Flu Season? Homeopathy Can Weather the Storm



Well, they're at it again! And early this year! News outlets all over are screaming from the rooftops:

"FLU WARNING! This year will be much worse than others!"

Yeah, right. I'm pretty sure they say that every year. In fact, wasn't last year supposed to be the "winter of death"?

I'm not worried! Homeopathy is standing by, ready for any eventuality or severity of flu. In fact, I provide a free flu chart to help you determine whether you're dealing with the flu or something else.

That free chart also walks you through various remedy choices to consider for use after you determine if you're battling the flu, cold or an allergy. Plus, a few years ago, I discussed a

variety of medicines for viruses and flu in my blog post, Ferocious Flu Fears.

However, I've recently been receiving questions about methods for increasing immunity in advance of flu season, also known as homeoprophylaxis (using homeopathy as a prophylactic). So, today, let's discuss that a bit.

There are several homeopathic medicines that you may see recommended for flu homeoprophylaxis, depending on the homeopath. But in recent years, I have found success with the method my good friend Joe De Livera, otherwise known as Joepathy, espouses.

The "Joepathy" prophylactic for flu is *Eupatorium perfoliatum* 200, one dose daily. However, his technique slightly differs from our usual method of popping a few pillules in the mouth.

Joe De Livera, a homeopath for decades and now at the age of 92, recommends placing one dose of *Eupatorium* 200 in about two cups of water. I use a 16-ounce water bottle with a wee bit of water emptied out to create space. Then, I drop in one dose of the *Eupatorium* 200 and shake the bottle ten times before sipping one teaspoon each day.

The next question I'm usually asked is, "So, do we keep utilizing this *Eupatorium* prophylactic throughout the entire flu season?"

In general, I say no but that doesn't mean it's the only way to approach this. Let me start with this: As always, homeopathy is a medicine, not a supplement or a vitamin. It is to be employed prudently – when needed.

In homeopathy, more is not necessarily better. The right number of days and the right number of doses is "just right." (You can learn how to make these determinations through my Gateway to Homeopathy Study Group Curriculum.)

So, out of respect for the power of our medicines, I would not begin a regimen of *Eupatorium* right now just because I saw a flu warning in the general media. Taking a prophylactic in September to avoid a potential flu virus in November would be overkill.

I might possibly begin if the flu presented in my area … in *earnest*. But most likely, I would not start until it became a true personal concern. For instance, if one of my family members came down with the flu and it was a pretty bad case, I would certainly consider beginning *Eupatorium* homeoprophylaxis for my family.

In other words, I would wait until there was a real reason to begin the medicine. I would not use it just to be proactive.

In fact, in my opinion, "proactive" is not necessarily a good word when it comes to healthcare. It leads people to believe that they need to run to the doctor, the dentist or the urgent care for every this, that, or the other thing. It encourages folks to indulge in test after test after test.

I disagree.

It is my belief that X-rays, mammograms, colonoscopies, etc., are useful as diagnostics when there are symptoms present. Not "just because." One could go crazy trying to be proactive with conventional medicine! I've observed the fallout from this time and again.

But the same thing can happen with overusing homeopathy! We don't need to be taking our medicines willy-nilly!

As Dr. Prasanta Banerji often said to his patients, "Take your illness in stride. Don't point it out to yourself. Let it roll off your back. Otherwise, we will carry the burdens of the world."

So, assume that you're going to be just fine. You probably

will be! But if the flu arises – or any other condition, for that matter – you are well-armed to avert or combat it with homeopathy.

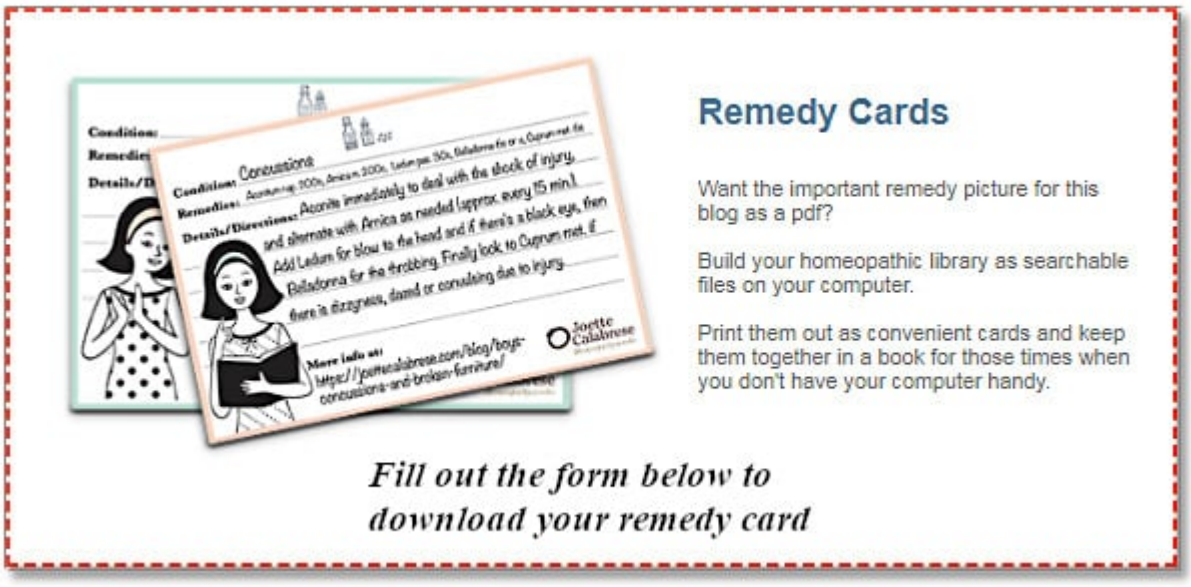
Pass on the good news!

Warmly,



P.S. If you are interested in learning more about *Eupatorium* and the most commonly used homeopathic medicines, let me suggest A *Materia Medica*: Practical Homeopathy® for Busy Families. It is precisely what you're looking for. I wrote this in everyday language with the beginner in mind. But I've been pleased to hear that even old hands with homeopathy appreciate it, too!

P.P.S. In light of Queen Elizabeth II's recent passing, I'm reminded how much the royal family has always depended on and advocated for homeopathy. If you haven't read my blog post, Royal Pains, you might enjoy learning what a remarkable history there is between the royals and our precious medicines. Join me in the hope that amid his new responsibilities, King Charles III will continue his active patronage of The Faculty of Homeopathy.



9/18/22 Flu prophylactic after direct exposure

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