My Friend is Deathly Afraid of Bird Flu. I’m Not; I’m Empowered.



A friend of mine has read all the news reports about bird flu, and the fearsome words in the headlines have triggered her anxiety. The latest warning from the CDC came out just last week, driving her to become overly egg-cited about the dangers.

While the risk to humans remains low, once the media realized this news attracts readers, they’re practically billing it as the next pandem … Never mind, I’m not even going to say it.

Meet my friend, Fluenza. (In the privacy of her coop, we call her “Fluzie.”)

No doubt bird flu – also known as avian influenza A(H5N1) – may be more of a concern for her because, let’s face it, she’s chicken.

The powers-that-be have destroyed entire flocks when bird flu is discovered, leading to dramatic price fluctuations in poultry and eggs, as well as the decimation of affected farmers’ livelihoods. The disease has crossed into livestock as well, leading even normally mild-mannered cows to become concerned.

But if we read the articles carefully, we find that only 13 cases of bird flu have been reported in humans … since April! Does that statistic warrant all the scary headlines?

What are the reports of bird flu symptoms in people?

- Cough
- Headache
- Shortness of breath
- Sore throat
- Fever, chills
- Fatigue
- Congestion
- Runny nose
- Muscle and body aches

Holy Toledo! That sounds like a rare condition, doesn’t it?! Those symptoms don’t sound like anything else we’ve ever heard of before, do they?

Of course, they do. (I’m being facetious, my friends.)

Obviously, those are the same symptoms as every other flu condition we’ve dealt with since the beginning of time.

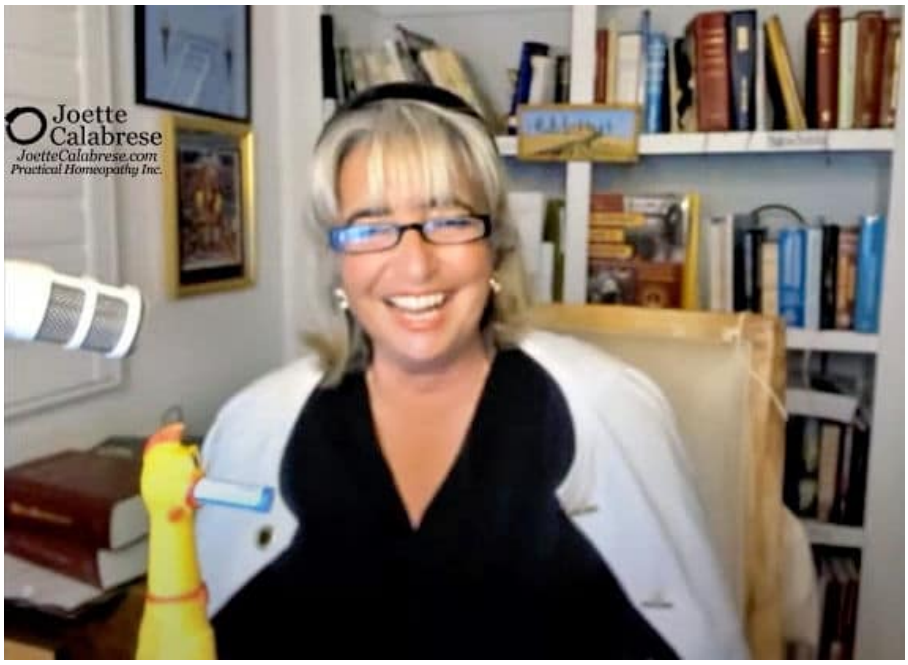
In Practical Homeopathy®, it doesn’t matter what scary

descriptive terms the flu name contains (old, new, rare, common, numerical, Greek). Nor does it matter in which animal the flu is reported to originate (cows, ducks, chickens, or even bats). In Practical Homeopathy®, we look at the symptoms.

We choose our medicines based on the symptoms.

When Fluzie first complained of not feeling well, I immediately offered her the Banerji Protocol for respiratory illness: *Aconitum napellus (Aconite) 200* mixed with *Bryonia alba 30*, mixed together in her beak. (A human would mix them together in their mouth.)

Again, I employ this protocol at the very first inkling of illness. The sooner, the better! In my experience, the more quickly we can address the condition with our well-chosen homeopathic medicines, the faster and easier the course of illness will be.



In Fluzie's case, her bird-like symptoms were mild, not alarming. So, she utilized the medicine every 3-4 hours until she felt better. If her symptoms had slammed into her like a rogue rooster, then perhaps she might have taken it every hour or so for a few hours.

The beauty of this protocol is that *Aconite* not only politely nudges the body toward restoring respiratory health but also helps calm the undue angst surrounding illness.

Indeed, *Aconite* smoothed Fluenza's ruffled feathers. In effect, we were killing two birds … No, wait, what am I saying? We were SAVING a bird! However, we were addressing and uprooting two different symptoms with one medicine.

As we all have experienced, as most respiratory conditions progress, the symptoms change. Were Fluzie to develop a gagging cough, I would consider adding *Ipecac*. If she had severe body aches, I would most likely add *Eupatorium* to her medicine schedule.

My friends, my approach to a chicken's health is the same as my approach to my human family's health. Whether a hen or a husband, homeopathic medicines stand ready to act.

In my Monday Night Live event, "Hens. Husbands. Homeopathy," Fluzie and I had a little too much fun exploring this subject in more depth. I went through additional symptoms of bird flu along with the corresponding homeopathic medicines.

I also spent a bit of time considering the use of homeopathy as a prophylactic against disease. That, in itself, is a valuable discussion from which you'll benefit.

In the meantime, *Aconite* 200 and *Bryonia* 30 are two homeopathic medicines that no home should be without. In combination, this Banerji Protocol is useful at the onset of most respiratory illnesses, no matter their name.

For more information about respiratory, gastrointestinal and other common illnesses, consider my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs. If nothing else, download my free infographic from that page. Post it on your refrigerator. The fearmongers can't get to you if you're prepared!

I also suggest my magnum opus, The Survivalist Guide to Homeopathy, to help prepare for almost any eventuality. This invaluable guide contains 9 ½ hours of video (available to stream and on physical disc) and over 400 pages of information in print in a hard-backed binder (in case the internet goes down). By providing both digital and physical access, you and your family can refer to this guide in the best and even the worst of times.

There's no need for fear or panic. We are empowered … with Practical Homeopathy®.

Pass on the good news!

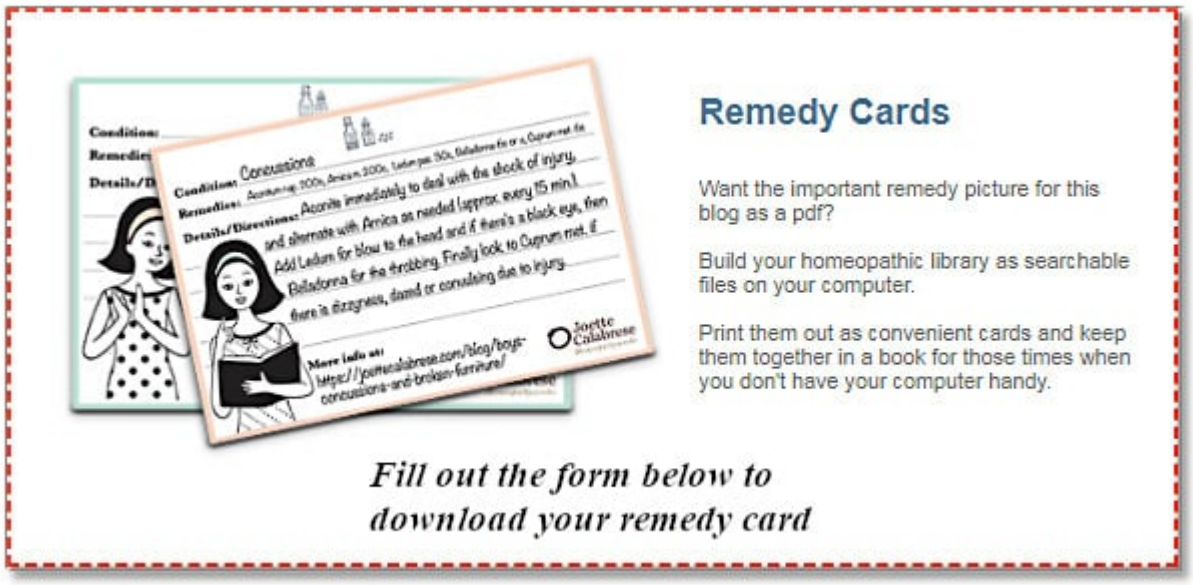
Warmly,





Why are more and more mothers, fathers and grandparents turning to homeopathy? Find out on Wednesday, August 21, 2024, at 8 p.m. EDT, as I explain how homeopathy can be easily taught, learned, and utilized, with a special focus on medicines to address gut issues common among older populations. Register now for this free webinar hosted by

the National Center for Homeopathy and sponsored by Boiron USA, world leader in homeopathic medicines.



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