

## HOMEOPATHIC REMEDIES FOR INFLUENZA SEASON

1. FOR PREVENTION, take the following two remedies every year during October or November:

A. First week, take Influenzinum 200c. Dissolve 2 pills under tongue, twice a day for 3 days.

B. Second week, take "Oscillococcinum" or "The Flu Solution" (Anas barbarae hepatis et cordis 200c). Dissolve 5 - 6 pills under tongue, twice a day for 3 days.

C. Optional: if you are prone to pneumonia or bronchitis, prolonged or frequent colds, ask your doctor about the possible use of other preventive remedies.

2. During epidemic, WHEN EXPOSED to influenza patients:

Same remedies as for prevention, but repeat each remedy twice a day for one day each week.

3. For treatment of EARLY STAGE of influenza, such as chill, achiness, headache, "coming down with something" feeling:

"Oscillococcinum" or "Flu Solution", every 6 hours for three days. This remedy has been proven to reduce the severity and duration of influenza if taken at the very onset of symptoms.

4. During a WELL-DEVELOPED INFECTION with influenza:

Consult your naturopathic physician (N.D.) for individualized diagnosis and treatment, as there are many variations in the disease at this stage.

5. For prolonged POST-INFLUENZA FATIGUE lingering after the disease has passed:

Influenzinum 200 C for 3 to 5 days. If no improvement, consult your N.D. for individualized treatment.

ADDITIONAL TREATMENT: See our other leaflets for consult your N.D. for guidance in botanical (herbal), dietary, or hydrotherapy treatments to help relieve the 'flu.

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