

Flu (Influenza) : Homeopathic treatment

Didier GRANDGEORGE MD, Fréjus , France , 2013

PREVENTIVE TREATMENT

During the three months of November, December and January, please take:

- 1° Sunday : **INFLUENZINUM 9CH** 5 globulis
- 2° Sunday : **AVIAIRE 12CH** 5 globulis
- 3° Sunday : **SERUM YERSINIAE 12 CH** 5 globulis
- 4° Sunday : **OSCILLOCOCCINUM** 1 dose ou **ANAS BARBARIAE 12 CH** 5 globulis

In case of FLU

- **OSCILLOCOCCINUM** 1 dose at the first sign of shivers can stop the flu.
- **EUPATORIUM PERFOLIATUM 7CH** 3 globulis 4 times a day in case of vomiting bile, pain in the eyes, or pain in the bones.
- **GELSEMIUM 9 CH** : In case of shaking with fever, sleepiness, and absence of thirst.
- **ARNICA 9 CH** : intense pain in the muscles, the bed seems too firm, the patient refuses the help of the doctor.
- **RHUS TOXICODENDRON 9 CH** : stiffness, torticollis, the patient is agitated at night (specially around 03am), tongue mainly white with the tip of the tongue red.
- **ARSENICUM ALBUM 15CH** : agitated at night (specially around 01am), fear of dying, vomiting , diarrhea, violent sneezing periods, excoriating runny nose
- **BRYONIA 9CH** : painful cough, thirsty +++++, constipated, stillness.
- **NUX VOMICA 9CH** : nauseas , red face , need to go the toilets without been able to produce stool, grumpy.
- **ANTIMONIUM ARSENICOSUM 9 CH**: in case of an important pulmonary congestion; can be associated with
- **CARBO VEGETALIS 12CH**: 1 dose in case of lack of oxygen.
- **PYROGENIUM 9CH**: three globulis 4 times a day in case of bacterial infection.

CONVALESCENCE :

To fight the fatigue, take 1 dose of **CARBO VEGETALIS 30CH** , then **CHINA RUBRA 9 CH 3 globulis** in the morning and **PHOSPHORICUM ACIDUM 12CH 3 globulis** in the evening during a few days.