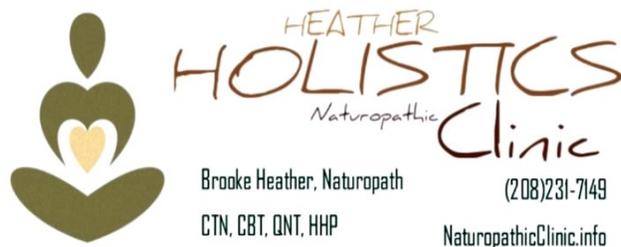


THE SO-CALLED “COLD & FLU” SEASON

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Whether we call it a cold, flu, hay fever or sinusitis is not important in homeopathy. A combination sinus remedy may suit your cold symptoms better than a remedy we call *Colds*. The key is to find a good fit between the remedy's symptoms and yours. "Sneezing with a dry burning sensation" is much more indicative than "I have a cold." Knowing how to recognize and treat flu symptoms with a homeopathic natural flu remedy will increase the treatment options available to you, and may help you feel better, faster.

Recognizing Flu Symptoms

The most important factor in treating flu symptoms is recognizing your symptoms early. Treating flu symptoms with a natural remedy or a doctor prescribed anti-viral medication within the first two days of when symptoms appear, can help reduce the severity and the duration of flu symptoms.

Knowing the difference between cold symptoms and flu symptoms is also important. Here are some differences between common cold and flu symptoms.

Fever. not a common cold symptom but typical with flu.

Chest Discomfort. mild with most colds and common with Flu.

Stuffy Nose. Common in colds, not as severe with flu.

Body Aches and Pains. Mild with Colds and severe as a flu symptom.

Headache. A prominent Flu Symptom but rare with colds.

Cough. A flu cough is typically "unproductive" while a cough from a cold is hacking.

Sore Throat. More common in colds.

Sneezing. Likely with colds, but is less likely as a flu symptom.

Extreme Exhaustion. Not a cold symptom, but happens early and is prominent with flu.

Weakness/Tiredness. Can last as long as 3 weeks with other flu symptoms, yet typically mild with

In Conclusion,

Take control of your own health by recognizing and treating your flu symptoms fast. Homeopathic natural flu remedies are a viable option to complement other choices, and also when other options are not available.

For colds, I recommend lots of garlic, the herb fenugreek to expel excess mucus and avoid the sinus pressure, and a formula by Standard Process called Congaplex that boosts the immune system. Bellow are some homeopathics for flu care. If you like silver, I also carry a good one. Please do not use colloidal silver, as the particle size is too large; thus as is a heavy metal rather than a harmless substance as homeopathics are.

Flu #86. For early flu symptoms and continuing aches and pains, chills, fever and heavy fatigue.

Flu Wises #4 1/2. Extra support for a range of flu symptoms, fever and chills, vomiting, achiness and headache.

Fever #7. Relieves a variety of fevers, sudden onset or slow moving, chills, headache and sore muscles.

Fever - Tissue M. A cell salt combination to use in support of other remedies when treating flu symptoms.

Single Homeopathic Remedies For Unique Flu Symptoms & Individuals

Belladonna. When Flu Symptoms are Hot hot hot! Sudden fevers, colds, flu, heat conditions, redness, inflammation, throbbing headaches.

Aconitum nap. Effects of scare, anger, or cold wind. It can stop a cold at a sniffle, minimize fever, shock, inflammation.

Bryonia alba. Grumpy bears when sick, worse w/ motion- colds, flu w/ dry cough; frontal headaches, constipation/nausea.

Ferrum phos. The first aid cell salt offers vital support for inflammation, infections, fevers, colds, acute anemia, blood loss, fatigue, acute ear pain, headaches and other issues with symptoms of redness, throbbing and heat.

Gelsemium. Weak heaviness marks its colds, flu & aching fever; anticipatory nerves with butterfly stomachs, diarrhea.

Cinchona. Recovery and fatigue especially w/ dehydration from flu, diarrhea, vomiting, breast feeding, blood loss.

Nux vom - Restless cold or flu with chilliness, suffocating cough, fatigue and irritability, especially if stress increased susceptibility.

Ars alb - Particularly apt for restless flu or stomach flu that affects stomach with violent vomiting and burning diarrhea.

To your health,

Brooke Heather

My job is ultimately to empower others to be informed of their options, guide them on how to preserve health, recover and maintain vigor, thoroughly and progressively assess ones state of vitality, or what one may call "health". I do this with a combination of both ancient teachings and modern technology. The word I have chosen above, "progressive" I literally mean in two ways; both with advanced methods as well as an evolving process (as it is not ideal to base a treatment plan upon a one-time consultation!). This process of the unfolding of outcomes originates from, in part, Ayurvedic medicine principles: observational pattern of symptom case taking over thousands of years! In my view, nothing happens in isolation as in with the allopathic model. In today's perception of health care, having many symptoms presents a difficult case i.e. symptom a=treatment (drug) x. Rather, in time-honored or ancient medical models, the more presenting complaints the more definitive the treatment. This is so, due to the grouping of symptoms or conditional states into categories Ayurveda calls a Dosh, or metabolic constitution. In summary, western/allopathic view is reductionism vs. eastern/holistic observational, patient involved noting of patterns in mind and body revealing a state of health with a method for correction.