

# Flu Therapy 2009

*Vital Force Homeopathy*  
“restoring health gently and permanently”

## No Cause for Panic

In this time of uncertainty about what to do this flu season, homeopathy has a message of hope and optimism for everyone. For over 200 years homeopathic remedies have clinically proven to be effective for flu. Just as homeopathy surpassed all expectations during the infamous Spanish Flu Pandemic of 1918, it will support you and your family through the discomforts of this year's flu season.

<http://www.naturalnews.com/026148.htm>

! [Read about the 1918 Spanish Flu pandemic and Homeopathy]

This year's start to the flu season has been mild and so far not a cause for panic... and though some healthcare professionals are advocating the flu vaccine, others are saying that there is

little to warrant it.

[http://www.huffingtonpost.com/dr-frank-lipman/swine-flu-what-to-do\\_b\\_286245.html](http://www.huffingtonpost.com/dr-frank-lipman/swine-flu-what-to-do_b_286245.html)

Most people don't get the flu and of those who do, most never need intervention of any kind. Good common sense and natural solutions that boost the immune system's own ability to heal are preferable.

## Common Sense Solutions

Fresh air, plenty of rest, moderate exercise, healthy fluids, and nutritious well-balanced meals are the best prevention. Always remember the age-old home remedies like chicken soup (miso soup for vegetarians, add some seaweed for more nutrients and immunity-boosting). A friend of mine swears by root soup for winter illnesses, combining whatever root vegetables you have into a savory concoction and season with a spoonful of miso to each bowl. It's wise to have some of broths or stock already prepared and frozen. Hot and sour fish soup from Thai restaurants have medicinal properties (you can ask for mostly broth, it's the fermented fish sauce that does the trick), as well as clear broth from the Japanese restaurants.

Fluids, in the form of water, juice, coconut water, herbal teas and broths boost immune response too. Immune boosting Black Elderberry Tea has been extolled for its healing properties for generations. You can prepare the tea (see recipe below) or one can buy the syrup at a co-op or health food store. I prefer Honey Garden Apitherapy brand Elderberry syrup, it also contains propolis, echinacea and apple cider vinegar and is a wonderful all around support for viral illnesses.

## Black Elderberry Tea

**From the woods of New Hampshire  
courtesy of homeopath Laura  
Weymouth:**

- Take about 1/4 C every morning during flu season, prophylactically.
- If exposed to someone who is sick, take it a couple times a day.
- Onset of any symptoms, increase a little more.

If sick, you can drink a whole cup at a time.

### Recipe

To make the "tea"

- Put 3 quarts of water into a soup pot.
- Add 4 Tbsp dried black elderberries.
- Bring to a boil, then reduce heat to low to simmer for 30 minutes.

- Turn off heat and let it cool completely.
- Strain into glass jars and store in refrigerator.

One batch lasts a long time!

## The Value of Acute Illnesses in the Broader Picture of Health

In considering how to prevent against the influenza, it's important to take a step back from the 'panic' and consider the flu in the broader picture of our overall health. Acute colds and the flu can actually have a stimulating effect on the immune systems of healthy people. It's like that saying, "Use it or lose it." While some diseases do pose a threat to our health, some diseases are not life threatening *and* contribute to our immune development. For example, it has been regularly observed that children often make developmental leaps after experiencing an acute infection or a childhood disease such as the chickenpox or mumps.

But not all acutes are a strengthening experience and this is where homeopathy is most useful.

When the immune system becomes stuck in a treadmill of symptoms, or when one's vital force is unduly weakening under the influence of a strong acute attack, the homeopath steps in with those remedies that have proven effective time and again. Because homeopathic remedies are not dependent on the mutating virus but on your

individual symptom picture, a phone consultation with your homeopathy professional can quickly see results. It is recommended to have on hand some basic remedies, and I recommend **Hahnemann Labs's Basic Kit**, which contains many of the most popular flu remedies.

[http://www.dataroad.net/cgi-bin/html0s.cgi/00997.1.121871551760783970/hahnemannlabs.com/home\\_first\\_aid\\_kits.html](http://www.dataroad.net/cgi-bin/html0s.cgi/00997.1.121871551760783970/hahnemannlabs.com/home_first_aid_kits.html)



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## Remedies are FDA Approved

Homeopathy and homeopathic remedies are truly one of the most effective tools to have on hand when it comes to the flu. Being under constitutional care with your homeopath is the best defense, as a good constitutional remedy will round out your health and boost immune response, making you less susceptible to outside influences. However, it's always a good idea to consult your homeopath for an acute illness, as homeopathic remedies are FDA approved, safe, gentle and work rapid wonders in these acute situations!

For more information or online reading about the flu, I highly recommend the National Center for Homeopathy's Flu Forum, found here:  
<http://nationalcenterforhomeopathy.org/services/fluforum/index.jsp>

If you'd like a list of some popular flu remedies and how to recognize various symptoms open the attached document.

Yours in Heath,

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And on the web!  
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# Homeopathic Flu Remedies

## Choosing the Homeopathic Remedy

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Following are some of the main homeopathic remedies for the flu. There is a symptom "picture" that you can compare with your sick patient to find the best matching remedy. This is what sets homeopathy apart from other methods. We are treating the INDIVIDUAL with the flu, versus treating a generic flu. So we're just looking for unusual symptoms, or what stands out about each situation or expression. Keynote symptoms of each remedy are listed.

### HOMEOPATHY FOR FLU PREVENTION

**PREVENTION:** The best homeopathic prevention for illness is constitutional treatment with a homeopath. Because we're treating the *individual* holistically, a remedy that's been prescribed for YOU will round out your immune system more effectively than a remedy for acute episodes. A well-selected constitutional remedy will boost your overall health, making you less susceptible to outside influences, viruses and the like.

**Oscilloccinum** – Animated flying germ – oscillo. The generic homeopathic flu remedy. You take it at the first signs of the flu, or when you know you've been exposed – within the first 48 hours.

**Influenzinum 9c** - This is a homeopathic nosode prepared from this year's flu vaccine. Some homeopaths recommend taking one dose weekly for four weeks during flu season for prevention.

**Gelsemium 9c or 12c** – If you know you've been exposed and don't have strong symptoms, maybe, but not necessarily, just that sinking feeling with excessive tiredness, possibly trembling and very heavy limbs.

**Aconite 12c or 30c** - After exposure to the flu or as a preventative after exposure to cold dry wind with the feeling of sickness (colds or flu) setting in. Use for sudden onset of symptoms.

**Arsenicum 12c or 30c** - After initial exposure to the flu or getting chilled.

### HOMEOPATHIC REMEDIES FOR FLU TREATMENT

#### 1. SLOW PACED FLUS

**Arsenicum** - Influenza with vomiting, diarrhea. Burning pain, burning fever. High fever that follows a 2-3 day pro-drome. Fever worse around midnight to 1 AM. Very chilly in general and there can be frequent sneezing. Thirsty for small sips of liquids frequently, preferably of hot drinks. Better from heat and warm applications in general.

Mental emotional state: very, very restless, anxious, desires company. Feel they might die from the flu – extreme anxiety about their health.

**Bryonia** – Slowly progressing flu with severe aching, needs to lie still because any motion aggravates the pain, especially sitting up. Severe occipital headache and fever with a lot of perspiration and thirst. Drinks large amounts of liquid at infrequent intervals.

Mental emotional state: irritable and dull, asks to go home even though he is home already! Concern about business, or illness comes on after financial stress. Wants to be left alone.

**Gelsemium - This is the number one flu remedy.** Illness comes on gradually, with an incredible exhaustion, weakness and trembling. The head and limbs feel heavy, the eyelids are droopy. The headache usually starts at the back of the neck. Fever comes on slowly over 1-3 days. Chills run up and down the spine, and may alternate with flushes of heat. Not very thirsty. This remedy

is also known for a 'Never Been Well Since the Flu' – the patient no longer has the flu, but is tired and heavy. Like Chronic Fatigue Syndrome after the flu.

Mental emotional state: low spirited and foggy.

## 2. FAST PACED FLUS

**Aconite** - Sudden onset of flu after exposure or shock. This is also the number one remedy for nipping colds in the bud. High fever with flushed face, constricted pupils, restlessness and a desire for cold drinks. They are worse in the evening, at night, and for touch. They desire fresh air. Remember: SUDDENNESS!

Causation can be a cold, dry wind – so this is good if you've been out in the cold all day, come home, and start getting that anxious feeling combined with sensations that you're getting the flu.

Mental emotional state: excitement, anxiety and fear may be prominent. May say they feel death is imminent.

*Aconite, Arsenicum and Gelsemium are three remedies you can choose from when you've been out and find out someone near you had the flu. EARLY ONSET remedies. But Aconite is fast-paced and sudden while Arsenicum and Gelsemium are slower onset.*

**Belladonna** - Rapid onset of flu and very high fever. Delirious with fever, may have hallucinations. Head and body hot and extremities icy cold. Face flushed red, pupils dilated, eyes glistening. Can have severe headache worse for jarring. Headache with eye pain (Bryonia has this too but compare the overall state.) Thirstless, but if thirsty craving for lemony drinks or lemons.

Mental emotional state: delirious with fever

REMEMBER: VERY, VERY HOT. EXTREMELY HIGH FEVERS. So hot, they radiate, can feel them as you get close to them.

## 3. MORE HOMEOPATHIC FLU AND COLD REMEDIES

**Eupatorium Perfoliatum** - boneset Flu with high fever and terrible, excruciating muscle and bone aches, feels as if the bones are breaking. Intense chill with the fever, extreme rigors with the chill. **Shaking, shivering chill.** Followed by sweating. Great thirst for cold drinks even though otherwise chilled. Worse for movement, chill and open air.

Mental emotional state: desperate and moaning with the pains. Restless because of pain with no amelioration from motion.

**Rhus Toxicodendron** – poison oak Flu with anguish, aching, muscle stiffness and restlessness. Comes on after getting cold and damp, worse in cold damp weather. Must keep moving. Chills from uncovering and drafts. Better for drinking warm drinks. Pains better for warmth. Motion is the key here – Rusty Gate Syndrome. First motion is difficult for them to get going, then once they are, it's like they're oiled up and feel better. However, after a while, moving is painful and they have to stop, so it cycles back again. Restlessness in Rhus is this 'can't ever be comfortable for long' experience.

Mental emotional state: anxiety, restlessness

*Compare with Eupatorium – eup has bone pain, rhus has muscle/joint pain. Compare with Arsenicum - similar but remember motion ameliorates Rhus patients. Arsenicum patients move about because they are so anxious, and continue to feel worse.*

**Nux Vomica** – Strychnos – poison nut Colds and flu with extreme chilliness. They cannot get warm. Flu with a lot of sensitivity to all external stimuli. Can have rapid onset. Everything irritates them: light, noise, motion. They feel better for heat, even during heat of fever wants to be covered. Worse from uncovering or from slight motions of air under the covers as they move. Very, very irritable! Gastric symptoms, nausea, relieved by vomiting. Headache and raw throat. Thirsty.

Mental emotional state: Irritable, snappy. Oversensitive. Possibly ambitious and over concerned with work.

**Kali-bichromium** – potassium bi-chromate (found in trace elements in animals and man - glucose tolerance factor and stimulates insulin production) This is one of our greatest cold remedies. The system affinity for this remedy is the sinuses. The main indicators are a thick, stringy or ropy nasal discharge, post nasal drip and they feel worse in the open air. The influenzas in this remedy are chilly, they are weak and tired.

Mental emotional state: discouraged, hopeless feeling. They like to be left in peace.

**Pulsatilla** – Nasal congestion with thick, yellow, greenish discharge. They have no thirst and crave open air. They feel worse in a warm room, even though they're chilly. Changeable, shifting symptoms.