Homeopaths Get the Flu Too, Ya Know – Part Two

As I promised you I would last week, I'm here to tell you about my road to recovery after succumbing to the flu.

I'm better. Actually, I was better within a few hours of taking the right remedy. That's the key folks. Knowing the correct remedy to consume, and when.

So many times I hear "it didn't work" when referring to a remedy for this ailment or that.

But the truth is, the most accurate way to describe what happens when nothing comes of a homeopathic medicine is to say, "I didn't choose the correct one."

How can I so boldly proclaim this? Because, friends, Homeopathy works. When the remedy is correct, it does its job, which is to say, it cures what ails you.

'Nuff said.

Back to last week when I reported that every bone in my body was shouting, I was cold to my core, my lungs ached, and I *knew* I was headed for one of those unmistakable, in-bed-for-a-couple-of-weeks kind of illnesses.

It felt like influenza. Like what everyone around me was reporting they had been experiencing for weeks.

Trust me when I say I'm not bragging, 'cause I'm not 100% better (I still have a little hoarseness and an occasional cough here and there), but I did it.

Let me rephrase that because, in actuality, *I* didn't do it.

Homeopathy did.

I quickly realized I began to improve shortly after taking *Hepar Sulph 200,* but then I started to lose ground.

So I switched gears.

I recognized what I was suffering from wasn't just a garden variety cold but rather, full-blown influenza.

How did I know this? Because generally, a cold doesn't cause profound weakness, pain in the lungs, noteworthy aches and pains, or an impending sense of doom.

Once I realized this, I switched to Boiron's *Influenzinum 30* and took it approximately every 6 hours, and I stopped using *Aconitum 200* mixed with *Bryonia 200*.

However, when I was at my parents' house that Sunday, my little bottle ran out, and I freaked because while I was taking it, I felt well … peppy even.

Once I stopped, I could feel it creeping back. Actually, it wasn't really a creeping sensation. It was more like a

BAM!

I don't actually remember the drive home that night because I was so weak and out of it. Thankfully, I was able to rummage up another bottle in my kit, which I subsequently took before folding into a flump in my bed.

About 90 minutes after taking that dose from the fresh bottle, I felt like myself again and was able to get on with my evening duties without incident.

This is how it went all week long.

As long as I took the *Influenzinum 30*, I worked (which for me, typically equates to 10 hour days), ate, and slept normally.

Then a few days ago, I felt that lung thing happening (with a burgeoning cough) again, so I decided to take *Bryonia 200*.

Within about an hour, my lungs felt better, and the cough was noticeably absent.

This gave me permission to alternate between the two remedies, taking each around every 6-8 hours.

My voice became hoarse a couple of times, and since being a homeopathic consultant requires me to speak for most of the day, I took *Hepar sulph* 200 a few times. As you may have guessed, it did the trick and restored my chords to their normal tone. (I may need to return to this from time to time.)

As of this post, it's been one week since I contracted influenza, and although I undoubtedly still have some lingering aspects of the illness, it hasn't kept me down (as long as I take my medicines!)

Honestly, it hasn't been much more than a little semblance of infirmity.

Yes, it may take another week (perhaps even more) until my body is completely rid of this, but as I improve, I'll skip a dose of one or the other to determine whether I need to continue.

If the symptoms return, it will indicate that I should do so.

If I still took drugs and went to doctors (like I did up until the time I was 32), what would they have to offer me for this cold, cough, influenza or whatever else they may deem it to be?

I was tempted to leave this space blank to make my point, but it simply wouldn't have read well on your screen. Instead, I'll say it in as many ways I know how:

The mainstream medical community has nothing more to offer than a quick prescription and a follow-up appointment.

Zilch. Nada. Niente.

We, however, have Homeopathy.

Remember, Homeopathy **is** medicine. Not the patented, synthetic, replete-with-side effects kind that only treats symptoms. The kind that's gentle, wholesome, side-effect free and most importantly … effective.

The moral of my story is to make sure you have the correct remedies on hand and pay attention to what your body and symptoms are telling you. If it's not the flu, *Influenzinum* likely won't cure.

If it's not a cough that is particularly dry, *Bryonia* probably won't do much, and if your voice is not hoarse, or you don't have a dry cough, *Hepar sulph* won't save the day.

So use this information to your advantage; just promise me you'll tell others about it.

And get gutsy.

Tell even those who you don't believe would be open to this.

You never know who has just become disenchanted with synthetic drugs.