

Health Reflections



Brewing a Cold?

Most of us know the feeling of a cold coming on, especially during colder spells or when we're under stress. But should we rush to treat it?

If the body is signalling to us, by means of a cold, that it's time to rest, then that's probably the best prescription. Slow down, pause, give yourself a breather – and if you're too busy and stressed to do just that, take a moment out to *properly consider why*.

I often comment positively on a bout of the common cold, saying that the body is having a spring clean. However inconvenient they may seem, colds are one of those eliminative episodes that probably happen for good reason. This refers of course to a general population who are hopefully of robust constitution with diverse microbiomes. Homeopath Colin Griffith adds that "Influenza, glandular or gastric, is also eliminative and an unpleasant episode that should have positive results."

From time to time I meet individuals who tell me that they never get colds, and this can sound alarm bells. Rather than being a sign of health, this may signal a lack of the vital resources needed to push out an acute response.

I also see the problem of too frequent colds, with one snuffle merging into the next or some lingering congestion that never seems to clear up completely. This also is cause for attention and for long term constitutional care.

Hastening Recovery

If you can identify your case of the common cold as being a true self-limiting acute,

then you may wish to apply your home-prescriber skills to help alleviate the symptoms and hasten recovery. Don't use homeopathy as an excuse not to rest though!

Now that we're clear that a cold is not something to beat, but something to honour, here are some first homeopathic ports of call. Be sure to apply all principles of homeopathy, including that of the minimum dose.

Aconite 30c: Take Aconite at the very first hint of a cold or sore throat, especially after fright or exposure to cold wind.

Ferrum phos 30c or 9x: Often useful in the early stages of a cold with a stuffy nose or sore throat or low grade fever.

Nat mur 30c or 9x: A good choice when a cold begins with sneezing of clear snot, with cold sores and chapped lips.

Additional Self-Help

As always, top nutrition is paramount for swift recovery. Lean into homemade stocks, soups, soft boiled eggs, pâtés, fresh vegetables and plenty of nourishing fats (e.g. butter, goosefat, coconut cream and tallow). Always steer clear of man-made margarines and vegetable oils.

Steer clear of sugar too, as this is hugely inflammatory and generally unhelpful.

Choose local raw honey instead, adding to lemons or elderberries to make a soothing and hydrating drink.

Above all, rest, rest, rest...oh, and bless you!



THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

The Terrain: Julian Jonas (www.centerforhomeopathy.com, 2019);

The Companion to Homoeopathy: Colin Griffith (Watkins Publishing, 2005);

Magic of the Minimum Dose: Dorothy Shepherd (Jain, 1998 reprint);

Honey, not antibiotics, recommended for coughs: Bazian (www.nhs.uk, 2018);

Gut and Psychology Syndrome: Natasha Campbell-McBride (Medinform,2018).

*Fran Lebowitz - Social Studies

Elderberry Drink



How about starting your own tradition of yearly elderberry picking? Ripe in September, they're touted for immune-boosting properties as detailed in *Gut and Psychology Syndrome* by Natasha Campbell-McBride.

On your return home, a few extra pairs of hands will come in useful for separating the berries from the umbels. They can then be open frozen or juiced and frozen in handy cubes.

Elderberry juice can also be purchased online and from some health stores, although buying means missing out on fresh air, sunlight and exposure to a host of friendly soil-based microbes.

To make a soothing drink, take two cubes or two tablespoonsful of elderberry juice per person, or three tablespoonful of berries. Put them in a pan.

Add the juice of half a lemon per person, or the juice of half an orange if preferred. (Do your research to ensure that you're happy with the methods used to keep citrus fruit appearing fresh!)

Slice a thumb of fresh ginger and a thumb of fresh turmeric if available, adding to the pan. Some spice such as star anise or clove would also be complementary. Add a cupful of water and a little honey before bringing all to a simmer for 10-12 minutes.

If you used whole berries, mash them in the pan before straining the mixture into a mug or flask. This makes for a beautifully coloured, fruity cuppa fit for autumn and winter.

More Homeopathic Remedies

For when a cold has ripened, consider the following:

Hepar sulph 30C: When discharges are yellow and cheesy and the throat has a sensation of a splinter in it, consider Hepar sulph. The patient may be chilly and ill-humoured with a heightened sensitivity to noise, light and drafts. He hates being uncovered; even a hand sticking out from under the covers triggers a dry cough.

Allium cepa 30C: Allium is characterised by spasmodic sneezing, with an irritating runny nose and watery eyes. The patient desires fresh air and the nasal discharge burns. Heightened towards evening, the symptoms are aggravated by warm rooms, except for the tickling larynx which can be aggravated by drawing in cold air.

Kali bich 30C: This is the remedy for distinctly ropy, sticky, yellow-green snot and sinus involvement. Symptoms can alternate between catarrhal complaints and rheumatic pains and he likes the warmth of his bed. Kali bich can complain of a pain at the root of the nose with soreness and burning and scabbing inside the nose.

Kali mur 30C: Kali mur can be considered in cases of stuffy head colds where the ears are also congested, with crackling sounds. Any snot is likely to be white and thick, with glandular swellings, hoarseness and inflamed tonsils. Coughs are noisy but bringing up proves difficult.

Pulsatilla: Well-known for thick, yellowish-green, bland discharges, Pulsatillas can also be clingy and tearful when ill. Colds tend to settle in the eyes and nose, perhaps with granular eyelids or styes. Symptoms tend to worsen towards evening and get aggravated in warm rooms.



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AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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