

Ahh Choo! the Flu!

A Simple Homeopathic Alternative to Influenza



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- ✓ Definitive strategies to deal with the flu without antibiotics or other medications
- ✓ Based on more than a century of work by the great medical minds of homeopathy

Is It a Cold or Influenza?

A bad cold may seem like the flu and so might a stomach bug, but the distinction is worthy of clarification because the information presented here is specially denoted for influenza. Homeopathy certainly has a standing in the world of colds and other acute infections, but for the sake of your success in treating influenza, it is helpful to differentiate between a cold and the flu. As of November 2011, the Center for Disease Control tells us on their website, <http://www.cdc.gov/flu/about/qa/coldflu.htm>:

The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. The flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

For the sake of further amplification, the following symptoms of influenza may help.

- The incubation period of influenza is approximately 48 hours. Some folks succumb within 24 hours or, more infrequently, not for as long as a week. This means if you've been exposed to someone who knowingly has the flu, you have a day or so in which to leap into action. That means getting your homeopathy kit and dietary arsenals in order.
- Most cases of influenza come on suddenly. That is, you might feel well on waking, but by noon, the illness is in full swing. The swine flu pandemic of 1918 was known to overcome people within a day. There are stories of men going off to work in the morning and dying that night. My intent is not to frighten but to entreat you to make the extra effort to prepare and protect yourself and your family.
- The initial symptoms include that "uh-oh- I-think-I-have-the-flu" feeling with which we're all familiar. This is usually ushered in with a headache, exhaustion, fever and chills.
- It doesn't take long before the onset of a fever. This usually occurs inside of a few hours. Achy back, arms, legs or joints are always present. There may be nasal discharge but nowhere near as watery and profuse as with a cold. The

throat may be sore, with pain in and behind the eyes. Occasionally gastrointestinal issues, such as diarrhea, nausea and vomiting, present.

- The length and intensity of influenza can depend on the overall health of the person. However, this was not the case during the flu pandemic of 1918/19, when the flu struck mostly healthy teens, young adults and the middle-aged. Therefore we must be aware of this potential in the future. Without the care of either homeopathic treatment or interference from conventional drugs, the flu's course runs between three to five days in the first stage. Analgesics, nasal sprays and other conventional drugs have a reputation for prolonging the flu, while homeopathics shorten and resolve it. Fever lasts between one day and one week and can then make a return appearance at a lower level. The length of the illness can run anywhere from a few days to 14 days. More often than not, the illness runs its course in ten days.
- Complications of influenza can include viral and bacterial pneumonia, bronchitis, depression, Reye's syndrome, encephalitis and myocarditis (inflammation of the lining of the heart). Learning how to treat influenza is valuable indeed.

The In-*flu*-ence

"If I could give folks one piece of sound advice in relation to the flu, it's that one must take notice of the danger signals at the onset and stay in bed." - Joette

The word "influenza" is a Latin word meaning influence and influence us it does. Not only is it capable of affecting entire populations, it is the subject of much controversy with regards to how it should be handled legally, publicly and socially.

The H1N1 that made headlines (2009/10) emerged around the world and outside the usual fall and winter flu season. This makes us prick up our ears, but it doesn't mean that we should be frightened, just educated and organized. Using homeopathic remedies properly can have a profound impact on whether the flu becomes a substantial incident in your and your family's life or barely an event at all.

Influenza is, of course, highly contagious. The incubation period is one to three days, and the disease is most communicable in the early stage when there is a good deal of sneezing and sniffing. Although most folks call just about any cold the flu, this is incorrect. Influenza has the potential of being a far more serious event than a cold. It is often accompanied by exhaustion, depression and weariness and has the ability to stick around for weeks. If I could give folks one piece of sound advice in relation to the flu, it is that one must take notice of the danger signals at the onset and **stay in bed**. Five days is minimal; 14 days is optimal. This is not a time to take chances and flirt with the potential of bronchio-pneumonia or even sudden death. There are very real threats associated with certain influenzas.

Homeopathy has a history of effective treatment for any flu. The homeopathic hospitals that treated victims of the 1918 flu pandemic had a mortality rate of less than 1% while conventional hospitals' mortality rates were 30-60%! The most frequently used remedies during that time were *Gelsemium* and *Bryonia*. The same remedies are likely to serve us for forthcoming epidemics.

I urge all of my students and clients to own the most complete homeopathy kit they can afford. If you're interested in a kit, feel free to contact us at www.joettecalabrese.com, and we will direct you to the most complete and affordable ones. Regardless of how extensive a kit you decide to own, at least buy these two commanding remedies: *Influenzinum 30* and *Oscillococcinum* (remember, this remedy comes in one potency only and should be taken according to the packet instructions). They are not found in homeopathy kits, so they must be ordered. Sometimes local health food stores carry them. If not, contact one of the resources noted later in this booklet.

The First Step - To Help Prevent Getting the Flu

Any time there is a threat of influenza, we can use the modus operandi used by homeopaths all over the world. This can be employed regardless of the type of flu that is going around.

The prophylactic protocol is to use *Influenzinum 30* **one day weekly over the course of one month**, then **one day monthly over the course of the influenza months**. Hence, the remedy is taken four times in one day, spread out over the day: once in the morning, again around noon, then at five or so, and once more before bed. This procedure is repeated once weekly. That is, one day each week for one month. Sundays are a good day to choose

because family members are at home, so it is easier to remember and administer. After a month of Sundays, this same procedure of four doses in one day is followed for **one day each month until the flu season is over**. For preventative purposes, don't use this remedy more than as directed above.

The Second Step - If You're Getting the Flu

For most folks, including babies and the elderly, the prophylactic protocol has a high rate of efficacy. Yet, if a fever comes on or a scratchy sensation develops in the throat regardless of your efforts (or even if you happened to skip the first step), the most celebrated method is to take action immediately with a second remedy. That remedy is *Oscillococcinum*, pronounced oh-sill-oh-cock-sign-um. Step two is accomplished by taking *Oscillococcinum* every four hours for two to three days.

The Third Step - If You've Got the Flu

In researching this information, I found 98 homeopathic remedies for the flu listed in the book *Synthesis, Repertorium Homeopathicum Syntheticum* by Dr. Frederik Schroyens, a mainstay of every homeopathic practitioner. In my book, *You Too Can Protect from the Flu*, I expound on this report to include several more remedies to consider. Don't be confused by the numbers. In homeopathy, we don't use a hodgepodge of remedies; instead we choose one or two to use preventively and then one best-suited remedy for the upcoming flu.

Of all the remedies available, *Gelsemium* is the quintessential flu remedy and the most likely remedy for the flu this year. It's particularly reasonable to consider *Gelsemium* because it is the remedy chosen by homeopaths the world over during the pandemic Swine Flu of 1918. By simply taking cases for a few days, each homeopathic physician found that most of their patients responded to *Gelsemium* in short order. This occurred without knowledge of other cases taken independently in far away cities. Their conclusions were uniform.

Gelsemium was so broadly successful that in 1921, a medical conference of homeopathic physicians gathered in Washington, D.C. specifically to present their *Gelsemium* flu cases. The data was staggering. Tens of thousands of successful cases in the hands of these esteemed physicians were recorded at that meeting, and *Gelsemium* was the most consistently effective remedy. Records indicated that those under the care of

homeopaths had survival rates that greatly exceeded those under the care of doctors who had nothing with which to aid their patients.

It's worth emphasizing that most cases of the flu won't require resorting to *Gelsemium* if the prophylactics are employed early enough. However, if you do choose to go to this step, it's because you've found no relief from *Oscillocochinum*, so cease taking *Oscillocochinum* and instead alternate *Influenzinum 30* every few hours with *Gelsemium 30*. However, *Gelsemium* can only be used if the picture of *Gelsemium* that is described below exists. If you determine that *Gelsemium* is the correct remedy based on the prevailing and prominent symptoms, then the procedure is to use *Gelsemium 30* at, for example, 7 AM, *Influenzinum 30* at 9 AM, *Gelsemium 30* at 11 AM and back to *Influenzinum 30* at 1PM and so on, rotating them. This can be repeated throughout the day, into the next day and continued until improvement ensues. If there is no change, then abandon *Gelsemium* and continue with *Influenzinum* or consult a trained homeopath. The following day, assess again and so on. We've learned that the prophylactic method is often protective, and the rotating method, if needed, produces consistent results.

Each homeopath has remedies he finds to be useful in his corner of the world. For example, in cold wet weather, Dr. Dorothy Shepherd of London, working in the 1930s, advocated *Bryonia*, *Dulcamara*, *Allium cepa* and *Pulsatilla*. In a mild, warm spell, she recommended *Eupatorium*, *Gelsemium* and *Pyrogen*. Dr. Shepherd considered *Arsenicum* when a watery, catarrhal influenza ensued, and in cold, dry, windy weather, she used *Aconite*, *Causiticum*, *Hepar sulph*, and *Nux vomica*. My personal favorite for colds in the Northeast of the United States is *Dulcamara*. I mention these for the sake of interest. In epidemics and pandemics, the remedies chosen by seasoned homeopaths are generally the same ones the world over.

A Remedy Picture of *Gelsemium*

Imagine the typical flu. It often develops over a period of 6-12 hours, a rather slow development compared to other remedy pictures. Often the sufferer feels a bit out of sorts the previous day, followed by intense weariness. When the flu comes on with extreme exhaustion as the main symptom, we must at least consider *Gelsemium*. Dullness, a slightly flushed and often shadowy face, and dusky colored lips are important characteristics for which to watch. There is often a hot and sticky

sensation and appearance to the face that's countered by cold chills. The face looks heavy-eyed and sleepy. In fact, so lethargic and overwhelmed by weariness is this person, he just wants to be left alone. Tremulousness is nearly always apparent, particularly in the sufferer's shaky hands. On lifting a glass to the lips, the hands show weak unsteadiness. A strange feeling of falling may be experienced in bed so that the sensation wakes the sufferer out of slumber or near-sleep, often jerking him into wakefulness. Cold drafts can bring on shivers, and movement is resented.

Gelsemium flu is always accompanied by a headache, often severe, and the sufferer is more comfortable with the head propped up by many pillows. Nothing relieves the ruthless pain that feels like a tight band around the head just above the ears. One rather peculiar concomitant to these headaches is that they're eased after passing a large amount of urine. The overall body pains are most frequently experienced in the muscles. This is an important differential between *Gelsemium* and other flu remedies. The eyes are also an influencing factor in choosing *Gelsemium* because the patient wants to be left alone in a darkened room. The eyes are sensitive to light and look dull, droopy and watery. Sometimes, however, there is a contradiction to the light sensitivity in a *Gelsemium* case. Instead, the person might become fearful in the dark and crave light to overcome this.

One More Protocol to Consider

The world-famous Prasanta Banerji Research Foundation in Calcutta, India, uses another method to treat the flu. Given that their family members, all stalwart homeopaths, have used this remedy for more than 150 years, this is probably the most tested of all the protocols I cite. Additionally, it is easy to use this method because most household homeopathy kits include the two remedies.

The protocol is *Rhus tox* 30 alternating with *Bryonia* 30, every three hours at the first sign of the flu. I have used this method myself, and as of this writing, it has not once failed me.

Conclusion

So now you have it! As you master this method, I hope you'll be inspired to take the next step and learn even more. Many resources are available on my website, www.joettecalabrese.com, including CDs and other educational products.

My goal is to empower others to become custodians of their health and to get homeopathy into as many households as possible in my lifetime.

Where to Order Homeopathic Remedies

If you're interested in owning a homeopathy kit, feel free to contact us at JoetteCalabrese.com, and we'll be happy to direct you to the best sources.

Hyland's Homeopathy
210 W. 131st Street, Los Angeles, CA 90061
(800) 624-9659
www.hylands.com

Hahnemann Laboratories, Inc.
1940 Fourth Street, San Rafael, CA 94901
(888) 427-6422
www.hahnemannlabs.com

Helios Homeopathy LTD.
89-97 Camden Road, Tunbridge Wells
Ken TN1 2QR England
Main number ++44(0)1892536393
www.helios.co.UK

Contact us at www.JoetteCalabrese.com for further information about our CDs, books, consultations, blogs and free resources.

Additional Resources

Available on CD or digital download at www.joettecalabrese.com:

Cell Salts: The Easy Homeopathy

Perform in the Storm (Homeopathic First Aid)

Secret Spoonfuls: Confessions of a Sneaky Mom: How to Get Nutritious Food into Kids Without Getting Caught

Baby Grande (Homeopathy for Pregnancy)

Available as digital download or printed book:

Cure Yourself & Family

You Too Can Protect From the Flu: A Simple Homeopathic Method for the Treatment of the Flu

Available as free CD or digital download:

Fizzy Lizzy: Homeopathy Stories and a Simple Explanation of Homeopathy

Complete training system (manual & DVDs):

How to Raise a Drug-Free Family - a full 12-module course on how to use homeopathy to keep your family off meds

For additional articles and blog posts from Joette and other resources on homeopathy, visit www.joettecalabrese.com.

Disclaimer

Joette is not a physician and the relationship between Joette & her clients is not of prescriber and patient, but of educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness, which is an educational process, not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.

About Joette Calabrese, HMC, CCH, RSHom(Na)

Joette Calabrese, HMC, CCH, RSHom(NA) has practiced as a classical homeopathic consultant since 1997. She began her studies in classical homeopathy in 1986 and completed her five-year degree with the North American Homeopathic Master Clinician Course and the Dynamis School of Advanced Homeopathy in Toronto. She has studied with world-class homeopaths such as Lou Kline (Vancouver), Jeremy Sherr (London), Jan Scholten (Netherlands), Andre Saine (Montreal), Richard Moskowitz, MD (California) and Dr. A.U. Ramakrishnan (India). Ms. Calabrese writes a column, *The Homeopathy Journal*, in the quarterly journal of the Weston A. Price Foundation as well as her own weekly blog at www.joettecalabrese.com/blog. She is also a regular contributing blogger to Liberation Wellness and a member of the board of the Weston A. Price Foundation.



Ms. Calabrese is nationally certified by the North American Society of Homeopaths and the Council for Homeopathic Certification - accrediting organizations that are dedicated to maintaining high standards of homeopathy in North America. She is a tutor for the British Institute of Homeopathy, a professional associate with Prasanta Banerji Homeopathic Research Foundation, Calcutta, India, a professional presenter at the National Center of Homeopathy's Annual Meetings and a member of the North American Society of Homeopaths (NASH) and the Council for Homeopathic Certification.

In addition to regular TV, radio and speaking engagements, Ms. Calabrese is published in *Homeopathy Today*, *Treatment Options* and *Wise Traditions*. She taught the first accredited course in New York State on the *Principles of Homeopathy* at Daemen College, Amherst, New York, and has been an annual presenter at the Chautauqua Institute, Chautauqua, New York. She has taught thousands of mothers and curious others on the self empowerment of using homeopathy in the home. Ms. Calabrese is the author of numerous books and CDs, and one of her most popular programs is a year-long webinar course, *How to Raise a Drug-Free Family*. She has also developed a series of CDs and manuals on this same subject. To learn more, go to www.JoetteCalabrese.com.

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Are you ready for flu season?

This whitepaper will provide you with some basic guidelines to determining a cold versus a flu and how best to deal with whichever strikes your family.

This is a definitive compilation of homeopathic strategies to deal with the flu, based on more than a century of work by the greatest minds in homeopathy.

Joette Calabrese will teach you effective, simple and inexpensive strategies to protect yourself and your family from the pain and suffering brought on by the flu and share with you the tips and techniques she has learned from teachers across the world and in her 20+ years of homeopathy practice.



This year if the flu strikes...you'll have the tools you need at your finger tips to fight back and win!

Here's what people are saying about Joette Calabrese and *Ah, Choo! The Flu.*

"I just have to share this: My daughter began to not feel well with a fever and extreme tiredness. She went to lie down and looked ghostly pale and then threw up. I gave her *Nux vomica*, but there was no change. I had just received Joette's packet with info on *Gelsemium*. I read it and the symptoms matched perfectly, so I gave her 4 little pills of *Gelsemium*. In 10-15 minutes, she sat with us eating, laughing and playing. Her eyes were brighter, she was up and around, and her face had color. This is incredible!"

Cathy Mahley, Houston, TX

"Joette Calabrese is a highly qualified tutor on staff at the British Institute of Homeopathy. In my association with her as a colleague and as director, I find her to be a committed, experienced and enthusiastic homeopath worthy of distinction. The British Institute is honored to be associated with Joette."

Maria T. Bohle, CCH, RSHom(NA), ACACN, DHM, DCN
Director, British Institute of Homeopathy

"Competence and integrity...these are words that best describe Joette Calabrese as a classical homeopathic practitioner/educator."

Dr. A. U. Ramakrishnan
Hony. Homeopathic Physician to the President of India