

Homeopathy for Colds and Flu

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“The physician's high and *only* mission is to restore the sick to health, to cure, as it is termed.” –

Dr. Samuel Hahnemann (1755 – 1843)

Homeopathy is a system of medicine designed to cure the sick, to restore health using very dilute substances to stimulate the vital force and restore the body to health.

There are many benefits to this approach:

- Available in the health food store, mostly 30C.
- Very affordable.
- Come in many different shapes and sizes.
- Safe and can be used for young and elderly.
- Can be used for any condition.
- Condition must be one the body is able to heal.
- Can be used for mild or serious issues.



The more serious a condition, the wiser it is to work with a professionally trained homeopath. For the minor first aid and other acute situations, anyone can learn to successfully use this wonderful medicine.

Dr. Samuel Hahnemann (1755 – 1843)



- born April 11, 1755 in Saxony, Germany
- by the age of 12 was tutoring classmates in Latin and Greek
- master Pharmacist
- leading Chemist of his time
- linguist and translator (spoke 7 languages in total)
- pioneer of public health and sanitation
- understood the principles of contagious disease
- believed nutrition was very important to health
- promoted a diet with little meat, goat or sheep milk over cow
- he believed in the body's ability to heal itself

Hahnemann became disillusioned with medical practice of his era, moved frequently and turned his hand at a number of endeavors.

The first homeopathic remedy: Cinchona.

- Was translating Cullen’s *Materia Medica* – and knew that “bitter properties” could not be the sole reason that Cinchona bark treated malaria.
- Several doses of Cinchona bark caused him to develop symptoms similar to those of malaria!!!

Homeopathy for Colds and Flu

Hahnemann simply developed this idea – we could give healthy people various substances and make a list of symptoms that appeared and then use this list to find medicine to treat people who were actually ill: The Law of Similars, or “Like cures Like”.

He developed additional concepts:

1. Potentization: a series of dilutions and succussions (the shaking and striking against a firm surface like the palm of your hand).
2. Characteristic Symptoms: symptoms **unique to an individual** and not common to a group. Here are two examples:
 - a. Person 1: is hot to touch and they also feel how, the condition comes on quickly, there is redness and heat in the face, their hands and feet feel cold when you touch them, they are very restless and are very thirsty for cold drinks, their pupils are dilated and they want to be left alone.
 - b. Person 2: is also hot to the touch they feel cold, their hands and feet are hot to the touch but feel cold to the person, they are pale, listless, have no thirst and their pupils are constricted.

Under the tenements of homeopathy, #1 would need one remedy and #2 would need a different remedy. And both would recover remarkably.

The Organon of the Healing Art published in 1810. Free online copy:

<http://www.homeopathyhome.com/reference/organon/organon.html>

Homeopathic Remedies

- Substance that has been diluted and succussed
- Plant, animal, mineral – almost anything
- 3000+ remedies today
- Often dosed on “sugar” pellets or dissolved in water for the very young or old
- Safe for all ages
- No contraindications

So how does it work?

Well, we don't really know how it works; we just know how to use it and we can see what it is doing in the body.

We can observe the primary and secondary reaction to any intervention:

- Homeopathy: a remedy worsens the condition and the body restores normalcy.
- Allopathy: the substance suppresses the symptom and the body becomes sicker.
- “Side effects” = “the symptoms of the disease being produced by the pharmaceutical”

Let's look at an example:

1. Homeopathic approach:
-

Homeopathy for Colds and Flu

- A person has a fever and
- A remedy is chosen using the homeopathic method
- One dose is given to the person
- The temperature rises a little after the medicine is taken
- The body takes over, responds in the opposite direction which is to LOWER the temperature to normal

2. Allopathic approach:

- Person has a fever
- One dose of a medication designed to artificially lower the temperature is given to the person
- Temperature goes down
- Medication wears off and the body takes over, responds in the opposite direction which is to RAISE the temperature, often to a level even higher than the original fever
- End result, medication cannot be discontinued and has to be given to maintain lower temp

A Homeopathic Case

Finding the best remedy is all about gathering details! The more details and the more specific to the person, the easier it is to decide on a remedy.

The more details the better.

- What is the main thing?
- Specifics of main thing?
- What is the exact location?
- What makes the main thing better?
- What makes the main thing worse?
- Are there any related symptoms or general changes?

Characteristic symptoms

- Symptoms not normally part of the “condition”
- Over 300 remedies can cover a runny nose
- It is the characteristic symptoms that guide to the correct remedy

What is new and different?

- Symptoms which are very different from the normal state of that individual

Homeopathy for Colds and Flu

Docs will chart this but you can keep a book/journal on symptoms and what remedy you used, how many doses it required. Have a good materia medica to reference.

May have to use a different remedy at some point – if symptoms change.

Choosing a remedy

- Easy if you took a detailed case
- If you can answer your own questions, great, if not, make a list to ask patient
- Make note of KEYNOTES
- Compile the symptoms and choose the remedy that covers the symptoms...do not choose a remedy and then see if the patient has all of the symptoms of the remedy

All the remedies cover many different things:

- Most remedies cover many of the same conditions
- Details separate the remedies from one another

Make sure the description of the symptoms and the remedy match:

- If the person is better inside and the remedy you are considering covers someone who is better outside, it is most likely the wrong remedy.

What happens if you choose the wrong remedy:

- Usually nothing
- Try again

Strength

- 30C potency, sometimes 6C and when the remedy is very clear we can start with a 200C

Quantity:

- 1-3 pellets, can be dissolved in water

Frequency

- Usually give a single dose and see how the body reacts
- Aggravation followed by improvement we wait
- No reaction we re-evaluate the remedy chosen
- In an acute, we usually dose frequently until it is clear the symptoms are resolving

Homeopathy for Colds and Flu

Chronic prescribing is different and should be handled by a trained homeopath

Important to get **complete symptoms**.

A complete symptom consists of four main parts:

1. **Sensation:** what does it feel like?
2. **Location:** where exactly is it located, move to, start at and end up at?
3. **Modality:** something that makes a symptom worse or better.
4. **Concomitant:** any symptom, and condition that happens at the same time.

In this and in every part of case taking there are a couple of guidelines and I will continue to emphasize these all along:

Dosing

- 30C works well for most first aid and acute situations
- can be dosed as frequently as needed
- 3 pellets per dose
- Infants - dissolve a pellet in water, give in a bottle or use a little dropper, do not store this liquid for any length of time as there is no preservative in it
- It may seem to stop working no matter how frequently it is taken = they probably need the next higher strength (200C).

Following a case

- When to make a change to the remedy:
 - No reaction
 - The reaction stops
 - New symptoms
- No Reaction to any remedy...If there is no reaction - go back to basics....The underlying cause of disease must be addressed or the reaction to any therapy will be short-lived and incomplete.

Establishing and Maintaining Good Health – Good Hygiene

Except for a first aid or acute situation, it is very important to make sure the basic health of a person is considered. If they are not eating well or are poisoning themselves on a daily basis, homeopathy has little chance to cure the serious and chronic conditions. The basic areas are:

Food

- Eat a whole foods diet as much as possible (decrease/eliminate refined, packaged and fast foods).
- Eat 7 colorful fruits and vegetables each day.
- Variety is the spice of life, and so too with food. Have as much variety in your diet as possible.
- Limit sugar intake to occasional treats.
- Decrease or eliminate all known food sensitivities/allergens. If you are not sure, consider having a food allergy blood test done.

Drink

- Consume plenty of fresh filtered water daily (about ½ your body weight in ounces.)
- Have your well tested if you are not certain about any impurities.
- Limit caffeine consumption.
- While some studies have shown 1-2 alcoholic beverages/day can be healthful, more than that should be limited.
- Decrease or eliminate any sodas or sugary drinks.

Exercise

- At least 30 minutes of regular exercise three to four times/week.
- If you don't already have a program, have a physical before starting any new exercise.
- Find something fun to participate in, or enlist family or friend to get more motivation.
- Learn a sport or activity that you can enjoy your whole life, like tennis, golf, cycling or swimming.

Sleep

- Most Americans don't get enough sleep either because they have a hard time falling or staying asleep or because they have not allotted enough time for sleep. 10 hours – 1 to prepare, relax and fall asleep, 8 for sleeping and 1 for stretching and waking up the body.
- Stop evening activities (TV, computer work) **at least** 1 hour before you need to be asleep.
- Eliminate caffeine in the afternoon if you have difficulty sleeping.
- Bring it to the attention of your naturopathic doctor as they are specialists in finding and treating the cause of insomnia, as well as utilizing safe and natural treatments.

Colds, Flu and Other Seasonal Ailments

Has to be caught early in condition to prevent symptoms from developing.

If remedy is used too late, i.e., symptoms are completely developed, then it may or may not speed up recovery.

If symptoms are “seasonal allergies” an acute remedy will probably not cure but it can help provide relief. Seasonal allergies are considered a chronic condition and it takes a couple of years to completely eliminate them. Each year that passes they get better and better.

In addition to homeopathy:

- Colds:
 - Rest
 - Hydrate
 - Bone broth
 - Magnesium baths
 - Frozen socks
- Flu
 - All the above + ginger
 - Lavender and peppermint oils

Homeopathic Remedies

The next section is what we call materia medica. I will review a set of commonly used remedies for colds and then flu. Keep in mind, this is an abbreviated materia medica – it includes key symptoms for each of the remedies for the picture of colds and flu. Each of the remedies I discuss has a MUCH larger materia medica for its use in other symptom pictures. The most important part of using this information is in selecting the remedy that most closely matches the symptoms you are looking at in a person.

Aconitum napellus (Acon)

This remedy is indicated in the early stages of a cold, if symptoms are intense and come on suddenly. Exposure to cold and wind, or a stressful or traumatic experience may precipitate the illness. Symptoms include a dry stuffy nose with a hot thin discharge, tension in the chest, a scratchy throat, and choking cough. The person often feels thirsty, chilly, anxious, and agitated.

Allium cepa (All-c)

This remedy is often indicated when a person has watery eyes that sting, a teasing cough, much sneezing, and a runny nose with clear discharge that irritates the nostrils and upper lip. The nose usually runs when the person is indoors and stops in open air.

Arsenicum album (Ars)

Frequent colds, sore throats, and chest problems—with burning pain and feelings of weakness, restlessness, and anxiety. The person's head may feel hot while the rest of the body is cold, and problems can be worse near midnight. The nose often feels stopped up, and the person may sneeze repeatedly, without relief. White, thin, burning mucus may be produced.

Baryta carbonica (Bar-c)

Frequently catch colds from getting chilled. A runny nose and swollen upper lip, swollen lymph nodes, tonsils, and adenoids are typical symptoms. This remedy is often helpful to children who are bashful and slow to develop.

Belladonna (Bell)

Sudden onset of a cold—with fever, flushed face, and restlessness—strongly indicates this remedy. Symptoms may include a hot dry feeling in the nose with watery discharge, and a nagging tickle in the throat. A hard or nagging cough, bright red sore throat, and throbbing pain in the head or ears are often seen. The person may be sensitive to light and either drowsy or delirious with the fever.

Dulcamara (Dulc)

When a person comes down with a cold after getting wet and chilled, or if colds come on when the weather changes, this remedy should come to mind. A stopped-up nose and face pain are likely. A person who needs *Dulcamara* also tends to have allergies.

Euphrasia officinalis (Euphr)

Red, watery, irritated eyes, frequent sneezing, and a mild, clear nasal discharge suggests a need for this remedy. The person may cough from irritation and from phlegm collecting in the throat. Symptoms worse at night, and the person tends to feel better from eating and lying down.

Ferrum phosphoricum (Ferr-p)

This remedy often stops a cold from developing if taken right away when symptoms start. It is also helpful during colds that are more advanced, when the person feels very weary, with a moderate fever, rosy cheeks, sneezing, and a short hard cough.

Gelsemium sempervirens (Gels)

Lethargy and aching, with headache and droopy eyes, are often indications for this remedy. Fever and chills run up and down the spine, and heat or pressure may be felt in the face and nose. A person who needs *Gelsemium* often trembles and is shaky, or feels extremely dull. This remedy is often helpful for colds that come on in hot weather.

Kali bichromicum (Kali-b)

This remedy is usually indicated for later stages of a cold with thick, stringy mucus that is difficult to clear from the nose and throat. The person may experience pain at the root of the nose or hoarse coughing with tenacious expectoration. The person often feels better from resting and keeping warm.

Mercurius vivus/solubilis (Merc)

A person who needs this remedy is extremely sensitive to temperatures, and experiences night sweats and drooling during sleep. Swollen lymph nodes and bad breath are other indications. The person's nose may feel raw, and the tonsils or ears often become infected.

Natrum muriaticum (Nat-m)

Colds with clear nasal discharge like egg-white, sneezing (which is often worse in the morning), headache, and a diminished sense of smell or taste may respond to this remedy. The person may develop cold sores around the mouth, and the lips can be chapped and cracked.

Nux vomica (Nux-v)

Colds with a stuffy head at night and runny nose in the daytime, rough throat, harsh cough, and chilliness suggest a need for this remedy. A person who needs *Nux vomica* is usually very irritable, impatient, and may be sensitive to odors, sounds, and light.

Phosphorus (Phos)

A person whose colds go easily to the chest often responds to this remedy. One nostril may be blocked while the other runs. Hoarseness, laryngitis, and nosebleeds are other likely symptoms. The person often is thirsty for cold drinks and feels better from massage. People who need this remedy often feel weak, "spaced out," and anxious or fearful when ill.

Pulsatilla (Puls)

Colds producing thick, bland, yellow or greenish mucus suggest a need for this remedy. The nose feels stuffed indoors and runs in open air. The person feels worse in warm or stuffy rooms, with improvement from going outdoors. Congestion and fever often are worse in the evening. A person who needs *Pulsatilla* wants a lot of attention and comforting when ill, and children may be tearful.

Rhus toxicodendron (Rhus-t)

If a cold begins with stiffness and body aches, especially during cool damp weather or weather changes, and leads to nasal congestion or sore throat, this remedy should come to mind. The person feels extremely restless and often paces or fidget. Warmth and motion bring relief, both physically and mentally.

Sulphur (Sulph)

Useful for colds with a stuffy nose when indoors. Red, scabby eruptions about nose. Dry scabs in nose, bleed easily. The person who needs Sulphur is usually on the warm side, thirsty for cold water, has the tendency to want to sit or lie down instead of standing and is better if left alone.

Fevers

- Powerful tool of the body to restore health
- Not seeking to suppress
- There are times a fever, high fever, can indicate something very serious - always check in with doc
- Stay hydrated – one of most important things, cool rag to head, rest
- Fasting a fever: water or broth for anything 99F or higher, introduce food after temp has been normal for 24 hours

Aconitum napellus (Acon)

- comes on suddenly; especially after exposure to cold air or wind
- dry skin, dry mouths, thirst and sometimes dry coughing
- pale or red, more often pale

Belladonna (Bell)

- most common remedies for acute fever
- flushed cheeks, dilated pupils, glassy eyes, high fever, hot skin, and a general flushed, feverish appearance, both restlessness and agitation

Chamomilla (Cham)

- fever from pain, including teething (see teething section)
- unhappy and uncomfortable, very angry, irritable with pain, impatient, contrary, inconsolable, crying, screaming and arching back, capricious, sweaty head, one cheek red, the other pale, thirsty, green diarrhea
- better when rocked or carried, worse after 9 pm, alternates between chilled and overheated

Ferrum phosphoricum (Ferr-p)

- anxiety, simple continued fevers, chilliness predominates with the remedy, little heat

Gelsemium sempervirens (Gels)

- heavy, droopy eyes; weak and tired, with aches, hot head and face, but chills up and down the back; desire to be alone
- burning headache without thirst, fatigue and achiness come on gradually, increasing over several days, headache begins at the back of the neck and skull
- anxiety, dizziness, moderate fever, trembling, perspiration

Mercurius vivus/solubilis (Merc)

- smells sick, is hurried and restless, foul breath and perspiration, drooling, sweaty and worse at night, worse with extremes of hot or cold, feels hot one minute, cold the next, night sweats; easily chilled and overheated

Nux vomica (Nux-v)

- often brought on by overindulgence
- extremely chilly fever with the desire for lots of blankets, coats or coverings, digestive upsets may be present

Pulsatilla (Puls)

- usually include stuffy noses, tears or clingy behavior
- often without thirst, with mood swings moment to moment
- sometimes clingy and snuggly one moment and irritably angry the next moment
- fever almost always worse at night

Resources

Good Websites

- Health Talks 365
<https://www.healthtalks365.com>
- Homeopathic Academy of Naturopathic Physicians
<https://www.hanp.net>
- Naturopathic Medicine Institute
<https://www.thevitalnd.org>
- www.wholehealthnow.com/homeopathy_info
- www.hylands.com
- www.txoptions.com
- www.abchomeopathy.com
- www.a2zhomeopathy.com
- www.homeopathyworks.com
- www.homeopathyhome.com

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Homeopathy for Colds and Flu

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1, 2, 3...Homeopathy!

Dates: Oct 30 and Nov 6, 2021, 9 am – 1 pm Central on Zoom, 8 hours total

Regularly \$500 on sale for 50% off: \$250

An excellent place to start or refresh your knowledge of homeopathy. This course is for home practitioners, physicians just getting started or looking to refresh their skills, and other medical practitioners interested in homeopathy.

Regardless of skill level, participants in this course will be able to start using homeopathic remedies in their daily lives and clinical practice. Join Dr. Eli Camp as she provides knowledge of and guidance in using one of the safest and most powerful healing modalities on our planet today.

The live workshop is taught in two sessions, 4-hours each, with ample time for Q and A. Handouts and notes are included. Space is limited at the live session to 100 seats but it is also available in recorded format. This workshop does not provide continuing education credits.

Topics

- Introduction to Homeopathy
- History of Homeopathy
- Homeopathic Remedies
- Homeopathic Provings
- Current Research
- Common Applications of Homeopathy
- Building a Basic Homeopathic Kit (home practitioners and clinicians)
- Review of Homeopathic Resources and Tools
- Quick Start Guide to 25 Remedies

Homeopathy for Colds and Flu

What's Included

- 8 hours of class time
- 100+ pages of class notes
- Homeopathic First Aid Guide
- Homeopathic Teething Guide
- 50% off your next class or can be used as a gift certificate to the recorded course. This makes a nice holiday present for a friend or family member.

Learning Objectives

Upon completion of *1, 2, 3...Homeopathy!* participants will be able to:

- Define homeopathy.
- Explain where it came from.
- Describe a homeopathic remedy and proving.
- Access current research.
- Recognize when homeopathy can be used and for what.
- Build a basic homeopathic kit (home practitioners and clinicians).
- Utilize basic homeopathic resources and tools.
- Implement use of homeopathy at home or in practice.

For more info and to register: visit ecampnd.com/123