Loss of Taste and Smell



Probably ever since mankind was, well, mankind, it's been noted that one or another common cold or sinus infection will cause a loss of taste and or smell in some people. Sometimes it's associated with a lessened ability concomitant with distortion of these senses.

Now, while we've been led to believe this is a unique symptom of one particular virus, in truth, it is prevalent among many different colds and flu. Sometimes the distortion or loss retreats quickly; other times, those senses may take weeks or even months to return to normal.

To be honest, I suggest patience. It's not the end of the world. Most of us will be just fine letting nature take its course.

But for specific individuals, a loss of taste and smell can be more difficult. For instance, my thoughts go to Lucy, a

chef here in Florida. Without her own reliable sense of taste and smell, Lucy had to hire a sous chef with a sophisticated and sensitive palate to stand by in her kitchen to taste her food!

Okay, I can certainly understand why Chef Lucy wants to find a solution sooner than later!

Months ago, I private spoke to my Mighty Members about this phenomenon (see Mighty Musing, "A Loss of Taste and Smell"). However, because so many folks are experiencing the common cold right now, I'd like to share my thoughts with you now as well.

So, summon your inner cheerleader and shout along with me,

"Give me an S!"

S is for Smell. Sniffer. Schnozzola. Sinuses.

And *Sanguinaria*.

Sanguinaria 200, twice daily, is a first-line remedy for the loss of smell and taste. For many, this may be the quick and easy answer.

It may encourage the senses of taste and smell to return, plus the *Sanguinaria* can clear sinuses to pre-sickness perfection.

Win-win-win!

However, it may not be a perfect fit for your experience. I've had it work beautifully for some clients, yet I'm aware of others who saw no improvement with *Sanguinaria*.

But as you know, in homeopathy, there is more than one way to skin a cat. If after several days or so of *Sanguinaria* with no improvement, *Sulphur 30* (also used twice daily) is another good choice. I especially lean toward *Sulphur* if the

sufferer has had the cold or sinus infection for an extended time.

Now, don't tell me that you think having a cold for a week is an extended period – because it isn't. Colds typically last for ten days and even two weeks! So, I would consider a cold to be extended after about three weeks.

But let's say *Sulphur* doesn't fit well with your symptoms either.

There are even more choices. For those with whom *Sanguinaria* and *Sulphur* haven't provided improvement, I discussed *Colchicum* in a recent Facebook Live entitled Phantom Smells.

Colchicum is especially beneficial for a *distorted* sense of smell (where certain foods smell metallic, rotten or even smell like something else entirely). I've received several happy responses stating it's worked well for those who didn't respond to *Sanguinaria*.

Additionally, *China* may be an intelligent match for a loss or distortion of taste!

How did I discover that China might fit? Why, by using a repertory, of course.

Are you curious about using a repertory? Then I urge you to watch my Facebook live entitled, How to Choose a Remedy When You Don't Know the Protocol. You can follow along with me as I peruse my repertory to discover the appropriateness of the remedy, *China*.

I bet Chef Lucy will be glad to release her sous chef as her own sense of taste returns to normal. (Can you imagine trying to cook without being able to discern if your dish is salted or seasoned correctly? Not fun at all.)

So, if you find yourself with a summer cold, first be thankful that you are rebuilding your body's natural immune

system.

Then, use your chosen homeopathic remedy to address any overwhelmingly burdensome symptoms.

Lastly, if you use the information in this blog post (or the Facebook Lives I've referenced), **please report back to me in the comment section below**. Your participation will help us all home in.

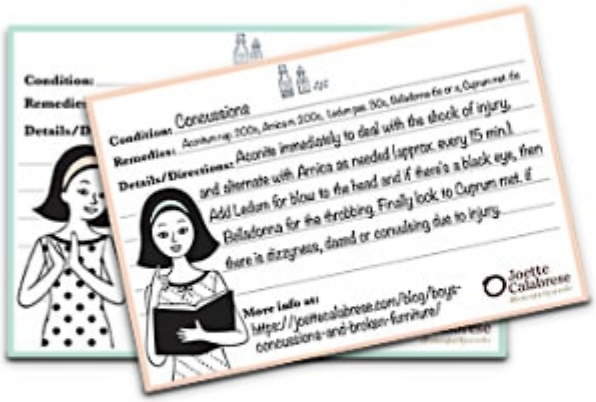
The next time the common cold passes between your family and loved ones, you can pass on the good news of homeopathy!

Warmly,



P.S. In addition to knowing how to use a repertory, it's essential to have a *materia medica* to learn about each potential medicine you are considering for a condition.

There are several available free online, but those *materia medicas* are often a bit more challenging to work with. So, I wrote A *Materia Medica*: Practical Homeopathy® for Busy Families in plain English – my English. I share stories and observations from my 30+ years of working with clients to help you discern which remedy best meets your needs.



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