

SURVIVING PARENTHOOD WITH HOMEOPATHY: COLD & FLU

SYMPTOMS OF COLD & FLU

- *fever*
- *weakness and tiredness*
- *general aching*
- *headache*
- *dry cough and sore throat*
- *diarrhoea and nausea/vomiting*

SELF HELP MEASURES

- *try not to suppress the fever - it's the body's way of fighting illness*
- *keep well hydrated*
- *stay home to avoid spreading the illness*
- *stay warm if you are chilly*
- *rest*

WWW.THEWILDHOMEOPATH.COM

GELSEMIUM

- Trembling and chilly
- Drowsy – just want to sleep, slurred speech
- Dizzy – especially turning around in bed
- Mental dullness - apathy
- Droopy eyelids, aching muscles
- Slow onset with low grade fevers

ACONITE

- Give on the onset of colds and flu
- Starts with a chill, after exposure to windy weather and drafts
- Watery discharges
- Short, dry hacking cough
- Anxiety – impatient and restless

EUPATORIUM PERFOLIATUM

- Bone and joint aches: very severe pain which goes deeper than the muscles
- High fevers intermittent with chills
- Thirst for cold drinks and ice water
- Frontal/ eyeball headaches

BAPTISIA

- Sudden onset
- High fevers
- Muscles ache
- Toxic appearance
- Odour - sweat, breath, stool, urine
- Bad taste in mouth
- All of Gelsemium symptoms but more intense

RHUS TOX

- Opposite of Bryonia
- Stiff and tight and can't get comfortable
- Physically restless (Arsenicum is mentally restless)
- Better for moving around
- Desires warmth, massage and hot showers
- Worse in damp weather and may have a hoarse voice

ARSENICUM

- Flu with nausea/ vomiting and diarrhoea
- Anxiety – desperate and clingy, won't let you leave
- Fear of dying and health
- Anxious and restless – may pace the the room
- Worse around midnight
- Better for sipping warm drinks
- Burning discharges –redness under the nose

BRYONIA

- Worse for motion, just want to lie still
- Very irritable (Gelsemium is apathetic)
- Aching bones and joints with a splitting headache
- Wants to be still and alone
- Dry lips
- Thirsty for cold drinks that they gulp down
- Dry hacking cough that causes them to hold chest

ALLIUM CEPA

- Watery, red, burning eyes
- Profuse watery discharges
- Itching in nose, palate and throat
- Burning discharge in nose
- Violent sneezing

PULSATILLA

- A head cold with very little sneezing
- Thick, bland yellow/green mucous
- Thirstless
- Weepy and clingy
- Changeable moods
- Better in open air and worse in warm stuffy rooms

