No Cure for the Common Cold? Hogwash!



“Sniff, sniff … I hab a code!!” Our office is starting to get the calls and emails, the perennial sign of the season: “What remedy does Joette teach for the common cold?”

I will tell you what I recommend, folks: a lovely bowl of bone stock, herbal tea, a few oranges … and bed! A cold is your body’s way of telling you to slow down and prepare to hibernate, if you will. Drink some yummy broth and eat oranges. Allow yourself to be deliciously sick. Watch a funny movie and nod off on the couch with the purring cat.

We live in a high-pressure society. Americans have a developed sense of obligation and ethic. A double-edged sword, I suppose. It’s what makes America productive, as well as bringing us to our knees … or our couch.

A friend from Germany came over here for a visit, and she was astonished to observe that people were going to work while sick. She said that in Germany if you are sick, you stay home. But here, we get a sniffle; we keep going. We get

run down; we try harder. We get a full-blown cold, we go to work anyway. And some people don't stop with a cold. When some people get a cold, it always turns into bronchitis … or worse.

We call that the "weak link." If colds turn into sinus infections or bronchitis, it's even more vital that we rest at the onset of the cold.

But wait! You didn't come here to be lectured about being deliciously sick! (Or maybe you did!) Most people want to have a remedy. After all, I am a homeopath. Isn't there *something* we can do besides tea and bone stock and bed?

And so, although I have written extensively on the subject of colds and the flu, try this lovely tried and true combination that Drs. Pratip and Prasanta Banerji disclosed to me when I worked with them in Calcutta last winter. The combination they find helpful is *Hepar sulph* 200 mixed with *Sanguinaria* 200 taken twice daily. So far with my family, it has been a divine combination.



With that said, in my family, we are big believers in resting when we are sick. But with these sweet little remedies from the Banerji protocol, we can be up and running a lot sooner and without the danger of getting sicker.

The reason I give you this information about colds and flues is not just to treat these specifics. The broader and more fundamental issue here is that by gaining control over acute problems such as colds and flues without resorting to drug

therapy, you will protect yourself and your family from antibiotic, acetomycin and steroid poisoning.

There is an easy homeopathic solution!

Take a look and watch my short informative video.

This week we are introducing the Hahnemann family. Do you remember your penny dolls as a child? Adriane, one of my staff assistants, has all of her dolls and the dollhouse. So, over the next several weeks, you will be introduced to the Hahnemann family (our name) and maybe relive some childhood memories.