



Homeopathy Newsletter Issue 4, October 2009

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Homeopathy: naturally against the cold



In August I wrote about the effectiveness of homeopathy in flu cases. Now, the cold winter months are coming with increasing chances of catching colds. **Elderly**

people, babies and infants have a higher risk of developing complications on top of the cold.

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

What is homeopathy?

Homeopathy is a complementary therapy using natural remedies to stimulate ones own recovery capabilities. It stimulates our body to get rid of ailments of its own accord without side effects. **Homeopathy can provide a safe and mild way to lasting health.**

Symptoms of the cold

Among ailments nothing seems to be more common than the cold. Symptoms of the cold can be a stuffed nose, sneezing, a slight

increase of temperature, sore throat, cough, headache, earache, tearing eyes, swollen glands in the neck, a heat rash and loss of taste and smell. The cold can involve inflammation of the sinus cavity and – maxillary.

The susceptibility for colds increases when you are run down because of work, stress, late nights out with alcohol abuse, etc. A bad diet increases the chances for catching the cold as well. Being exposed to cold weather, draughts or humidity does not cause a cold, but it decreases the resistance against viruses.

Preventing the cold

It is impossible to avoid the cold, but you can decrease the chance of infection. Use paper tissues and dispose of them straight after use. Sneeze with the hand for the mouth and wash the hands regularly. A good bodily resistance and condition can decrease the severity of symptoms once you have the flu.

Homeopathy decreases susceptibility.

During a consultation the homeopath mainly deals with the ailments that are troubling the patient over a longer period of time. These chronic ailments can be a burden to our natural defences against the cold. The homeopath treats the whole person for physical – and emotional problems at the same time with the result that the total stress level decreases considerably and alongside the susceptibility to colds.

A balanced diet, enough sleep, a regular lifestyle and moderate exercise increases the resistance against the cold as well.

Homeopathic treatment of colds

People who are or have been under homeopathic treatment can avail of the telephone consultations. They usually take approximately 10 minutes during which you will notice that the homeopath approaches even the simplest cold individually. Beside questions about the main complaint the homeopath would like to know how it affects

your appetite, your sleep, mood, etc. Based on the information gathered the homeopath chooses a remedy that best matches your personal experience of the cold. Many homeopathic remedies can help you to get rid of the cold. Here follow just a few examples.

Colds and indicated remedies

Arum Triphyllum works very well in cases of fierce colds with swollen mucus membranes and mordant nasal mucus. And the story gets better because this mucus is yellowy, watery and sometimes looks a bit bloody. Everything burns and corrodes. The glands under the ears and in the neck are swollen.

Dulcamara will heal effectively when it is prescribed for colds that start after becoming cold and wet. There is little or no nasal mucus and the blocked nose feels worse during rest or in cold air. The blocked nose improves during exercise and in a warm room. It is especially useful for sluggish children with swollen glands who catch a cold after the least change to cold, wet weather.

Guess what? **The onion** is a homeopathic remedy too! We call it Allium Cepa and we are all familiar with one of its symptoms. When we cut an onion our eyes start to shed tears. As a homeopathic remedy the onion can be applied for colds with a profuse, watery, not



corroding, flow of tears. The profuse watery flow of nasal mucus is corrosive and makes the upper lip and nose red and raw looking. If your child has these symptoms

you can also put half an onion beside the bed over night and that will give relief. **It's true! Try it!** If there is an earache and a sore throat as well, please consult your homeopath.

**For more information call Jeroen Holtkamp
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