Is the Flu Bugging You?



Sunday worship in Kolkata. This is a temple on the Hooghly River in Kolkata, India. I am here studying with the Drs. Prasanta and Pratip Banerji

Aside from the many wonderful things I'm learning here at the homeopathy clinic, you might think the recent flu outbreak would make me glad to be in India! Actually, I don't worry about the flu because I know homeopathy's track record in treating it.

Even during the deadly Spanish flu epidemic of 1918, homeopathy came through with flying colors. During a time when about half of the patients treated conventionally died from this infection, homeopaths reported a death rate as low as 2%

With such an impressive history, I know where to turn if I do succumb to the flu.

How do you know if you have the Flu?

But wait … how do you know if you've got the flu or just a run-of-the-mill cold? The flu tends to come on much faster with more intense symptoms. Colds may only leave you suffering from congestion or runny nose, but influenza

brings body aches and fever as well.

It's important to differentiate between the two because of the flu's potential for complications. Especially in the elderly or young children, the flu can sometimes turn into pneumonia if not treated properly.

Influenzinum 30C as a preventative treatment for the flu

I've written about *Influenzinum* 30C in the past as a **preventative** treatment for the flu. That's still a viable option, but at this point in the season, we need to start thinking about it as the go-to remedy if you're exposed to someone with the flu.

It's a favorite because it does not take a great deal of study to know when to use it. *Influenzinum* 30C can stand on its own or rotate with a remedy that specifically matches the symptoms of a person suffering from the flu.

Now we treat the disease

Utilizing this remedy is not based on the specific symptoms of the person but rather on the treatment of the disease. Normally this is antithetical to classical homeopathic practice, but in the case of epidemics, we veer slightly from the usual procedure. Dr. Robin Murphy, in the *Lotus Materia Medica*, says, "*Influenzinum* has with many practitioners taken the place of *Baptisia* as the routine remedy in epidemics. It may be given in the 12c or 30c potency."

Influenzinum is reputed to abort cases of influenza during an attack when given four times in one day for several days. Or, it works better yet when used as a defensive measure before contracting or after being exposed to the flu.

This article is excerpted from my book “You Too Can Protect from the Flu.”