



Homeopathy Newsletter Issue 3, August 2009

This newsletter can be downloaded at
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Phone: 044-9662779

The Swine flu:

causes a lot of anxiety but it is just a new flu that looks a lot like the common flu, officially called influenza A (H1N1). We are all familiar with the symptoms of influenza:



- **Fever**
- **Chills**
- **Tiredness/weakness**
- **Muscle ache**
- **Head ache**
- **Sore throat**
- **Cough**
- **Diarrhea and vomiting**

For people with a low resistance and/or a serious chronic ailment the flu can have severe consequences. In case of flu-like symptoms with fever stay at

home, call your GP for a diagnostic test and contact **3Fold** for a telephone consultation. (€ 10, - incl. homeopathic medication)

Homeopathy strengthens the natural defences against the flu and when it comes up, an acute homeopathic remedy can stimulate your body to get rid of it gently and effectively without side effects.

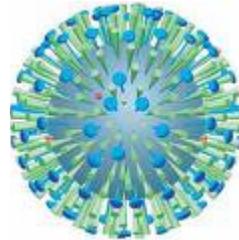
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Enjoy this newsletter. Regards,
Jeroen Holtkamp, I.S.Hom.

Homeopathy and influenza

Influenza viruses are everywhere and yet only 5 to 15 percent of the population contracts the flu annually. The reason for this is that people have a natural resistance and our body is such an ingenious complex organism that it is able to deal with infectious diseases like influenza usually of its own accord. Below you can see a schematic impression of a flu virus particle.



Homeopathy helps to fight the flu in two ways, namely through a constitutional treatment and, if necessary, through the acute treatment of the disease itself. With a constitutional treatment the homeopath in general aims to cure chronic ailments

and complaints so people become less susceptible to infectious disease like the flu.

Chronic ailments are long term complaints which vary a lot in severity among people. One person might only be troubled for years with an itchy rash on the calf of the leg, while another suffers from heart palpitations. When a chronically ill person is infected he or she will have a higher risk of developing complications and it will take longer to get rid of the flu.

Acute diseases like the flu are generally easy to treat in homeopathy. The more severe and clearer the symptoms, the quicker they come up, the easier it is for the homeopath to come to a remedy choice for effective and gentle eradication of the flu without side effects.

Homeopathic medication for the swine flu

Swine flu seems to be a mild flu type and causes more or less the same symptoms as any other flu. The swine flu is a new type of influenza so humans have not build up a natural resistance to it. This has the effect that the swine flu can spread rapidly all over the world.

Homeopathic medication for the swine flu and influenza in general stimulates your body to get rid of it gently and effectively without side effects. There are many homeopathic remedies that can be considered in flu-like cases, because the prescriptions are based on more individualizing symptoms than the well known list on the front page of this newsletter. Homeopathic remedies should only be taken when prescribed by a registered homeopath. Here follow a few brief examples:

Aconite can be administered in the case of a sudden severe sore throat which looks deep red. Problems swallowing; It is a burning stinging pain which get worse from swallowing; high fever and very thirsty; panic and restlessness; feels suffocative; one red and one white cheek. Complaints started after exposure to a dry cold wind.

Belladonna is given when the head is flushed, dry, hot and not sweaty; cold hand and feet; glassy eyes and widened pupils; no thirst; sudden headache; delirious, frightening dreams. General aggravation from lying down; Complaints started after exposure to cold wet weather.

Bryonia has a healing effect when flu like complaints comes up slowly. The patient is moody, easily irritated and wants to be left alone. Great thirst drinks large quantities cold water in long draughts. Dry lips, mouth, cough, stool. Cough with stitching pain in chest and shortage of breath. Oversensitivity to any type of movement, even motion of the eyeballs aggravates.

Talk on homeopathy in Longford town

Themes: addiction, effects of traumatic experience, depression. **Date:** 10/09/09 at 1.00 pm. **Location:** Acorn, 2 Garvey's Yard, Longford. More information will follow.

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