



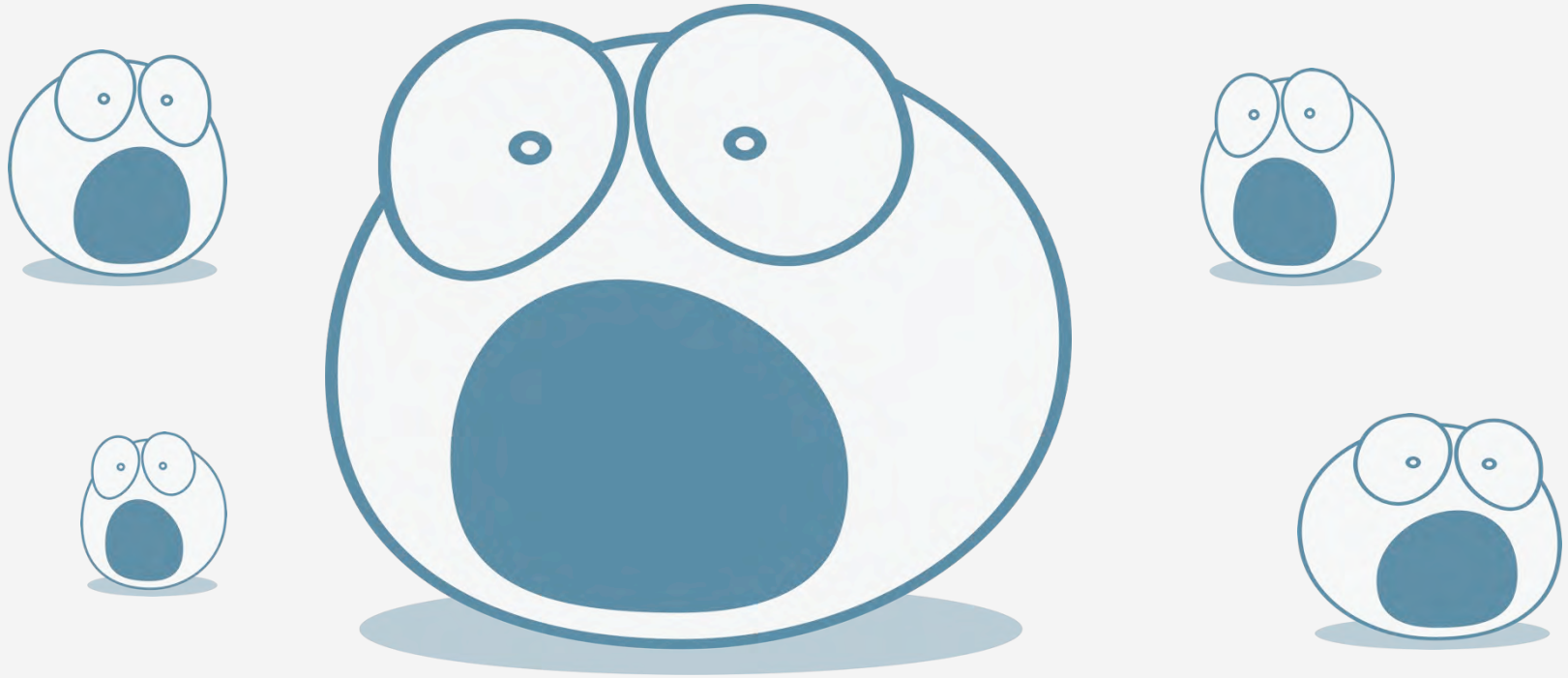
Managing Fear and Fevers Using Classical Homeopathy

Katonah Study
Group Presents

**Staying
Healthy
& Calm
Naturally**

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What is Homeopathy?

- **A gentle system of medicine** used to treat both acute and chronic disease.
- **Used around the world;** homeopathy is part of many national health systems in Europe and in India.
- It was developed in Germany from 1796 -1843 by **Dr. Samuel Hahnemann**, and is **based on the doctrine of like cures like (similia similibus curentur)**.
- Hahnemann tested and proved over 50 substances – mostly made from plants, but also other substances used during his time such as sulphur and mercury.
- Now: 2,000+ homeopathic remedies are derived from plants, animals, minerals, chemical, drugs, and other substances...
- At its peak there were 22 homeopathic medical schools and more than 100 homeopathic hospitals in the U.S. While Homeopathy in America experienced a decline in the early-1900's, it made a strong resurgence since the 1970s.

Want to learn more? Read an excellent free e-book “Beyond Flat Earth” by Dr. Timothy Dooley, ND, MD. www.drdooley.net/Book.pdf

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Homeopathy is ENERGY medicine, treating the Vital Force.

Homeopathy works from within, giving your Vital Force the gentle and subtle stimulus so that it “knows” how to heal.

How a homeopath works...


- A homeopath matches your complaints with a remedy’s energetic properties.
- A homeopath considers the mental, emotional, physical – and even spiritual aspects of your condition.
- Homeopathic recommendations are highly individualized. No two homeopathy clients are alike! So two individuals with similar symptoms may benefit from different remedies.

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Homeopathic remedies are made from highly refined, highly diluted formulations.

So dilute, that there may be only a nanoparticle remaining of the original substance. Yet... it works! Here are some examples:

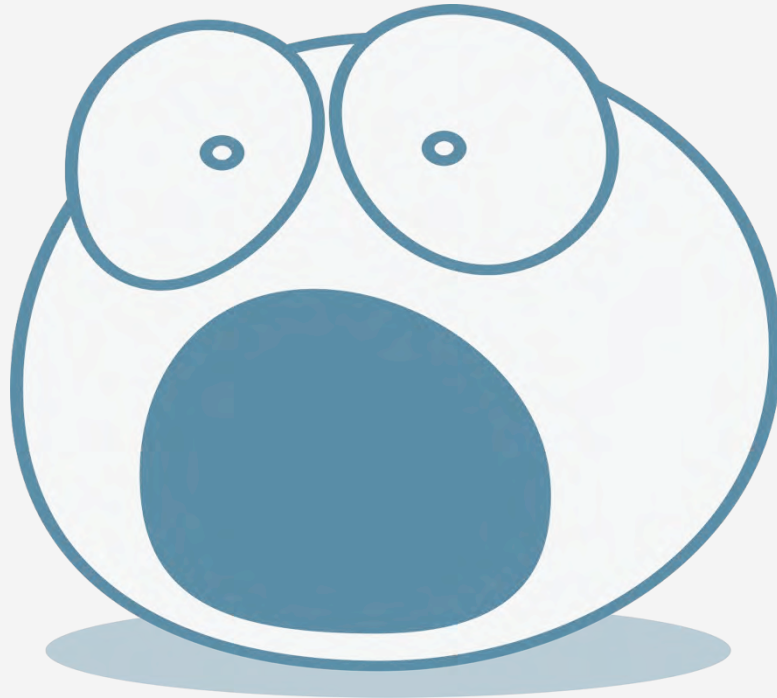
- **Allium Cepa** is derived from the onion – it has potential to relieve wet runny colds and some allergic reactions.
- **Apis** is derived from bees – it has potential to relieve painful swelling that is better with cold applications.
- **Rhus Tox** is derived from poison ivy – it has potential to relieve inflammation in joints, lungs and much more.
- **Arnica** - a high-altitude flower –has potential to relieve any pains associated with overexertion, bruises or sprains.

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HOMEOPATHIC REMEDIES FOR FEAR, PANIC & ANXIETY

- **Aconite** - sudden terror, trauma, fear of death, fears regarding crowds. In shock, with dry mouth.
- **Arsenicum** - fear of death or disease, tends to be chilly, takes water in small sips. Very restless.
- **Argentum Nitricum** - fear of losing control, fear of flying, fear of being late, fear of exams.
- **Calcarea Carbonica** - fear of disease, epidemics; tends to be cold and clammy.
- **Chamomilla** - fear with a great deal of indecision, demanding, irritability and anger.
- **Rescue Remedy**



HOMEOPATHIC REMEDIES FOR INSOMNIA

- **Nux Vomica** - overindulgence in caffeine and alcohol and maybe smoking. Very irritable and short tempered. Tends to only say a word or two; very abrupt.
- **Coffea Cruda** - can't switch off, mind racing.
- **Ignatia** - grief, fear, emotional, weepy, falls asleep but wakes up at 3 am and can't get back to sleep.
- **Kali Phos** - Mental exhaustion, especially from study or worry.
- **Zincum Metallicum** - insomnia after mental overwork or stress. Feels rundown and exhausted. Great remedy for restless leg syndrome.

ADDITIONAL SUPPORTS FOR THE NERVOUS SYSTEM

- **Cell Salts:** Kali Phos, Mag Phos
- **Herbs:** Generally soothing: Lemon Balm, Chamomile. For insomnia: Skullcap.
- **Diet:** Reduce or eliminate sugar, caffeine and alcohol
- **Supplements:** Omega 3 Fatty Acids, Magnesium
- Meditation, Epsom salt baths, rest, gentle yoga, massage

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FEVERS - GENERAL INFO

While fevers are very uncomfortable, they should NOT be suppressed; they are the body's way of killing pathogens. Make the feverish patient comfortable with cool compresses, and plenty of liquids or cooling foods. Cover if they are chilled. Uncover if they want to cool down. Follow their lead.

Any fever in a newborn is an emergency - see a pediatrician.

HOMEOPATHIC REMEDIES FOR FEVER

- **Aconite** - sudden onset, chills come before fever, especially after exposure to cold or wind.
- **Arsenicum** - fever with chills, face hot and flushed, thirsty for small sips of water. Very restless.
- **Belladonna** - Red hot, without chills. Pupils dilated, red cheeks. Body hot, hands and feet icy cold. Craves lemonade.
- **Bryonia** - Dry, hot fever with chills, but also craves fresh air. Thirsty for large amounts of water or juice.
- **Chamomilla** - fevers esp in young children, where one cheek is hot, the other pale.
- **China** - Night sweats. Profuse sweating and delirium.
- **Gelsemium** - fever with extreme weakness - droopy eyes, limp.
- **Ferrum Phos** - general fever... unknown cause

ADDITIONAL SUPPORTS FOR FEVERS

- **Cell Salts:** Kali mur, Nat Mur, Ferrum Phos
- **Herbs:** Ginger, Feverfew
- **Diet:** Cooling foods (cucumber, melons, fruits); Coconut Water (for electrolytes); Juices (Parsley, Ginger, Apple)
- **Supplements:** Vitamin C, Zinc
- **Misc:** Meditation, Epsom salt baths, rest, gentle yoga, massage

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HOMEOPATHIC REMEDIES FOR COLDS

- **Aconite** - Early stages of colds that come on suddenly right after exposure to a cold wind. Patient feels restless and anxious. Best taken at the earliest sign of a cold.
- **Allium Cepa** - People who feel worse in a warm room or in dampness, and better in the open air. There are watery discharges from the nose and eyes that can burn the skin, and sensitivity to the smell of flowers.
- **Arsenicum** - Colds with very clear burning discharge. Patient feels restless, and cannot get warm. Everything gets worse in cold air. Being in a warm room, or taking small sips of a warm drink can provide some relief.
- **Belladonna** - When there is a dry hot, sore throat that gets worse when you swallow anything. You may also get bouts of cough, along with a headache. Pressure on the head provides some relief from the headache.
- **Euphrasia** - Colds or allergies that mostly affect the eyes; burning discharge from the eyes and burning pains in the eyes that worsen in bright light. The nose runs copiously during the day, but is stuffed up at night.
- **Hepar Sulph** - When the stoppage of nose gets worse in cold air. When you “gotta stay wrapped up” chilliness and yellow phlegm dominate. May have swollen glands. Discharges smell like cheese.
- **Kali Bic** - Violent sneezing with stubborn congestion and a ropy, stringy or sticky discharge. Eyelids swollen and burning. Sinuses blocked. All symptoms are better for heat. (*Kalic Bic is #1 Rx for sinus infections where there is sinus pressure and pain, with thick mucus*)
- **Mercurius Solubilis** - Colds with a great deal of sneezing, especially in sunshine and warm conditions, and there may be a profuse burning discharge from the eyes. The nostrils are raw, there is a foul taste in the mouth and breath is offensive.
- **Nux Vomica** - A head cold where the nose may be streaming when indoors. But outside and at night, nose feels completely blocked. Usually extremely irritable.
- **Pulsatilla** - Colds where mucus discharges are profuse, bland, thick, and yellowish-green. The patient may have a dry cough in the evening that worsens lying down. If the cold is accompanied by an ear infection, it will worsen at night and produce yellowish-green discharge. The eyes may have yellowish-green, thick discharge as well.
- **Sabadilla** - For colds, allergies, and hay fever where there is a lot of sneezing and copious watery discharge, made worse with pollen or scent of flowers. Nose is itchy and feels like a tickling inside. It may feel like there is a lump in the throat, with a constant need to swallow.

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HOMEOPATHIC REMEDIES FOR INFLUENZA (BESIDES OSCILLO...)

- **Aconite**- Most effective at first stages. Rapid onset of symptoms after exposure to dry, cold wind. Restlessness and anxiety. Shivering and fever.
- **Arsenicum**- Restlessness and anxiety, hot face and **cold body** with chills. Thirsty for small sips of water and wanting company. They fear they will die.
- **Belladonna**- Sudden onset. The face will be hot, the skin red, the eyes glazed, and the pupils possibly dilated. Throbbing headache and worse for motion and jarring, or for being bumped. Fever can be high but with little or no thirst. Hands and feet are icy cold even though body is hot. All senses are over-sensitive so the patient feels worse for light, being touched, and noise. Symptoms worse at 3pm.
- **Bryonia**- Gradual onset. The patient is irritable, and prefers to be left alone. All symptoms, such as severely aching muscles or joints, are worse for movement and better for rest and being still. The patient will be very thirsty for large, gulps of water or juice, and fresh air. They also have dry skin, a coated tongue, cracked lips, or a left-sided headache.
- **Eupatorium**- Flu with high fever and severe aching in the muscles and the bones. The patient feels as if their bones are breaking or broken. They will be chilly, sometimes with shivering, yet may desire cold drinks. Symptoms worse between 7 to 9am.
- **Gelsemium**- Symptoms develop gradually. The patient feels heavy, weak, lethargic, and dull. Eyelids will droop and there will be weakness and heaviness of the head and limbs. The weakness is accompanied by trembling. Limbs ache and shivers may run up and down the spine. They usually have a heavy headache that starts in the back of the head and radiates to the forehead. Passing urine may relieve the headache or other symptoms. **This one of the most common flu remedies.**
- **Rhus Tox** - Restlessness and aching limbs - must move almost constantly to ease pain, even when trying to sleep. The joints can feel stiff. The flu may be triggered by, or worsened by cold and damp. The fever is often preceded by a prolonged chilly stage and can be accompanied by fever blisters or cold sores on or around the lips.

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INFLUENZA	COMMON COLD	COVID-19
<ul style="list-style-type: none">• Runny or stuffy nose• Sore throat• Cough• Fever or feeling feverish• Muscle or body aches• Headaches• Fatigue• Vomiting and diarrhea (more common in children than adults)	<ul style="list-style-type: none">• Sneezing, Running or Stuffy nose• Sore throat• Coughing• Post-nasal drip• Watery eyes• Possibly a fever (but most people with colds don't have a fever)	<ul style="list-style-type: none">• Fever• Chilliness• Dry Cough• Pneumonia• Shortness of breath• Tightness of chest• Occasionally, vomiting

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HOMEOPATHIC REMEDIES FOR PNEUMONIA WITH INTENSE FEVER

- **Gelsemium**
- **Bryonia**
- **Eupatorium Perfoliatum**
- **Arsenicum**
- **Antimonium Tartaricum**
- **Chelidonium**
- **Ipecacuanah**
- **Camphora**
- **Veratrum Viride**
- **Ferrum Phos**
- **Hepar Sulph**
- **Mecurius V.**
- **China**
- **Scilla Maritima (aka Squilla)**
- **Rhus Toxicodendron**
- **Phosphorus**

Note: these remedies have not been proven to treat or cure COVID-19. They are currently being tested by homeopaths around the world.

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In Summary...

Many people who contract the virus experience very mild symptoms. However, the COVID-19 virus is highly contagious, and can cause a very serious, life-threatening infection.

If you have symptoms you must contact a doctor for advice.

While you are waiting for test results, or waiting to hear about a loved one... your Naturopath, Herbalist or Homeopath may be able to provide some relief.

Please contact us if we can be of any help.

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