

Homeopathy

FOR OPTIMUM HEALTH

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The Common Cold

Change is in the air- condensation on the windows, shorter days with longer nights. Chilly air with wind knocking on our doors- all indicative to the arrival of winter. With change comes the season of the common cold. What are colds? Colds are the attempt by the body to express 'disharmony'. The body is given the opportunity for the system to discharge unwanted waste matter. It is also indicative that the person needs to slow down and rest. In some cases one needs to look at unexpressed emotional difficulties- colds after all share many symptoms of grief ie weeping.

A remedy to take.....

Give Me a Fever and I Can Cure the Child -Hippocrates

Fevers are often interpreted as the illness itself rather than the bodies positive response against the disease. Homeopathic remedies attempt to stimulate not suppress this response. But, as we have all experienced at one time or another (especially in the middle of the night) fever creates enormous anxiety- especially with young children and the elderly. Homeopaths see fever as an important part of the healing process. If we, on a regular basis suppress with over the counter analgesics we also disable the bodies natural process in fighting infection and the ability to grasp the extent of the illness. The first thing to do when fever strikes is to see the patient is cool if the fever is making them uncomfortable. Sponging with tepid water or even a tepid bath is helpful. Make sure the patient has plenty of water- dehydration can happen very quickly. Food at this point is not a priority, as the body does not want to waste time digesting food when it is fighting an infection. When the 'crisis' passes make sure you re-introduce food that is light and easy to digest.. like soup! See chicken soup recipe!

One of the major concerns patients have is meningitis www.medinfo.co.uk is an excellent website which can inform you if you have any concerns. As always, you can get advice from a professional homeopath 01722580029 or suzienicholrshom@mac.com or your GP if you have any concerns about the patients health

Fever Remedies....When differentiating between the remedies observations of the patient will pinpoint particular characteristics or keynote that will lead you to the most appropriate remedy.

- ***ACONITE**: sudden onset from cold dry winds, patient is anxious and fearful
- ***BELLADONNA**: red face, dilated pupil and glassy eyes, patient feels restless and may start to hallucinate
- ***FERRUM PHOS**: flushed, hot face with hammering headache; thirsty
- ***GELSEMIUM**: aching, shivering, exhausted and chilly. Headache in the back of head

A supplement to take....

Because many cold symptoms are due to excess mucous secretion attention to diet is advisable in particular eliminating dairy and wheat products. Increase the intake of foods which are natural sources of vitamin C as fresh fruits and vegetables.. oh and chicken soup!

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Recipe to follow....

Nana's Chicken Soup

I grew up with a grandmother whose answer to colds was a bowl of chicken soup. I am not sure how much my grandmother knew about the curative qualities contained in the cartilage of the chicken. Years after my grandmother promoted chicken soup as a cure Japanese researchers found that collagen proteins found in the chicken cartilage act like ACE inhibitors which may lower blood pressure. There are many studies published where scientific studies have shown that chicken soup really could have medicinal value. The most widely cited study published in the Medical Journal Chest was written by Dr Stephen Rennard of the University of Nebraska Medical Centre in Omaha. He conducted a test to determine why chicken soup helps colds. Using blood samples of his volunteers after consuming chicken soup he demonstrated that the soup inhibited the movement of neutrophils- the most common white blood cells that defend against infection. Dr Rennard concluded that by inhibiting the migration of these infection- fighting cells, the soup helps reduce upper respiratory cold symptoms. So, maybe nana knew a thing or two.....

Nana's Chicken Soup

1 chicken 4-5 lb	3 cups of water for each pound
1 cup sliced carrots	2 onions
small bunch of parsley	salt and pepper

Wash chicken thoroughly inside and out. Pour boiling water over chicken- scrape the skin (helps eliminate fat- don't ask!). Put chicken in pot and add water. Bring to boil and lower flame. Skim off any thing that comes to the surface of the water. Add vegetables and simmer for 2 hours until chicken is tender.

I like to add cooked egg noodles to my bowl before ladling the chicken soup on top!

Buen Provecho!

(Angel Cottage Farm organic chickens are excellent - www.angelcottagefarm.co.uk)

Remember Influenzinum Remedy now available for you to purchase as an alternative the the flu jab

Next Family Practitioner Course starting Tuesday 5th of February (£250 for five consecutive Tuesdays)

Introduction to Homeopathy Day Course 7th March (£60 for the day this includes lunch)

Introduction to Homeopathy Day Course (Saturday) 9th March

Salisbury Homeopathy College Open Day 23rd March

For more information please ring me on 01722580029

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