

How Can Homeopathy Help?

Please tell me more

I am suddenly sick, I feel so awful!

Sally Tamplin DSH, PCH, MARH

Homeopathy works in Epidemic Diseases!



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Why use homeopathic remedies for an acute health care crisis?

- Homeopaths do not waste valuable time, let's nip this in the bud!
- Homeopaths do not diagnose
- There is NO need to name the disease in order to help people
- Symptoms are carefully noted and a remedy is given according to the individual's manifestation of the disease
- A well selected remedy wakes up the body's own innate ability to heal itself
- The following presentation helps you to select for yourself a remedy that may help to bring you to a better state of health



The Law of Similars

If a substance can cause symptoms of disease in a healthy person then it can help a sick person suffering from similar symptoms



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The Law of Similars



- Remedies work by boosting the natural energy of the body so that it heals itself
- There are no damaging side effects. They do not interfere with conventional medications

Homeopathic Medicines

Law of the minimum dose



- Homeopathic medicines are prepared from natural sources and are used in extremely small amounts
- They are recognized by the US Food and Drug Administration

How do I select a remedy?

Here are some questions to ask

- **Mental and emotional symptoms?**
- Sore throat?
- Cough ? Mucus ? Breathing?
- GI symptoms?
- **My body temperature, am I chilly or hot?**
- Side of my body affected?
- Nature of my pain?
- What makes me feel better or worse?
- **My Thirst?**
- **My Hunger?**
- Let's take a look at my tongue
- Do I smell bad?
- Am I sweating?
- **Bleeding?**



**Read carefully the descriptions for acon, bell, ferr - p, bry, rhus - t,
merc, eup - per, ars and nux - v
Choose the remedy that best suits the totality of your symptoms right now!**



Helpful Tips

- If anxiety and fear are extremely strong think about starting with **Aconite OR Arsenicum**
- If the dry cough is the main symptom think about starting with **Aconite OR Bryonia**



Aconite

Essentials:

- Think **SUDDEN** onset
- Think **high fever with great thirst**
- Think **active inflammation**
- Think extremely restless
- Think strong bounding pulse
- Think **short dry cough** with no expectoration
- Think sore throat
- Worse warm room, better fresh air
- Think **intense fear even panic may talk about dying**



Credit- Image by Annette Meyer from [Pixabay](#)

How to administer Aconite



Credit- Image by Annette Meyer from [Pixabay](https://www.pixabay.com/)

- Dissolve 3 - 6 tiny grains in a little water and give **one dessert-spoonful every 2 hours**, stirring the glass between each dose, until the pulse becomes reduced in volume and in frequency, or the skin becomes moist, or covered in profuse perspiration
- When these symptoms appear extend the dose to **every 4 hours** until amelioration or another remedy picture comes to the fore

Belladonna

Essentials:

- Think **SUDDEN** onset
- Think very high fever, **HOT** head
- Think active inflammation and congestion
- Think **RED**
- Think strong bounding pulse
- Think dilated pupils
- Worse lying down, Better sitting and standing up
- Think symptoms worse **RIGHT SIDE**



Credit- Image by Hans Braxmeier from [Pixabay](#)

Belladonna



Credit- Image by Hans Braxmeier from [Pixabay](#)

This remedy is generally required before or even after **BRYONIA** when the fever returns after having been apparently subdued by **ACONITE**. Look for:

- Difficulty of breathing and pain, or a feeling of uneasiness in the chest
- **Coughing up phlegm tinged with blood and very difficult to bring up**
- **Flushed cheeks**
- **HOT skin**
- **DRY lips and tongue, parched**
- **THIRSTY**
- Pulse is **HARD, QUICK, and FULL**
- **Severe headache aggravated by coughing**
- Disturbed sleep by **FRIGHTFUL DREAMS** and delirium

How to administer Belladonna



Credit- Image by Hans Braxmeier from [Pixabay](https://pixabay.com/)

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In young, robust people Aconite and Belladonna may be rapidly alternated and produce very good results in the first stage of inflammatory fever



Credit- Image by Annette Meyer from [Pixabay](#)



Credit- Image by Hans Braxmeier from [Pixabay](#)

Rotating Aconite and Belladonna



Credit- Image by Annette Meyer from [Pixabay](#)



Credit- Image by Hans Braxmeier from [Pixabay](#)

- Dissolve 3 - 6 globules of **Aconite** and 3-6 globules of **Belladonna** in separate glasses of water with separate spoons
- Give **one dessert-spoonful** of the selected remedy
- **TWO** hours later, give **one dessert-spoonful** of the second remedy
- Rotate the two remedies every **TWO** hours until improvement then **STOP** or a new remedy picture comes to the fore (**Remember to stir the glass vigorously between each dose of the respective remedy**)

Ferrum - Phos

Essentials



- Think **SUDDEN** onset
- Think **high fever**
- Think **flushed face**
- Think **congestion and active inflammation**
- Think symptoms worse on **RIGHT side** – violent congestive headache
- Worse night and morning
- Feels the cold and worse from sitting in a draft of cold air
- **Cough worse from cold and open air**
- **Pains better from cold applications**
- Better when lying down worse when standing
- **Loquacity and mirth you would not think they are sick!**

Bryonia

Frequently follows well after Aconite. Think DRY cough

Essentials:

- Think DRYNESS throughout the body, foul, dry tongue, dry lips, dry mouth, dry skin, constipation
- DRY cough, hard, racking and painful, viscid phlegm
- Think painful sticking, stitching in the chest, headache, pain in the limbs
- Think worse for any kind of movement
- Think better from pressure – holds the chest, head or painful part
- Think thirsty for large amounts
- Think irritability, wants to be left alone and at home
- Think may be worrying about work or financial problems



Credit- Image by [Wikimedia](#)

Bryonia



When the pain in the chest is excessive and is of a **shooting, cutting or prickling** character the membrane surrounding the lungs is generally involved and the case is complicated with **PLEURISY**

In such cases the **alternate** use of **BRYONIA** with another homeopathic remedy that matches some of the symptoms may be necessary and can help to speed up recovery

Credit- Image by [Wikimedia](#)

Rhus -Tox

Essentials:

- **Think intense fever**
- **Think extremely restless**
- **Think very achy and stiff feels better moving around**
- **Think thirsty**
- **Think prostration**
- **May have a red triangle on tip of the tongue**
- **This remedy is complimentary to Bryonia**



Credit- Image by Hans Braxmeier from [Pixabay](#)

Mercurius

Essentials:

- Think profuse sweating
- Think extremely bad sore throat
- Think swollen glands
- Filthy, large, flabby, moist, tooth- notched tongue. Metallic taste
- Think offensive breath
- Think excess saliva
- Think affects base of **RIGHT** lung
- Think creeping chilliness, alternately hot and cold, can't get comfortable
- Worse at night especially when warm in bed
- Think restless
- **This remedy is complimentary to Arsenicum**



Credit- Image by [Wikimedia](#)

Belladonna can be administered after Mercurius , if spasmodic constriction of the chest, with dry, hacking cough should remain or supervene



Credit- Image by Hans Braxmeier from [Pixabay](#)

Eupatorium - Perfoliatum

Essentials:

- Think most terrible of all flu
- **Think high fever**
- Think restless, terrible body pains, every bone feels broken
- Think very bad bursting headache and sore eyes
- Think chest extremely sore, coughing makes head hurt
- Think worse from any movement
- Scanty perspiration
- **Thirsty for ice cold water**



Credit- Image by [Wikimedia](#)

Arsenicum Album

Essentials:

- Think extremely nervous and very restless, anxious pale face, WEAKNESS
- Fears germs, contamination
- Think sore throat, runny nose, breathless, wheezy, chest feels tight
- Think very CHILLY wants to be wrapped up can't get warm
- Think burning pains
- Think gastric symptoms, nausea, vomiting, diarrhea
- Think worse Midnight – 3 am
- Think white tongue
- Thirsty for frequent small sips



Credit- Image by [Wikimedia](#)

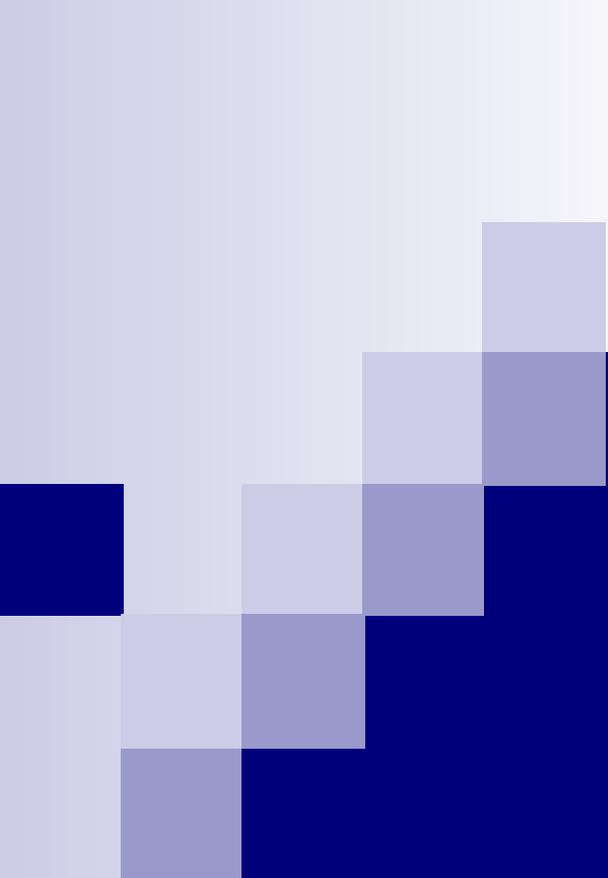
Nux Vomica

Essentials:

- Think high fever with **very violent chills**
- **Think better from warmth**
- Think over sensitive esp. light, noise, odors
- Think very bad headache/migraine
- Think GI symptoms, nausea, cramps, spasm, constipation
- Think ugly temper, impatient, angry, irritable
- Think very attentive and concerned about accuracy and detail, collapse from over work
- This was Samuel Hahnemann's main remedy for Influenza
- **Complimentary to Phosphorous**



Credit- Image by GOKALP ISCAN from [Pixabay](#)



How Can Homeopathy Help?

Please tell me more

I am sick, I feel so terribly WEAK

I have lots of respiratory symptoms **Bronchial /Respiratory
Symptoms Predominate**

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Read carefully the descriptions for ars, phos, bry, kali - bi, ant - t, gels and chin
Choose the remedy that best suits the totality of your symptoms right now!



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Credit- Image by [Wikimedia](#)

Phosphorus

Essentials:

- Desires company
- Think deep cough worse from talking, laughing, cold air, laying on LEFT side
- Think chest feels heavy, sensation as if there was a weight in the chest
- Think loss of voice or hoarseness
- This remedy may have bleeding symptoms
- Think burning sensations
- Think oversensitive to light, odors, noise and touch
- Think thirsty for cold drinks or a lack of thirst but unnatural hunger during fever



Credit- Image by Carabo Spain from [Pixabay](#)

Bryonia

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- **DRY** cough, hard, racking and painful, viscid phlegm
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- Think thirsty for large amounts
- Think irritability, wants to be left alone and at home. May be worrying about work or financial problems



Credit- Image by [Wikimedia](#)

Kali - Bichromicum

Essentials:

- Affections of the mucous membranes of the body
 - Discharge of a tough, stringy mucus which adheres to everything and can be drawn into long strings
 - Discharge of plugs, tough, ropey, green fluid mucus. Violent pain from back of head to forehead if the discharge ceases
 - Violent, rattling cough with gagging from viscid mucus in the throat
 - Headache with blurred vision or loss of sight before the attack. Sight returns as headache increases.
 - Must lie down, aversion to light and noise
- **ANTIMONIUM TARTARICUM** follows well in catarrhal affections



Antimonium Tartaricum

Essentials:

- Think loose, rattling cough
- Think chest feels full of mucus
- Think no strength, much too weak to raise the phlegm
- Think bubbling respiration
- Think **“I am drowning in phlegm!”**
- Think must sit up can't lie down, **feeling of suffocation**
- Think worse 12 - 3 am
- Think drowsy, sleepy especially in the later stages of illness
- Think white coated tongue



Credit- Image by [Wikimedia](#)

Gelsemium

Essentials:

- Think slow, gradual onset
- **Think collapse**
- Think feels absolutely drained
- Think general feeling of extreme weakness and heaviness, legs are weak, shaky, heavy head, eyelids droopy, can't think clearly
- Think dull headache shivery, dizzy, blurred vision
- Think low thirst
- Chills up and down the spine



Credit- Image by [Wikimedia](#)

China

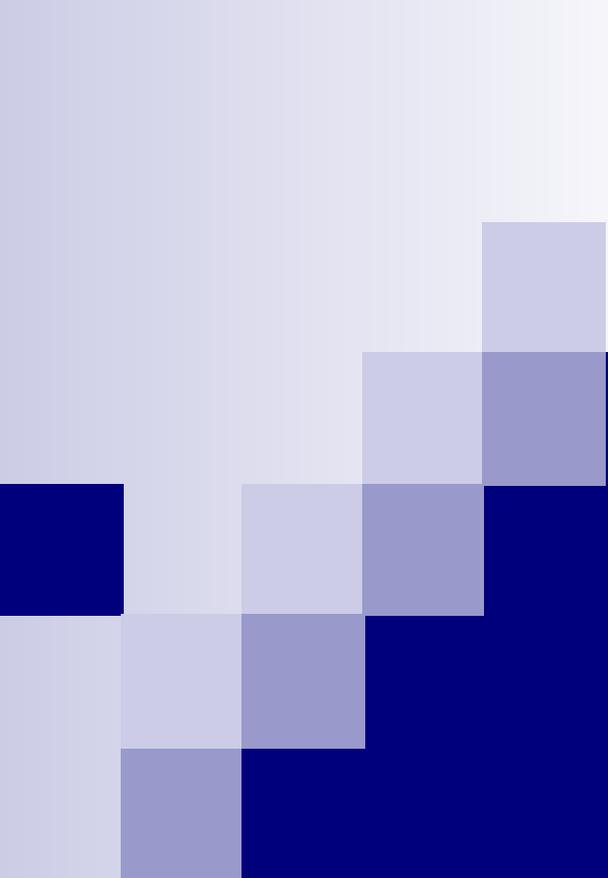
Essentials:

- China is one of the best homeopathic remedies to restore vital energies after considerable loss of fluids, whether blood, diarrhea, vomiting or excessive sweating
- It is indicated when there is spitting up of blood after a violent cough, or when there is a continual taste of blood in the mouth
- Shivering alternating with excess of heat
- Frequent and short lived perspiration
- Tremor and confusion of vision
- Light headed, WEAK, continually wants to lie down
- Excessive flatulence, fermentation in the gut
- Apathetic, despondent, quarrelsome

- China is complimentary to Carb - v



Credit- Image by [Wikimedia](#)



How Can Homeopathy Help?
Please tell me more
Very serious cases

Sally Tamplin DSH, PCH, MARH

Read carefully the descriptions for ant - t, chin, carb - v, lyc, ars, phos and Camph

Choose the remedy that best suits the totality of your symptoms right now!



Helpful Tips

- In serious cases the remedy may need to be repeated more often depending upon the symptoms and the vitality
- Consider dosing every 15 - 30 minutes in a desperate case
- If there's NO improvement after 4 doses look to change the remedy
- If there is considerable improvement then re dose at extended intervals of time and **STOP** the remedy if better
- If another remedy picture comes to the fore begin the new remedy, be sure to use a new glass and spoon. Remember to stir the glass vigorously before giving a spoonful



Antimonium Tartaricum

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Credit- Image by [Wikimedia](#)

Carbo - Vegetabilis

- This remedy can be very useful in old people, sometimes in alternation with Bryonia when the chest is considerably affected. Threatening paralysis of the lungs
- COLLAPSED state. Low vitality, depletion, never well since some exhausting disease
- Icy coldness of the whole body, blue skin (cyanosis)
- Sunken eyes and cheeks, very pale face
- Intermittent pulse, thready and imperceptible
- Wants to be fanned, craves fresh air
- Excessive accumulation of gas in the gut
- Breathing is oppressive and labored, frequently wants to take a deep inspiration , loss of voice
- Spasmodic cough during the day and in the evening. Expectoration of greenish phlegm
- This remedy is complimentary to China



Credit- Image by [Wikimedia](#)

Lycopodium

- **Ant - t is similar to Lyc**
- In Lyc there is greater and more distressing shortness of breath, much mucous rattling stitching and stabbing pleuritic pain and a tendency to abdominal distention
- **Marked weakness**
- **Struggle for breath with a flaying of the nostrils**
- Lower lobe of the **RIGHT** lung affected
- Thick, purulent, yellow sputum
- Aggravation 4- 8pm and by warm food
- **This remedy follows well after Carb - v**



Credit- Image by salzdespythagoras from [Pixabay](#)

Arsenicum Album

- Think extremely nervous and very restless, anxious pale face, **EXTREMELY WEAK**
- Fears germs, contamination
- Think sore throat, runny nose, breathless, wheezy, chest feels tight
- Think very **CHILLY** wants to be wrapped up can't get warm
- **Think burning pains**
- Think gastric symptoms, nausea, vomiting, diarrhea
- Worse Midnight - 3 am
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Credit- Image by [Wikimedia](#)

Phosphorus

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- Desires company
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- Think thirsty for cold drinks or a lack of thirst but unnatural hunger during fever



Credit- Image by Carabo Spain from [Pixabay](#)

Camphora



Credit- Image by Il C from [Pixabay](#)

- Great prostration, collapse, difficult to rouse
- Pulse is weak, extremely small and scarcely perceptible
- **Desires covers during fever** BUT when the skin is icy cold does not want to be covered at all
- The skin is bluish in color, the face is deathly pale
- This remedy is indicated when there is laborious, asthmatic breathing
- An accumulation of phlegm in the air tubes
- **Anxiety and restlessness as though he would suffocate**
- Compare to Carb - v, Ars and Phos

Potency selection and dosage reminder

- Our Influenza kit contains the main influenza remedies in three different potencies: 30c, 200c and 1M, other remedies are available in the 30c potency
- As a general guide begin with the indicated remedy in the 30c potency and take every 2 – 4 hours, **BUT in case of high fever go to 200c**. After several doses proceed to a higher level that's if the remedy still fits the total picture but appears to be less effective than when it was first used
- It is suggested that the remedy is given in a little water. Add 3 – 6 little pills. Between doses stir the water, this raises the potency slightly so that the same potency is never repeated
- Do not eat and drink before or after taking the remedy for at least 15 minutes if this is possible
- Carefully read each remedy picture and use the remedy that seems to be the best indicated. **Stop** the remedy if you recover or if a new remedy picture emerges and in that case take a clean glass and spoon and begin again with the best indicated remedy.



www.flusolution.net

- For further remedy information please refer to the remedy section of the web site
- This presentation has been offered as an educational guide to using homeopathic remedies. **However, the authors of this site advise that you also work with your licensed physician and a professional homeopath and of course you WILL be doing this if you are very ill.** Refer to the find a homeopath section of this web site to engage professional homeopathic help
- *Disclaimer: The authors of www.flusolution.net namely: Jacob Mirman MD and Sally Tamplin do not claim that homeopathic remedies can cure influenza or any other infectious disease, and are not liable for any ill health or damages arising from the use of, or inability to use the information given on this educational web site or any material contained in it, or from any action or decision taken as a result of doing it.*