

When the flu strikes, think Homeopathy!

Sally Tamplin

On April 26, 2009 the US declared a public health emergency for the emerging new Influenza A (H1 N1) swine flu. As of 06:00 GMT, 6 July 2009, there have been 94,512 confirmed cases of influenza A (H1 N1) infection, including 429 deaths. Influenza A (H1 N1) - update 58 from WHO web site. On the 16 July the WHO announced that they will no longer issue global tables showing the number of confirmed cases for all countries.

Many of those hospitalized experienced underlying medical problems. However, The Centre for Disease Control (CDC) anticipates that there will be more cases, more hospitalizations and more deaths associated with this new virus in the coming months because the population has little to no immunity against this new virus. Young healthy adults between the ages of 20 and 35 have been hit just as they were in the severe pandemic of Spanish Influenza that occurred in 1918 - 1919.

There has been speculation that the new strain may appear again in the fall and winter flu season and may be considerably more formidable and dangerous compared to the mild effect that it has generally had this spring. This is a cause for ongoing vigilance. It is not a time to remain complacent. If we look at the pattern in past pandemics it may be reasonable to assume that one third of the world's population may become infected. Even if the new strain continues to remain "mild" large numbers of people could develop pneumonia and require respirators. The medical system may be unable to deal with such an event. The worst case scenario is that the medical system will collapse. Now is the time for the general public to become acquainted with homeopathy, I encourage you to take a look at the informative and easy to navigate web site that I co-authored: www.flusolution.net We offer this as a public service.

Over many centuries medical practitioners have always noted that in any epidemic there are always a number of people, who despite exposure, never seem to get sick. These people seem to have stronger constitutions and are less susceptible. Unfortunately, many of us have weaker constitutions, and we are asking ourselves what we can do to keep this new swine flu at bay. For most of us if we do get sick it is not likely to be a life-threatening problem, there will simply be the inconvenience of a few days off work or school. However, there are growing numbers of people who are immune compromised and for them an encounter with the swine flu or the general flu that comes around every year may land them in hospital or even prove to be life threatening.

As a classical homeopath, one of my main priorities is to inform the general public about this wonderful system of medicine that can help the body to heal quickly and without the toxic side effects of conventional medications. However, few people understand the principles and practice of homeopathy. Most people that I encounter at my public speaking engagements confuse homeopathy with herbalism. Homeopathic remedies come from different sources and although many are derived from plants there are a number of remedies that come from the animal and mineral kingdoms. The FDA regulates the manufacture of all homeopathic remedies sold within the United States.

The interesting point about these remedies is that they are made in a way that renders them so dilute that in most cases there is nothing of the original substance in the pill. As a result of this process there is no danger of toxic substances building up in the body and producing unwanted side effects. Homeopathy is probably the safest type of medicine that you will ever find. Many people say that homeopathy must work because of the placebo effect. The truth is that no one has been able to explain exactly how the remedies work but for the past twenty plus years veterinary medicine has contributed to the development of homeopathy. It has shown that this system of healing works on animals that are unaware of what they are taking. We have listed several double blind studies on our web site: www.flusolution.net

Homeopathic remedies are prescribed according to the **Law of Similars**. This law states, “That **which makes sick shall heal.**” This means that the symptoms **similar to those** caused by an overdose of a substance are the symptoms that can also be cured by a small dose of that same substance. As an example, we know that when we cut up an onion most people experience an acrid runny nose, soreness in the throat and stinging runny eyes. A homeopath will prescribe **Allium Cepa**, a homeopathic remedy made from the onion for the individual who has a cold and a sore throat with these symptoms. Therefore, homeopathy uses medicines prepared from natural substances that are similar to the illness in contrast to conventional or allopathic medicine, which treats and often suppresses the patient’s symptoms with large amounts of drugs, which have the opposite effect.

A well chosen remedy seems to act as a signal, which energizes or stimulates the body’s self healing powers, mobilizing the defense systems and working on all aspects of the body, mental, emotional and physical. Homeopathic literature, both past and present, documents cases, sometimes of severe pathology, that have been cured or significantly helped by homeopathy.

Since its discovery two hundred years ago, homeopathy has provoked much controversy, criticism, acclaim and impassioned support. It is interesting to note that during the 1918 flu pandemic large numbers of people sought homeopathic care and were restored to good health, in many cases their life was saved. 24, 000 cases were treated with conventional medicine and the mortality rate was

28.2%. 26,000 cases of the flu were treated with homeopathy; there was a mortality rate of 1.05%

A homeopathic remedy is prescribed upon the totality of an individual's symptoms taken from the mental, emotional and the physical levels. The homeopathic Materia Medica has well over 3,500 remedies. There is no one remedy that is specific to the flu because individuals will manifest symptoms in different ways that are unique to them. The most important point to remember about homeopathy is that it treats the individual. However, I have selected a number of the more common remedies that have proved to be useful in flu outbreaks. Please read the remedy picture carefully and select the one, which seems to fit the picture of the individual whom you are caring for. The remedies can be purchased from local health food stores; the specialist Pandemic Influenza Kit that Dr. Jacob Mirman and I designed is available from our web site: www.flusolution.net along with Helios Homeopathic Pharmacy basic first aid kits which contain many of the main influenza remedies.

I would recommend that you purchase either 12c or 30c potencies but whatever potency is available will suffice.

The remedy comes in the form of small sugar pills that are easily dissolved on the tongue or in a little water, do not eat or drink approximately 15 –30 minutes before and after the dose.

The doses can be repeated frequently in an acute illness but as soon as symptoms improve it is very important to stop the remedy.

If you select a remedy and take several doses but there is no improvement, review the symptoms and select another remedy that seems to fit the current picture.

Several remedies, in succession, may be needed to restore you to good health

Usually the most important symptoms are how the individual feels mentally and emotionally. Consider what things make the individual feel better or worse.

It is important to only take one remedy at a time.

Children, adults and senior citizens can safely use homeopathic remedies, they are not intrinsically dangerous but they are powerful and must be treated with care and respect. Store the remedies in a cool, dark place away from strong smells.

The remedies can be safely used in conjunction with conventional medication; there is no known interaction.

It is extremely important to work in conjunction with your licensed health care provider if symptoms are causing concern. When the patient's condition requires serious conventional treatment, homeopathy often helps to speed up the healing process and it can enable a reduction in the dosages of conventional drugs and decrease the unwanted side effects. If

you purchase our Pandemic Influenza Kit we recommend that you use the remedies in conjunction with advice from a professional homeopath and your licensed physician. This article is purely intended for educational purposes only.

Prevention is the best remedy

No one wants to be sick this fall or winter, the obvious precautions are to look after ourselves, this means good nutrition, regular exercise, taking steps to decrease stress and an appropriate amount of sleep. Washing the hands regularly helps to reduce the spread of infection, and if sickness strikes stay at home and use a handkerchief or tissues.

Do keep an eye on our web site: www.flusolution.net we will post on the front page the homeopathic remedies that we have found to be the most helpful in dealing with this new H1 N1 swine flu. You can also purchase the NIOSH - 95 masks to ensure that you and your family are in the best state of protection and you can also download “*The Pandemic Survival Book* that Dr.Mirman and I wrote, look under the articles section for this. If the flu does strike your household, here are some useful homeopathic remedies to have on hand and many more are listed on our web site along with useful, easy to follow power point presentations:

Aconite: Flu with great restlessness and worry.

This remedy is useful if the flu ***symptoms came on very suddenly***, especially after exposure to a dry, cold wind, infection or from an emotional shock or fright. There is a high fever, sore throat and ***feeling of great worry and fear***. The individual is very ***restless*** and they feel better in the fresh air. They are worse in a warm room, in the evening or at night, when exposed to tobacco smoke or near music

Arsenicum Album: Flu with extreme restlessness, oversensitivity, anxiety and weakness.

This remedy is useful for someone who has ***great anxiety, fear and restlessness***. They don't want to be left alone. As they have a fear of dying. A general aggravation time is ***between 1 and 2am***. They are ***very weak*** and will be ***chilly***; their face will be pale with an anxious expression. People needing this remedy complain of ***burning type pains*** that are better from warm applications and small sips of cold water. ***Vomiting and diarrhea*** are commonly seen with this remedy picture and the discharges are acrid and ***offensive***.

Baptisia: Flu with high fever and a feeling of being bruised all over. This remedy is useful for *flu that comes on suddenly* and the individual feels bruised and sore all over, *the body and limbs feel as if they are scattered and all in bits*. There is profuse sweating with a high fever and an intense thirst. The face is dull red in color and *people who need this remedy look dazed and sluggish as if they may fall asleep at any time*. This remedy is also for gastric flues with vomiting and diarrhea.

Belladonna: Flu with a high fever, face is red and pupils dilated.

This remedy is useful when a very *high fever comes on suddenly* usually as a result of exposure to infection or from the head getting cold, wet, or overheated. The face is flushed and bright red, the throat is sore, the eyes are wide and staring and the pupils dilated, *there is possible confusion and delirium*. The individual feels better when they stand or sit upright and in a warm room. They are worse from any noise or bright light or movement. They are worse from lying down and at night and symptoms tend to affect the right side of their body.

Bryonia: Flu with a severe, throbbing headache, wants to be left alone.

This remedy is useful for a flu that *comes on slowly*, they ache all over and the remedy tends to be characterized by a violent headache that is made worse by coughing or by even slightly moving the eyes. The headache feels better if firm pressure is applied and they can sleep. There is dehydration and a need to drink lots of fluids at infrequent intervals. *They feel very irritable, and want to be left alone and at home. They may be worrying about financial problems*. They feel worse from any excitement, noise, touch, movement or bright light, from eating and coughing and at around 3am and 9pm.

Eupatorium Perfoliatum: Flu with a feeling that the bones are broken.

This remedy is for the most terrible of all flues. *The pains are so severe that it actually feels as if the bones are broken*. The muscles ache and feel sore and bruised. The individual moans and groans and everything hurts. They feel worse for any kind of movement. They have a bursting headache and sore eyes. There is a lot of sneezing, the nose is runny, the chest is sore and coughing makes the head hurt. These people want ice-cold water although it brings on violent chills in the small of the back. They don't sweat much but when they do they feel better except for the head.

Gelsemium: Flu with chills and paralytic weakness.

This tends to be the number 1 flu remedy. In contrast to Aconite, Baptisia and Belladonna the *symptoms of Gelsemium come on slowly* after exposure to

infection or as a result of **worrying about a forthcoming task or event such as a public speaking engagement**. There is a sore throat and chills, which run up and down the spine. They may have a splitting headache, which is better after urinating. There is a general feeling of fatigue, the legs feel weak and shaky and they just want to lie in bed. The eyelids are droopy, the head feels heavy and they may have double vision. There is pain felt in the bones. Although they may have a fever they do not sweat and they are not thirsty. They feel better in the fresh air, when moving around and bending forward. They feel worse in the early morning and last thing at night, in the sun, and when exposed to tobacco smoke.

Never well since the flu?

Sometimes people get over a bout of the flu but never feel that they have completely recovered. If you feel completely drained and have difficulty getting out of bed then consider using the remedy Gelsemium 30c, just one or two doses should put you on the road to recovery!

Learn More

There are many remedies that can be self-prescribed for minor ailments and in a first aid situation; in acute cases a well-chosen homeopathic remedy acts quickly and well. I teach The School of Homeopathy First Aid Course In Minnesota, Wisconsin and Illinois. This is an excellent way to learn more about homeopathy and to help yourself and your family in every day situations. Learn to be more proactive about your health! Classes are listed on our web site: www.flusolution.net

Look for classes in Eagan, MN this September at: www.soundmindbodyhealing.com or email me: Sally@homeopathyschool.com I have also arranged classes this fall in New Lisbon and Lake Mills, Wisconsin.

Sally Tamplin comes from the UK; she is a graduate of The School of Homeopathy in England and The Dynamis School of Advanced Homeopathy and is a member of The Alliance of Registered Homeopaths (UK). Sally is the North American representative for The School of Homeopathy, Devon, UK. Sally's homeopathic consulting business, Alternative Horizons LLC, is based in Minneapolis. Sally has worked with Jacob Mirman MD, a homeopathic physician for many years and together they have developed the Minnesota Homeopathic Influenza Pandemic Plan. We can be contacted through the flu web site or call Sally at: **708 – 784 – 9397**

(Copyright SL Tamplin, 2009)