

Much Ado About Flu!



National Library of Australia

Dear Friend,

We so often use the shortened name “flu” that we may forget that the full name “influenza” is a Latin word meaning “influence.” And what an influence it can have! A whole family down with the flu at the same time can be trying indeed!

Using homeopathic remedies properly can have a profound impact on whether the flu becomes a substantial incident in your family's life or barely an event at all. Here are the top four remedies you should know to be prepared for this year's flu season.

Love,



Four Remedies

The flu can create trying times for someone new to homeopathy. It is worth the extra effort to learn several of the top remedies. Once committed to memory, they will serve you well.

1) *Eupatorium* works when the weather is warm and mild. The common botanical name for this remedy is “boneset,” which indicates its area of action. The most telling symptom is a strong pain in the bones. The sufferer can find no comfortable position, as there is much agony, as though the bed is too hard.

Eupatorium is sometimes confused with *Bryonia*. The differential is that *Bryonia* remains still and quiet while *Eupatorium* thrashes in pain.

2) *Bryonia* is another common remedy for the flu. Look for indications such as the desire for long, cold drinks that are interesting only on occasion. The person is weak, lethargic, sleepy and heavy, with much perspiration. The person does not get sick suddenly. Instead, he is not well for days in advance of an all-out illness. This person wants to be left alone, particularly because his head and eyes hurt as well as his extremities. He favors being very still, as any movement is painful to the eyes or head.

3) *Nux vomica* is a favorite because it is often an easy remedy to spot. The person is irritable and has, in general or in the recent past, overindulged in either too little sleep and/or artificial foods and drink. He wants to be left alone because everything anyone does is an irritant to this sufferer.

This remedy is often needed after an exposure to a cold wind. The sufferer experiences intense cold with shivers running up the back. Every movement of the covers is resented for the cold it sends to the back.

Gastrointestinal issues may accompany the chills, including nausea, constipation, diarrhea or any combination of those. Sounds, light and other external influences are despised and resented in a very verbal way.

4) A flu responding to the remedy *Pulsatilla* often comes soon after the feet have gotten wet. This sets up shivers down the back. The person may crave cool air blowing on them and may resent a warm, stuffy room. The mouth is dry, but thirst is often lacking. The person needing this remedy is usually a female and can be demanding of attention.

Know these and other homeopathic flu remedies, and they will be your friends for life. They may indeed be the ticket to your own health or that of your loved ones.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed healthcare provider.



Interested in finding out if homeopathy is a fit for you and your family's health strategy?

Call 716-941-1045 or [EMAIL](mailto:Joette@JoetteCalabrese.com) us to set up a brief introductory appointment with Joette

HOT Off the Press!

Hear Joette speak in person:

Food Intolerance: The New Childhood Disease

The National Center for Homeopathy 8th Annual Joint American Homeopathic Conference
April 19-21, 2013
Hyatt Regency Reston
Reston, VA

Contact: National Center for Homeopathy
email: office@nationalcenterforhomeopathy.org
website: www.nationalcenterforhomeopathy.org
phone: (703) 548-7790

Preview Webinar Series:

To publicize the JAHC conference, WholeHealthNow will conduct webinar presentations with the distinguished speakers that will participate in the conference. Joette's pre-conference webinar presentation will be held on December 11 at 8 pm EST. For information, go to the WholeHealthNow website at <http://www.wholehealthnow.com/>

India, here we come!

Joette will be in India from January 3rd to January 28th, working with Drs. Banerji at the homeopathic hospital in Kolkata, India. Watch for Joette's journal entries on the blog...they will definitely be interesting and informative!

Joette's Newest

[JoetteCalabrese.com's Newest Blog Post](#)

[A Testimonial from My Homeopathy Class](#)

In the Kitchen



Forget the grocery-store cartons of egg nog! What you and your family deserve this Christmas is a rich, thick treat that's loaded with live enzymes, nutrient-dense vitamins and deliciously good cheer: [The Only Egg Nog Recipe You Need Period.](#)

Did You Know?

The holidays are great fun, but sometimes the day after can make us want to swear off food and drink forever! Be prepared with these tried and true homeopathic remedies, and you just might be your family's hero this year: [5 Homeopathic Remedies For Holiday Overeating and Drinking](#)



During this busy holiday season...don't forget to take time out to rest!

Quote From Joette

“As Mothers & Grandmothers, it's our responsibility to question...then discard the wobbly ways that don't show good judgment. Embrace sensible habits that remain timeless and truthful.”

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About Joette

Joette Calabrese, HMC, CCH, RSHom(Na) instructs folks how to obtain and maintain authentic, vigorous health via homeopathy and sound nutrition by offering time-tested and scientific principles. She has become a trusted voice that is decidedly educated, experienced, and committed and has a following of discerning clients throughout the United States and abroad.

Please Note...

Joette is not a physician and the relationship between Joette & her clients is not that of prescriber and patient, but of educator and client. It is fully the client's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't “treat” an illness; it addresses the entire person as a matter of wholeness, which is an educational process not a medical one. In order to be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.



* These statements have not been evaluated by the Food and Drug Administration. This e-zine is not intended to diagnose, treat, cure, or prevent any disease. The information in this e-zine should be used only after consulting with your doctor or other health care professional and should NOT be considered personalized health care advice. This is meant for educational purposes only. We hope you will educate yourself thoroughly.