

N.A. Homeopathy Newsletter

Winter 2011/12

WINTER ALERT

I once heard a saying that went something like this: "A clever doctor can cure a cold in a fortnight and it will get well by itself in fourteen days."



This is indicative of the way colds are treated with conventional medicine, but homeopathy has a sterling reputation for treating colds, and if caught early enough, aborting them completely. When choosing a homeopathic remedy, look for the most outstanding features of the cold to match the most outstanding features of the remedy.

Aconite is the number 1 remedy for nipping colds in the bud and is useful in the early stages of colds, fevers and sore throats. This remedy helps when symptoms have come on quickly, often after exposure to cold. There can be a lot of sneezing with pain at the root of the nose and dry mucous membranes. You will feel worse towards evening and night time and better for fresh air and rest.

In contrast **Bryonia** symptoms come on slowly and the sufferer will feel worse for moving around. The patient may start to sneeze and a hard, dry cough can develop. The lips and mouth dry up and there is a great thirst. A dose of **Bryonia** can stop the symptoms reaching the chest. It is also a good remedy for children who develop dry coughs at the beginning of winter and seem unable to shake it off.

Gelsemium is the number 1 remedy for flu when you feel dull and sluggish, and often have a headache at the back of the neck. There will be chills and shivering with aching muscles in the limbs and back. Colds and flu responding well to **Gelsemium** usually come on gradually and are worse for cold, damp weather.

There are many other homeopathic remedies to choose from and a simple book or first aid kit will help you to select the correct remedy.

Patients undergoing homeopathic treatment often notice that they get far fewer colds and influenzas because their immune system has been improved.

DR HOLYK'S ANTI-FLU COCKTAIL

Dr Peter Holyk, MD says he's never had a bout of flu that lasted overnight. This is what he recommends drinking twice a day when you have the flu, blended together with a couple of ice cubes to make it more palatable:

- 1 or 2 cloves of garlic. Garlic is a potent antiviral food, sparking natural killer cells and other immune factors into action. Chop the cloves of garlic as fine as possible before putting them in the blender, which helps to release the active ingredients.
- 3 droppers of Echinacea tincture to increase the production of white blood cells, lymphocytes and macrophages which all fight the flu virus.
- 3 droppers of goldenseal tincture to help reduce the irritation and inflammation in the lining of your respiratory tract, soothing a cough or sore throat.
- 3 droppers of cat's claw tincture – a powerful immune booster.
- A pinch of cayenne pepper to help thin mucus and improve circulation
- The juice of ½ lemon to help clean the liver so it can more effectively process all the toxins generated by the body as it fights the flu
- 6-8 oz of organic tomato or vegetable juice.

This newsletter is given with compliments by your local homeopath:

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Spotlight on Echinacea

Echinacea has been used to prevent and heal the common cold and to relieve the symptoms of hay fever for a long time, but it's also an excellent blood purifier, antibiotic and immune system booster.

Studies show that it prevents the formation of an enzyme that destroys a natural barrier between healthy tissue and damaging organisms. It is effective in treating infectious conditions including upper respiratory infections and sinusitis. Its antibiotic properties are effective against staph and strep infections.

Echinacea helps in the production of interferon, which increases antiviral activity against influenza, herpes and other viral infections. By reducing the severity of symptoms such as runny nose and sore throat it can help reduce the duration of illness.

Echinacea's antibacterial properties also stimulate wound healing and is of benefit to skin conditions such as burns, insect bites, ulcers, psoriasis, acne and eczema.

It is recommended that Echinacea is not taken for long periods of time without a break. It can be brought from health shops but always follow the instructions on the label or speak to a qualified practitioner about using it differently.

It can also be taken as a homeopathic remedy at the first sign of a cold.

Also this season.....

Don't forget that well used remedy for over-indulgence and hangovers – **Nux vomica!**

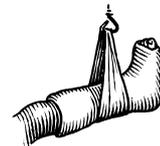


Compact first aid kits for sale for only £9.99 with a helpful booklet to assist you in self prescribing in many emergency and first aid situations.

Each kit contains 10 remedy bottles in 200C potency and you can purchase additional bottles of different remedies (or top ups) for only £1 each. E-mail me at sue@nahomeopathy.co.uk or phone me on 01626 201107 for immediate delivery. Check my website for more information.

ACCIDENTS

There always seem to be more accidents in the winter – both in the car or on foot. Don't forget everyone's favourite



homeopathic remedy – **Arnica**, which will help reduce and heal any bruising and soreness after an accident. If you found it a particularly shocking experience it is best to take **Aconite** first which will help you deal with the shock first.

If you have been unfortunate enough to break a bone a homeopath will be able to prescribe remedies to encourage your bones to knit together again once they have been set.



*Wishing you a merry
Christmas and a happy
new year*

This newsletter is for guidance only; please always seek the advice of your homeopath if you are unsure about using homeopathy. Remember, your homeopath can help with many health problems that you may not realise homeopathy can treat. Phone up and find out.