



Specializing in the following services:

- Homeopathic Medicine
- Chinese Medicine
 - Acupuncture
 - Herbal Medicine
 - Gua Sha Massage
- Electro Acupuncture

Homeopathic Prevention for Swine Flu (H1N1 Virus) & Homeopathic Treatment of the Symptoms of Swine Flu

Outline:

1. Source of recommendations
2. The problem - an alternative answer
3. Homeopathic disclaimer
4. Where do the remedies come from
5. What can you expect from homeopathic treatment
6. When should you take the remedies
7. How should you take the remedies
8. How to prepare a treatment remedy
9. Responding to an emergency shortage of remedy supplies
10. How to pick a treatment remedy
11. Treatment remedy pictures for the flu
 - i. Arsenicum Album
 - ii. Belladonna
 - iii. Eupatorium Perfoliatum
12. Purchasing remedies for at-home use

Source of recommendations

These recommendations are based on four things:

1. The homeopathic knowledge gained from treating influenza over the last 200 years.
2. Effective treatments for swine flu which have already been employed by homeopathic physicians in Mexico and various sites in the Southern Hemisphere where they have already experienced their flu season.
3. If the swine-flu becomes endemic in the United States, homeopathic physicians will be treating it in their patients. The American Institute of Homeopathy maintains a website where homeopaths will report which remedies are found to be most useful. Our website (Trilliumcreekohio.com) will be updated to reflect this information as it becomes available.
4. This information is intended for patients of Ohio Holistic Medicine and Trillium Creek Dermatology. It does not preclude other sources of help for the treatment of influenza or swine flu.

The problem – an alternative answer

Recent history has shown that fears of a pandemic flu can cause reasonable (or unreasonable) panic in the general population. In this case, the available health care resources can become overburdened and have difficulty in meeting the demands for care placed upon them. Any flu season can cause significant suffering and death. The swine flu may be a virulent strain of flu and have significant short and long-term consequences. The homeopathic process is not a simple shotgun treatment using the same therapy for everyone, so you must expect this system to take a little more effort on your part to be successful.

An alternative answer

Homeopathic medicine has a 200-year history of the successful prophylaxis and treatment of the symptoms of influenza and other infectious diseases. Recent history has shown the use of three homeopathic remedies helpful in safely recovering from the current symptoms associated with the swine flu and providing recovery with minimal, if any, residual complications.

Specializing in the following services:

- Homeopathic Medicine
- Chinese Medicine
 - Acupuncture
 - Herbal Medicine
 - Gua Sha Massage
- Electro Acupuncture

Homeopathic disclaimer

The principles used in the practice of homeopathic medicine are very different from those used in both pharmaceutical and herbal medicine. A separate knowledge of western pharmaceutical medicine and its pharmacology will not apply to the practice of homeopathic medicine. A lack of understanding of the principles of homeopathic medicine and a lack of familiarity with its unique system of pharmacy is generally a barrier to its acceptance by those trained only in “modern” medicine. **To make the best use of this remedy kit, it is important to read and compare the three remedy pictures prior to selecting one for use.** Choosing the wrong remedy may delay the benefits coming from picking the right remedy but cannot otherwise cause any harm.

Where do the remedies come from?

All remedies being made available have been produced by Washington Homeopathic Pharmacy in accordance with the guidelines of the Homeopathic Pharmacopoeia of the United States. This pharmaceutical company is in complete compliance with all FDA regulations for the manufacture of homeopathic remedies. These remedies, with the instructions appropriate for their use, are being presented as an easy to use, at-home remedy kit for existing clients of Trillium Creek Dermatology and Ohio Holistic Medicine. These are available by calling (330) 725-0569 ext. 157. For the general public, these same remedies are easily available without a prescription directly from Washington Homeopathic Pharmacy at 1-800-336-1695. Homeopathic remedies are available in a variety of potencies. The instructions for this kit are specific to the 30C potency being offered.

What can you expect from homeopathic treatment?

The H1N1 vaccine:

The original vaccine manufacturer is the one who will determine the effectiveness of the vaccine in preventing swine flu. That vaccine will then be manufactured into a 30C potency by Washington Homeopathic Pharmacy. Only historical and anecdotal evidence exists to show that homeopathic preparations of vaccines offer similar protection to the original vaccines without the side effects.

Specific homeopathic remedies for persons having flu-like symptoms when swine flu is present or active:

A reasonable expectation for the effectiveness of using a selected homeopathic remedy to treat swine flu is 70% success. This is based on an expectation that the symptoms of swine flu seen here in the Ohio area will be similar to those appearing elsewhere. The better the match between a patient’s symptoms and those of a remedy, the higher the percentage of success. The effectiveness of a carefully chosen remedy in relieving symptoms and its gentleness in acting also depends on following the recommended treatment regimen.

When should you take the remedies?

Vaccination:

Begin vaccination treatment when the possibility of contact with the H1N1 virus is there. The vial of pellets should be adequate for the flu season for a family of five. In case of a shortage of pellets being available for extended family members, the instructions for diluting the pellets into a water form of the remedies (instructions given under the treatment section) can be followed to extend the remedy to further family members.

If flu symptoms appear:

The treatment of infectious diseases with homeopathic remedies is best when individualized to the symptoms of each patient. At the first sign of flu-like symptoms, when swine flu is known to be present in the community, select the most appropriate remedy and begin treatment using the method explained below of diluting the remedy into a water solution. When the choice between the remedies seems difficult, the remedy that has been shown to be effective in most other patients will often be the best choice to start with.

Specializing in the following services:

- Homeopathic Medicine
- Chinese Medicine
 - Acupuncture
 - Herbal Medicine
 - Gua Sha Massage
- Electro Acupuncture

If you are having difficulty deciding between two remedies, take one dose of one of the two remedies and repeat that dose in 30 minutes. If you feel better, continue with the initial remedy as needed. If you do not notice a lessening in the intensity of your symptoms, switch to the other remedy that seems to match your symptoms and take two doses in the same manner. After this trial, proceed with the remedy that seemed most effective.

If after a period of time, under homeopathic treatment, your initial symptoms are gone and other symptoms become more prominent, you may change remedies. Look to see if the new symptom picture better fits another remedy.

How should you take the remedies

Vaccination:

Two pellets of the remedy should be taken at the start of the flu season and then the same dose (two pellets) should be repeated once a month. In the case of close contact with infected persons, repeat the dose at that time and at one-week intervals for three weeks.

Treating symptoms of swine flu:

At the first appearance of symptoms of flu, expect to take the remedy dose several times a day for the first several days. There is no harm in taking the remedy more often than this on the first day or two.

If the correct remedy has been chosen, the patient's symptoms should be mild and the health of the patient not in great danger. If there is not a healing response to the remedy either the right remedy has not been chosen or the patient's vitality and ability to recover is significantly compromised.

Once a healing response is underway, the remedies will be needed in decreasing repetitions. The remedy need only be repeated according to the symptomatic response of the patient. As long as improvement continues, it does not need to be repeated. As soon as further improvement stops (and symptoms of the flu remain), repeat the remedy.

The use of homeopathic remedies does not preclude or conflict with other treatments. In all cases, you must exercise good judgment and not compromise your health or health of another.

How to use a homeopathic remedy to treat cases of flu

1. From the original bottle of pellets, prepare a remedy solution bottle for each individual patient.
2. Two pellets are all that is needed to prepare a remedy solution bottle.
3. Place two pellets from the original remedy bottle into a bottle of water.
 - a. The ideal bottle would be a 4 ounce brown, glass bottle (Boston round) filled to nearly full with a solution of 90% reverse osmosis water as the diluting agent and 10% brandy as a preservative).
 - b. The next best is a bottle of Aquafina or something similar (distilled or reverse osmosis water) again filled with 4 ounces of a 90% pure water and a 10% brandy solution.
4. Once the pellets are placed into the water bottle, succuss the bottle 10 times. To succuss means to strike the bottle forcibly into the palm of your hand. To make a homeopathic preparation of a substance requires a combination of both dilution and succussion. Simple dilution will not prepare a homeopathic remedy. In the process of making a homeopathic remedy, it has to be "potentized" by transferring energy to the diluted solution.
5. Succuss the remedy solution bottle ten times each time before you remove a dose of the remedy for a patient.
6. Only a small amount need be taken from the remedy solution bottle for each dose – approximately one-half teaspoon. Larger amounts are not needed to increase the strength of the healing response the remedy brings about in the patient. It is more effective in speeding healing to repeat the next dose of the remedy than to increase the amount of liquid remedy given to the patient in any one dose. Generally, wait to give the next dose of the remedy until you see the patient's recovery beginning to slow or stall.
7. Each time a dose is given to the patient, succuss the bottle prior to removing the one-half teaspoon.

Specializing in the following services:

- Homeopathic Medicine
- Chinese Medicine
 - Acupuncture
 - Herbal Medicine
 - Gua Sha Massage
- Electro Acupuncture

Responding to an emergency shortage of remedy supplies

This is where the homeopathic reality completely befuddles those entrenched in pharmaceutical medicine. The reality of homeopathic medicine has been shown to be a reliable process for more than 200 years but does indeed seem to fly in the face of a Newtonian understanding of the physical world. To all those who fail to fully understand the quantum physical reality of our world; you must accept the reality of homeopathic medicine on faith (faith being the ability to believe in something that one is not capable of completely understanding.) Since we are dealing with your health, at a time of disease; be comforted by the likelihood that nothing homeopathic can hurt you and has a reasonably good chance of being quite helpful in your recovery. The return on your investment and possibilities for reward versus risk are very favorable. Again, do not be cavalier with your health. Seek professional help when necessary.

1. If your supply becomes low in the remedy solution bottle (less than 10% remaining):
 - a. Refill the bottle to full with a solution of 90% pure water and 10% brandy.
 - b. Succuss the bottle ten times to potentized it.
 - c. This new solution (being further diluted and succussed) will actually bring forth a stronger healing response from the body.
2. If your supply of pellets is running low:
 - a. Place your last two pellets in a remedy solution bottle and dilute them with the 90% water and 10% solution.
 - b. Succuss the bottle ten times.
 - c. This liquid preparation of the remedy will now replace the bottle of pellets.
 - d. Make any further remedy solutions bottles, as needed, for patients from this bottle by removing a half teaspoon of solution instead of the two pellets as previously.
 - e. Again, if this bottle becomes low, further dilution and succussion will enhance the remedies ability to bring about a healing response in the patient.

How to pick a treatment remedy

1. First note the characteristics of the flu symptoms in the patient (several typical examples are given here):
 - a. Are the symptoms centered more on the respiratory system, the digestive tract, or the central nervous system?
 - b. Have the symptoms come on with suddenness and violence or more gradually and showing prostration instead of a violent reaction?
 - c. Note any changes in the nature of the patient becoming thirsty or lacking thirst, do they have fever and chills or just fever, are they agitated and restless or apathetic and lacking energy?
2. Read the characteristic symptoms of each remedy and pick the one that best fits the symptoms the patient now has in their diseased state.
 - a. Each remedy has 15 characteristic symptoms listed. The one that has the most symptoms in common with your patient is the best one to try first.
3. After reading the characteristics of each remedy, go back and look at the patient and question them to see which symptoms might be present and not noted or reported at first. This may change your total of matching remedy symptoms and choice.
4. Score the number of symptoms for each remedy that match the symptoms you are experiencing with your case of flu (out of a possible number of 15). Trial the remedy first that has the largest number out of 15 possible symptoms:
 - a. Arsenicum Album ____
 - b. Belladonna ____
 - c. Eupatorium Perfoliatum ____

Specializing in the following services:

- Homeopathic Medicine
- Chinese Medicine
 - Acupuncture
 - Herbal Medicine
 - Gua Sha Massage
- Electro Acupuncture

Treatment remedies for flu

Many flu patients will have the same symptoms as general, common symptoms of the flu. Focus on striking symptoms: those that are strong or unusual in the case. These symptoms are the most useful in picking out the individual remedy for each patient.

Arsenicum Album:

1. The symptoms will be centered on either the upper airway or the digestive tract.
2. If nauseated – they cannot bear the sight or smell of food.
3. Patients are weakened and feel depleted (their weakness often seems exaggerated or beyond the seriousness of the disease) – the least exertion causes prostration.
4. Patients are both anxious and restless (they frequently change position or seek the help of others).
5. The patients fear that they are incurable and dying. This may lead to sadness or them becoming hopeless about their ability to recover.
6. They tend to be sensitive to pain – pains may be felt as burning.
7. Discharges are scanty (not profuse) but acrid (causing soreness and redness to tissues exposed to the discharge).
8. They tend to be chilly and desire to be warmly covered.
9. They tend to be thirsty but only for small sips (the mouth and mucous membranes are dry).
10. After eating, they get abdominal pains and an urge for stool – their diarrhea may be burning and foul smelling.
11. Any eruption on the skin will itch violently and burn after being scratched – they may scratch until it bleeds.
12. The nose is either obstructed or they have an acrid nasal discharge and sneeze frequently.
13. They have a constant tickling type of cough with burning in the throat or chest. Their cough is mostly dry with little expectoration.
14. The patient desires company and dislikes being alone.
15. Normally, they are a fastidious person who desires cleanliness and order.

Belladonna:

1. The patient's symptoms are often most strongly felt in the neck and head.
2. These patients often are very healthy and robust. They may be sensitive to catching cold easily – especially from a cold draft of air on the head.
3. Symptoms will have a sudden and violent onset – not a gradual onset over a few days.
4. They tend to be thirstless or only thirsty with an elevated fever.
5. Their pains are severe and throbbing, cutting or burning. With abdominal pains they like to lay face down with pressure on the abdomen.
6. The mouth and mucous membranes are dry with hot. Discharges are scanty – often see suppurative tonsillitis.
7. The local signs of inflammation are intense (with heat, redness and a congested appearance to tissues).
8. Face may be red, hot and dry (hands and feet may be cool). They desire cool compresses on areas of heat and are relieved by cold applications.
9. All the senses are increased – they may complain of worse symptoms on the right side of the body.
10. They are very sensitive to touch, jolting, jarring or any motion. They are better when resting and still.
11. Initially, they are nervous and excitable but can rapidly progress to being lethargic and even delirious (violent delirium alternating with lethargy would indicate Belladonna over all other remedies).
12. They may perspire profusely – especially on those parts that are covered up.
13. Symptoms in the limbs are much worse when the limb is hanging down and feels better when elevated.
14. They have pain in the back as if it would break. You may see a full bounding pulse in the neck.
15. They may be capricious during fever (desiring things and then refusing them).

Specializing in the following services:

- Homeopathic Medicine
- Chinese Medicine
 - Acupuncture
 - Herbal Medicine
 - Gua Sha Massage
- Electro Acupuncture

Eupatorium Perfoliatum:

1. The patient's restlessness is more mental and less physically restless than Arsenicum. They tend to stay still, as it hurts too much to move.
2. They will have some anxiety but usually more sadness than anxiety.
3. They have very strong symptoms of deep pain in the bones and muscular parts of the body. Their pains drive them to move but moving does not relieve the pain. Movement may worsen the pain. The more prominent is the bone pains, the more likely Eupatorium is the correct choice.
4. Bone pains are present in the back, head (the occiput and eyes), chest (esp. behind the sternum) and limbs (esp. the wrists).
5. They have a strong thirst for cold drinks, but cold drinks cause shivering in the stomach or back.
6. They feel much worse from cold applications or cold air.
7. Head pains feel as if the head would burst (but less intense than Belladonna).
8. The initial cold symptoms may start with sneezing, a watery discharge from the nose and hoarseness; with bone aches and a thirst for cold drinks.
9. The influenza symptoms start with chilliness and desiring warmth, back and severe bone pains, thirst and chills running up the back. Chilliness is worse with cold applications.
10. Nausea and vomiting are common. After the stomach is emptied, they vomit bile. Nausea is worse from the smell of food. They often become jaundiced by the second or third day.
11. They develop stomach pains after eating. Their nausea is made worse by the least motion.
12. Bronchitis – develop a violent racking cough (cough is worse lying on the back) – with intense soreness in the chest and throat from coughing.
13. Their cough can be relieved by getting into a crouch on their hands and knees.
14. Chills alternate with fever. With the fever, the skin burns with heat. Also, great weakness during the fever.
15. Their tongue may be thickly coated yellow.

Purchasing remedies for at-home use

Remedies can be ordered by calling Trillium Creek or Ohio Holistic Medicine at (330) 725-0569 ext. 157

1. 2009 Flu Vaccine
2. 2009 Swine Flu Vaccine
3. Arsenicum Album 30C
4. Belladonna 30C
5. Eupatorium Perfoliatum 30C

Cost: \$20 per vial (plus) \$6 handling and shipping