

Health Reflections



Flu Frenzy

It's a long time since I was an undergraduate student at a homeopathy training college. To fund my initial four years of study I also took on some occasional supply teaching in primary schools, and remember the staffroom hysteria when a swine flu pandemic hit the news.

I was by then in the second year of college, well-versed in acute prescribing, in the swing of observing chronic case-taking and starting to learn about **epidemic** (countrywide) and **pandemic** (worldwide) disease.

Our college education at the time had us researching differing attitudes towards common viral infections like 'flu. We were encouraged to consider homeopathic treatment statistics from past epidemics such as the scarlatina that had swept through Hahnemann's Germany, and to follow how his philosophy had deepened in the face of typhus fever, cholera etc. It was essentially empowering to learn about homeopathy's history of supporting people alongside evolutionary cycles of disease.

So with the spread of that swine flu, some fellow students and I upped our game by revising some relevant homeopathic remedies including Gelsemium, Bryonia and Ars-alb and ordering them in from Helios pharmacy. We made up personal kits so that we were prepared and unfazed by the prospect of looking after loved ones should they fall ill.

By contrast, an air of alarm spread in one primary school, but my unperturbed presence must have caught the attention of one of the teachers, as she exclaimed -

"It's OK for you, Elin! You know what to do if you get it!"

Flu or Fear? The penny dropped – this wasn't solely about the flu but was firmly related to fear. That disempowered cry has stayed with me ever since, reminding me of a general unpreparedness in the world of grown-ups for facing short-term illness as part of the course of life.

Some homeopathy tutors had posed the possibility that the current pandemic was not the last that the current generation of children would live to see, adding to my hunch that it was unfair for adults to be exemplifying blind panic when we could instead be demonstrating -

- a) **How to support our own immune system every day;**
- b) **How to deal calmly with illness if necessary;**
- c) **The art of convalescing well.**

The staffroom episode prompted me to offer community classes to explain the empowering rôle that homeopathy and nutrition can play – amongst other measures - in bolstering and restoring wellness. Years later I extended these classes to an online audience – why not join?

Of course, some families with special health needs may face additional worries during outbreaks of illness such as flu - and their concerns should not to be underestimated. But for *all* children, there are many common measures for encouraging strong immune defences, ideally implemented consistently and way before the flu strikes.

Composure and Calm We need to remember how children can absorb fearful emotions, which surely cannot be helpful to overall resilience. We need to consider how we foster our own immune system and the condition in which viruses may find us. And we need to be mindful to let our responses to any outbreak of flu be fuelled not by fear but by competence in self-care.

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

Get Well Soon – A Guide to Homeopathic First Aid: The School of Homeopathy (Yondercott Press, 2010);

Homeopathy for Epidemics: Eileen Nauman (Light Technology Publishing, 2004);

Treatment of Epidemics with Homeopathy – A History: Julian Winston (www.homeopathycenter.org, 2017);

7 Ways Kids Can Fend Off Flu with Yoga: Erika Prafder (www.yogajournal.com, 2006);

Interview with Dr Natasha Campbell-McBride: Deborah Morgan (Kids Health Revolution Radio, 2017).

*Fran Lebowitz - Social Studies

Yes Nurse Jess Aim for these good policies, especially when there's a flu about:



Keep your nails trim and clean and wash your hands regularly. Soap and water is great for this job!

If frequent handwashing leaves your hands feeling dry, try using an all-natural salve like Weleda's Skin Food.



Enjoy your stocks, pâtés and friendly ferments every day as they can help us be strong from the inside.

*Old-fashioned tallow and butter can also help us stay well; they are both nutritious **and** delicious - bingo!*



Wind down for a few hours before a timely bedtime, maybe with a good book and big hug.

Some of life's best complements are free – sleep, hugs and morning sunshine can all help us to feel well.



Enjoy family walks, plant seeds or go foraging for craft materials – and take an adult with you!

Contact with nature and her soil can expose us to beneficial microbes.

No Nurse Jo For resilient foundations, some habits may be best avoided:

Try not to allow horrid thoughts to form and fester.

If you have any worries, it's best to share them with someone you trust.



Don't forget to breathe deeply and to open up your chest with fresh air.

Kids' yoga, singing a song or playing a wind instrument are great ways to support good breathing.



Sugar can weaken immunity, so next time you go shopping, it may be best to walk straight past the biscuits, sweet drinks and sugary cereals.

Omelettes, guacamole, homemade fishcakes and homemade fresh mayo could be so much more beneficial.



Try not to spend your whole day sat in front of screens and devices.

Remind each other to turn off the wi-fi before bedtime, and dream up some livelier daytime activities for the following day.



In addition to the above family lifestyle measures, and with the aim of strengthening resilience, many parents choose to consult a professional homeopath to address each family member's unique constitution. To learn complementary acute prescribing skills (in case of acute illness in between consultations) join an Introduction to Homeopathy course.

For further details about the benefits of homemade stocks and nourishing fats for the microbiome and immune system, please read Dr Natasha Campbell-McBride's *Gut and Psychology Syndrome* (Medinform Publishing).

Each Health Reflections article and blog has 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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