

SUMMARY OF 'FLU

- 1) Flu is an opportunity for the body to rid itself of toxins.
- 2) Homeopathic treatment will speed up the process and prevent complications.
- 3) Homeopathy can be used for prophylaxis when necessary.
- 4) **Stay in bed** until you are completely recovered – even if you feel better. Post viral fatigue is not uncommon with flu. You should feel better within 3-7 days.
- 5) Eat plenty of citrus fruits and drink at least 2 litres of water per day.
- 6) **Avoid aspirin** – the right homeopathic remedy should make you feel comfortable enough to sleep.
- 7) **Flu vaccine** is not a guarantee of protection from flu and has nasty side effects, including flu-like symptoms.
- 8) Fevers are the body's way of attacking the virus and should not be suppressed. While your fever is high you may not be hungry but should stock up on fruit and vegetables when it comes down.
- 9) Watch out for dehydration – decreased urine output, reduced turgor of the skin, dry mucous membranes, excessive loss of fluids (sweat, diarrhoea, vomiting)
- 10) Be aware of your breathing and lungs, pneumonia is a dangerous complication of flu.
- 11) Your health is your responsibility – ALWAYS DO WHAT YOU THINK IS RIGHT- if that means calling your homeopath, taking medicines, going to the doctor or all three!

Reading list:

Homeopathy in epidemic diseases Dorothy Shepherd

A physician's posy Dorothy Shepherd

Complete homeopathy handbook Miranda Castro

Websites

http://www.mediral.com/preventative_homeopathy_report.pdf

<http://www.thinktwice.com/nosodes.htm>