Homeopathy and the Flu

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Homeopathy and the Flu

• A long history of success in flu treatment – even in dangerous epidemics where conventional medicine has been unable to meet the challenge.
Example:

• Mortality rate of the 1918 Spanish flu epidemic reached 30% in some American hospitals. The homeopathic hospital number of deaths was 3% and under. The conventional hospitals were experimenting with a new drug (aspirin) and not understanding the dosage was one of the main reasons the mortality rate was so high: overdosing causing bleeding and then blaming that bleeding on the flu.

• The homeopathic hospitals mostly prescribed Gelsemium – as it matched the state of this epidemic and people were able to safely recover.
Acute vs. Chronic

• Acutes are self-limiting conditions. This class is designed to show you some remedies you can try for yourself in a self-limiting acute
• Chronic illness is anything your body can’t fight off on its own – asthmatic coughs, skin conditions, long lasting illnesses – for these you need professional help.
• Also if you worsen at any time during a flu and need professional help make sure to go and get it.
• The key – You will need to rest the entire time – until you are better. Really. No short cuts. One of the main causes of sequela (secondary infections and things that make you worse) is cutting your recovery time down by taking OTC cold meds and fever reducers and just getting on with it.
• Respect your fever – its doing a job!
• New Scientist published an article in 2014 that said that fever reducers for flu cause up to 2000 deaths in the US alone.
How does one dose homeopathically?

• The easiest way is to have the remedies on hand in 30c potency

• You can give one dose of the remedy and if there’s no improvement in a couple hours in flu you can then seek to change the remedy.

• Put 5 pellets of the remedy in a 16 oz water bottle – shake and take a capful hourly if the remedy is helping.
Prevention:

• Prevention conventionally usually involves a flu shot. You can use the other methods described here and also use homeopathy whether or not you have a flu shot.

• Let’s start with feeling fluish after the flu shot. Here you can take either Silica 30c, Gelsemium 30c or Influenzinum 30c depending on what your symptoms are like. (more on that later)
Sensible prevention includes:

• Hand washing with soap and water – I do not recommend antibacterial hand cleaner

• Make sure your D3 levels are adequate and increase vitamin C during flu season. C should have bioflavonoids and preferably be buffered (ester C) if taken in large doses. I always recommend food state vitamins (ie not synthesized)

• Make sure you are hydrated – always.

• Minimize stress and maximize rest wherever possible.

• Epsom salt baths with a drop of antibacterial aromatherapy oil can be very helpful – especially thyme lavender and/or eucalyptus (make sure to really move the water around to avoid skin irritation)
Sensible prevention (cont’d):

• Elderberry syrup
• Oregano Oil
• Thieves or similar (but you can’t use homeopathy with this)
• Wellness Formula capsules
• For respiratory health eat a clove of garlic at bedtime – I would put on cracker with butter or similar.
• Echinacea drops (10 drops in a little juice three times a day for a short period of time)
My Bubbie’s Flu Busting Chicken Soup Recipe*

*Fishman family secret!

- Chicken thighs; skinless or skinned but not boneless
- A large carrot
- A large onion peeled
- A celery stick
- Chicken broth
- Lots of pepper; some sea salt
- Water to cover
- Put these together in a large soup pot and bring to boil and then simmer for a long time
- Take the lid off and remove the carrot, onion, celery and chicken
My Bubbie’s Flu Busting Chicken Soup Recipe*
*Fishman family secret! (cont’d)

• For the next part:
• Carrots
• Chicken thighs cooked
• Once cooled some take the meat off the bones and return to the pot
• Slice carrots and add to the broth
• Season to taste and simmer as long as you can.
• This is the best with matzoh balls but I’m gluten free
• There are really nice gluten free matzoh balls made from potato meal as well.
Is the flu going around your community? Here are some of the helpful remedies:

- Oscillococcinum 200c
- Influenzinum 200c
- Aconite 200c
- Flu mixture from Helios or Ainsworth Pharmacy in the UK 200c
Remedies most commonly seen (this year):

• Belladonna - sudden onset, can be as specific as 3pm. High fever, glassy eyes, photophobia. Thirsty mostly for drinks with lemon in them. Can have delirium. Usually a dry fever, so not sweaty.

• Nux Vomica - very chilly. Craving hot drinks. Incredibly sensitive to noise, light, any thing agitates. Irritable. May have cold symptoms and gastric symptoms.

• Merc Sol - unable to regulate the body temperature. Bad taste in the mouth. May have sore throat and swollen glands. Lots of salivation if throat involvement.
Main flu remedies in general:

• Gelsemium – slow onset over hours or even days. Not much thirst. Chills. Skin hurts in fever. Aches and pains in limbs and heaviness – feels muscular. Can’t lift the head.

• Bryonia - slow onset and otherwise resembles more Belladonna – redness, dryness, hurts to move anything at all (even eyeballs or breathing). Bear with a sore head. Very thirsty for large volumes of water at one time.

• Rhus tox – can come on after getting wet. Restless – must move (opposite of Bryonia) and relieved by moving. Swollen glands.
• Arsenicum Album – of use if gastric flu. Diarrhea and vomiting. Restless with a pronounced anxiety about being left alone as they might die of their illness. Sips of tea or water. May be very weak.

• Baptisia – very septic flu. Lots of redness and high fever. Extreme sore, stiff, and bruised body. Chills. Might feel like the body is scattered around the bed in parts.

• Eupatorium perfoliatum – bonebreak flu. Feels like the bones are literally breaking. Desires cold drinks even though chills. Can have gastric or nasal symptoms accompanying.

• Pyrogen – very similar to Eupatorium but the pains may be more in the legs. Person will be sweaty, smelly and seem infected.
Other Flu Remedies:

• Arnica – bed feels to hard so can’t get comfortable or warm; body feels bruised

• Phosphorus – nosebleeds with bright red blood; complete exhaustion; desires cold drinks (can be carbonated and with ice); cough worse lying down – feels like a weight on the chest
After Flu Remedies:

- **Tuberculinum Aviare 200** - Practitioners use this remedy for clearing up symptoms after flu, especially when the lungs have been affected. Coughs are irritating, incessant and tickling. There is great debility and weight loss and lack of appetite. This remedy braces up the whole organism, reduces coughs and brings back the appetite. 3 doses in 12 hours.
After Flu Remedies (cont’d):

• One of the following may also be needed:
  • **China** - continued debility and chilliness - anemic and weak with desire to stretch and move. Worse on alternate days.
  • **Kali Phosphoricum** - General weakness with spasm - the slightest labor seems like a heavy task.
  • **Phosphoric Acid** - Chronic fatigue after flu. Better from warmth, sleep. Feels apathetic, dull, settled despair, indifferent to everything. Low continued fevers. The above can be taken either in a 6C potency 3 times a day or a 30 potency twice a day.
Safety of homeopathic remedies:

• Homeopathy is great for pregnant women and babies. You can treat any condition without worry to the pregnancy, fetus or new baby.

• Remedies are non toxic and safe and do not have side effects.

• If a remedy is incorrect the most likely scenario is no difference in the state
When the symptom picture changes:

When treating bigger acute illnesses like the flu, its common for the remedy to move the situation along to the next phase rather than just fixing it all together in one go. So... if you give a remedy and then a few hours later the symptoms totally change you might need to move on to the next remedy.
Case Study #1

• Mary started feeling unwell on Thurs but soldiered on until Monday when she collapsed.
• She feels an incredible achiness and her eyes ache. She's chilly and has chills running up her back despite her fever.
• She's not thirsty and really can't get up. She feels a little better once she sweats but much worse if she gets up and tries to do anything.
Case Study #2

• Ed was feeling like he was coming down with something for 3 or 4 days. He finally got into bed after 4 days and then refused to get out. He was very irritable and behaving like a "bear with a sore head" to his family.

• He's very thirsty and gulping large amounts of water and feels incredibly dry despite all the water. He has a painful cough which is worse for any movement (hurts to breathe)
Case Study #3

- Sarah has come down with a flu that is causing her extreme bone ache.
- She's very thirsty for lots of cold water, even though she's shivering.
- She's a lot better for sweating.
Case Study #4

• Jim isn't sure if he has a cold or the flu as he has symptoms of both.
• He's got a fever and has watery eyes and nose.
• He's irritable and starts arguments with his wife when she's trying to help him figure out a remedy.
• He's craving hot drinks and they seem to help as does lying down in warmth.
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