



Aconite
Gelsemium
Bryonia
Arsenicum
Eupatorium
Baptisia
Rhus tox

Is your family in the throes of flu? Then let Aconite, Gelsemium, Bryonia, Arsenicum, Eupatorium, Rhus tox and Baptisia help you out. During such acute illness, they are the core helpers of our homeopathic home prescriber kit. We never need them all at once, but always choose wisely.



Having followed an introductory course in home prescribing and as the owner of a basic kit you are likely to have the Flu Crew remedies in 30c potency. Of course there are plenty more remedies and potencies that advanced prescribers may consider in any case of flu, but the ones listed here provide a great starting point.

Aconite 30c Often useful in cases of sudden symptoms. To nip an acute cold or flu in the bud, homeopathic Aconite is best taken **as soon as the slightest symptom is noticed**. Aconite can be especially apt if the patient was recently caught out in cold dry wind or heard some bad news. If symptoms have progressed further than the initial Aconite stage then consider the remedies on the next page instead.

Whatever your level of experience, remember to notice the **individual details** of the person's flu. Then consult the chart on the next page to find a good match for **his or her whole picture**. The state of your health in the first place as well as your personal susceptibilities will contribute to a) the kind of symptoms you have and b) the degree of your suffering. The aim of acute homeopathic prescribing is to **lessen the severity and shorten the duration of feeling poorly**.

After observing your patient and reading the remedy descriptions, **choose the single best match and give one pillule**. From then on stick with the minimum dose. This means that if the person feels a bit better, **don't rush to give another pillule**. If the person feels improvement but then the symptoms creep back then it is appropriate to repeat. If there is no amelioration after 3 doses of your chosen remedy, it probably isn't the best match so try the next remedy option. If in any doubt consult your homeopath or other healthcare provider.





Gelsemium	Fever as well as chills up and down spine.	Eyelids droop with heavy head and eyes.	Muscles ache all over; feels weak and heavy.	Cough from a tickle or rough sensation.	Nose may tingle; sneezing of watery snot.	No thirst despite fever.	Tongue trembles.	Slow onset; wants fresh air; dizzy feeling.
Bryonia	Hot and dry to touch.	Headache each time he coughs or moves eyes.	All over body aches worse for movement.	Hard racking cough; holds the ribs firmly.	Snotty nose with aching in the forehead.	Drinks a lot in one go then a stretch without.	Dry throat not made better by drinking.	Wants to be alone and to stay very still.
Arsenicum	Very chilly yet wants window slightly open.	Headache with restlessness and an icy scalp.	Feels weak and uneasy and may tremble.	Dry cough; sits up in case he suffocates.	Lots of burning discharge from nose and eyes.	Takes tiny sips of water very frequently.	Throat may burn.	Weak and irritable and scared of dying.
Eupatorium	Shivery chills starting in small of back.	Bursting headache with sore eyeballs.	Limbs and back hurt as if bones broken.	Sore trachea; cough better on hands & knees.	Discharge with sneezing and aching in bones.	Thirsty but cold water induces shudder.	Sore trachea.	Feels worse for movement.
Baptisia	Dry and burning skin; any sweat fetid.	Bruised feel in head; eyeballs lame on moving.	Body feels bruised and broken into bits.	Lungs feel tight and must have fresh air.	Root of nose hurts illusory burning smell.	Intense thirst with illusion of a bitter taste.	Fecal breath; tonsils swollen yet painless.	Sudden onset and groggy responses.
Rhus tox	Intermittent chill as of poured water.	Forehead and occiput hurt; scalp sensitive.	Joints and bones ache but better moving.	Dry teasing cough with restlessness.	May sneeze with an ulcerating tip of nose.	Unquenchable thirst but with a bitter taste.	Red triangular tip of tongue.	Mind and body restless.

Flu Crew



Additional Self-Help Measures

Rest In today's busy world it can seem difficult to rest, even when the body signals that rest is most needed. Prioritise the time and space to sleep and recuperate during and after flu. Ask for help with childcare and grocery shopping. It may sound old fashioned but be sure to **convalesce** and to take **enough** time off work.

Stay hydrated Even if you don't feel thirsty (such as in a Gelsemium case) make sure that you take some plain water at regular intervals. Herbal teas can also be hydrating, as well as lemon or elderberry juice with honey in hot water. If your pee is dark rather than light yellow, then drink more water.

Familiarise yourself with the benefits of fever and fever management Whilst we don't want to inappropriately suppress fevers, do remain alert to temperatures that creep towards and beyond 38°C (100°F) and seek professional advice if needed. Miranda Castro's **Fever in Children** (available at www.mirandacastro.com) is informative, as is **Treating a Fever While on GAPS** by Becky Plotner (www.nourishingplot.com) and **How to Get Rid of a Fever** by Jillian Levy (available at www.draxe.com). Be prepared and read these *before* the flu - or any other acute illness - visits you!

Try not to suppress Symptoms reflect your body's best attempts at getting better. Sweating, for example, is an important function of the immune system, so try not to fight against your own good nature! Allopathic painkillers can give your liver and gut a hard time but homeopathy is nontoxic and can naturally help those with headaches, sore throats and achey limbs.

Ease and Nourish A warm bath with epsom salts is traditionally used to soothe an aching body, and good old chicken stock is a cultural food for easing us back to a full appetite. Make sure it is homemade, not from a bouillon cube or packet.

Contact a professional If you have any concerns about any flu related symptoms, including a high fever or a susceptibility to developing pneumonia, seek professional help at the first possible opportunity.



All of my articles, resources and blog posts have been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.

AUDE SAPERE – MENTRA WYBOD – DARE TO *GET IT*

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