Lingering Colds and Flu? Symptoms Be Gone!



This week, due to family commitments, I'm going to make this post short, but fear not!

I am also including three informative tips I hope will help you and yours during the often brutal cold and flu season.

In particular, colds and influenza that linger. In cases like this, it's important to be familiar with these three remedies:

1. *Sulphur 30*, twice daily between 1-3 days, will often put a halt to the last of the illness. Just remember, we live in a world where we expect symptoms to go away immediately. Therefore, we often tend to be a bit impatient when it comes to our expectations of how quickly a recovery will commence. It's important it remains clear the typical cold lasts for about 1- 2 weeks, influenza and its after-effects can last for

several weeks, and coughs can take months to completely resolve.

*Keep these facts in mind as I offer you this lovely Homeopathy tip on how to truly kick a lingering cold; it would be wholly inappropriate to use if the condition is not really a lasting one, or is used as a *just-in-case* method.

Use this remedy only when the cold/flu has persisted for 10 days or more.

2. *Umcka* is a combination remedy that can be used in a pinch for a lingering cough, cold and in some cases, influenza. It can be found on Amazon or at your local health food store.
3. A dose of *Aurum metallicum 200*, taken every other day, until very much better, is my go-to remedy for the oft inevitable depression that accompanies the flu. Did you know that influenza can actually *cause* depression? It's not uncommon for those who suffer from the flu to also experience accompanying symptoms of depression. These physiological effects can often last much longer than the initial illness, making it important to address this frequently unaddressed aspect of the flu.

By doing so, you can rest easy knowing you've done everything you can to ensure an effective and graceful healing period.

There you have it.

Three remedies I recommend when dealing with those pesky last symptoms of a cold or flu. Make sure to bookmark this page for the next time a cold or flu strikes.

I guarantee you'll be happy you did.

Warmly,

