satisfied after 3 doses then try another! And remember to always check in with your doctor if your symptoms are severe or aren't resolving after a day or two. That said, you can use the underlined symptoms below to guide your taste buds to what they need:

Arsenicum: high fever with a hot face but icy cold body chills, nothing seems to alleviate the chill; tremendous anxiety & restlessness, often fears death and needs someone with him at all times; symptoms are generally worse at night from midnight to 1am and are often accompanied by vomiting and/or diarrhea; tends to be thirsty for small sips of water.

Baptisia: severe advanced cases of flu with tremendous aching and soreness of the whole body so that even the bed feels too hard and can't find any comfortable position; dull, besotted expression, may even fall asleep while speaking; in delirium may feel that the limbs are scattered about the bed; often accompanied by severely offensive and purplish sore throat but without any pain; great prostration and hopeless of recovery, septic conditions.

Bryonia: comes on slowly with severe aching which causes a restless feeling; very irritable with a desire to be left alone and remain perfectly still; usually accompanied by severe headache on the left side of the back of the head or the forehead; feels worse in the evening around 9pm and from the slightest motion; often thirsty for large gulps infrequently.

Eupatorium Perfoliatum: influenza with high fever and constant severe unbearable body aches, esp. in the lower limbs, that feel as if the bones are broken; severe chills in the morning and after drinking, even though thirsty for cold drinks; very restless with the pain, but no better from moving or changing position; excruciating low back pain with desperate moaning.

Gelsemium: tremendous fatigue, weakness and sleepiness; tremulous heaviness and weakness of limbs, can barely lift the head from the pillow & eyelids are droopy and half closed; chills run up and down the spine; heavy headache in the back of the head that may radiate to the forehead; very sleepy, dull & listless.

Merc. Sol. Or Merc. Viv.: extremely ill, especially worse at night; accompanied by offensive 'sick' breath, night sweats and excessive saliva with drooling; often begins as a sore throat with pain on swallowing that develops into severe sinusitis, bronchitis or pneumonia; overpowering smell of 'sickness' on entering the room.

Once you have made a satisfying selection from the main courses, if you still feel the need for a little something more to finish off your guest, then there is a perfect dessert to complete your meal. Ever have that sluggish, tired, "all I want to do is take a nap" feeling after a good meal? Well, influenza has a tendency to produce that feeling too. You don't really feel 'sick' anymore, just worn out, exhausted...like you just need a nap and you'll feel better. **Kali-Phos**, another one of those ever-ready to help tissue salts (yup, that 6X potency again) is there to help. It helps to overcome the post-influenzal weakness and exhaustion, and rebalances the system to restore vitality.

The above remedies can all be found at your local health food store, so keep your homeopathic menu handy – and the next time influenza drops in, serve him up a meal sure to send him running from your home!