

Colds

When choosing a homeopathic remedy to counter a cold, look for the most outstanding features of the cold to match the most outstanding of the remedy. A 30th potency administered every 1-3 hours for up to 5 doses is the method most often found efficacious. When improvement ensues, stop the remedy. If need be, most will switch to another remedy after giving the first one a good chance. It takes practice, but once you become adroit with homeopathy, you'll never return to the old ways.

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