

Olive Homoeopathic Healing Group

Homoeopathy and the Respiratory System

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Dear Reader I am very happy for you to pass this E book onto your friends
and any one you feel may like to explore the
benefits of Homoeopathy.

This e book is in PDF form so as not to be changed.

Welcome to the Olive Homoeopathic Healing Group

*We, all life choose by our intent what we give of ourselves to create
collectively what life is on this planet.
This is the legacy that we provide for tomorrow.*

I hope that you enjoy this booklet and that it encourages you to explore this gentle, safe and cost effective path to improving and maintaining your health. This booklet is designed as an initial educational and self help resource for respiratory issues using Homoeopathy

I was initiated into homoeopathy through respiratory issues within my family. This included asthma, pneumonia and hay fever. I decided to study Homoeopathy, qualifying from the Oceanic Institute of Homoeopathy in 1999. I am registered as a professional member of the Australian Homeopathic Association and the Australian Register of Homoeopaths.

What is Homoeopathy and how does it work?

Homoeopathy uses herbs and minerals to restore and maintain health in an effective and safe way.

In Homoeopathy the diagnosis is on the emphasis of the individuals symptoms. No two colds are alike in symptoms, as no two people are alike. So by matching the similarity of symptoms that you are experiencing with a remedy the immune system is stimulated and a return to good health progresses.

How to use this booklet.

After selecting the particular ailment that you have, refer to the Remedy Differential section. Choose the remedy that is the most similar to your symptoms from the suggested remedies. Then follow the guidelines on dosage of remedies.

Dosage and Care of Remedies.

Generally 3 pillules or 3 drops is a dose.

Administering 1 – 6 doses a day considering the severity of the symptoms.

Reducing the dosage as wellbeing returns and/or symptoms improve.

If the symptoms change then reassess and if necessary change remedies.

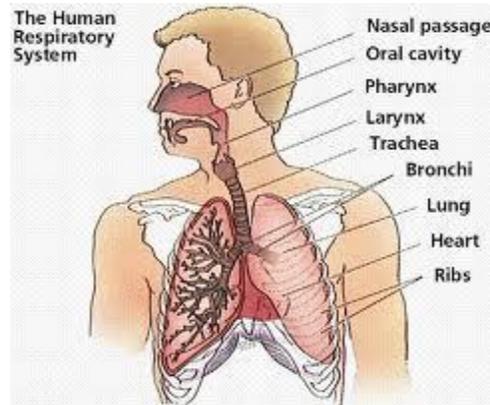
Take remedies 15min away from food, drink and strong odours as these may inhibit the supportive effect of the remedy

Use a spoon to administer the remedies under the tongue. Discard any fallen remedies.

Store remedies away from strong odours, extremes of hot /cold, essential oils and the little fingers of children.

*If symptoms continue seek medical support from your homoeopath
or medical professional.*

The Respiratory System



An Overview of the Respiratory System

The function of the respiratory system or breathing system is the uptake of oxygen and the removal of carbon dioxide by the lungs.

Breathing starts at the nose and mouth. Air is inhaled through the nose and mouth. The nose cleans the air of dust and pollens by tiny hairs, and warms it up. This air then travels down the back of the throat into the windpipe, or trachea which then divides into air passages called bronchials. The bronchials divide as they enter the lungs. The right lung has three lobes, while the left has two (it accommodates for the space of the heart). Within the lungs the bronchials end in tiny balloon-like air sacs called alveoli. Your body has over 300 million alveoli. The alveoli are surrounded by a mesh of blood vessel capillaries. Oxygen from the inhaled air passes through the alveoli walls and into the blood. This oxygen rich blood leaves the lungs and is carried through the heart which pumps this blood through the body providing oxygen to the cells of your tissues and organs.

As the cells use the oxygen, carbon dioxide is produced and absorbed into the blood. Your blood then carries the carbon dioxide back to your lungs passing it from the capillaries into the aveoli, where it is removed from the body when you exhale.

The expansion and contraction of the lungs is aided by the muscle structures of the diaphragm, intercostal and abdominal muscles. The pleural membranes on the outside of the lungs allow for the expansion and contraction of the lungs with each breath to move without friction within the ribcage.

The respiratory system has built-in methods to prevent harmful substances from entering the lungs.

The passages of the sinuses, trachea and bronchial tubes have a thin lining of mucus to aid keeping the air passages moist and to trap dust, bacteria and viruses, allergy-causing substances, and other substances from entering the lungs. There are small hairs in the nose and bronchials, called cilia. Cilia filter out irritants such as cigarette smoke, pollens and dust, bacteria and viruses. Cilia move in a sweeping motion to keep the air passages clean.

Other functions of the respiratory system

Coughing. Is a reflex forced exhalation to push out irritants and excess mucus which may be filled with bacteria, viruses, dust and irritants.

Hiccups. Are involuntary contractions of the diaphragm, which cause the lungs to contract and air to be pushed out. It is believed that hiccups are the bodies attempt to synchronise the movement of the diaphragm with the correct flow of the gases with in the lungs when the synchronicity is out of balance.

Laughter. Causes significant pressure on lung walls, expelling air more quickly than during natural breathing. This may cause a human to breath more quickly and/or deeply in order to re-oxygenate blood. Laughter also acts to increase a “feel good” mood, relieving tension held in the chest area of the body.

Sighing. Is an involuntary deeper inhalation and exhalation of breath than the immediate surrounding often shallow breaths. It acts as a release valve for difficult to release emotions.

Sneezing. Propels mucus or irritants such as pollen or dust out of the airways.

Speech. The respiratory system also allows us to talk. Exhaled air runs over the vocal cords inside the throat. This coupled with the movement of the mouth and tongue allows speech to occur.

Yawning. When a human body is not processing enough oxygen, it compensates by yawning, or taking a deep, long breath. This enables the lungs to take in more oxygen.

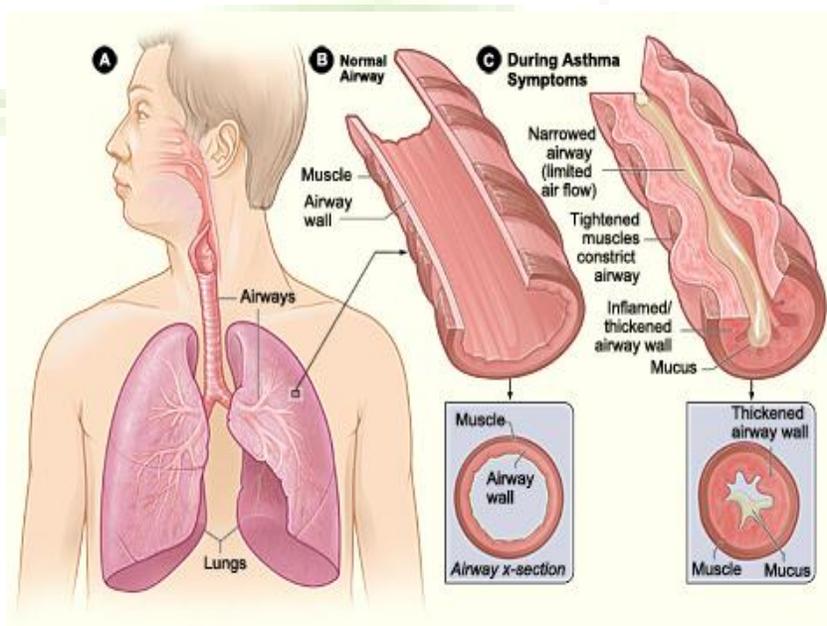
Playing a brass or wood wind instrument, swimming, practicing yoga and pranic breathing, aids in developing control over the breath. This enables the calming of nerves, increases the lung capacity, detoxifies the body and strengthens the respiratory system. Thus providing a richer aspect of life and much joy to the participants and onlookers.

Asthma.

Asthma is an inflammatory disorder of the airways. It is associated with recurrent episodes of wheezing, breathlessness, chest tightness and coughing. It can be distressing and scary for the sufferer as it may lead to asphyxiation.

The triggers for an asthma attack vary with the individual. Triggers include; animal dander, hay, grasses and pollens, dust, house mites, exercise, weather conditions, inhaling chemicals, emotional stresses, viruses, hay fever and tobacco smoke. There is often a genetic inherited tendency towards asthma.

To understand asthma, it helps to know how the airways work. The airways are tubes (bronchioles) that carry air into and out of our lungs. People who have asthma have inflamed bronchioles. This makes them swell and the muscles around them tighten. This narrows the airways, causing less air to flow into and out of the lungs. Hence breathlessness. More mucus than usual is created which also inhibits the flow of air in the airways. Wheezing is the sound of the air trying to get thru the mucus and the inflamed airways. Coughing is the bodies attempt to open and remove mucus from the airways



Homeopathic medicines can provide more than short term relief from the inflammation which will aid the person to breath easier. Homoeopathy can assist to bring the overactive immune system back into a normal healthy state. With regular use of remedies to strengthen the respiratory system attacks will be less frequent and less severe. Providing more energy to enjoy life.

Homoeopathics. Ant Tart; Apis; Arsenicum; Calc Carb; Hepar Sulph; Ipec; Kali Bi; Nat Mur; Phosphorous; Pulsatilla; Silica; Sulphur.

Bronchitis

Bronchitis may be an acute or chronic condition. It is characterised by inflammation of the air passages and mucus lining within the windpipe and small bronchi (airways) within the lungs. Bronchitis reduces the amount of air and oxygen that can flow into the lungs

Bronchitis usually begins 3 to 4 days after a cold having been triggered by viruses, bacteria, dust and air pollutants that irritate the bronchial tubes. Exposure to tobacco smoke and other pollutants such as industrial fumes are considered triggers for chronic bronchitis

Symptoms of bronchitis are;

A dry cough at first that becomes productive with clear, grey, yellow or green mucus from the lungs. Coughing is a reflex that works to clear secretions from the lungs.

A mild fever, tiredness and a sensation of tightness, burning or dull pain in the chest that is worse when breathing deeply or coughing.

Shortness of breath and whistling noises (wheezing) when breathing and a hoarse voice.

Asthmatic bronchitis occurs when asthma and bronchitis coexist. Asthma is an inflammatory airway condition that leads to tightening of the muscles around the airways and swelling, both of which cause the airways to narrow.

Both medical and complimentary modalities suggest staying warm, out of cold bad weather. This accompanied by sleep and rest, aid the body to self- heal. Vit C Zinc, Echinacea, Olive Leaf, Lemon Garlic and Honey drinks are also suggested.

Homeopathic medicines aid the person to breath easier, increase the energy levels and assist to bring the overactive immune system back into a normal healthy state. Remedies aid the immune system to move you through the stages of healing quickly without the long term problems of a slow recovery such as a recurring lingering cough or general weakness.

Homoeopathics. Ant Tart; Apis; Arsenicum; Bryonia; Calc Carb; Drosera; Echinacea; Gelsemium; Hepar Sulph; Ipec; Kali Mur/Ferrum Phos tissue salts; Phosphorous; Pulsatilla; RhusTox; Silica; Sulphur.

The Common Cold

The Common Cold, also known as nasopharyngitis rhino pharyngitis, acute coryza or upper respiratory tract infections. The naso or rhino area of our body is our nose. The pharynx is the passage at the back of the mouth that connects the nose and mouth together just above the throat

Colds are the most common cause of illness in children and adults. Most colds are caused by a virus. There are over 200 types of cold viruses and accompanying bacteria's that can cause the common cold.

Colds are more common in the winter months. It is the general populations' susceptibility of aggravation from the cold weather that makes winter a cold (illness) season.

There are 3 stages to the common cold.

First stage. A cold usually begins with fatigue, a feeling of being chilled, sneezing and a mild headache and /or fever. Perhaps clear runny mucus from the nose and/or a sense of a sore throat. A cold may begin with a sense that something is brewing.

Second stage. There is distinctive congestion in the throat or nasal passages with mucus and a cough. The mucus may have changed colour to greens, yellow, thick and lumpy and have a taste associated with it. This is the stage where there may be some nausea, vomiting or diarrhoea occurring. The headaches, chills and sneezes are usually gone by now

Third stage. Is generally considered a mopping up stage. The mucus becomes clear again and the cough minimal. (with some colds the cough at the last stage lingers after all other symptoms have resolved). Energy, thirst and appetite return. There is a possibility that the cold will relapse at this stage if the immune system does not fully recover and it is put it under strain again by returning to normal activity too early. Hence the cycle may repeat or be drawn out.

Staying warm and out of bad weather and the cold, with sleep, rest and Vit C, Zinc, Echinacea, Olive Leaf, Lemon Garlic and Honey drinks are suggested by both medical and complimentary modalities.

Repetitive and lingering cold symptoms indicate a stressed immune system.

After treating the cold successfully a focus on improving the health of the immune system is suggested by adjusting your lifestyle to be more balanced. This will aid an overall reduction in stress with a consequence of reducing the tendency to recurring or lingering colds.

It is only a healthy immune system that can prevent disease, regardless of how contagious the disease is.

Homoeopathics. Aconite; Ant Tart; Arsenicum; Calc Carb; Echinacea; Gelsemium; Hepar Sulph; Kali Bi; Kali Mur/ Ferrum Phos tissue salts; Merc; Nat Mur; Nux vomica; Phosphorous; Pulsatilla; Rhus Tox; Silica; Sulphur.

Hay Fever Allergic Rhinitis Sinusitis

Hay Fever is the common name for **allergic rhinitis**. Which is another term for inflammation in the Sinuses or **Sinusitis**. It is a reaction to a perceived allergen or trigger, breathed in through the nose. The immune system responds by hay fever symptoms in an attempt to contain the allergen from effecting the body further and to propel it and its effects out of the body.

Despite its name, hay fever does not mean that the person is allergic to hay and has a fever although this may be the case.

The triggers for hay fever are many, ranging from;
Tree and flower pollens which tend to effect mostly in spring.
Grasses mostly effecting late spring and summer to autumn.
Fungi and moulds mostly in warm weather.
Dust mites and animal dander and certain foods.
Second hand cigarette smoke around babies can be a trigger for later development of hay fever in adults
Family history of respiratory issues
Hay fever often accompanies asthma

Symptoms of hay fever may vary for each individual. These include, Eye symptoms of watery itchy eyes, swollen eye lids and the whites of the eyes may swell and turn red. Itchy throat and nose. Sneezing. A blocked and or runny nose. Sweating, headaches, loss of smell and taste and facial pain caused by blocked sinuses. Tiredness, irritability, insomnia , asthma and wheezing.

Homeopathic remedies can provide short term relief by assisting to bring the overactive immune system back into a normal healthy state.
Treating hayfever that recurs each year is best treated now with the positive effects being less intense symptoms and increased energy in the following years. This long term outlook can be worked on by your Homoeopath at the same time as the acute hay fever symptoms.

Homoeopathics. Allium Cepa; Apis; Arsenicum; Kali Bi; Kali Mur/ Ferrum Phos tissue salts; Nat Mur; Nux Vom; Silica.

Influenza or the Flu

Influenza. Commonly referred to as the **Flu**, is an infectious disease caused by an influenza virus. The virus also affects birds and mammals.

The most common symptoms of the disease are chills, fever, sore throat, muscle, joint and bone pain. Headache, coughs and malaise. Nausea, vomiting and diarrhoea may be seen in small children.

Influenza is transmitted in droplets by the virus propelled through the air by coughs or sneezes and by contact with mucus. Influenza viruses can be inactivated by sunlight and disinfectants such as soap. So washing of hands and plenty of warm sunshine can reduce the risk of infection. Covering your mouth and nose when coughing, sneezing and staying out of public will reduce the spread of infection.

Public health statistics suggest that the majority of people when stating that they have the flu have a cold. While joint and bone pain accompanied by a high fever indicate a higher likelihood of influenza, a great deal of similarity exists between colds and the flu. Neither are pleasant and both are restrictive to our health and wellbeing.

From a homoeopathic point of view it is the actual individual sufferers' symptoms that is taken into consideration, not the medical name of the disease. These symptoms are what leads to the indicated remedy which will support the return to health.

Staying warm, out of bad weather and the cold, with sleep, rest and Vit C Zinc, Echinacea, Olive Leaf, Kali Mur/ Ferrum Phos Tissue Salts, Lemon Garlic and Honey drinks are suggested by both medical and complimentary modalities.

Homoeopathic medicines can provide short and long term relief of symptoms especially in conjunction with the above advise.

Homoeopathics. Arsenicum; Bryonia; Echinacea; Eupatorium; Gelsemium; Kali Mur/ Ferrum Phos tissue salts; Nux Vomica; Phosphorous; Rhus Tox; Silica; Sulphur.

Jala Neti

Jala Neti is a Yogic nasal and sinus cleansing technique.

Jala Neti works with the body's defences reducing the symptoms and repetition of colds, hay fever, sinusitis, bronchitis, sore throats, coughs, postnasal drip, inflammation of the tonsils, adenoids and asthma.

Jala Neti Reduces the need for medications

Used regularly the act of Jala Neti helps the body's natural immune response to clear, reduce and normalise its hypersensitivity to dust, pollens and other air born irritants that we breath in.

Neti removes dirt, and bacteria filled mucus from the nasal and sinus passages in a gentle and natural way. Mouth breathing reduces with long term use of a Neti Pot.

It can benefit middle ear infections, glue ear and tinnitus suffers and reduce snoring.



How to use your Neti Pot.

Firstly you warm the pot with hot water. Then three quarter fill with body temperature clean water. Testing the temperature on your inner wrist as if it was a babies drinking bottle. The temperature is important as too cold or too hot can damage or sinuses.

Add a good pinch of salt and stir till dissolved.

Over a sink or basin tilt your head and gently insert the nozzle of the pot into a nostril sealing off the air to that nostril. A little experimentation with the tilt of your head may be needed so that there is no spillage.

The salt water will flow up your nostril, though your sinuses and then flow out of your other nostril cleansing and removing any mucus and dust etc, on the way.

While this is going on breath through your other nostril and mouth.

Repeat for the other side.

Use aprox half the water in the pot for each side.

Blow your nose gently (bending forward) after Jala Neti to remove and dislodge mucus or remaining water.

For best results use your pot daily and in acute situations you may use it twice daily.

Clean the Pot by rinsing after use with hot water and sanitize weekly with boiling water.

Tonsillitis

Tonsillitis, is by definition of inflamed tonsils not a respiratory illness. However in many respiratory illnesses the tonsils are inflamed. This is why this ailment has been included.

Tonsils are lymph glands at the back of the throat. Usually they act in conjunction with the adenoid lymph glands that are situated at the back of the nose. They are part of the bodies defence system against infections protecting the rest of the body and the respiratory system from a more serious or deeper infection.

The symptoms of tonsillitis include a sore throat with red, swollen tonsils. There may be pain on swallowing that shoots into the ears or neck. Bad breath may be present, indicating bacterial filled mucus covering the tonsils. Other symptoms include fever or chills, headaches and irritability accompanied by tiredness and a sense of being unwell. The swollen tonsils may make eating, drinking or opening the mouth difficult. Nausea, vomiting, stomach aches and a rash can also be present.

The pathogen causal factors for tonsillitis are usually viral and or bacterial.

There may be complications with tonsillitis such as ear infections, colds, and a tendency to develop bronchitis and quinsy (abscesses on the tonsils) for those with weak respiratory systems.

Glandular Fever, can look a lot like bacterial tonsillitis with a thick pus-like coating on the tonsils. This is an illness that can be treated with good results with homoeopathy.

Homeopathic medicines can provide short term relief from tonsillitis but will also aid the person to breath easier and assist to bring the overactive immune system back into a normal healthy state.

Seeing a professional homoeopath can also strengthen the tonsillitis sufferer and so reduce the tendency to the illness, reducing the frequency, complications and intendency of the attacks. Providing them with more of their energy to enjoy their life.

Homoeopathics. Aconite; Apis; Belladonna; Bryonia; Calc Carb; Echinacea; Gelsemium; Hepar Sulph; Merc; Phosphorous; Kali Bi; Silica; Sulph.

Pneumonia

Pneumonia is an infection that causes inflammation of the lungs. It is associated with a productive cough, fever accompanied by shaking, chills, sweats and clammy skin, shortness of breath, sharp or stabbing chest pains during deep breaths, confusion (more so in the elderly), joint aches, nausea and a blue tinge around the mouth. The symptoms of pneumonia differ with each individual case.

The triggers for Pneumonia can be an infection caused by a bacteria or a virus. Other causes are breathing in liquid, fungi, chemicals or dust.

The air sacs (alveoli) and small airways of the lungs become inflamed and fill with fluid and pus. As a result the lungs can not work properly and supply of oxygen to your body's organs is less than desirable.

Homoeopathics. Aconite; Ant Tart; Arsenicum; Belladonna; Bryonia; Carbo Veg; Ipec; Rhus Tox; Silica; Sulphur.

Pleurisy

Each lung is wrapped in a thin membrane. The chest wall is similarly lined. These two membranes touch and slide across each other while we breathe, lubricated by a slick of fluid. **Pleurisy** is inflammation of these membranes. This may either mean a drying of the membranes causing the pleura to rub or grate and thus breathing is painful and coughing is associated with sharp grabbing sensations. Or the pleura swell with a build up of mucus which the body is not able to drain causing short rapid breathing and a lack of oxygen reaching the tissues resulting in a blueness around the mouth. With both types coughing occurs as well as difficulty in breathing, soreness in the surrounding muscles. Chills and fever may alternate with exhaustion and sweating.

An upper respiratory tract infection usually precedes a bout of Pleurisy. Or Pleurisy can follow on from Pneumonia.

Pneumonia and Pleurisy can be very debilitating. They can have a long term recuperation timeframe often leaving a weakness in the respiratory area. It is highly recommended that if you suspect either of these diseases that you see your Homoeopath or Medic for professional support and guidance.

Homoeopathic medicines can provide short term relief from the inflammation by aiding the body to remove the build up of mucus filled with bacteria and fungi from the lungs and pleura or by balancing the fluid mucosa lining so it is no longer dry. Then strengthening the immune system and re building the respiratory system to ward off future infections and protect from the weaknesses that can occur in the respiratory system after having such a debilitating disease.

Homoeopathics. Aconite; Bryonia; Sulphur.

Remedy Differential.

Using the Helios Basic 36 Remedy Case. Here are the remedies that are helpful for respiratory issues. Where a disease is most characteristic of a remedy picture that is not in the Helios Kit I have included its information here. Such as Allium Cepa for Hay Fever. These other remedies are readily available from your homoeopath or from outlets such as chemists and health food stores that carry a Homoeopathic range. You will find that many remedies are useful for many ailments. This is where the remedies are like pictures of people or like pictures of conditions that the people take on with their ailment. Often an illness effects the whole person as it can effect more than one area of a person. Such as in Carbo Veg where the digestive system may also be effected or a typical flu with its bone pains needing Eupatorium
I suggest that the last section of these pages can be used to record your own notes and experiences.

Code for symbols. < = worse for > = better for

Aconite. First stage of a cold and croup. Symptoms of croup come on in the night after getting chilled. < cold wind or air or a fright. Glassy eyes. A high fever alternating with chills. May be restless and anxious with the cold. > fresh air. < evening and towards Midnight. May have an ungrounded fear that they will die from this ailment.

Colds; Croup; Pleurisy; Pneumonia; Tonsillitis.

Allium Cepa. (Red Onion) Profuse clear burning mucus from the nose and stinging, red and swollen eyes. Lots of sneezing. The throat may feel scratchy . > cold applications to the eyes

Hay Fever.

Ant Tart. Rattly chest cough which moves the mucus around in the chest but it will not come up to spit it out. May feel like they are drowning or suffocating in mucus and vomits the mucus with the cough. Feels tired with much yawning and sweating. The tongue is coated.

Asthma; Bronchitis; Colds; Pneumonia.

Apis. Swelling of the eyes, throat and watery. Red and stinging pain with complaints. >for cold applications. Thirstless. Busy as a bee kind of person.

Asthma; Bronchitis; Hay Fever; Tonsillitis.

Arsenicium. Runny clear burning mucus from the nose. Restless, anxious and exhausted at the same time, often needing reassurance. Short breathing, wheezing. Drinks in sips. Better rugging up and keeping warm. Often waking at midnight to 2.00 with wheezing, anxiousness and needing to sit up.

Asthma; Bronchitis; Colds; Flu; Hay Fever; Pneumonia.

Belladonna. Sudden radiating high fever where there is redness and glassy eyes. Throbbing pains. Fever comes and goes often around the 3pm. Fever may be febrile and will need to be monitored. Loves lemonade. < jarring, light, touch, sunlight. A chill may come on from having a hair cut.

Pneumonia; Tonsillitis.

Bryonia Dry painful cough. All pains and the person are better for lying still. If they move the pains are sharp or stitching. Holds chest with cough to prevent it from moving. Mucus may be brown. > open air. Desire to drink lots of water. < being talked to and questioned. Just like a bear with a sore head.

Bronchitis; Flu; Pneumonia; Pleurisy; Tonsillitis.

Calc Carb. A chubby or stocky person. A steady, dependable approach to learning, life and their job. Desire or reactions to carbohydrates and wheat. Sweats easily. Moist cough in the morning and dry cough at night. Feels like there is a plug in the throat that provokes the cough. < damp cold weather, playing the piano, drafts. In children ailments may begin with nightmares.

Asthma; Bronchitis; Colds; Tonsillitis.

Carbo Veg. The person is so exhausted they are near collapse. This remedy increases the capacity of the lungs to carry oxygen. May need to be fanned to increase air intake. Can be cold and blue around the mouth. Swollen abdomen and > burping. These symptoms may accompany a respiratory illness.

Pneumonia .

Drosera. Spasmodic cough that leads to vomiting especially in the evening and turning blue. Feels like a feather is tickling the throat. Cough better sitting up with open air and holding the chest. Worse lying down. Symptoms are better after midnight.

Bronchitis; Whooping cough.

Echinacea. Great remedy for supporting the immune system by cleansing the blood and removing waste from the lymph glands. It increases the over all immune systems ability to ward off infections and reduces the effects of the debris of bacteria in the body when you have a respiratory illness.

Bronchitis; Colds; Flu; Tonsillitis.

Eupatorium. Chills that run up and down the spine with a great thirst followed by bone aching pains and lethargy. Throbbing headache. Loose painful hoarse cough. Classic muscular and bone pain with flu.

Flu.

Ferrum Phos. Tissue salt. (accompanies Kali Mur) Use with 1st stage of a respiratory ailment. Mild, undescriptive fever with a slight runny nose and/or headache. A sense that you are “coming down with something”. This remedy increases the capacity of the red blood cells to carry oxygen to the tissues thus lifting your cellular immune system and combating infections.

Colds; Bronchitis; Flu; Hay Fever.

Gelsemium. Red ruddy face where the symptoms have been brewing for a few days. Headache and eye lids are heavy and dull and the patient feels better for closing them and lying down. Slow and sluggish in general. There may be trembling and shivering.

Colds; Bronchitis; Flu; Tonsillitis.

Hepar Sulph. Sharp stitching pain in the throat that travels up to the ears on swallowing. Can be cranky. Mucus is yellow to green and smelly, with bad breath. < cold weather or drafts. > warmth. Enlarged glands in the neck.

Asthma; Colds; Croup; Bronchitis; Tonsillitis.

Ipecacuanha. Nausea and difficulty breathing. Wheezing. They do not feel better if they vomit. Lots of saliva and a clean tongue with a dry spasmodic cough. May be blue around the mouth. There may be blood in the mucus.

Asthma; Bronchitis; Croup; Pneumonia.

Kali Bich. Lots of stringy sticky clear, green, yellow and or smelly mucus. Pain at the root of the nose with congested sinuses. Cough is better after removing some mucus.

Asthma; Colds; Croup; Flu; Hay Fever; Tonsillitis.

Kali Mur. Tissue Salt (accompanies Ferrum Phos) Use with 1st stage of a respiratory ailment. Associated with congestion in the sinuses with clear, white mucus. A stuffy head. White coated tongue and tonsils. Mouth ulcers or thrush. Hearing issues due to sinus congestion. Mild, undescriptive fever with a slight headache. A sense that you are “coming down with something”.

Bronchitis; Colds; Flu; Hay fever.

Merc. Excessive saliva with sinus headache and throat pain. Lots of sweating with complaints. Mucus can be green and smelly. They feel the heat and the cold, finding it difficult to get a balance.

Colds; Tonsillitis.

Nat Mur. One nostril may be blocked and the other running a stream of clear watery fluid. Symptoms of a cold begin with a severe sneezing attack. Their lips may be very dry and eyes watery. Desire for salt. Emotionally holding their heart close to their chest, may sigh a fair bit. May feel much better at the ocean.

Asthma; Colds; Hay Fever.

Nux Vomica. Coming down with a chill or a cold after over indulgence in life. May be cranky impatient and have digestive issues. Over worked, over eaten. Great hangover remedy. First stage of a cold. Clear mucus, feeling chilly and not being able to rug up enough to get warm.

Colds; Flu; Hay fever.

Phosphorus. Burning with the mucus or pains. Colds that go to the chest. Tight dry cough with wheezing. May have a heaviness in the chest. Often in a person who is very social, lots of friends or impressionable. May have a headache from coughing. Loves ice cream, chocolate and company. Sensitive to missing a meal or late nights, it exhaust them.

Asthma; Bronchitis; Colds; Flu; Pneumonia; Tonsillitis.

Pulsatilla. Ear infections associated with colds. Coughs are wet in the morning with creamy mucus and change in the day to no cough or dry a cough and then back again at night. They may be sensitive to people around them wanting re assurance of being loved. Symptoms come on after getting wet. Thirstless with a desire for fresh air, movement like walking. Easy to tears. < for rich fatty foods.

Asthma; Colds; Bronchitis.

Rhus Tox. Stiff sore muscles and joints especially in the morning when getting out of bed. A sense that they need to warm up and then the stiffness goes. Symptoms are much worse in the cold and damp and at night or first thing in the morning accompany the respiratory issues. A dry teasing cough late at night till morning.

Bronchitis; Colds; Flu; Pneumonia.

Silica. Difficult to keep warm may rug up with scarfs and a hat. Congested sinuses with yellow or green mucus. Slow to come on and slow to clear. May have smelly foot sweats. Headaches associated with the congestion. Coughs due to feeling as if a hair is on the tongue. May appear undernourished in build.

Asthma; Bronchitis; Colds; Flu; Hay fever; Pneumonia; Tonsillitis.

Sulphur. These are warm people with burning pains. Mucus can be corrosive and smelly, often yellow. This skin is itchy and < for bathing. A really good remedy to use when you have tried other remedies and are now confused. It clears things.

Asthma; Bronchitis; Colds; Flu; Hay Fever; Pneumonia; Tonsillitis.

Once again and lastly.

*If symptoms continue seek medical support from your
homoeopath or medical professional.*

Thank you and Warm Regards

The Olive Homoeopathic Healing Group

Sally Moore. Adv Dip Hom Med Homoeopathy. ARoH

For your own notes.

