Homeopathy Tips

Tip: It is vital for the health of those who live in cold regions to eat a diet high in good quality fats such as butter, whole raw milk, whole cheese and cod liver oil.

Tip: Ferrum Phos 6X is a wonderful cell salt for colds and flu when there is inflammation. I've always taught that it could be used at the onset of any inflammation, but it can also be used prophelactically. That is, before the need arises. Used in this way, it has proven effective again and again. 4 pills = 1 dose, taken 2 -3 times daily until the flu season is over. Homeopathic remedies are quite safe in 6X potency as long as they are used judiciously.

Tip: The best way to keep from getting any acute illness such as the flu or colds is to keep your constitutional care current. A visit to your homeopath every 6 weeks (if problems remain) is a good rule of thumb.