

Powers of Homeopathy Newsletter

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<http://www.powersofhomeopathy.com>

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This newsletter is sent every second Tuesday only to those who have requested it. Each issue is committed to helping you learn about homeopathy, how you can use it at home with family and pets and how you can benefit from classes and private consultations.

We value your interest, respect your privacy, and we never rent, sell, or share this subscriber list with anyone.

Homeopathy and Colds

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1. **Welcome Notes**

Fall-the season of abundance, the harvest- a time for gratitude and appreciation for the bounty. It is also the season of entering into the darkness in this part of the world and as the days grow shorter and the nights longer, we enter into the season of colds and flu. I was listening to the weather channel and a scientist was explaining that the trees lose their leaves not because of the cooler temperatures but because of the change in the hours of sunlight available for producing chlorophyll through the process of photosynthesis. He called the decrease in light a "stress". Although we don't have leaves to lose, perhaps, like trees, we are more susceptible to the reduction of light than we thought! Whether it is the light or not, the fall season definitely brings with it the "stresses" of weather changes, new enterprises and back to school (I just heard on the morning news that in Calgary there is a dramatic increase in asthma in young children brought on by rhinovirus...the scientific name for a cold...by the 3rd week

in September...yep...that's right now!). Stress can and often does, impact our immune systems and we become susceptible to colds and sometimes even the flu.

This issue is about colds-in 2 weeks we'll talk about the flu. We will feature several remedies to support you should you catch a cold this season and also give you some ways to "individualize" the remedy. To find out what it means to "individualize", check out the feature article.

Also in this issue...Alison Merritt has lots of great remedy suggestions for your pets should they get a respiratory infection.

So moving into this season of stress and less light, we gratefully offer the abundance and hope that homeopathy can offer to help heal and support immune systems!

Do you have questions about homeopathy? What is homeopathy? What does a homeopath do? Answers are just a phone call (403-230-8505) or email donna@powersofhomeopathy.com . Following a ten minute phone call, I will send you a preliminary package of information that will help you be well informed before you make a consultation appointment.

Here are a couple of websites too that I would highly recommend to those of you who are very new to homeopathy.

In Canada, http://www.csoh.ca/Homeopathy_About.htm The Canadian Society of Homeopaths is an excellent resource, check it out!

In the U.S. http://www.homeopathy.org/directory_entrance.html The North American Society of Homeopaths
www.homeopathic.org

In Britain <http://www.homeopathy-soh.org/>

If you would like to learn about how to find a homeopath that is right for you, check out Miranda Castro's article at www.mirandacastro.com Or you can go to The National Centre for Homeopathy's Article "How to Find A Homeopath" <http://www.homeopathic.org/find.htm>

2. Homeopathy and Colds

It seems like every year there is a new strain or variation on a cold symptom theme but mostly colds follow a similar pattern! They are characterized by the following common symptoms:

- sneezing, stuffy nose
- headache
- nasal discharge (clear/watery at first and later may become thicker, opaque, yellow-green and less abundant) and the nose may feel heavy and full because sinuses are clogged and cannot drain
- the throat may be scratchy and dry
- and a cough may develop;
- red, watery eyes
- ear pain and mild swelling
- and tenderness of the neck lymph nodes may also be present;
- fever as high as 39.4 C (103 F), particularly among young children.

Symptoms start 1-3 days after infection and usually disappear in 4 to 10 days, although a cough with or without excretion (sputum...discharge..."gunk") often lasts into the second week.

Having talked about what are common symptoms, the beauty of homeopathy is that remedies offer the possibility of "individualizing" treatment of the cold symptoms. It can treat the symptoms common to the cold but it also takes into account individual symptoms that are more characteristic of the person with the cold.

For example: two people might both have runny noses and runny/watery eyes (common symptoms). One person's eyes are burning and watery and the runny nose is just runny, clear and bland. But the other person has watery/eyes that do NOT burn (bland) BUT ...their runny, watery nose is burning their upper lip! In homeopathic terms, these symptoms are noted as characteristic to the person and would indicate two different remedies...both treating the common cold but individualized for each person with the cold. What a beautiful system! What an elegant way to individualize a remedy for a person-treat the person with the cold not just the symptoms of a cold. Instead of one medicine for a cold...the same medicine for everyone...a homeopath has access to literally thousands of remedies for individuals with colds!

The idea then, is to match the symptom picture of the remedy with the symptom picture of the individual with the cold. Dr. Samuel Hahnemann, the founder of homeopathy (follow this link for biographical information <http://homeoint.org/books4/bradford/index.htm>) called this kind of "matching" as "simillimum" or "like cures like". If it happens that your cold symptoms do not "match" the ones mentioned in today's article, do not despair! Your homeopath has knowledge of many, many more remedies and chances are very good they will be able to help your immune system respond gently and effectively to the stimulus of a well-chosen remedy.

Often, colds in Calgary can come on very quickly and more often than not, seem to follow a dramatic weather change called a Chinook (high winds that are dry bringing in warm weather). Medical reference books will tell you that weather does not "cause" colds but often these sudden changes in weather in the fall (hot days/cold nights; cold days/warm Chinooks) can be a stress on immune systems.

Aconite- first remedy to think of within the first 24 hours of sudden onset of the cold. Cold symptoms can arise from shock, fright or being exposed to cold, dry winds or getting chilled. There may be fears that are intense and the sufferer is restless, hot, dry and thirsty. It may seem like "just a cold" to you but for someone needing Aconite they may feel "as if they are dying"! They may have a watery nose with a headache or nosebleed. If your child is prone to croup and is developing it with a viral cold infection, think of Aconite.

Belladonna- another first remedy to think of within the first 24 hours of sudden onset of the cold. Think of hot, throbbing, dry, redness, high fever, rapid pulse, dilated, bright staring eyes and there may be heat radiating from the person. There may be aggression in otherwise normally mild-mannered people and they may feel like biting or striking out at someone. They might seek out a dark, quiet place free of drafts where they won't be disturbed. The nasal discharge is thin and watery and the nose feels dry and hot with much sneezing. Sometimes the discharge can dry up suddenly, bringing on a throbbing headache.

Allium cepa -otherwise known commonly as the red onion!
Remember I talked earlier about red, runny/watery eyes that don't burn but a watery/runny nose discharge that burns the nostrils and upper lip? This is it! Both the runny eyes and runny nose are worse in warm rooms, indoors and in the evening and typically, someone might say to you "I feel better and my cold is better when I go outside or have the window open." (Someone needing Belladonna would not want a window open in case of draft.) Even the sneezing is better in the open air. There is not much fever and the person may be quite thirsty.

Euphrasia - Remember the mention of the opposite of Allium?
This is it...Euphrasia has red runny/watery eyes but unlike Allium, the eyes burn and can actually cause the skin around the eyes to look burned. The cough is worse during the daytime.

Dulcamara -I like to include this remedy for this time of year as it has an affinity to hot days and cold nights and becoming overheated and then exposed to the damp chill. If you happen to have a situation of a cold that has only the common symptoms of a cold with the only unusual circumstance being this kind of external circumstance, think of Dulcamara. At this time of year, as we are trying to enjoy the last of the good weather and we find ourselves or our children playing soccer or football or running cross-country, getting overheated and then,

for whatever reason, find ourselves standing around in a fall rain shower...come down with a cold...well...this remedy just might be a good choice.

Nux vomica -This is definitely the "stress" remedy! Over work, over study, lack of sleep, eating the wrong foods, fast foods, digestive upset and then...a cold. A person needing Nux vomica (Colubrina in Canada), like Aconite, may have been exposed to cold or dry, cold weather but unlike Aconite which is sudden, the onset is slower. Those needing Nux vomica may have a dry, tickling or scraping sensation in the nose and initially the nose is stuffy and dry. As the cold develops the discharge becomes watery and irritating (those needing Nux vomica tend to be very irritable themselves!) and accompanied by frequent sneezing. Often the nose will be alternately stuffed and runny with the stuffiness predominately at night and outdoors and the runniness in warm rooms and during the day. Those needing Nux are very chilly and just can't seem to get warm despite piling on the covers and turning up the heat! Even a slight change of position under the covers can bring on a spell of chills.

Some quick tips on potency (that's the number beside the remedy name...e.g. 6CH or 6X, 12CH, 30CH etc) and dosage (how much and how often):

In general, the more intense the acute sickness, the more you will need to repeat the dose. For example, in a high fever, you may need to give a dose (one to three granules) every half-hour to one and one half-hours for up to three doses. In most cases, however, one dose every two to five hours will be sufficient. If you have a well-chosen remedy (according to the symptom picture), you will begin to see results within twelve to twenty four hours. If the symptom picture changes, a second remedy may need to be given but do not rush giving a different one. If there is improvement, even if it is slow and there are no changes in the symptoms, stick with it. A potency of 30CH will be sufficient for any of the above situations. Again, if you are uncertain at any time, please call your homeopath.

This is just a sample of how some homeopathic remedies can help cold symptoms but more importantly, this gives you an idea of how a homeopathic remedy can be individualized to treat your particular version of a cold!

Do you have more questions about homeopathy and the treatment of colds?
Send me an email
(donna@powersofhomeopathy.com) or phone me (403-230-8505) for a complementary initial 10 minute consultation. I will be pleased to send you The Beginner's Guide to Homeopathic Remedies for Home and a package of preliminary information about homeopathy, homeopathic consults and acute complaints. The Acute Complaints handout describes the kind of information that a homeopath would need to individualize an ailment such as the "common" cold.

3. Pet Corner with Alison Merritt: Pets and Colds

Just like people, animals can succumb to colds, and homeopathic remedies can be useful to help nurse them through the infection. Horses and cats are particularly susceptible to upper respiratory infections, while dogs are more likely to have digestive upsets; however, kennel cough is a highly contagious respiratory infection that causes a spasmodic cough usually followed by retching in dogs.

While it sounds, and may look, quite serious it usually passes in about 10 to 14 days. Using homeopathic remedies can speed recovery and also help to prevent or minimize sequelae. Because animal cold symptoms are very similar to those found in humans (conjunctivitis, sneezing, watery eyes, coughing, sinusitis), the familiar remedies useful for colds in humans will also be found of benefit in animals.

To differentiate the remedy needed, the particular individualizing symptoms seen in a case will be the best guide. Important features such as thirst or lack of thirst, whether the animal is chilly, craves warmth or prefers open air to a warm room should be noted, as these are the best indicators to the most useful remedy. A few remedies to consider include:

Aconite - if used in high potency at the very beginning of an illness it may abort its further development, may show great fear

Allium-cepa - think of the symptoms produced when you slice an onion and you'll have an excellent idea of what Allium can be used to cure. Streaming eyes and nose, sneezing may be present, better in fresh air, hot and thirsty.

Antimonium-tart - rattling cough with difficult breathing, often much mucus but difficulty in expectorating, may mouth breathe, often very chilly, may be very weak

Apis-mel - puffy swelling, thirstless, worse from warmth, useful in edema anywhere

Arsenicum album - watery acrid discharge, usually quite chilly and really prefers warmth, may be thirsty often for small sips, night-time aggravation common, restlessness

Belladonna - when fever is present, often a full pulse, anxiety, and may have dilated pupils

Bryonia - obviously worse for any movement, better from cool open air, fever with great thirst

Drosera - dry, spasmodic barking cough with retching (think of whooping cough in humans) - very good for kennel cough, often worse on lying down, from touch

Ipecac - wheezing and incessant coughing, may be accompanied by retching, vomiting or bringing up mucus, worse in open air

Kali-bich - ropy yellow discharges, snuffing and sneezing

Nat-mur - thin watery discharge (white of egg consistency), much sneezing, thirsty, better open air and rest, worse from sympathy

Phosphorus - tickling dry cough, painful cough, worse in cold and especially when going from warm to cold air, may be blood-tinged discharges, usually chilly, thirsty for cold water, may be noise sensitive and startle easily

Pulsatilla - cough usually dry at night and moist in the morning, worse from warm room better from open air, may lie with head elevated, thirstless

Rumex-crispa - dry persistent cough, tickling in the throat brings on coughing so a slight touch of the throat may produce coughing, worse from cold air or temperature change, better in the evening or night

Spongia - croupy barking cough 'like a saw going through wood', cough often worse at night, may startle awake with suffocative attack, cold drinks may aggravate the cough

Potencies of 6C (4 times a day) to 30C (1 to 3 times a day) are appropriate, with a reduction in frequency of the dose as the animal improves. If the symptoms change as the cold develops, switch to a more appropriate remedy to keep the healing process in motion.

And speaking of cold, at this time of year hornets are often found slowly crawling in grass or generally on the ground as they become too cold to fly. Of course if your animal friend should make the mistake of stepping on or visiting one of these chilled warriors a suddenly swollen foot or nose may be the reward! One of the best remedies for insect stings with rapid swelling is Apis, made from the honeybee. A dose of Apis 30C immediately, followed by a further dose in about 15 minutes, then as needed will abort and reverse the swelling quickly.

An excellent series of homeopathic guide books for animals by the famous UK homeopathic veterinarian George MacLeod MRCVS, DVSM are available from www.minimum.com or www.wholehealthnow.com and include:

Cats: Homoeopathic Remedies
Dogs: Homoeopathic Remedies
Goats: Homoeopathic Remedies
Pigs: Homoeopathic Approach To Treatment and Prevention of Diseases
Treatment of Horses by Homoeopathy
Treatment of Cattle by Homoeopathy

4. Tips: Learning about Homeopathy and Colds

Here are some suggestions to get you started:

1. Request an introductory mail out information package that includes the Beginner's Guide to Homeopathic Remedies for Home and the handout Acute Complaints.

donna@powersofhomeopathy.com

2. Two websites with articles specifically about homeopathy and colds:

http://health.hpathy.com/common-cold_hugall.asp

[a great online journal with all kinds of resources]

A Homeopathic Perspective on the Common Cold by Dana Ullman

http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/Homeopathic_Medicines_for_the_Common_Cold.html Excepted from Homeopathic Medicine for Children and Infants, Tarcher/Putnam, © 1992

3. Homeopathic Books.

Homeopathic Medicine for Children and Infants or Everybody's Guide to Homeopathic Medicines, both by Dana Ullman. These were my first books and introduction to homeopathy. I used them all the time! Follow the link to Dana Ullman's website to order. www.homeopathic.com

Since my early prescribing days I have found two other books that I would highly recommend. The one is by my teacher, Murray Feldman (Vancouver Homeopathic Academy, www.homeopathyvancouver.com) and Gabrielle Pinto called Homeopathy for Children. www.minimum.com
www.wholehealthnow.com

The other book is by one of my favorite homeopaths, Miranda Castro (www.mirandacastro.com) called The Complete Handbook of Homeopathy".
www.minimum.com

www.wholehealthnow.com

5. Support for Using Homeopathy at Home

Here are two classes being offered as teleseminars to support you in your homeopathic at home prescribing. Check www.powersofhomeopathy.com for updates on when they are being offered.

1. Homeopathy for Babies/Young Children and Parents.

We will be covering common childhood diseases and illnesses such as colds, fevers, teething, colic, diarrhea, chicken pox, accidents/injuries; how to treat them homeopathically and at some point we will have a discussion about vaccination. There will also be opportunities to cover such issues as breastfeeding, mastitis and morning sickness if there is a demand. This is a 4-week class and the text used is Homeopathy for Children by Gabrielle Pinto and Murray Feldman. To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email donna@powersofhomeopathy.com for more information or to register.

2. An Introduction to Homeopathy

This course aims to teach those new to Homeopathy: the history and philosophy of homeopathy; essential principles; self-prescribing and practice exercises to match symptom pictures with remedies. This is a 4-week class and the text to be used is Miranda Castro's "Complete Handbook of Homeopathy". To order the book, follow this link:

www.minimum.com

www.wholehealthnow.com

Phone 403-230-8505 or email: donna@powersofhomeopathy.com for more information or to reserve your place.

6. An Arnica Question

Q: Is arnica something you rub on? It seems some of the websites say you should not ingest it.

A: Thanks for your question.

Arnica as an herbal would not be a good idea to ingest especially if there are any internal injuries. Herbals and homeopathic remedies are very different. Herbals are in a material substance form and homeopathic remedies are in a diluted form that has undergone a homeopathic pharmaceutical process that makes it non-toxic and very safe to use, even if there are internal injuries. Arnica as an herbal is usually identified as a TM or MT, which indicates that it is a "Mother Tincture". The tincture is made by soaking the plant, (root, flower or stem etc.) in alcohol, then straining it for impurities. To make a homeopathic remedy from that point involves dilution and that is what makes it different from an herbal and safer. Homeopathic Arnica labeled anywhere from 6CH or 6X through 12CH, 12X to 30CH is the best to use internally for accident or injury. Arnica as a topical cream, oil or ointment can be used for stiff, sore muscles but should not be used on open cuts or wounds as it can actually interfere with the process of skin repair. For cuts, scrapes and wounds, take homeopathic (not herbal) Arnica internally and perhaps use something like Calendula (same plant family as Arnica interestingly enough) cream on the external wound.

Wishing you a speedy, homeopathic recovery from seasonal colds and next issue, we'll take on the flu! We'd love to hear your success stories about colds and homeopathic remedies, so drop us a line at donna@powersofhomeopathy.com and we might just publish your story!

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Donna Powers, RCSHom, CCH, RSHom (NA) is a certified classical homeopath practicing in Calgary, Alberta, Canada. Donna uses her training as a homeopath to teach others how to discover the healer within.

"Bless anything that shows you wisdom. Anything that shows you wisdom has become a part of who you are and has drawn you closer to life. The Tibetans have reverence for those who have passed along to them the priceless gift of the wisdom to live well. Perhaps this means having reverence for all of life, the ant and the hawk, the enemy and the friend, the lover and the parent and the child. All have

offered us the opportunity to know ourselves and to know life. The chance to befriend life. This is true of our wins and losses, our illnesses, our celebrations, our joys and sorrows. All offer us wisdom. Bless them all."

My Grandfather's Blessings by Rachel Naomi Remen, M.D.