

HOMEOPATHIC PREVENTION OF INFLUENZA & WINTER COLDS AND COUGHS

Please ensure that you have received what you requested: 1) Influenza, or 2) Winter colds/coughs, or 3) both combined

INSTRUCTIONS

- Take just two pills, twelve hours apart (one in the morning and one in the evening).
- Once every month (or every three weeks if you are more at risk).
- From now until about mid-April, or longer if you need longer protection.
- Start them again next September, until you obtain your new updated supply in October.

Homeopathic medicines should be taken when your mouth is clean and free from the odour of anything you may have been eating, drinking, smoking or sucking - therefore take your medicine about 1/4 hour either side of these.

WHAT IS IN THE MEDICINE?

Homeopathic potencies of: the current year's flu vaccine + most of those from previous years dating back to 1970 + Adenovirus + Respiratory syncytial virus (RSV) and if you are having cold/cough prevention, Bacillinum.

There is a long tradition in homeopathy of the use of homeopathic medicines to prevent certain specific diseases, and the clinical impression of myself and many other homeopaths is that it appears to confer a very useful degree of protection. However at present there is minimal "hard" objective scientific evidence that this type of homeopathic prevention of infectious diseases is effective. I do not recommend against conventional immunisation unless there are recognised medical contraindications. If you decide not to use conventional immunisations and to use homeopathic medicines as an alternative, it is entirely your choice, at your own risk and on an understanding of the risks involved - and I cannot accept any responsibility if you should contract one or more of these diseases.

SIDE EFFECTS & INTERACTIONS

- Are very rare - homeopathic medicines are very safe and can be given to any age group.
- They can be taken at the same time as conventional immunisations or drugs, nutritional supplements, herbal and acupuncture treatments, etc - there are no direct interactions.
- If you notice a slight cold, a mild 'flu-like illness or any other symptom when you first take the medicine - this is usually just a transient "cleansing" effect which is usually beneficial to you and should not occur with subsequent doses. If symptoms continue or occur repeatedly, stop taking the medicine & contact us.

HOW TO FURTHER STRENGTHEN YOUR IMMUNE SYSTEM

It is always important to try and identify the reasons for poor immunity and management should be aimed at addressing these causes. Taking a holistic approach, the following should be considered, all of which have a major impact on the immune system.

- **Diet** - make your diet the best it can possibly be - fresh, natural, wholefood, vegetable dominated, minimal sugar & additives, relatively low starch, as nutrient dense as possible, preferably organic, etc.
- **Exercise** - take plenty of regular physical exercise, (however over-training can impair immune function).
- **Sleep** - get enough good quality sleep, for most of us this means 8 hours.
- **Stress** - minimise this by good self-pacing, regular rest periods, realistic & appropriate expectations, relaxation exercises, identifying and dealing with the causes, etc. Be happy & positive - ensure that your life regularly / frequently includes those things that are most important, fulfilling and nurturing to you.

- **Healthy Gut** - in addition to an excellent diet, eat live yogurt/kefir or/and take a probiotic (esp. after antibiotics), avoid antibiotics whenever possible and ensure excellent bowel function.
- **Minimise Toxin Exposure** - tobacco, alcohol and many chemicals and drugs suppress immune function.
- **Nutritional Supplements** - it is almost impossible to eat a perfect diet and poor gut function is common & both are a major cause of nutritional deficiencies. Vitamins A, C, D & Zinc are particularly vital for immune function.
 - **EVERYONE IN THE UK SHOULD TAKE EXTRA VITAMIN D** - it is almost impossible not to be vitamin D deficient in the UK in winter due to the lack of sunlight. *I find that for most of my patients need to take around 2000iu to obtain optimal blood levels.* See my information sheet on Vitamin D, available for download from my website. See also the superb website Vitamin D Council, esp. www.vitamindcouncil.org.
 - Also take (see my information sheet Nutritional Supplements - Recommendations for Adults):
 - A good multivitamin & mineral supplement.
 - An essential fatty acid supplement providing plenty of omega 3, eg. Linseed oil 5 - 10ml daily. If you eat nuts and seeds daily, you shouldn't need an omega 6 supplement. Linseed oil is better than fish oil as long as you are not zinc or vitamin B6 deficient - and will help reduce the overfishing of our seas.
 - Extra vitamin C, 1-2g daily.
 - Zinc, to a total daily intake of 25-30mg.
- **Constitutional Homeopathic Treatment** - strengthens the whole system at a very deep level - improves your sense of well-being, energy, ability to cope, immune function & symptoms.

MANAGEMENT OF INFLUENZA

Please see my information sheet: Influenza - Prevention and Treatment

RESOURCES

Information sheets are available from the office (see full list on my website):

- General Dietary Advice
- Exercise for Health
- Relaxation Essentials
- A Simple Relaxation Exercise
- The Management of Insomnia
- Prevention of Infections - *available for download from website*
- Influenza - Prevention and Treatment - *available for download from website*
- Vitamin D - *available for download from website*
- Nutritional Supplements - Recommendations for Adults
- Nutritional Supplements - Recommendations for Children
- Zinc
- Gut Dysfunction
- Probiotics
- Information and Instructions Concerning Your Homeopathic Treatment