

“Coronavirus, Homeopathy and Pneumonia 2”

March 26, 2020, London, U.K.

Centre for Homeopathic Education and Lotus Health Institute

taught by Robin Murphy, ND

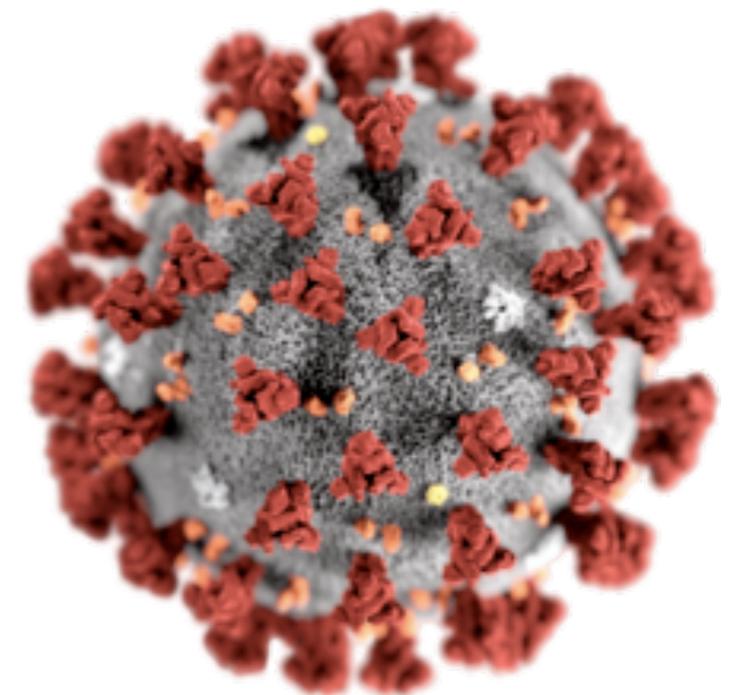
Welcome Everybody!

“May Your Vital Force be Healthy, Happy and Strong”

Seminar Topics: Part 2

- 1. Novel Coronavirus Info and Updates**
- 2. Clinical Homeopathy: Epidemic Prescribing**
- 3. Homeopathic Remedies for Psychological Pandemics**
- 4. Homeopathic Remedies for Respiratory Infections**
- 5. Medical Qigong for the Respiratory and Immune Systems**
- 6. Superfoods and Herbal Tonics for the Respiratory System**
- 7. Home Therapies and Preventions for Colds, Fevers and Flu**

The Novel Coronavirus, Covid-19



General Disclaimer

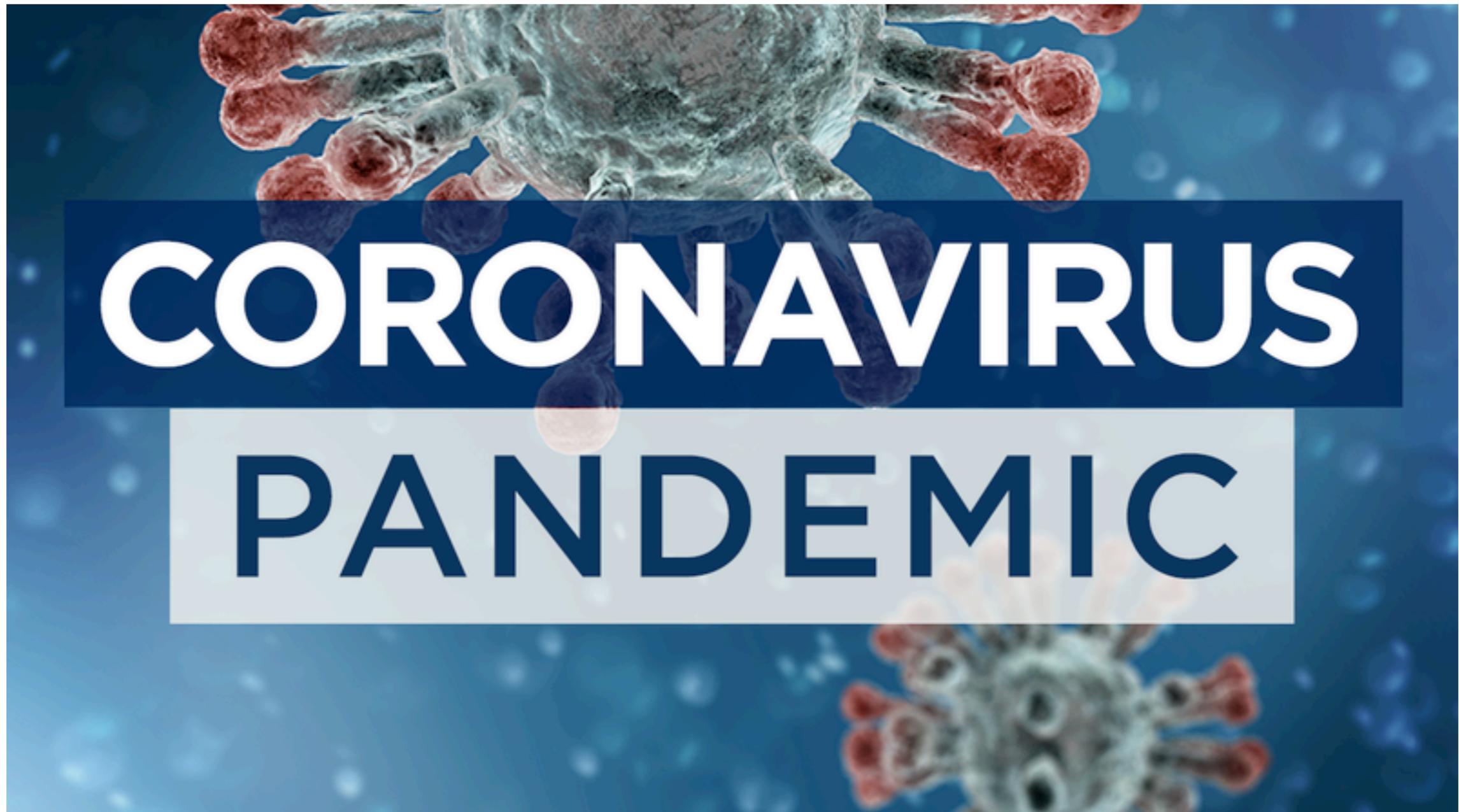
Medical and historical information or statements made within this webinar are not intended to be a substitute for the diagnosis and/or treatment of any health or physical disease or condition. The content made available through this webinar is not intended to replace the services or treatment of any physicians or a health care professionals.

The information made available through this webinar is for historical and education purposes only. Medical history reveals that homeopathy has successfully treated: Colds, Influenza, Bronchitis and Pneumonia for over 200 years.

***These statements have not been evaluated by the Food and Drug Administration.**

**HOMEOPATHIC
MEDICINE**

1. Covid-19: Info and Updates



“The term ‘corona’ simply means crown”

2019-nCoV

acute respiratory disease

SARS CoV-2 2019

Novel Coronavirus

CoVid 19

Coronavirus disease 2019

1. Covid-19: Info and Updates

People around the world commonly get infected with human coronaviruses **229E**, **NL63**, **OC43**, and **HKU1**.

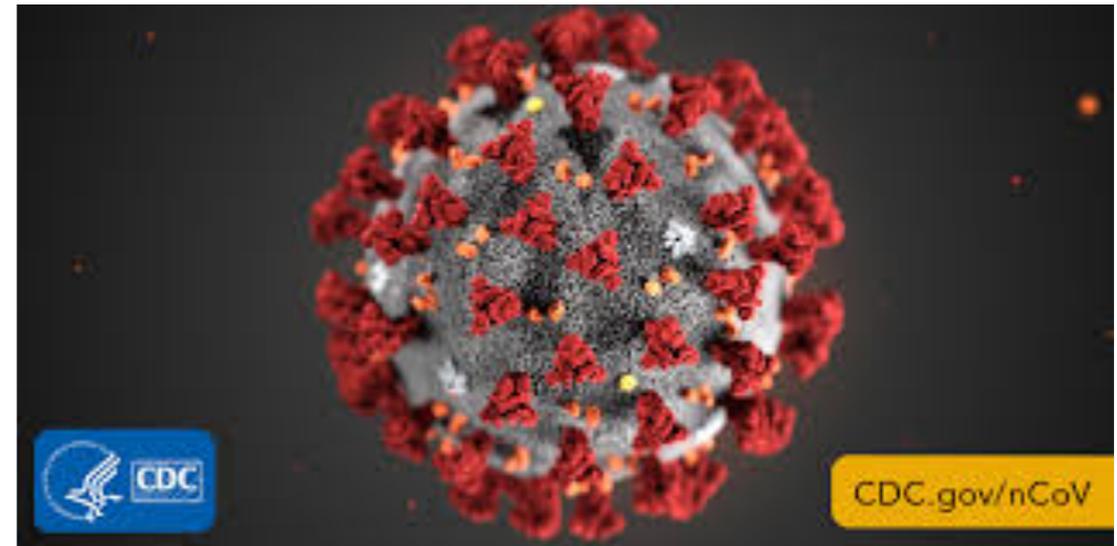
Sometimes coronaviruses that infect animals can evolve and make people sick and become a new human coronavirus. Three recent examples of this are **2019-nCoV**, **SARS-CoV**, and **MERS-CoV**.

Common human coronaviruses

1. **229E** (alpha coronavirus)
2. **NL63** (alpha coronavirus)
3. **OC43** (beta coronavirus)
4. **HKU1** (beta coronavirus)

Other human coronaviruses

5. **MERS-CoV** (the beta coronavirus that causes Middle East Respiratory Syndrome, or MERS)
6. **SARS-CoV** (the beta coronavirus that causes severe acute respiratory syndrome, or SARS)
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
7. [SARS-CoV-2 \(the novel coronavirus that causes coronavirus disease 2019, or COVID-12\)](#)



Coronaviruses are types of viruses that typically affect the **respiratory tract** of mammals, including humans. They are associated with the **common cold**, **pneumonia**, and **severe acute respiratory syndrome (SARS)** and can also affect the gut.

A coronavirus was **first isolated in 1937** from an infectious [bronchitis](#) virus in **birds** that has the ability to seriously devastate **poultry** stocks.

These viruses are responsible for between [15 and 30 percent](#) of common colds.

Over the last 70 years, scientists have found that coronaviruses can infect **bats**, **camels**, **mice**, **rats**, **dogs**, **cats**, [turkeys](#), **horses**, **pigs**, and **cattle**.

1. Covid-19: Info and Updates

How deadly is the coronavirus?

Based on data from 17,000 patients with this coronavirus, the WHO says:

- 82% develop mild symptoms
- 15% develop severe symptoms
- 3% become critically ill

The proportion dying from the disease, **which has been named Covid-19**, appears low (between 1% and 2%) - but the figures are unreliable. But it is also unclear how many mild cases remain unreported - so the death rate could also be lower. To put this into context, about **one billion people catch influenza every year**, with between **290,000 and 650,000 deaths**. The severity of flu changes every year.



Dr. Li Wenliang



Dr. Li Wenliang Memorial

2. Clinical Homeopathy: Epidemic Prescribing

Epidemics vs. Pandemics



Epidemic

- Event in which a disease is actively spreading
- Often used to describe problem that has grown out of control



Pandemic

- Relates to geographic spread
- Describes disease that affects a whole country or the entire world



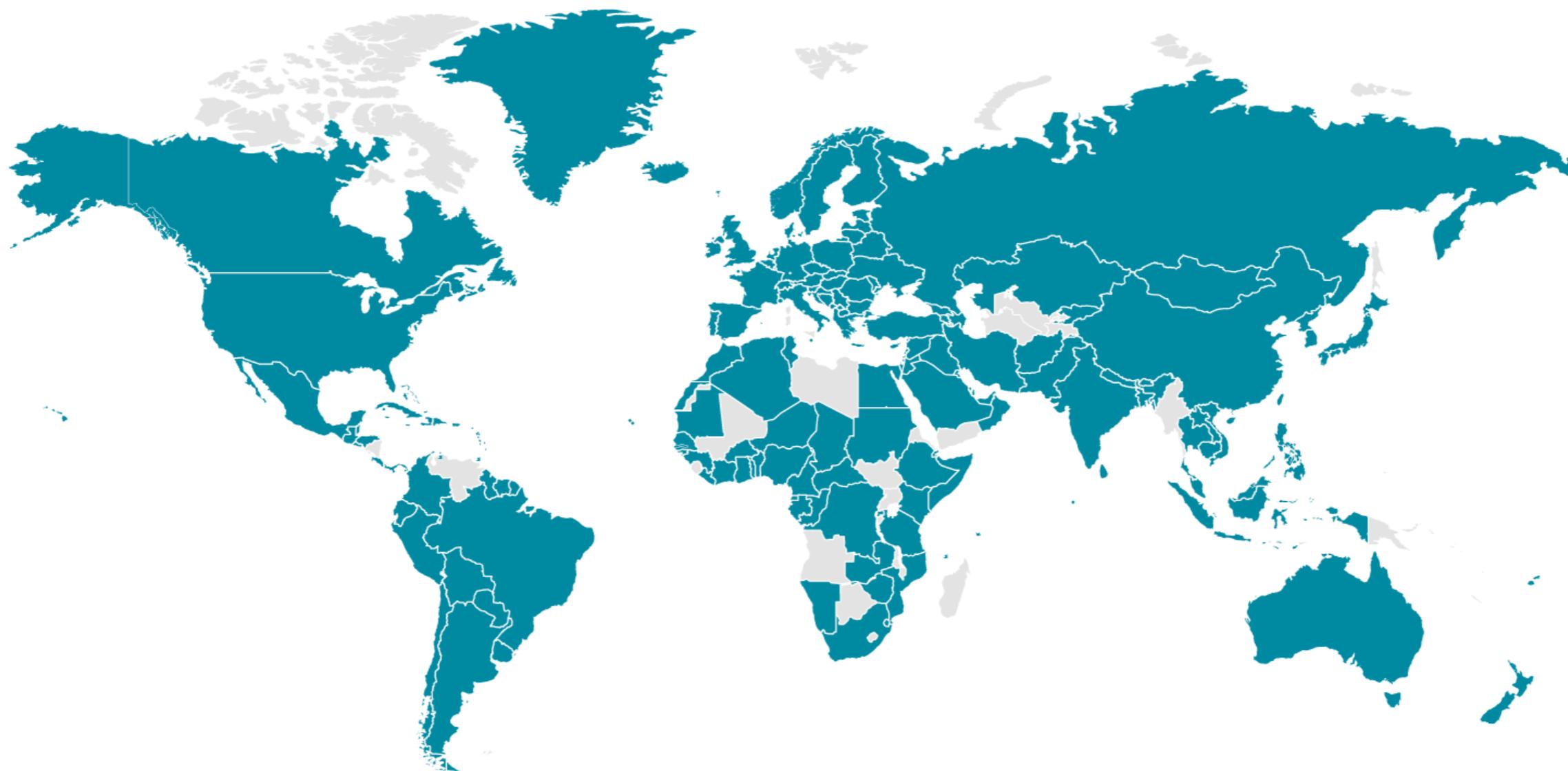
1. Covid-19: Info and Updates



World Health
Organization

Current Countries with Outbreak of Coronavirus Pandemic 2019

Global case numbers are reported by the World Health Organization (WHO) in their [coronavirus disease 2019 \(COVID-19\) situation reportexternal icon](#). For U.S. information, visit CDC's [COVID-19 in the U.S.](#)



1. Covid-19: Info and Updates



25 March 13:30 gmt — Coronavirus death toll passes 20,000

There are currently **468,855 confirmed cases** and **21,199 deaths** from the coronavirus **COVID-19** outbreak as of **March 25, 2020**, 13:01 GMT.

Confirmed Covid-19 cases

March 25, 2020

The dramatic spike in the COVID-19 reported cases

468,855 Cases

Global coronavirus cases surge past 400,000 as new outbreak clusters emerge



February 24, 2020
(78,811) Cases

February 24, 2020
(2,698) Deaths

March 25, 2020
21,199 Deaths

December 31, 2019

1. Covid-19: Info and Updates

Coronavirus-19 compared with other recent viruses

VIRUS	YEAR IDENTIFIED	CASES	DEATHS	FATALITY RATE	NUMBER OF COUNTRIES
Marberg	1967	466	373	80%	11
Ebola*	1976	33,577	13,562	40.40%	9
Hendra	1994	7	4	57%	1
H5N1 Bird Flu	1997	861	455	52.80%	18
Nipah	1998	513	398	77.60%	2
SARS	2002	8,096	774	9.60%	29
H1N1**	2009	>762,630,000	284,500	0.02%	214 [#]
MERS***	2012	2,494	858	34.40%	28
H7N9 Bird Flu	2013	1,568	616	39.30%	3
2019-nCoV*	2020	468,855	21,199	3.4%	100

1. Covid-19: Info and Updates

How can I protect myself?

- **Wash your hands** - soap or hand gel can kill the virus
- **Cover your mouth and nose when coughing or sneezing** - ideally with a tissue - and wash your hands afterwards, to prevent the virus spreading
- **Avoid touching your eyes, nose and mouth** - if your hands touch a surface contaminated by the virus, this could transfer it into your body
- **Don't get too close to people coughing, sneezing** or with a **fever** - they can propel small droplets containing the virus into the air - ideally, keep 1m (3ft) away
- Take **Homeopathic remedies** at first sign of illness.
- Take **Herbal tonics, teas** at first sign of illness.
- Do **Home therapies** for prevention and treatments.
- Clean and disinfect
- Take **Superfood tonics**, to boost your immune and respiratory system..

1918 Pandemic Flu

TREASURY DEPARTMENT
UNITED STATES PUBLIC HEALTH SERVICE

INFLUENZA

Spread by Droplets sprayed from Nose and Throat

Cover each **COUGH** and **SNEEZE** with handkerchief.

Spread by contact.

AVOID CROWDS.

If possible, **WALK TO WORK.**

Do not spit on floor or sidewalk.

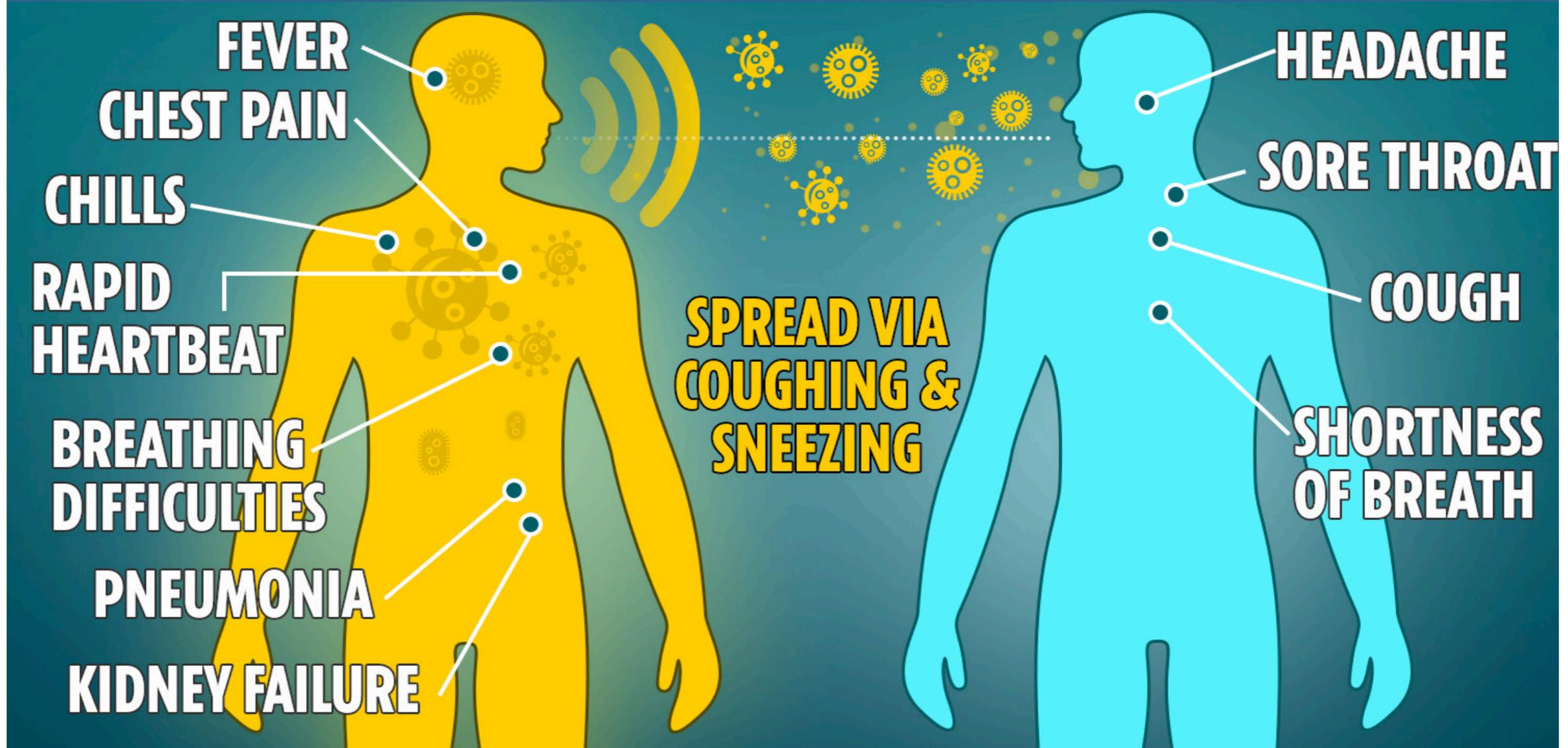
Do not use common drinking cups and common towels.

Avoid excessive fatigue.

If taken ill, go to bed and send for a doctor.

The above applies also to colds, bronchitis, pneumonia, and tuberculosis.

The symptoms of 2019-nCoV and how it spreads



**HOMEOPATHIC
MEDICINE**

1. Covid-19: Info and Updates

HAVE I GOT A COLD, FLU OR COVID-19?

SYMPTOMS	CORONAVIRUS	COLD	FLU
 FEVER	Common	Rare	Common
 FATIGUE	Sometimes	Sometimes	Common
 COUGH	Common (usually dry)	Mild	Common (usually dry)
 SNEEZING	No	Common	No
 ACHES & PAINS	Sometimes	Common	Common
 RUNNY OR STUFFY NOSE	Rare	Common	Sometimes
 SORE THROAT	Sometimes	Common	Sometimes
 DIARRHOEA	Rare	No	Sometimes for children
 HEADACHES	Sometimes	Rare	Common
 SHORTNESS OF BREATH	Sometimes	No	No

1. Covid-19: Info and Updates

Coronavirus: Pathogenesis

1. Incubation period

The incubation period, the time between infection and first symptoms appearing, varies widely, but is **five days on average**.

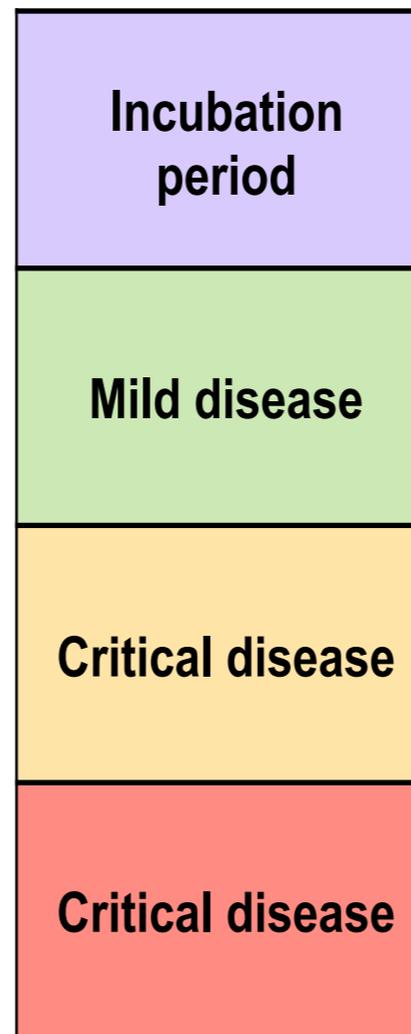
(Use Preventive remedies)

2. Mild disease

Covid-19 is a mild infection for **eight out of 10 people** who get it and the core symptoms are a fever and a cough.

This stage lasts about a week - at which point most recover because their immune system has fought off the virus.

(Use Cold and Flu remedies)



**HOMEOPATHIC
MEDICINE**

3. Severe disease

If the disease progresses it will be due to the immune system overreacting to the virus. This stage is thought to affect around **14% of people**, based on data from China.

(Use Flu and Pneumonia remedies)

4. Critical disease

It is estimated around **6% of cases become critically ill**. By this point the body is starting to fail and there is a real chance of death.

Acute respiratory distress syndrome caused by widespread inflammation in the lungs stops the body getting enough oxygen it needs to survive.

(Use Pneumonia and Shock remedies)

2. Clinical Homeopathy: Epidemic Prescribing

Clinical Homeopathy: Epidemic Prescribing



**HOMEOPATHIC
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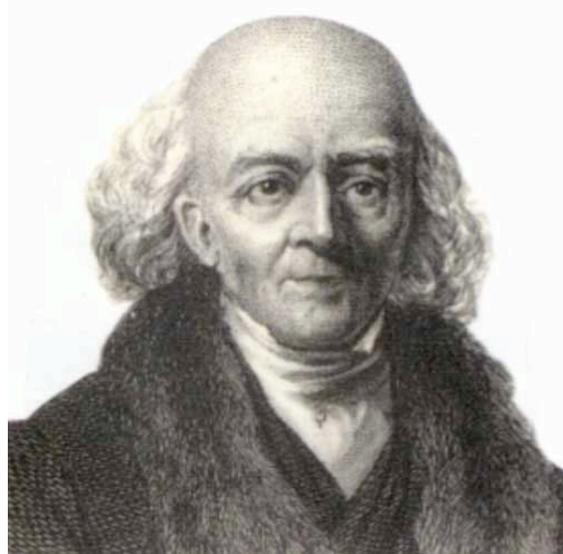
2. Clinical Homeopathy: Epidemic Prescribing

Classical Ways of Homeopathic Prescribing

1. **Emergency** - Causations, Mental and Emotional Shocks, Physical traumas, Bites, Burns, Stings, Poisonings, Dehydration, etc.
2. **Acute Diseases** - Acute Diseases, Infections, Fevers, Inflammations.
3. **Epidemic Diseases** - Epidemic and pandemic infections.
4. **Periodic Diseases** - Periodic acute and chronic diseases.
5. **Chronic Diseases** - Altered States, Chronic Disorders, Pathologies, Tissue changes.
6. **Multiple Diseases** - Altered States, Chronic Disorders, Pathologies, Tissue changes.
7. **Fundamental** - Psychosomatic, Mental, Emotional disorders, Functional problems.
8. **Constitutional** - Genetic make-up, body type. Temperaments, Inherited strengths and weaknesses.
9. **Miasmatic** - Miasmatic, Fundamental and Clinical. (Genetic, Acquired, Active, Dormant, Mixed or Single).
10. **Organopathic** - Organ diseases. Organ and system strengths and weaknesses. Herbal Tonics.
11. **Tautopathic** - Iatrogenic diseases, Toxicology, Addictions, Overdoses, Antidotes. (Chemicals).
12. **Isopathic** - Miasmatic, Nosodes, Sarcodes, Autopathics, Vaccinations. (Biologicals).
13. **Intercurrent** - Acutes, Miasms, Emergencies. Return of old symptoms.
14. **Preventive** - Acute and Emergencies, Toxic exposure. Epidemics. Stressful situations.
15. **Retrospective** - Hidden Etiologies, Latent cases. One-sided cases.
16. **Synthetic** - Combined Minerals. Remedy Groups. Themes. Comparative Mat. Med.
17. **Tissue Salts** - Nutritional remedies. Biochemic remedies. Lab and diagnostic tests.
18. **Sympathetic** - Folk Homeopathy, Flower remedies, Gems, Radionics.
19. **Combinations** - Patent remedies. Formulas. Tonics.
20. **Zig-Zag** - Multiple Remedy pictures. Severe pathologies. Changeable cases. Unstable vitality.
21. **Palliative** - Incurable diseases. Dying patients.

2. Clinical Homeopathy: Epidemic Prescribing

Hahnemann and The Art of Perception



§ 3

- If the physician clearly **perceives what is to be cured** in diseases, that is to say, in every individual case of disease (knowledge of disease, indication).
- If he clearly **perceives what is curative in medicines**, that is to say, in each individual medicine (knowledge of medicinal powers).
- If, finally, he knows the **obstacles to recovery** in each case and is aware how to remove them, so that the restoration may be permanent: then he understands how to treat judiciously and rationally, and he is a **true practitioner of the healing art**.

§ 4

- He is likewise a **preserver of health** if he knows the things that derange health and cause disease, and how to remove them from persons in health.



2. Clinical Homeopathy: Epidemic Prescribing

Why use Homeopathic Remedies?

- The patient's **symptoms are carefully noted and a remedy is prescribed** according to that individual's manifestation of the disease.
- In an epidemic a **group of homeopathic remedies tend to emerge** in the area of geographical infection. These remedies become known as the **genus epidemicus**. These remedies can be used as a **prophylaxis** to protect people who have been exposed to the infection.
- Homeopathic remedies are **gentle, safe, inexpensive and readily available**. There is no known interaction with conventional medication.
- Homeopathy dispels **FEAR**.

Homeo-prophylaxis, or preventative homeopathy, is the use of homeopathic remedies for the **protection** of individuals, communities or populations **against infectious disease**.

Homeo-prophylaxis has been used by homeopaths for **over 200 years** with reports of high rates of success during many of the world's worst epidemics.

Acute Prevention Remedy

Acute Infection Remedy

Genus Epidemicus Remedy

Constitutional Remedy



2. Clinical Homeopathy: Epidemic Prescribing

How to use Homeopathic Remedies

“A homeopath should be skilled in all aspects of administering a remedy and be willing to explore further into the areas where Hahnemann boldly took the first steps.”

- Match the symptoms of the patient as closely as possible to the symptoms in the materia medicas. (Law of similars)
- Give only one remedy at a time. (30c-200c-1m)
- Continue giving the remedy until improvement starts, then repeat remedy as needed.
- Remedy should be taken in a clean mouth, placed on or under the tongue, free of food, drink, tobacco, toothpaste, mouthwash, mints or anything except plain water.



Homeopathic Potencies

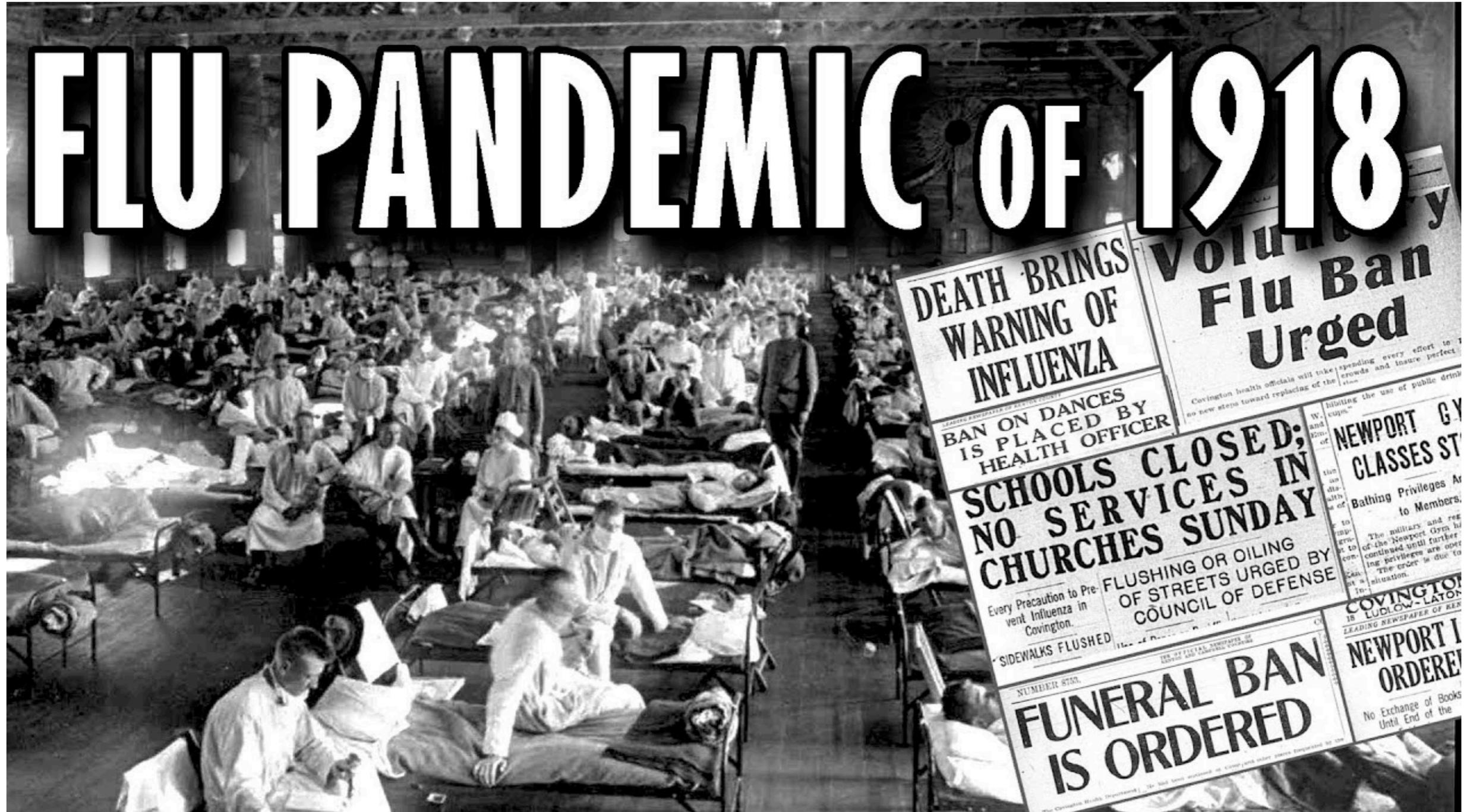
1. Dry Doses - pills, pellets
2. Drop Doses - liquids
3. Remedy Solution Bottles
4. Spray Potencies
5. Vapor Potencies
6. Contact Potencies
7. Water Cups, Baths.

Know how to extend and copy remedies!



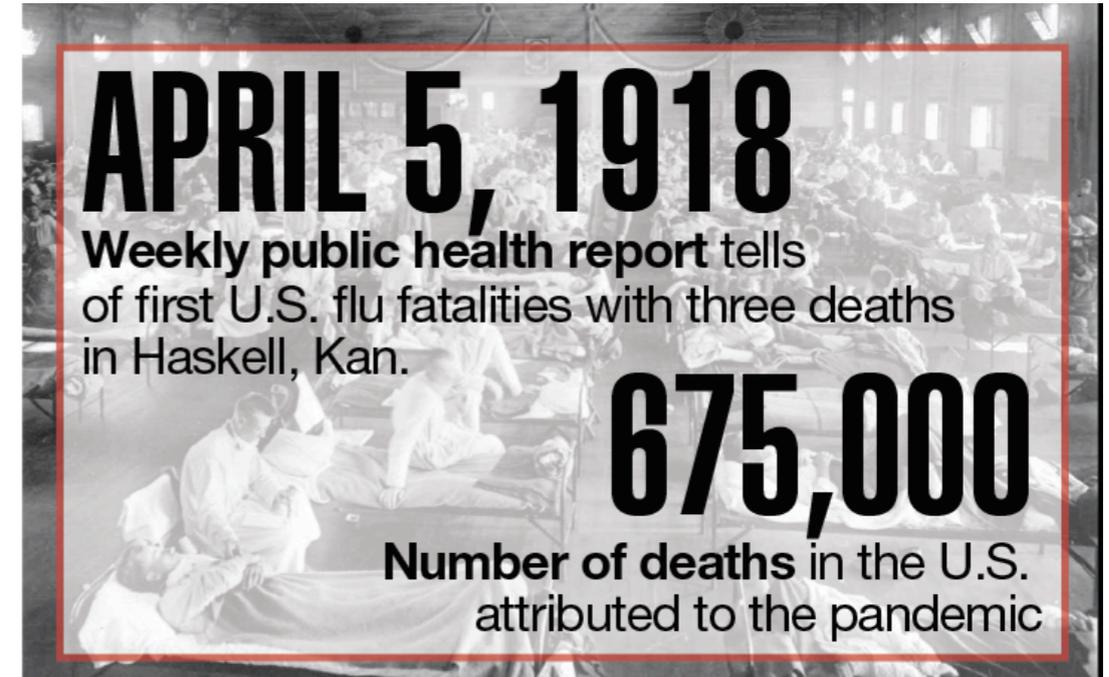
2. Clinical Homeopathy: Epidemic Prescribing

Homeopathy and the 1918 – 1919 Pandemic Influenza



2. Clinical Homeopathy: Epidemic Prescribing

Homeopathy and the 1918–1919 Pandemic Influenza



- The Spanish Flu of 1918 – 1919 killed from 22 to 100 million people worldwide. It often struck young otherwise healthy people in less than 48 hours.
- The Spanish Flu began as an ordinary flu with fever and aches and pains but it developed very rapidly often within a matter of hours into a much more serious and deadly lung infection.
- Virologists believe that the current Bird Flu has the potential to become the long overdue next super virus. According to reports so far, bird Flu symptoms also seem to center on the lower respiratory tract, with rapid lung infection and difficult breathing.
- Every 10 to 30 years, the flu virus historically undergoes radical changes in which it is altered so completely that most of the world's population has no immunity to it.
- During the Asian Flu of 1957 one million people worldwide died.
- During the Hong Kong Flu of 1968 750,000 people died worldwide.
- Sometimes a viral strain develops that is so deadly that it is known as a super virus.

2. Clinical Homeopathy: Epidemic Prescribing

Homeopathy and the 1918 – 1919 Pandemic Influenza

DEATH BRINGS WARNING OF INFLUENZA

LEADING NEWSPAPER OF KENTON COUNTY

BAN ON DANCES IS PLACED BY HEALTH OFFICER

Voluntary Flu Ban Urged

Covington health officials will take every effort to prevent no new steps toward replacing of the crowds and insure perfect ventilation.

SCHOOLS CLOSED; NO SERVICES IN CHURCHES SUNDAY

Every Precaution to Prevent Influenza in Covington.

SIDEWALKS FLUSHED

FLUSHING OR OILING OF STREETS URGED BY COUNCIL OF DEFENSE

NEWPORT GYM CLASSES STOP

Bathing Privileges Are Open to Members.

COVINGTON NEWSPAPER
18 LUDLOW-LATONIA
LEADING NEWSPAPER OF KENTON COUNTY

NEWPORT LIBRARY ORDERED CLOSED

No Exchange of Books Until End of the

FUNERAL BAN IS ORDERED

The Covington Health Department. He had been stationed at Camp and other places frequented by the

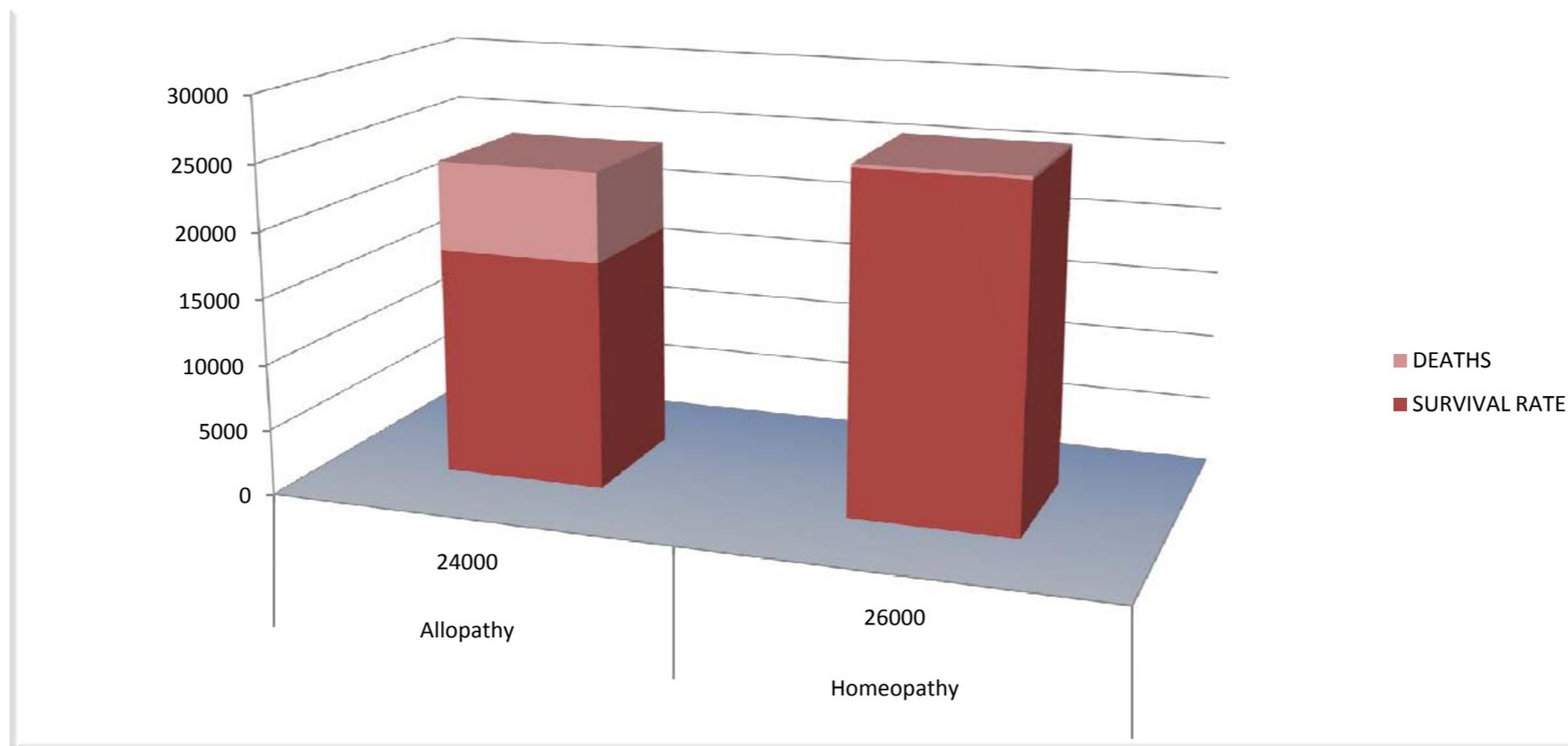


2. Clinical Homeopathy: Epidemic Prescribing

Homeopathy and the 1918 – 1919 Pandemic Influenza

Mortality Rates: Homeopathy and Allopathic Medicine

Spanish Flu 1918



Dr. T A McCann, from Dayton, Ohio reported that 24,000 cases of flu treated allopathically had a mortality rate of 28.2% while 26,000 cases of flu treated homoeopathically had a mortality rate of 1.05%.

This last figure was echoed and endorsed by Dr Dean W.A. Pearson of Philadelphia (Hahnemann College) who recorded 26,795 cases of flu treated with homeopathy with the above result.

2. Clinical Homeopathy: Epidemic Prescribing

Homeopathy and the 1918 – 1919 Pandemic Influenza

INFLUENZA
FREQUENTLY COMPLICATED WITH
PNEUMONIA
IS PREVALENT AT THIS TIME THROUGHOUT AMERICA.
THIS THEATRE IS CO-OPERATING WITH THE DEPARTMENT OF HEALTH.
YOU MUST DO THE SAME
IF YOU HAVE A COLD AND ARE COUGHING AND
SNEEZING. DO NOT ENTER THIS THEATRE
GO HOME AND GO TO BED UNTIL YOU ARE WELL

Coughing, Sneezing or Spitting Will Not Be Permitted In The Theatre. In case you must cough or Sneeze, do so in your own handkerchief, and if the Coughing or Sneezing Persists Leave The Theatre At Once.

This Theatre has agreed to co-operate with the Department Of Health in disseminating the truth about Influenza, and thus serve a great educational purpose.

HELP US TO KEEP CHICAGO THE HEALTHIEST CITY IN THE WORLD
JOHN DILL ROBERTSON
COMMISSIONER OF HEALTH

- “Homeopathic doctors rose to the challenge of the most appalling Influenza pandemic in history, and they did so without the fear and uncertainty that paralyzed their allopathic colleagues.”
- Dr. Frank Wieland of Chicago wrote; “In a plant of 8,000 workers there was only one death. *Gelsemium* was practically the only homeopathic remedy used, there was no use of either aspirin or vaccination.”
- Dean W. A . Pearson of Philadelphia collected 26,795 cases of Influenza treated by homeopathic physicians. The mortality rate was 1.05% while the rate for conventional medicine was 30%.
- Dr. H. A. Roberts of Connecticut had 30 physicians respond to his request for data. They reported 6.602 cases with 55 deaths, which is less than a 1% mortality rate.

2. Clinical Homeopathy: Epidemic Prescribing

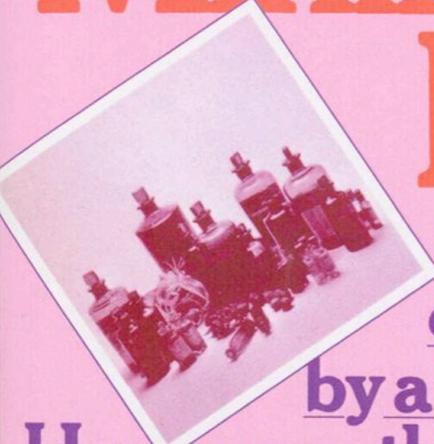
Homeopathy and the 1918 – 1919 Pandemic Influenza

Dr Dorothy Shepherd

**Magic
of the
Minimum
Dose**



Impressive
case histories
by a world famous
Homœopath
demonstrating the
superiority of
Homœopathy



- Dr. Dorothy Shepherd from England wrote: “One treated over 100, nearer 150 cases; both rich and poor, young and old, male and female; and the results were astonishing.
- The cases were not picked ones; some were seriously ill when first seen, with high temperatures and bronchial involvement, some had it mildly, and yet the temperatures in nearly all cases came down in twenty – four to forty – eight hours.
- They were kept strictly in bed for a week after the temperature was normal, kept on dilute fruit juice, no milk, no tea was allowed. And there was not a single death in the whole of this series and no subsequent complications.”

2. Clinical Homeopathy: Epidemic Prescribing

Homeopathy and the 1918 – 1919 Pandemic Influenza

“This epidemic should encourage us to renewed faith in homeopathy.”

- The homeopathic physicians **avoided the use of aspirin and other drugs** and had a low death rate.
- Dr. Arthur Grimmer declared: “The development of pneumonia is a rare occurrence if a good homeopathic physician was called during the first 24 hours of attack.”
- Dr. G. A. Wright of Forest Glen wrote: “I attended over one hundred cases without fatalities. I never deviated from the homeopathic remedy. I never gave aspirin.
- Dr. G.B. Stearns of New York collected through the International Hahnemannian Association 17,000 cases of Influenza with a mortality rate of 4%.
- Dr. T.A. McCann of Ohio reported a 1,000 cases of Influenza with no loses. *“Please give all credit to homeopathy.”*
- Dr. A.B. Palmer of Seattle treated approx 500 cases which included pneumonia, he only lost two cases.
- Dr. F.A. Swartwout of Washington had 11 homeopathic physicians report 3,600 cases of Influenza with only 6 deaths.
- Dr. G.G. Bascomb of Lake Wilson, Minnesota reported 300 cases with no deaths.



3. Homeopathic Remedies for Psychological Pandemics

Homeopathic Remedies for Psychological Pandemics



3. Homeopathic Remedies for Psychological Pandemics

Psychological Pandemics Major Rubrics

BAD, news, mental, ailments from - acon., aln., alum., *alumn.*, ambr., *apis*, *arn.*, ars., art-v., *aur.*, aur-m., bap., *bry.*, **CALC.**, *calc-p.*, calc-s., **CARC.**, *caust.*, *cham.*, chin., *cic.*, cinnb., cocc., colch., *coloc.*, cupr., dig., dros., form., **GELS.**, grat., hist., hyos., **IGN.**, kali-c., kali-p., lac-v., lach., *lyc.*, *lyss.*, manc., *med.*, mez., nat-c., **NAT-M.**, nat-p., *nit-ac.*, *nux-v.*, *paeon.*, *pall.*, *ph-ac.*, phos., podo., puls., sabin., sep., *sil.*, *staph.*, stram., *sulph.*, tarent., teucr., zinc.

FEARS, epidemics, contagious infections, of - **ARS.**, aur-m-n., bar-c., *bor.*, bov., bufo., *calad.*, **CALC.**, caras., *carc.*, chin., cur., ferr-m., ign., lac-c., lach., lat-h., med., nat-m., *oscilloc.*, psor., pyrog., sil., **SULPH.**, **SYPH.**, tax., *thuj.*, vac.

FEARS, infection, contagious, epidemic, of - acon., aids, **ARS.**, aur-m-n., bar-c., *bor.*, bov., bufo., *calad.*, *carc.*, **CALC.**, chin., **GELS.**, lac-c., lach., med., nat-m., oscilloc., psor., sil., *sulph.*, *syp.*, tax., **THUJ.**, vac., vario.

FEARS, public, places, of (see agoraphobia, crowd) - **ACON.**, **ARG-N.**, *arn.*, bar-c., bar-s., *calc.*, *carc.*, crot-h., dys-co., ferr., **GELS.**, *glon.*, hydr., hydr-ac., *kali-ar.*, *kali-p.*, *lach.*, levo., **LYC.**, morg-g., nat-c., nat-m., nit-ac., nux-v., **OP.**, phos., plb., puls., rhod., sep., visc.

AGORAPHOBIA, mental - **ACON.**, anac., *androc.*, **ARG-N.**, *arn.*, ars., bar-c., calc., **CARC.**, coli., dys-co., ferr., *glon.*, hydr-ac., hyos., kali-c., *kali-p.*, lac-c., **ILACH.**, *lyc.*, **LYSS.**, merc., *morg.*, nux-v., **OP.**, phos., prot., puls., *sep.*, stram., *staph.*, tab., thal., visc.

OBSESSIVE, compulsive disorder - agar., aloe, *anac.*, anh., arg., *arg-n.*, **ARS.**, aur., aur-m-n., *calc.*, *calc-p.*, **CARC.**, *caust.*, cham., choc., con., cupr., dpt., foll., *gink-b.*, herin., **HYOS.**, hyper., **IGN.**, *iod.*, *kali-c.*, lac-c., *lac-h.*, *lach.*, lith-c., lsd., lyss., **MED.**, merc., *nat-m.*, *nat-s.*, nat-sil., **NUX-V.**, ph-ac., *phys.*, plac., *plat.*, plut-n., psor., **PULS.**, *rat.*, *rhus-t.*, sac-alb., sep., *sil.*, *staph.*, stram., sulph., **SYPH.**, **THUJ.**, *tub.*, ulm-c., *valer.*, *verat.*

CLEANING, mania, for - am-c., **ARS.**, calc., **CARC.**, herin., ign., *kali-s.*, lac-f., *lyc.*, *nat-m.*, *nux-v.*, rhus-g., *sep.*, sil., spong., sulph., **SYPH.**, tax., *thuj.*

FEARS, germs, sick, from - **ARS.**, bor., bov., **CALC.**, *carc.*, cur., gels., *lach.*, sil., **SULPH.**, **SYPH.**, **THUJ.**

WASHING, hands, desire to, always, - agar., arist-cl., **ARS.**, bor., bov., **CALC.**, *carc.*, coca, cur., gels., ign., **LAC-C.**, *lach.*, **MED.**, *merc.*, **NAT-M.**, oscilloc., plat., psor., sep., sil., **SULPH.**, **SYPH.**, *thuj.*



3. Homeopathic Remedies for Psychological Pandemics

Psychological Pandemics Major Rubrics

FEARS, bad, news, hearing - **acon.**, agar., apis, **arg-n.**, **aster.**, **CALC.**, **calc-p.**, carc., dirc., dros., **GELS.**, **ign.**, kali-c., lac-leo., lac-v., **lyss.**, nat-m., nat-p., **phos.**

STORIES, frightful or sad stories, movies, agg. - **ACON.**, ars., **aur.**, **aur-m.**, benz-ac., **CALC.**, calc-s., carb-v., **CARC.**, **caust.**, cench., chin., **CIC.**, coca, cocc., con., ferr., gels., **hep.**, ign., **IOD.**, **kali-c.**, **lach.**, **lyc.**, manc., nat-c., nat-m., **nit-ac.**, **nux-v.**, **OP.**, ozone., **PHOS.**, prot., **puls.**, **sep.**, **sil.**, **STAPH.**, **sulph.**, **teucr.**, **zinc.**

nightmares, from - **ACON.**, ars., **CALC.**, calc-p., **carc.**, **cic.**, **PHOS.**, **OP.**, rhus-t., til.

ANXIETY, ailments, from - **ACON.**, **ARG-N.**, **ARS.**, aur., calc., calc-p., **CARC.**, cimic., **GELS.**, hyos., **ign.**, kali-ar., kali-p., **LYC.**, nat-m., nit-ac., ph-ac., **phos.**, samb., **SIL.**, staph.

FEARS, ailments, from, (see Fright) - **ACON.**, arg., **arg-n.**, **bell.**, calc., calc-sil., **CARC.**, **caust.**, cocc., coff., cupr., **GELS.**, glon., graph., **ign.**, kali-p., lyc., **op.**, **phos.**, puls., sil., staph., verat.

FEARS, doctors, of going to - **acon.**, aloe, **ARG-N.**, **arn.**, dys-co., calc., **GELS.**, **ign.**, **IOD.**, **lyc.**, nat-m., nux-v., **phos.**, **sep.**, staph., **stram.**, thuj., tub., verat.

ANXIETY, health, about - acet-ac., acon., aeth., **AGAR.**, agn., aloe, alum., alum-p., alum-sil., am-c., androc., ant-t., **arg.**, **ARG-N.**, am., **ARS.**, ars-h., **aur-m-n.**, **aur-s.**, **bar-c.**, bell., blatta, bor., bov., brom., bry., bufo, **calad.**, **CALC.**, calc-ar., **calc-p.**, calc-s., calc-sil., cann-i., canth., **CARC.**, **chin-ar.**, choc., **cocc.**, cop., crot-c., cub., cupr., euph., glon., grat., hep., hyos., ign., **KALI-AR.**, kali-br., kali-c., kali-m., kali-p., kali-sil., kreos., lac-c., lac-eq., lach., lat-h., lob., **LYC.**, mag-m., **med.**, merc., morg., morg-p., nat-c., nat-m., nat-p., **NIT-AC.**, nux-m., nux-v., **ph-ac.**, **PHEL.**, **PHOS.**, plat., podo., psor., **puls.**, ruta, sel., **sep.**, sil., staph., streotoc., sulph., syph., tab., tarent., tax., uva.

ANXIETY, alone, when - acon., alco., ant-c., arg., **arg-n.**, **ARS.**, cadm-s., caust., cortico., cupr., **dros.**, gaert., gall-ac., hep., kali-ar., **kali-br.**, kali-c., lec., **lyc.**, **mez.**, morg., morg-p., nit-ac., **PHOS.**, puls., rat., **rhus-t.**, sep., tab., zinc.

PANIC, attacks - absin., achy., **ACON.**, adren., aloe, alum., androc., ang., **ant-t.**, **ARG-N.**, arist-cl., **ARS.**, ars-i., asar., bamb-a., bani-c., bar-c., bell., beryl., calc., calc-ar., calc-i., **cann-i.**, **carb-v.**, **CARC.**, caust., **cham.**, chel., chin., coca., **cocc.**, **coff.**, conv., **cupr.**, **cupr-ar.**, dig., ferr., foll., **GELS.**, gink-b., **graph.**, hydrog., **hyos.**, ictod., ign., **KALI-AR.**, kali-br., **kali-c.**, lac-lup., **LAT-M.**, **lob.**, LUNA, **LYC.**, **mag-s.**, **med.**, meli., merc., nat-c., nat-m., nat-s., nit-ac., nux-v., **op.**, **PHOS.**, plac., plat., plb., plut-n., **PSOR.**, puls., **RHUS-T.**, rob., **ruta**, sabad., sep., **SPONG.**, still., **stram.**, stry., succ., **sulph.**, syph., **tab.**, **tarent.**, **tarent-c.**, ther., thuj., **verat.**, xan.



3. Homeopathic Remedies for Psychological Pandemics

Psychological Pandemics Major Rubrics

FEARS, incurable, of being - acon., agn., all-s., alum., anac., ant-t., apis, **arg-n.**, am., **ARS.**, **AUR.**, bac., bap., **cact.**, **calc.**, calc-sil., cann-i., **CARC.**, caust., cean., cemic., cocc., dig., elaps., graph., hep., hydr., ign., kali-c., lac-c., lach., **lil-t.**, lyc., m-arct., med., morph-s., naja, nat-m., **NIT-AC.**, nux-v., oci., phase., **ph-ac.**, phos., plat., plut-n., podo., **psor.**, puls., raph., rhus-t., sabad., sars., sec., sep., **spong.**, **stann.**, staph., still., stram., syph., **thuj.**, **uran-n.**, verat., xan.

DESPAIR recovery, of - **acon.**, adam., agar., agath-a., agn., all-s., **ALUM.**, am-c., ambr., ant-c., **ARS.**, ars-s-f., **AUR.**, aur-ar., aur-i., aur-m-n., **aur-s.**, **bapt.**, bar-c., **bry.**, cact., calad., **CALC.**, calc-ar., calc-s., **CAMPH.**, cann-i., **carc.**, **caust.**, cham., chlol., cemic., **COLOC.**, der., ham., **hell.**, hura, **ign.**, kali-ar., kali-br., kali-c., kreos., lac-c., lach., **lyc.**, m-arct., mag-c., **med.**, **MERC.**, nat-s., nat-m., nat-s., **NIT-AC.**, nux-v., ph-ac., phos., plut-n., **psor.**, ran-b., ruta., **sep.**, sil., **SYPH.**, ther., **thyr.**, verat., zinc.

OVERWHELMED, feelings, stressed, (see Over-responsible) - adam., aids., alch-v., aml-n., androc., anh., **arg.**, **ars.**, **asar.**, **bamb-a.**, bani-c., **CALC.**, **CALC-P.**, **CARC.**, caul., caust., chel., choc., **cocc.**, **coca**, dros., dys-co., electr., **gels.**, gink-b., gins., hell., **herin.**, hyos., **IGN.**, ion-rad., kali-c., **kali-p.**, kola, lac-eq., lac-leo., lac-lup., **lach.**, **lyc.**, **mag-m.**, mag-p., mag-s., **med.**, merc., **nat-m.**, **nat-s.**, **NUX-V.**, **op.**, ph-ac., **phos.**, plat., **pic-ac.**, plut-n., prot., rumx., **sep.**, ser-ang., sil., sol, **staph.**, sulph., **tub.**, **uran-n.**, zinc., zinc-p.

DELUSION, disease, incurable, he has - acon., alum., **arg-n.**, am., **ARS.**, aur., aur-m., cact., calc., calc-sil., **carc.**, chel., **ign.**, lac-c., **lach.**, **lil-t.**, mag-c., **nit-ac.**, plb., podo., **sabad.**, **stann.**, **syph.**, verat.

DELUSION, sick, imagines himself - ambr., arg-n., **ARS.**, asar., bar-c., bar-i., bell., **CALC.**, calc-sil., caust., cham., chel., chlol., cic., **colch.**, graph., hell., **iod.**, **kali-ar.**, **kali-c.**, lac-c., lat-h., led., **lyc.**, mosch., murx., nat-c., nat-m., nit-ac., nux-m., **NUX-V.**, petr., **PHOS.**, podo., psor., **PULS.**, **sabad.**, **sep.**, **staph.**, stram., syph., **tarent.**, **thuj.**, valer., **VERAT.**

INSECURITY, feelings - **acon.**, agath-a., **ail.**, aloe, **aml-n.**, anac., anh., aq-mar., arg-n., **ARS.**, bamb-a., bani-c., **BAR-C.**, bar-s., berb., beryl., **bry.**, **calc.**, calc-i., calc-sil., cann-s., caps., carb-v., **carc.**, caul., cham., choc., clem., dulc., dys-co., electr., **gels.**, **hep.**, **herin.**, hydrog., **kali-c.**, kali-p., kali-s., lach., **LYC.**, op., phos., plb., psor., rhod., ruta, sac-alb., **sil.**, staph., **stram.**, sumb.

FINANCIAL, loss of wealth or property, ailments from - ambr., **arn.**, **ARS.**, **AUR.**, calc., **calc-p.**, **carc.**, caust., cocc., **con.**, dig., gels., **ign.**, kali-br., lach., **lyc.**, mez., **nat-m.**, **nux-v.**, **PSOR.**, puls., **rhus-t.**, **sars.**, stann., staph., verat.

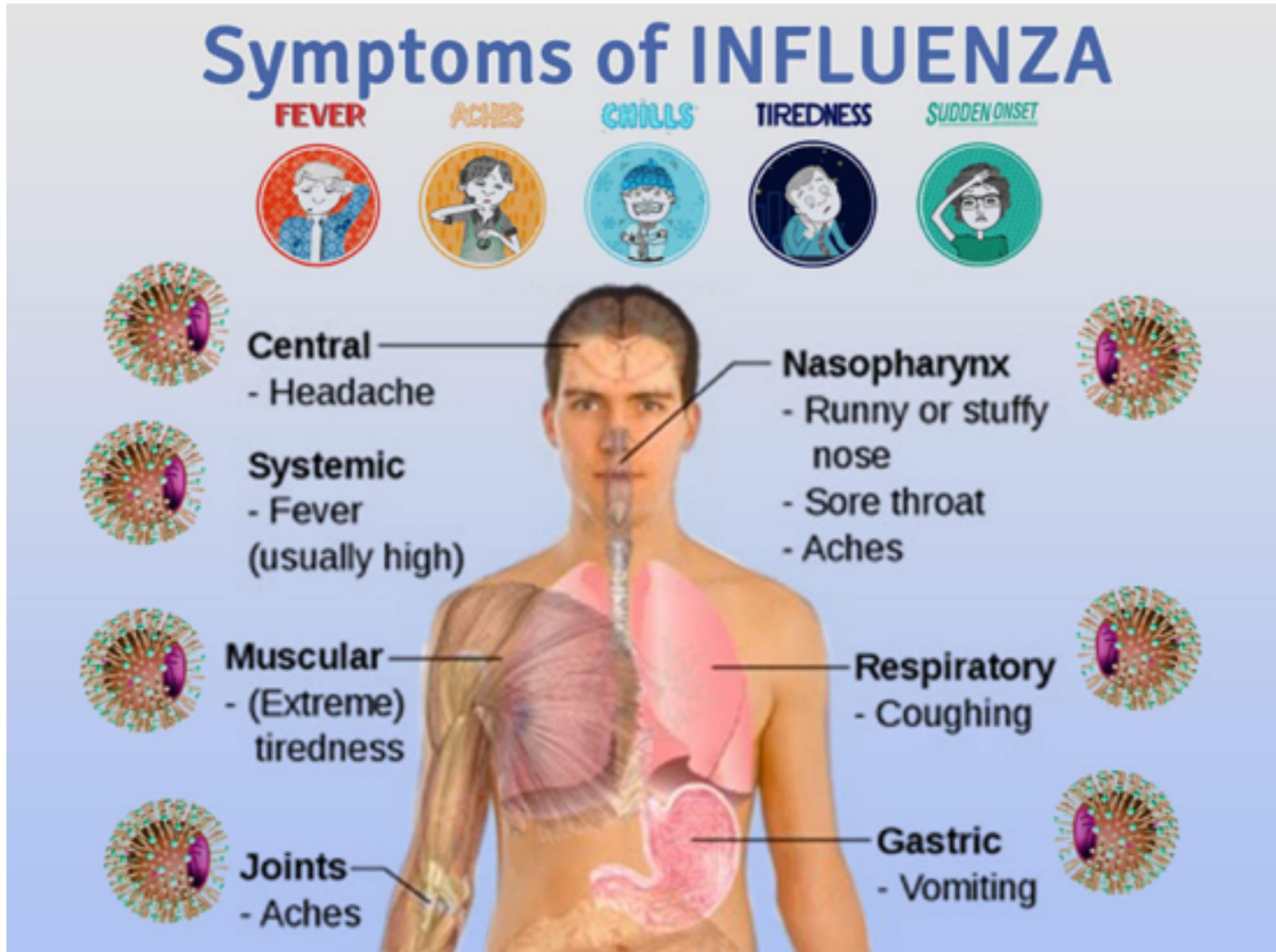


4. Homeopathic Remedies for Colds, Fevers and Influenza

Homeopathic Remedies for Colds, Fevers and Influenza



4. Homeopathic Remedies for Colds, Fevers and Influenza



4. Homeopathic Remedies for Colds, Fevers and Influenza

The Common Cold

How it is different from the flu:

- Symptoms come on slowly
- Low-grade fever if it occurs
- Bodyaches, fatigue, cough, sore throat are mild
- Runs its course in about a week
 - Can lead to mild inner ear infections

What they share in common:

- Fever
- Congestion
- Sneezing
- Cough
- Bodyaches
- Fatigue
- Sore Throat

The Flu

How it is different from a cold:

- Symptoms come on suddenly
- Higher and sustained fever
- Bodyaches, fatigue, cough, sore throat are more severe
- Symptoms persist for two weeks or more
- Can lead to pneumonia, bronchitis, and other colds or infections



4. Homeopathic Remedies for Colds, Fevers and Influenza

Colds, Fevers and Influenza Case Taking Format

Generals: Medical history, Age, Gender, Constitutional type, Etiology, Onset, Body position, Energy, Thirst, Appetite, Digestion, Appearance, Tongue, Pulse, Physical exams, Lab Tests. Weakness.

Temperature: Fever types, High, Low fevers, Times, Chills, Perspiration,

Mind: Agony, Anxiety, Cognition. Company. Fears, Irritable, Depression, Delirium, Discontent, Nervousness, Obstinate, Restless,

Breathing: Anxious, Hard, Breathing difficulties, Gasping, Irregular breathing, Labored breathing, Loud, breathing, Oxygen, Painful breathing, Panting, Shortness of breath. Suffocation, Unequal breaths, Wheezing.

Cough: Croupy cough, Deep, cough, Dry cough, Hacking cough, Hard cough, Hoarse cough, Loud, cough, Painful cough, Rattling cough, Spasmodic cough, Tickling, cough, Violent cough, Wet cough. Whistling, cough.

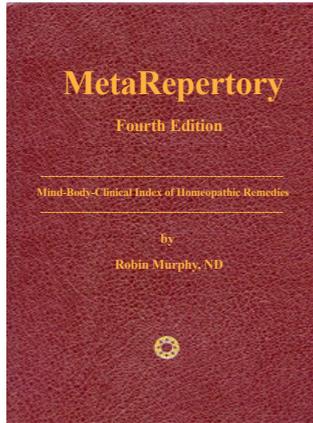
Expectoration: Bloody. Brown, Dark, Drooling, Frothy, Gelatinous, Green, Lumpy, Mixed, Pulmonary edema, Red, Rusty, Scanty, Spitting, Sputum absent, Taste, Tenacious, Thick, Thin, Watery, White, Yellow,

Pains and Sensations: Aching, Bruised, Burning, Cold feeling, Constant, Darting, Hot feeling, Piercing, Pleuritic pains, Radiating, Sharp, Sore, Stitching, Tingling, Tightness, Violent pain, Weakness, Weight.

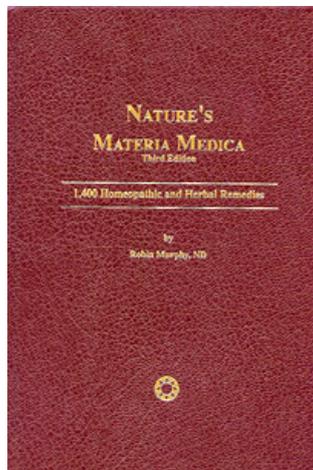
Modalities: Aggravation or Ameliorations, Better or Worse, Company, Exertion, Motion, Position, Pressure, Rest, Temperature, Time, Weather.



5. Homeopathic Repertory for Colds, Fevers and Influenza



**HOMEOPATHIC
MEDICINE**

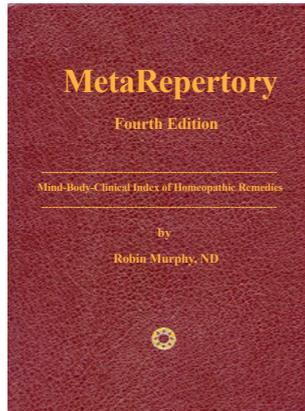


INFLUENZA, infection - abrot., acet-ac., **ACON.**, adon., aegle., aesc., aeth., agar., ail., *all-c.*, all-s., am-c., am-m., aml-n., ammc., ant-ar., *ant-c.*, ant-i., *ant-t.*, *arn.*, *apis*, **ARS.**, *ars-i.*, ars-s-r., asc-t., arum-t., atro., aur., aven., bac., bad., bamb-a., **BAPT.**, bar-c., bar-m., *bell.*, bell-p., benz-ac., blatta, *brom.*, bruc., **BRY.**, cadm-m., cadm-s., calc., calc-p., *calc-s.*, *camph.*, canch., capp., caps., *carb-ac.*, carb-v., **CARC.**, card-m., *caust.*, cean., *chel.*, *chin.*, chin-ar., *chin-s.*, *chinin.*, chlol., cimic., cist., **COCC.**, con., cot., crat., crot-h., cupr., cupr-ar., cur., cycl., cypr., dig., dpt., *dros.*, *dulc.*, dys-co., echi., erio., ery-a., **EUCAL.**, eug., **EUP-PER.**, euph., euphr., ferr., *ferr-p.*, formal., frax., gaert., **GELS.**, gink-b., glon., glyc., graph., gymn., ham., helo., hep., hipp., hydr., hydrog., hyos., hyper., ign., indol., **INFLU.**, inul., iod., ip., irid., iris, jab., just., kali-bi., kali-c., kali-i., kali-s., kalm., *kreos.*, lac-c., lach., laur., lem-m., lob-c., *lob-p.*, lob-s., *lyc.*, lycps., mag-m., mag-p., mand., med., menth., **MERC.**, merc-c., *merc-i-r.*, merl., mez., mill., mur-ac., myric., naja, nat-ar., nat-m., nat-s., *nat-sal.*, nid., nicotin., nux-m., **NUX-V.**, oci-s., op., **OSCILLO.**, ox-ac., ozone, pall., palo., *ph-ac.*, phel., **PHOS.**, phyt., pic-ac., pix., plat., plect., podo., *psor.*, puls., *pyrog.*, ran-b., ran-g., raph., rhod., **RHUS-T.**, rumx., *sabad.*, sabal., *sal-ac.*, salin., *samb.*, sang., *sanguin-n.*, sarcol-ac., sarr., sars., scut., seneg., sep., sil., silphu., sin-n., spig., spong., squil., stann., staph., still., **STICT.**, stram., stry., *sulph.*, sul-i., sys-co., tab., thlaspi, thuj., thyr., til., trio., *tub.*, *tub-a.*, usn., vario., verat., verat-v., visc. wye.

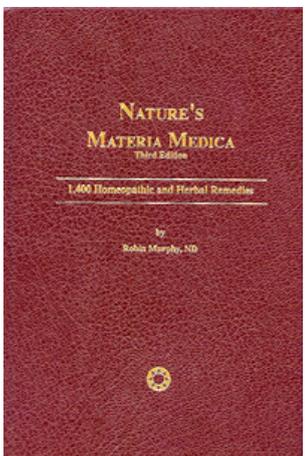


MetaRepertory, (4 edition)

5. Homeopathic Repertory for Colds, Fevers and Influenza



**HOMEOPATHIC
MEDICINE**



EPIDEMIC, Influenza from - *acon.*, *arn.*, **ANT-T.**, **ARS.**, *bac.*, *bapt.*, *bell.*, *bry.*, *camph.*, *carb-v.*, *carc.*, *chin.*, *chin-s.*, *dros.*, *eucal.*, **EUP-PER.**, *ferr-p.*, **GELS.**, **INFLU.**, *ip.*, *merc.*, *nat-s.*, *nux-v.*, **OSCILLO.**, *pyrog.*, *phos.*, *rhus-t.*, *sabad.*, *samb.*, *sang.*, *stann.*, *tub.*, *tub-a.*, *verat.*

STOMACH, influenza - *acon.*, **ANT-C.**, **ANT-T.**, **ARS.**, *bapt.*, *bell.*, *bry.*, *camph.*, *canth.*, *carb-v.*, *cham.*, *chel.*, *chin.*, *colch.*, *coloc.*, *cupr.*, *dros.*, *eup-per.*, **GELS.**, *ign.*, **IP.**, *iris*, *mag-m.*, *mag-s.*, *med.*, *merc.*, *mur-ac.*, *nat-s.*, *nux-v.*, *phos.*, *podo.*, **PULS.**, *rheum*, *rhus-t.*, *sec.*, *sulph.*, *tarax.*, *verat.*

WEAK, lungs - *all-c.*, *ambr.*, *am-c.*, *ant-ar.*, *ant-c.*, **ANT-T.**, *aral.*, **ARS.**, **ARS-I.**, *arum-t.*, **BAC.**, *bapt.*, *bell.*, **BLATTA**, *bry.*, *cact.*, *calad.*, **CALC.**, *camph.*, **CARB-V.**, *carc.*, *caust.*, **COCA**, *coc-c.*, *cupr.*, *cupr-acet.*, *cupr-ar.*, *dig.*, *dros.*, *ferr-p.*, *grin.*, *hep.*, *ign.*, **IP.**, **KALI-AR.**, *kali-bi.*, **KALI-C.**, *kali-m.*, **KALI-S.**, *lac-d.*, *lach.*, **LAUR.**, **LOB.**, *lyc.*, *med.*, *meph.*, **MERC.**, *merc-i-r.*, *naja*, *nat-ar.*, **NAT-S.**, *nit-ac.*, *nux-v.*, *phel.*, **PHOS.**, *plat.*, *polyg.*, *psor.*, **PULS.**, **RUMX.**, *sabad.*, **SAMB.**, *sang.*, *seneg.*, **SIL.**, *sin-n.*, **SPONG.**, *squil.*, **STANN.**, *stroph.*, *sulph.*, *sul-ac.*, *ter.*, *thuj.*, **TUB.**, *tub-a.*, *verat.*, *verat-v.*

WEAKNESS, after influenza - **ABORT.**, *adon.*, *anthr.*, *ars.*, *ars-i.*, **AVEN.**, **BAC.**, *cadm.*, *camph.*, *carb-ac.*, **CARB-V.**, **CARC.**, **CHIN.**, **CHIN-AR.**, *cinnam.*, *con.*, *crot-h.*, *cypr.*, *dros.*, **EUP-PER.**, **GELS.**, *gins.*, **IBER.**, **INFLU.**, *kali-p.*, *lath.*, *nat-sal.*, **OSCILLO.**, *ph-ac.*, *phos.*, *psor.*, *sal-ac.*, *sarcol-ac.*, *scut.*, *sil.*, *tarent.*, *tub.*, *tub-a.*, *verat.*, *x-ray.*



MetaRepertory, (4 edition)

4. Homeopathic Remedies for Colds, Fevers and Influenza

Major Remedies for Colds, Fevers and Influenza

Aconitum napellus

Allium cepa

Arsenicum album

Baptisa

Bryonia alba

Camphora

China off.

Drosera

Eupatorium Perf.

Gelsemium

Influenzinum

Mercurius sol.

Oscillococtinum

Pyrogen

Rhus tox.



6. Homeopathic Remedies for Pneumonia

First Group of Remedies for Pneumonia

<i>Aconitum napellus</i>	<i>Bryonia alba</i>	<i>Phosphorus</i>
<i>Antimonium tartaricum</i>	<i>Carbo vegetabilis</i>	<i>Pneumococcinum</i>
<i>Arsenicum album</i>	<i>Ferrum phosphoricum</i>	<i>Sulphur</i>
<i>Belladonna</i>	<i>Kali carbonicum</i>	<i>Tuberculinum Aviare</i>
		<i>Veratrum viride</i>

Second Group of Remedies for Pneumonia

<i>Ammonium carb.</i>	<i>Hepar sulph</i>	<i>Lycopodium</i>	<i>Sanguinaria</i>
<i>Calcarea carb.</i>	<i>Iodine</i>	<i>Mercurius sol.</i>	<i>Senega</i>
<i>Chelidonium</i>	<i>Ipecac</i>	<i>Opium</i>	<i>Silica</i>
	<i>Lobelia inf.</i>		

**HOMEOPATHIC
MEDICINE**

4. Homeopathic Remedies for Colds, Fevers and Influenza



Aconite nap. - Chill after cold, dry wind exposure, affected within a few hours. **Anxiety, restlessness, fear, agony.** Faint feeling on sitting up. Hot burning face. Often get **one sudden chill**, anxiety and slight runny nose. Give aconite right away and you can abort it. **Worse cold dry winds** and drafts. Fever with dry cough. **Worse at night.**



Allium cepa - Profuse runny nose, coryza and watery eyes. **Sneezing attacks.** Itching in the throat and tickling. **Excoriating discharge from nose.** Throat and larynx feel raw extending into the chest, tickling cough and tearing pain. **Watery discharge from eyes.** Worse after exposure to cold damp wind. **Hay fever and summer colds.**



Arsenicum alb. - **Respiratory flu** with anxiety and restlessness. **Gastric flu** with diarrhea, burning pain in the stomach, **nausea and anxious and restless.** Desperate, anxious and clingy. **Chills and fever with diarrhea.** Anxiety wants company. Worse at night. Sips warm drinks. Diarrhea, burning in the stomach, nausea. **Worse at night**, after midnight. Anxiety with **restlessness and fear**, prostration, weakness. **Thirst for sips of warm drinks.** Stomach flu with diarrhea and burning pains.



4. Homeopathic Remedies for Colds, Fevers and Influenza



Baptisia - Epidemic influenza. The Toxic flu. Breath smells bad, **high fever.** Comes on fast with **sudden fever and prostration.** Patient feels drunk, is confused, delirious, dissociated, **feels there are two of him,** limbs are scattered, restless and tosses and turns. **Septic conditions, great muscle soreness putrid phenomena are always present.** Offensive secretions. Inability to think, confusion. Pressure at root of nose. Skin feels tight across forehead. Head feels too large, **heavy, numb,** eyeballs are sore, brain feels sore. **Besotted look,** dark red face. **Can swallow liquids only** as solid food gags. Heavy drowsy with flushed face and wandering mind. Worse on awaking, cold wind, thinking about pains. Worse from humid heat, fog, indoors, pressure.



Bryonia alba - Dry hacking cough, holds chest when coughing. Better pressure, press areas of body to immobilize. **Very irritable, frustrated. Wants to be left alone. Splitting headache, worse from any motion.** Joint aches, aching pains. Slow onset. Severe dryness of lips and throat. Thirsty, crave cold drinks. Limbs ache. **Dryness of mucous membranes.** The lips are dry and cracked. Stitching, tearing pains, weakness. Hoarseness, **dry cough at night,** must sit up. Stitches in chest. Stiff, painful, joints. Chill with external coldness, internal heat. Constipation with dry hard stools. **Worse motion, movement of any kind. Worse deep breathing.**



4. Homeopathic Remedies for Colds, Fevers and Influenza



Camphor - First stages of a cold with chilliness and sneezing. Very sensitive to cold and to touch. Great sensitiveness to cold and cold air, which worsen pains, **takes cold easily**. **Icy coldness** of the whole body, **sudden sinking of strength**, pulse small and weak. Low blood pressure after operations, if temperature is subnormal. **Patient will not be covered**, notwithstanding the icy coldness of the body, or wants them off and then on alternately with internal burning heat and anxiousness. **Limbs cold with cramps**. Camph. achieved classical fame in **cholera epidemics**. In some epidemics, Camph. given early has cured a majority of the cases treated, whether it was given as drop doses of the tincture or in the 30c.

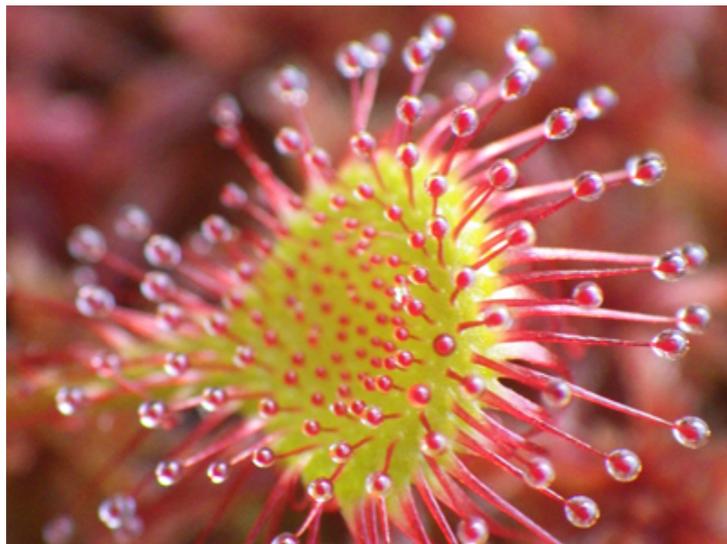


China off. - **Fevers. Chills.** Tropical, fever. **Malaria. Intermittent, fever.** Traumatic, fever. Influenza. **Dysentery. Hemorrhages. Dehydration. Blood, loss. Anemia. Fainting. Weakness. Edema. Fatigue.** Vertigo. Bloated abdomen, flatulence, colic. **Gas pains, better from bending double. Traveler's diarrhea.** Tympanic abdomen, tender to touch. Belches a lot which tastes bitter. **Sensitive to the cold wind and drafts.** Sensitive to slight touch, and noise. Feels worse after mental exertion, emotional upset or loss of vital fluids. **Night sweats that are debilitating.** Worse from sweat or diarrhea. Better from hard pressure, warmth. Better from loosening the clothes.

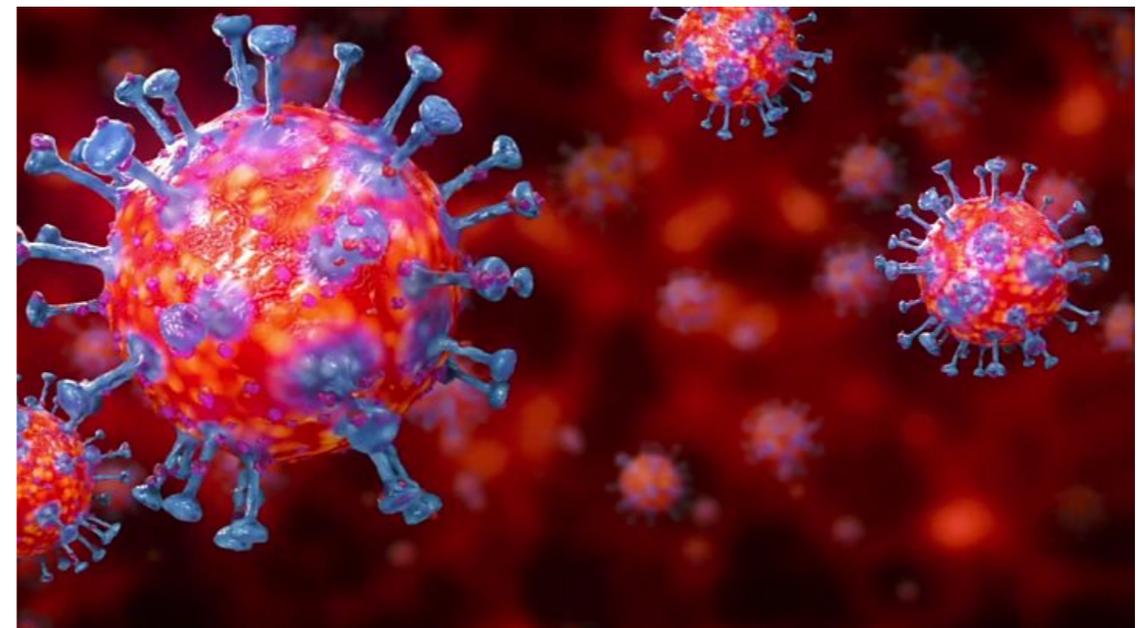
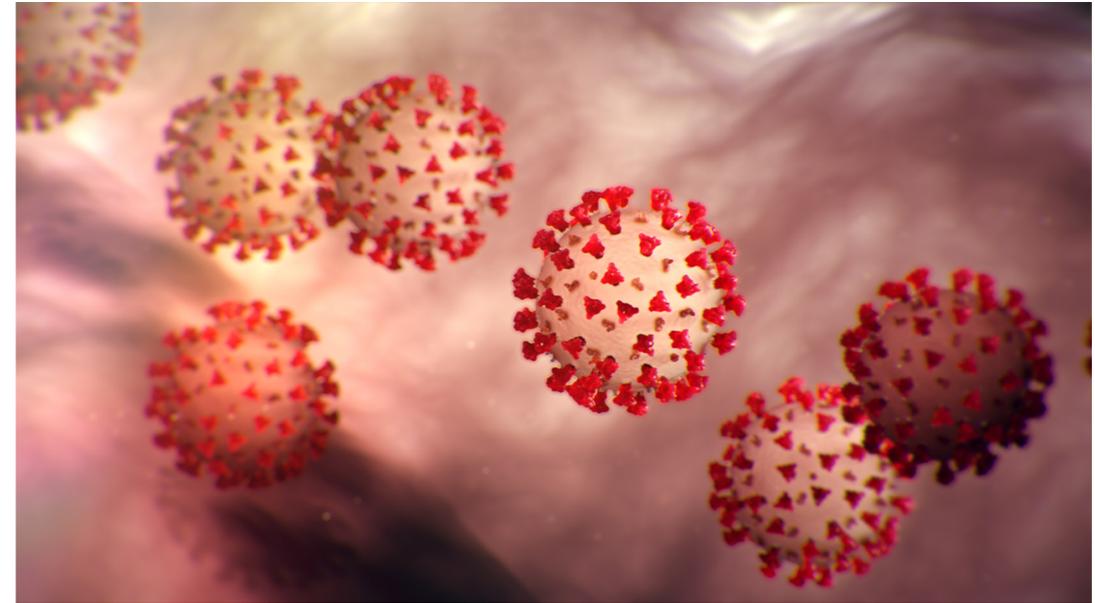
4. Homeopathic Remedies for Colds, Fevers and Influenza

The Doctrine of Signatures

Drosera Rotundifolia



Coronavirus: Covid-19



4. Homeopathic Remedies for Colds, Fevers and Influenza



Drosera - **Severe dyspnea** threatening suffocation. Dyspnea with blueness of face and lips. Dyspnea with **cold sweat on forehead**. dyspnea with vomiting of tough mucus. **Oppressed breathing**, as if holding back the breath. Coughs takes breath away. Spasmodic, dry irritative cough. **Attacks follow each other very rapidly**, can scarcely breathe. Cough very deep and hoarse, worse after midnight. **Deep barking or choking coughs**. Cough and chokes, worse singing, talking. **Periodical fits of rapid coughing. Prolonged and incessant coughs**. Cough with violent tickling in larynx arouses one from sleep. Hemoptysis after convulsions. **Whooping cough**. Yellow sputum, with bleeding from nose and mouth. Coughs followed by retching, vomiting.



Eupatorium perf. - High fevers. **Bone aches, as if they will break**. Very thirsty for cold drinks. Restlessness, bed in uncomfortable, feels hard. Bursting headaches. Sick and sweaty. Fevers and chills alternate. **Aching deep in bones**, back and legs. Throbbing head pain. **Soreness of eyeballs. Occipital pain after lying down with sense of weight**. Coryza with sneezing. **Hoarseness and cough with soreness of chest**. Cough relieved by getting on hands and knees, must hold chest. **Aching in arms and wrists**. Perspiration relieves all symptoms except headache. Chills **preceded by thirst and aching soreness of bones**. Worse from **cold air**, motion. Symptoms occur periodically. Worse in the morning, chills between **7-9 a.m.**

4. Homeopathic Remedies for Colds, Fevers and Influenza



Gelsemium - Influenza associated with nervous stress, fear, fright, emotional excitement or upset. Never well since influenza. Influenza with **dry cough, sore chest and watery coryza, no thirst**. Slow onset. Low fever. **Dizziness, droopy, dump and feeling drowsy** with eyelids half closed. Blurred vision. **Very apathetic, malaise**. Great weariness, prostration. Dullness of the mind. Cannot exert himself to move or turn. Wants to be left alone. Thirstless. **Trembling, muscle aches and weakness. Apathetic about their illness**, The head feels dull and heavy. **Dull aches** with **heaviness of eyelids**. Copious, profuse, clear urine which ameliorates the headache. **Vertigo from sudden motion, exertion or rising up from a seat. Trembling and** shaking. Chills run up and down the spine, as if cold water pour down the back. **Wiped out feeling. Influenza with malaise.**



Influenzinum - For the prevention and treatment of yearly bout of the influenza. **Influenza coming on slowly and is progressive**. For patients who trace their chronic problems back to a case of the flu. **CLINICAL - Aching, pain**. Anorexia. **Bronchitis**. Bronchial, asthma. **Bronchopneumonia**. Cardiac neurosis. **Catarrh**. **Chills**. **Colds**. Conjunctivitis. Coryza. Depression. Diarrhea. Encephalitis. Enterocolitis. **Fatigue**. **Fever**. Hyperthermia. Hypotension. **Influenza**. Laryngitis. Meningitis. Mononucleosis. Otitis. Pharyngitis. **Sinusitis**. Sycosis. Weakness.



4. Homeopathic Remedies for Colds, Fevers and Influenza



Mercurius sol. - Catarrh, with chilliness, dread of air. **Much saliva, metallic taste.** Cough at first dry, afterwards attended with bloody expectoration. **Respiration, worse lying on left side,** but cough worse lying on right. **Perspiration does not relieve. Bilious pneumonia,** [Ant. tart.] **Oppressed breathing,** with stitches in right chest through from scapulae. *Great tenderness over region of stomach and liver. ***Profuse sweat,** affording no relief. Inflammation of lung, right lung, right lower lobe. **Influenza in infants, Influenza, cough, with yellow muco-purulent sputum.** Cannot lie on right side, [left Phos.] Stitches from lower lobe to right lung to back. Profuse nightly perspiration, debility from perspiration. Heat and shuddering alternately. Creeping chilliness worse evening, night. **Debility, mistrustful, weary,** intense thirst for cold drinks, chilly.



Oscilloccinum - Give at the first onset of a flu. **Sudden onset.** High fevers. Strong headaches. **Bursting headaches with bone pains.** Very painful hacking cough. Pale, shivering. **Anxiety, fixed obsessional ideas, obstinacy.** Washes hands often. **Nasal discharge, obstruction and sneezing.** Serous to mucopurulent discharge. Pain in frontal sinuses. **Dry irritating cough.** Piercing pain both ears with decreased hearing.

Anas barbariae 200c



4. Homeopathic Remedies for Colds, Fevers and Influenza



Pyrogen - High fever and restlessness. Septic flus. **Feels bruised, sore, chilly.** Restless has to move even though it hurts. Bed uncomfortable and hard. **Sepsis.** Chills begins on back. **Sweating does not cause a drop in temperature.** Tongue is red and dry, foul breath. **Discharges are very offensive.** Painless throbbing of head. **Anxiety, loquacious, restless.** Throbbing in vessels of neck. Numbness of hands, arms, feet. **Delirious** and feels he has too many parts to his body. Much perspiration, bed is soaked. Pulse decreased and temperature increased or vice versa. Pulse abnormally rapid **out of proportion to temperature.**



Rhus tox. - Slow onset. **Stiffness of limbs,** sore joints, wants to stretch limbs, aching in all bones [Eup per.] Especially overexerting in cold damp. **Hoarseness, with loss of voice.** Worse cold damp weather. Aching in all limbs worse on beginning to move. **Restlessness, has to keep moving.** Tongue-coated with a red tip, dry and red at edges. Vertigo with rising. Sneezing with chilliness, worse evenings. **Swollen glands,** sore, sticking pains with swallowing' Tickling sensation behind sternum. **Cough during chill or with putting hands out of bed.** Chilly, as if cold water poured over him, followed by heat. Tearing pains, dreams of great exertion, sleepless before midnight, **thirsty, chilly.**



4. Homeopathic Remedies for Colds, Fevers and Influenza

Common Remedies for Colds, and Fevers

Aconite - **Early stages of cold.** Windy weather, drafts, air conditioning. Cold starts with chill. Watery discharge. Short, dry hacking coughs. **Restless**, panicked if accompanied by croup. Sneezing.

Allium cepa - **Watery and burning eyes. Violent sneezing with profuse watery discharge.** Itching in nose, palate and throat. Also for hay fever and acute allergies. Burning, excoriating discharge from the nose. Frenulum is red and excoriated.

Ferrum phos. - Very fast rising fever, symptoms look like Gels. Continuous fever w/ o any other symptom (possible pneumonia). If same picture with weak and exhausted, think of Kali phos.

Gelsem. - **Susceptible to change of weather.** Colds are **flu-like, exhaustion, trembling.** In acutes eyelids are very heavy and fall down. **Trembling from weakness**, that's why they don't want company and don't want to be disturbed. In acutes thirstless. Empty feeling, making them walk around to stop the feeling. Dull aching headache in occiput or forehead. Often get sore throat.

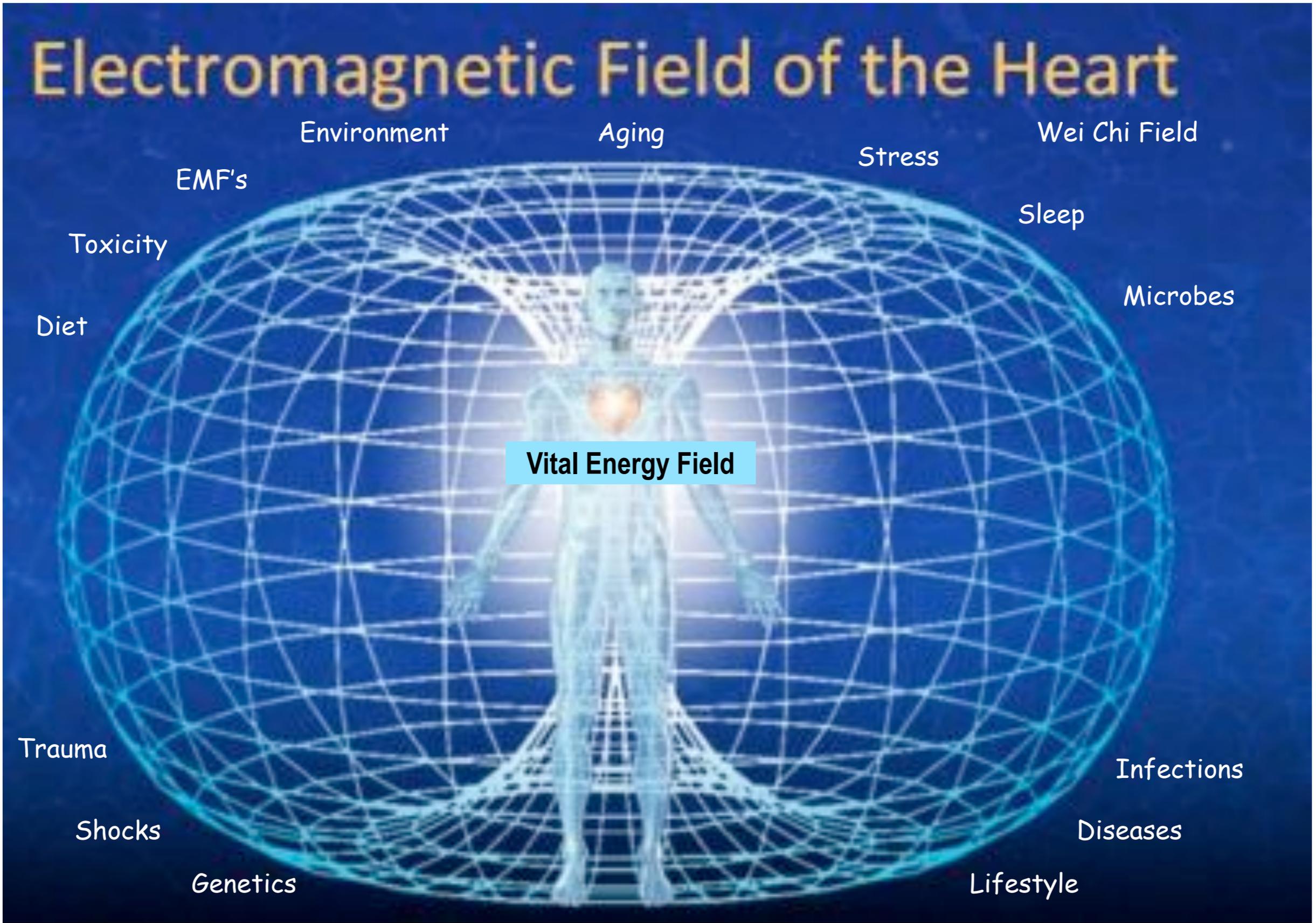
Pulsatilla - **Colds, with stuffy nose.** In acutes weep easily, weep most in acutes, chronically more than any other remedy. Thirstless. **Color of discharge changes**, Puls has all colors. Dry cough agg in every situation by lying down. Better open air. Worse stuffy rooms.

6. Medical Qigong for the Respiratory & Immune Systems

Medical Qigong for the Respiratory & Immune Systems



6. Medical Qigong for the Respiratory & Immune Systems



6. Medical Qigong for the Respiratory & Immune Systems

30

Benefits of Qigong

1. Loosens Muscles
2. Builds Power
3. Strengthens Organs
4. Slows Respiration
5. Strengthens Nerves
6. Builds Bone Density
7. Prevents Joint Injury
8. Strengthens Ligaments
9. Destroys Free Radicals
10. Increases Injury Recovery
11. Decreases Stress
12. Balances Emotions
13. Improves Circulation
14. Prevents Muscular Spasms
15. Reduces Pain
16. Lowers Heart Rate
17. Normalizes EKG
18. Lowers Blood Pressure
19. Improves Asthma
20. Relieves Bronchitis
21. Builds Immune System
22. Relieves Migraines
23. Decreases Stroke Risk
24. Improves Skin Elasticity
25. Improves Posture
26. Improves Flexibility
27. Increases Balance
28. Improves Memory
29. Aides in Digestion
30. Improves Kidney Function

6. Medical Qigong for the Respiratory & Immune Systems

Nadi Shodhana: Alternate Nostril Breathing



(Yoga Breathing for Health and Healing)

6. Medical Qigong for the Respiratory & Immune Systems

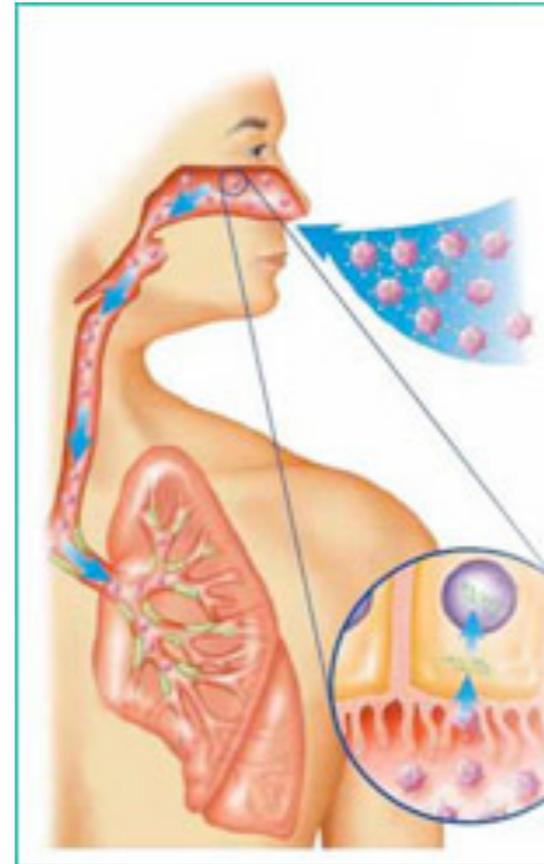
Nadi Shodhana: Alternate Nostril Breathing



*B*reathe...

because 70%
of your body
waste is
eliminated
through your
LUNGS.

www.tai-qi-gong.com



Performing regular breathing technique:

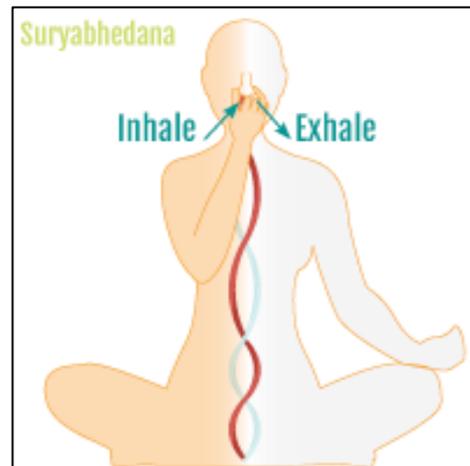
- bringing more oxygen and *prana* in the body
- improves digestion and circulation to the digestive system
- improves endocrine glands
- enhances concentration
- removes depression, anxiety and tension
- rejuvenate body



6. Medical Qigong for the Respiratory & Immune Systems

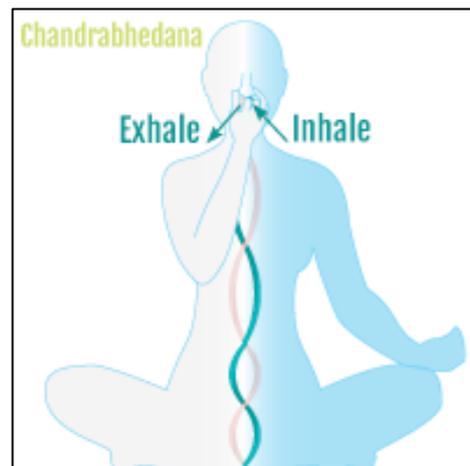
Nadi Shodhana: Alternate Nostril Breathing

Sympathetic Nervous System



Right Side

Parasympathetic Nervous System



Left Side

Balancing the Autonomic Nervous System

The Scientific Confirmation of Alternate Nostril Breathing

Medical science has recently discovered the **nasal cycle**, something that was **known by the yogis thousands of years ago**. The yogis claim that the natural period is every **two hours**, but we must remember modern studies were done on people who do not have an optimum health level.

Scientists also discovered that the nasal cycle corresponds with brain function. The **electrical activity of the brain was found to be greater on the side opposite the open nostril**. The right side of the brain controls creative activity, while the left side controls logical verbal activity.

The research showed that when the **left nostril was more open**, the **right side of the brain was predominant**. Similarly when the **right nostril was more open** the **left side of the brain was predominant**.



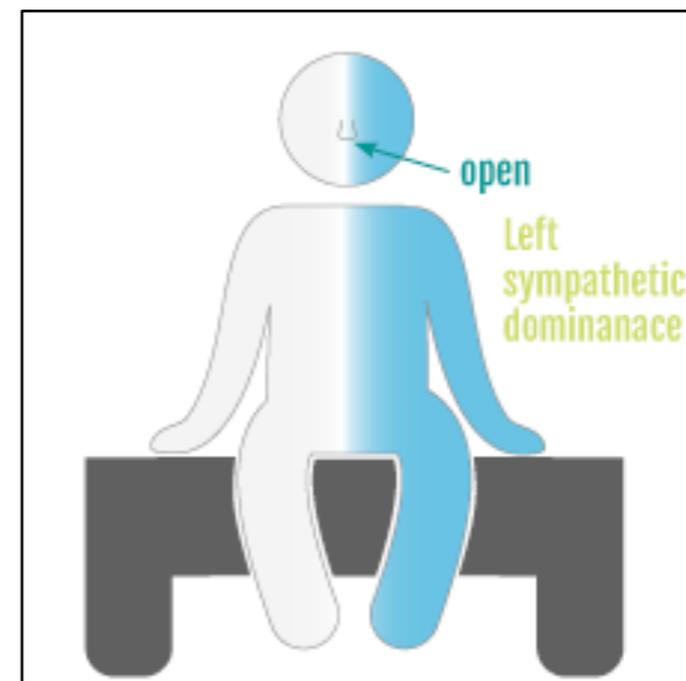
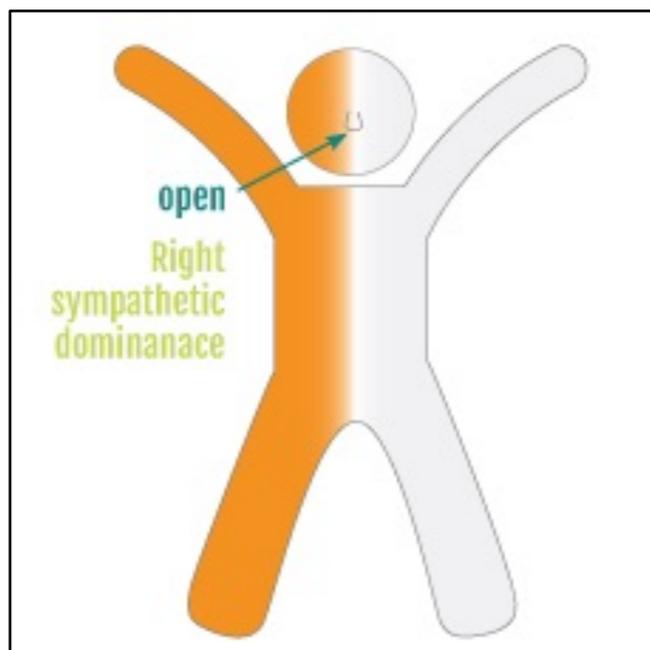
6. Medical Qigong for the Respiratory & Immune Systems

Nadi Shodhana: Alternate Nostril Breathing

The Scientific Confirmation of Alternate Nostril Breathing

What science confirmed so far:

1. At any given moment you are breathing through one dominant nostril; then some time later you switch to another one. This switch happens every 2-2.5 hours (although it can vary), and continues in a rhythmical fashion.
2. This rhythm changes over time for most people.
3. It seems to be controlled by the autonomic nervous system.
4. Swelling and shrinking seems to be related to sympathetic (SNS) and parasympathetic (PNS) nerves.



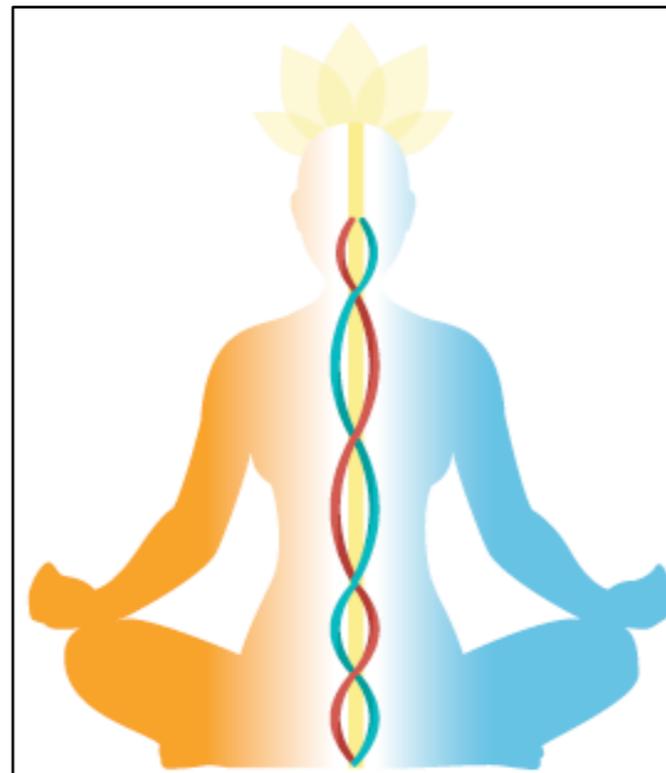
6. Medical Qigong for the Respiratory & Immune Systems

Nadi Shodhana: Alternate Nostril Breathing

There are the two nadis, nerve-currents one on either side of the spinal cord. **Surya** (Sun) nadi is the right and **Chandra** (Moon) nadi is the left nostril. They are also called **Pingala** and **Ida**, respectively.

The Vital Force Polarity

Pingala
Sympathetic
Nervous System
Sun-Yang
Right



Ida
Parasympathetic
Nervous System
Moon-Yin
Left

The Sun flows through the Pingala (right) and the Moon through the Ida (left). Pingala is heating while Ida is cooling.



6. Medical Qigong for the Respiratory & Immune Systems

12 Health Benefits of Nadi Shodhana:

1: Revitalizes you: A few rounds of alternate nostril breathing is a quick pick me up if you are feeling flat, tired or even stressed. It provides your body with a much needed dose of extra energy.

2: Improves brain function: When your mind is dull then concentration and clarity is poor. Alternate nostril breathing brings equal amounts of oxygen to both sides of the brain for improved brain function. **Five minutes of alternate nostril breathing before an exam or interview** is a great way to access your whole brain for improved performance. Remember the **brain loses hydration** first so drink water as well.

3: Cleanses your lungs: A **daily five minute practice morning and night** of alternate nostril breathing is great way to **remove stale air and impurities** from the bottom of your lungs.

4: Calms an agitated mind: For those prone to worrying. A few minutes of focused alternate nostril breathing is helpful in calming “**over thinking**” and “**over-doing**” mind. The yogis believe that if you can **regulate your breath, then you can control your mind.**

5: Merges the left “thinking” brain and right “feeling brain: Alternate nostril breathing **optimizes both sides of your brain** so you can access your whole brain, and all the benefits that go with it. Try it out next time you need to drive your car. **Cover your left nostril** with your thumb and **breathe only through your right nostril for one minute.** This should keep you **more alert when driving.**

6: Encourage a calmer emotional state: In times of emotional distress and upset, a few rounds of mindful nostril breathing will soften the intensity of over reactive emotional states. The longer you practice, the **more stable your thinking, and the calmer your emotions** will become.



6. Medical Qigong for the Respiratory & Immune Systems

12 Health Benefits of Nadi Shodhana:

7: Improves sleep: If you can't sleep at night **lay on your right hand side**, gently **close your right nostril** with your right thumb and **breath** through your **left nostril**. This will **activate your parasympathetic nervous system** which will **calm you down and slow your heart rate**. Left nostril breathing is **cooling, calming and nourishing** for your whole being.

8: Great preparation for meditation: Alternate nostril breathing is a simple little trick that can be practiced for a few minutes before you begin your meditation practice. It's a very easy way to help you find your meditation groove.

9: Soothes your nervous system: By **focusing on your breath** and deepening it, your brain will register this message and trigger the **parasympathetic nervous system**. You have effectively switched your nervous system from a stressed response, into a relaxation response. **Single left nostril breathing (by closing your right nostril)** will direct the flow of oxygen and energy to the **right hemisphere of your brain**, allowing once again, for the **parasympathetic nervous system** to be switched on.

10: Regulates the cooling and warming cycles of the body: **Left nostril** is feminine, nurturing, calm, receiving and cooling. **Right nostril** is masculine, heat, competitive, doing, active and force. Favoring one nostril more than the other can effect the heat or coolness of your body.

11: Clears and boosts your energy channels: Slightly forced alternate nostril breathing improves and **directs the flow of energy** throughout your body – preventing sluggishness. It oxygenates your blood and allows the energy (prana) in your body to be strong and flowing.

12: Enhances rest and relaxation: A **restless mind cannot relax**. Alternate nostril breathing melts away an imbalances between the right and left hemisphere of your brain and calms your thinking. This is perfect for helping you access rest and relaxation far more efficiently.



6. Medical Qigong for the Respiratory & Immune Systems

Nasal Breathing and Mouth Taping

Mouth Taping: The Secret to Better Sleep and a Healthier Mouth

Mouth taping therapy is likely to be the next big thing in health, as people learn the huge benefits of nose breathing.



6. Medical Qigong for the Respiratory & Immune Systems

Mouth Taping: The Secret to Better Sleep and a Healthier Mouth

Buteyko: Why Indonesia singer Andien sleeps with tape on her mouth

<https://www.bbc.com/news/world-asia-48951583>



The Buteyko technique was first developed in the 1950s by the Soviet doctor of the same name, Konstantin Pavlovich Buteyko.

Buteyko has been claimed to improve a host of ailments, from **diabetes to chronic fatigue, ADHD and depression**. But perhaps the condition it has become most closely associated with is **sleep apnea**.

6. Medical Qigong for the Respiratory & Immune Systems

Mouth Taping: The Secret to Better Sleep and a Healthier Mouth



Why should I mouth tape?

- **Better sleep:** More deep sleep and REM = better rest in less time!
- **Less chance of grinding teeth:** Many cases of grinding happen when your mouth has fallen open, blocking your airway.
- **Less cavities + bad breath:** A dry mouth feeds more bacteria, so reducing your mouth breathing supports a healthier oral microbiome.
- **Increased nitric oxide:** When you breathe through your nose, your body produces more nitric oxide. It helps with blood pressure regulation, weight loss, memory, learning, inflammation, and more.

6. Medical Qigong for the Respiratory & Immune Systems

Mouth Taping: The Secret to Better Sleep and a Healthier Mouth

How to tell if you're a night time mouth breather.

Recognize any of these things happening to you on a regular basis? If the answer is yes, you might be a mouth breather:

- **Getting up in the middle of the night to urinate**
- **Tossing and turning through the night**
- **Nasty breath in the morning**
- **Snoring, snorting**
- **Gingivitis and or bleeding gums**
- **Signs of teeth grinding**
- **Cavities**
- **Drool on your pillow**
- **Dry Mouth, sore throat**
- **Sleep apnea**
- **Tendency to colds, flus and allergies**



7. Superfoods & Herbal Tonics for the Respiratory System

Superfoods and Herbal Tonics for the Respiratory System



7. Superfoods & Herbal Tonics for the Respiratory System



Are Fevers
Good or
Bad?

“Give me the power to induce
fever and I will cure all diseases”
-Parmenides



Natural Remedies for Fevers and Infections

1. A fever **stimulates your immune system** into producing more **white blood cells, antibodies, and a protein called interferon**, all of which work to protect your body against harmful microorganisms.
2. By raising your body's temperature a few degrees, a fever makes it harder for invading bacteria and viruses to survive and flourish. The **higher your core body temperature is, the harder it is for harmful microorganisms to survive** in your body.
3. A fever helps to shuttle iron to your liver so that it is not readily available to fuel the growth of invading bacteria.

Longstanding belief, and even parental instinct, may compel you to fight your child's fever to ease the persistent crying and discomfort. But most experts say not to worry so much about treating your child's fever. In fact, they say, for children older than six months old, having a fever may be a good thing.

“**Fever is often a good sign of a robust immune system,**” said Dr. Kathi Kemper, professor of pediatrics at Wake Forest University Baptist Medical Center. “**A fever in and of itself is not dangerous.**”

7. Superfoods & Herbal Tonics for the Respiratory System



I ❤️
HOMEOPATHY

Fevers and Infections

Most infectious illnesses run their course without any big worries. But for some symptoms (and for certain kids) they may warrant a consultation with your health care provider. Watch for:

Dehydration. Your child may have sunken eyes (or, if he's a baby, a sunken fontanel, or soft spot on his head) or seem extremely lethargic, or his mouth might be sticky or tacky to the touch. Also beware if he's urinating fewer than three or four times a day.

High fever. In newborns, any elevated temperature warrants a call. For infants 3 to 6 months old, phone if the fever hits 101°F; for older babies and children, the threshold is 103°F.

Breathing difficulty. If your child is wheezing, his breathing is fast or labored, or you notice long pauses between each breath.

Not eating. It's normal for a sick child to have little interest in food. But if your kid is eating or drinking less than half of what she normally would for two days or longer.

Preexisting conditions. If your child has been diagnosed with asthma, diabetes, a suppressed immune system, or another chronic medical condition, every time he comes down with a virus that could compromise his health.

7. Superfoods & Herbal Tonics for the Respiratory System

What temperature constitutes a fever?

Normal Temperature

97 to 99 degrees (36 to 37.2 Celsius)

Low-Grade Fever

99 to 100.9 degrees (37.3 to 38.3 Celsius)

Common Fever

101 to 103.5 degrees (38.4 to 39.7 Celsius)

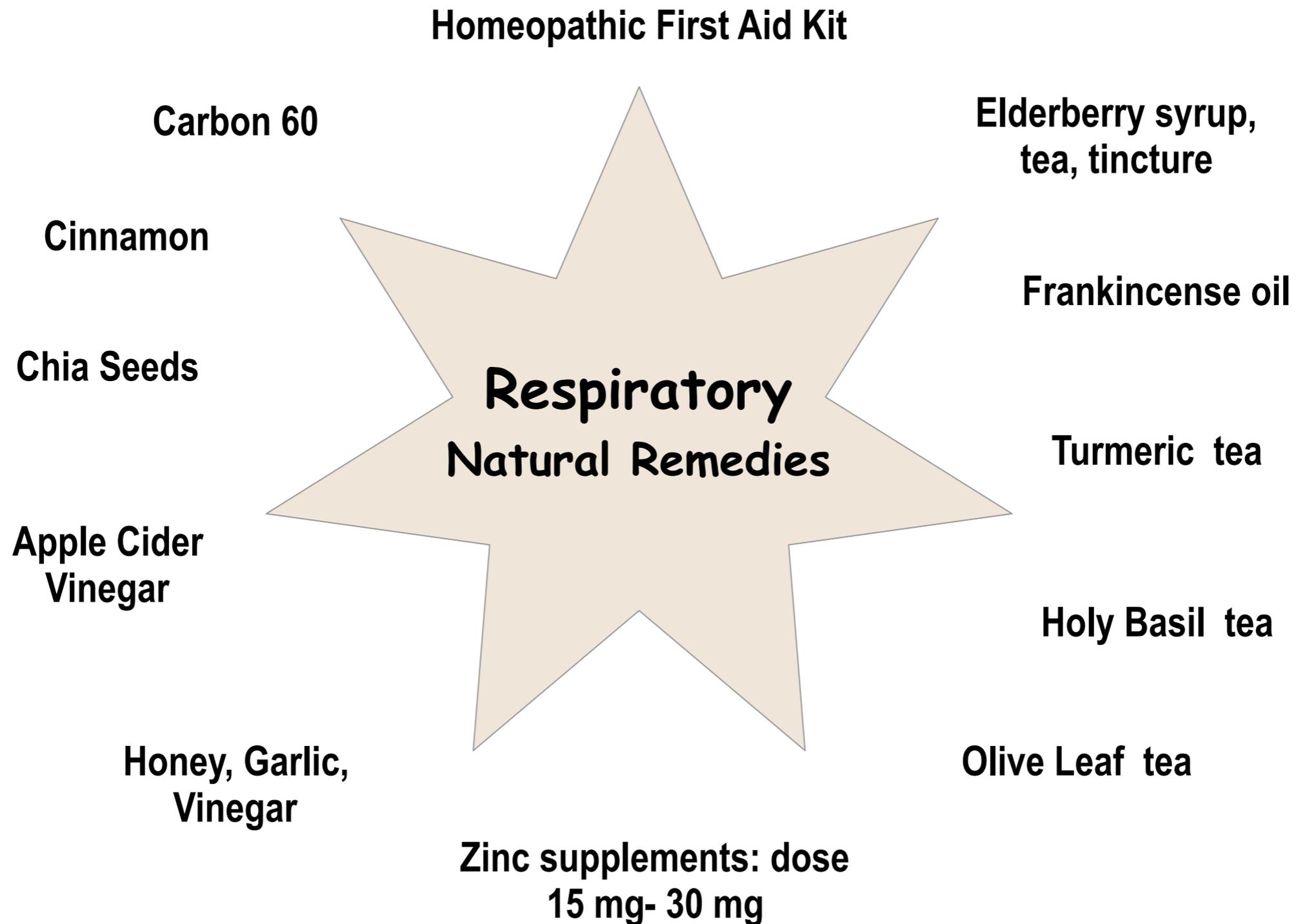
High Fever

Any fever over 103.6 degrees (39.8 Celsius)

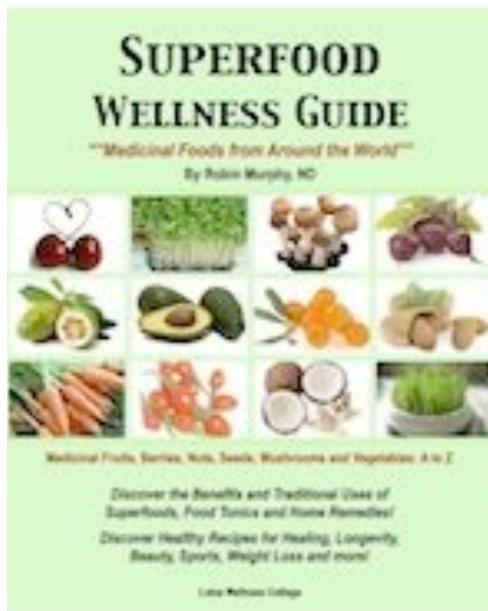
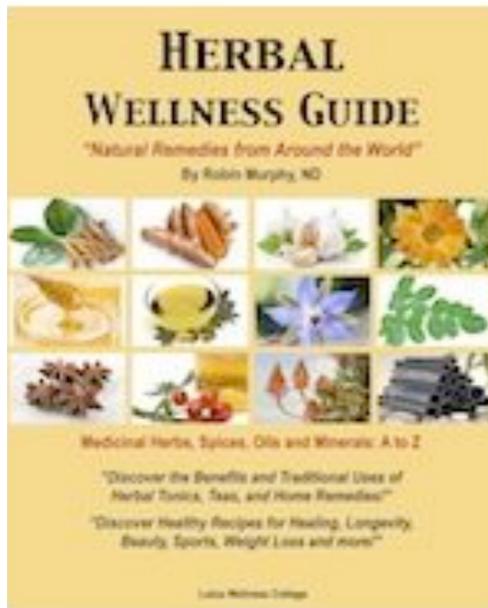


7. Superfoods & Herbal Tonics for the Respiratory System

Natural Remedies for colds, fever and flu prevention, treatment and recovery



7. Superfoods & Herbal Tonics for the Respiratory System



Herbal and Superfood Tonics

Viral, infection, tonics - **Basil.** Basil oil. Cabbage. **Cat's claw.** Catuaba. **Chaga.** Cloves. Coconut oil. Dragon's blood. **Elderberry.** Fulvic acids. Garlic. **Holy basil.** Lemons. **Olive leaf.** **Oregano oil.** Pau D'arco. Reishi. St. John's wort. Star anise. Tea tree oil. Umeboshi. Zeolite.

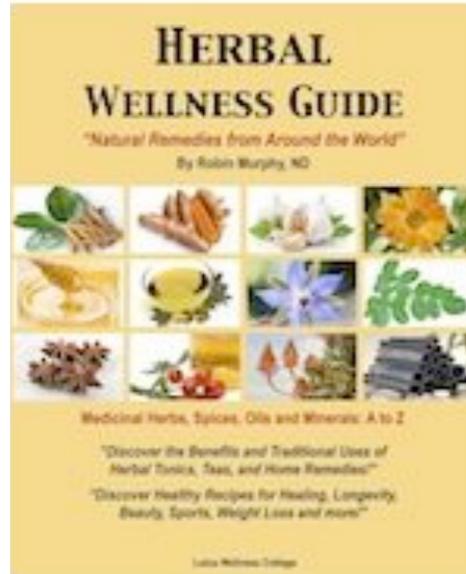
Colds, tonics - **Anise.** Apple cider vinegar. **Basil.** **Basil oil.** **Bitter melon.** Black cumin. Black pepper. Buckwheat. Cat's claw. Cayenne. **Cinnamon.** Cranberry. Baking soda. Dill. Dragon fruit. Echinacea. **Elderberry.** **Eucalyptus oil.** Fennel. Fenugreek. Frankincense. Galangal root. Garlic. **Ginger.** Grapefruit seed. **Holy basil.** Honey. **Horseradish.** Irish moss. Jujubes. **Leeks.** **Lemons.** Licorice. Limes. **Mustard.** **Olive leaf.** Onions. **Osha root.** **Peppermint oil.** Pineapple. **Pippali.** **Rose hips.** Siberian ginseng. Star anise. Star fruit. Stevia. Suma root. Tamarind. Thyme. Umeboshi. **Wasabi.** Yarrow. Yellow dock.

Coughs, tonics - **Anise.** **Apple cider vinegar.** **Basil.** Basil oil. Bitter melon. Black cohosh. Black cumin. Cardamom. **Cinnamon.** Dragon fruit. **Elderberry.** **Eucalyptus oil.** Fennel. Fenugreek. **Frankincense.** Galangal root. **Ginger.** **Honey.** Jujubes. **Licorice.** **Osha root.** Peppermint oil. Pineapple. **Pippali.** **Rose hips.** Schizandra. **Star anise.** Star fruit. **Thyme.** Turmeric. Vanilla. Wasabi. Watercress. **Wild lettuce.** **Yellow dock.**

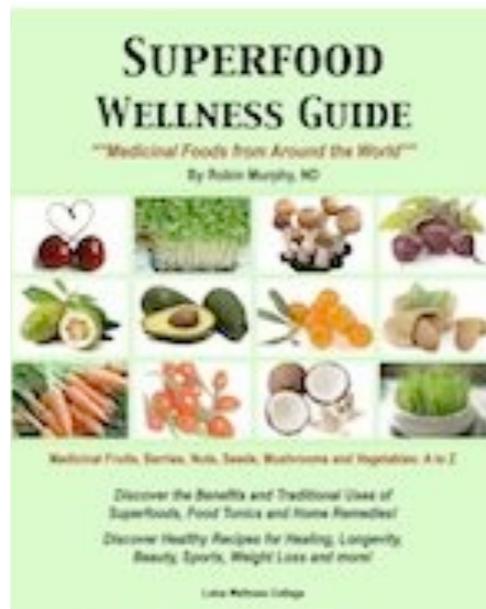
**HOMEOPATHIC
MEDICINE**

7. Superfoods & Herbal Tonics for the Respiratory System

Herbal and Superfood Tonics



Bacterial, infection, tonics - Basil. Basil oil. Bitter melon. Cabbage. Cat's claw. Catuaba. Cayenne. Chaga. Cloves. Coconut oil. Cranberry. Dill. Dragon's blood. Echinacea. Elderberry. Frankincense. Galangal root. Garlic. Grapes. Holy basil. Honey. Horseradish. Hydrogen peroxide. Lavender oil. Lemons. Limes. Myrrh. Neem. Noni. Olive leaf. Onions. Oregano oil. Peppermint oil. Pumpkin seeds. Rosemary oil. Star anise. Stevia. Tea tree oil. Teasel root. Thyme. Wasabi. Yellow dock.



Bronchitis, tonics - Anise. Apple cider vinegar. Basil. Basil oil. Bitter melon. Black cohosh. Black cumin. Cardamom. Cinnamon. Cordyceps. Dragon fruit. Elderberry. Eucalyptus oil. Fennel. Fenugreek. Frankincense. Galangal root. Garlic. Honey. Hydrogen peroxide. Japanese knotweed. Jujubes. Licorice. Lion's mane. Lotus root. Oranges. Osha root. Peppermint oil. Pineapple. Pippali. Rose hips. Schizandra. Star anise. Star fruit. Suma root. Sweet potatoes. Thyme. Turmeric. Vanilla. Wasabi. Watercress. Yellow dock.

**HOMEOPATHIC
MEDICINE**

7. Superfoods & Herbal Tonics for the Respiratory System

Natural Remedies for Fevers and Infections

Holy Basil, A Great Remedy For Fever

Holy basil can give wonderful benefits to the body and its antibacterial nature makes it a good remedy for feverish conditions. Take a **handful of holy basil leaves and boil in 2 glasses of water**. Allow this decoction to cool. In the meanwhile, you can add a half a cup of coconut milk, one teaspoon of honey. Add these along with holy basil water and **drink twice a day**.

Fenugreek Seed Treatment For Fever

Fenugreek seeds are great to treat fever. **Take a teaspoon of fenugreek seeds and boil it in half a cup of water. Drink this mucilaginous water twice a day**. It will also remove phlegm if the fever is associated with cough or cold. This is a popular home remedy for treating fever.

Cinnamon and Honey Tea

Make a cup of cinnamon and honey tea for any type of fever. Add lemon juice to it in order to increase its intensity. Take this tea three times daily and see what a magic potion it had been!

Raisin Extract For Bringing Down Common Fever

Soak the raisins in half a cup of water until it becomes soft. Crush the raisins along with the water in which it was soaked. **Strain the raisin juice** and **add one teaspoon of lemon juice** to it in order to increase its intensity. Take this juice twice daily and see what a magic potion it had been!

Fever Can Be Reduced With Saffron Water

Saffron can be used as an effective treatment for fever. **Take one tablespoon of saffron and boil it in 120 ml of water, 4 oz**. One teaspoon of this can be administered to the patient **every hour until he fever comes down** and finally vanishes to your great relief.

7. Superfoods & Herbal Tonics for the Respiratory System

Apple Cider
Vinegar



Garlic

Honey

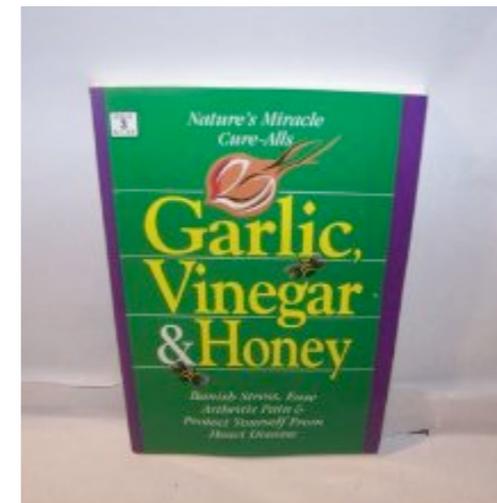
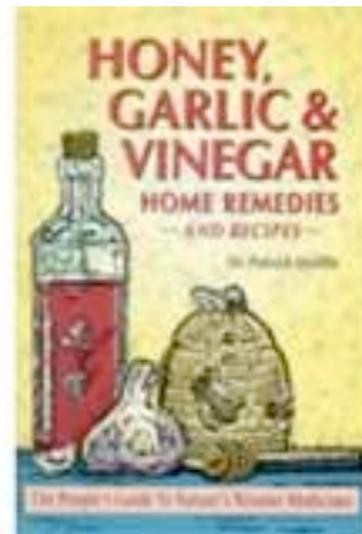
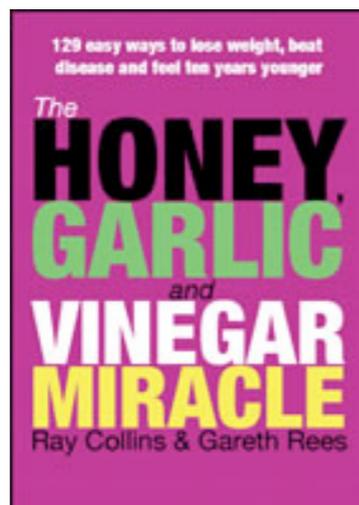
Miracle Elixir

Apple Cider Vinegar, Garlic and Honey

Elixir Recipe: Apple Cider vinegar, garlic, honey remedy. Here's how to make your own miracle medicine. Put the following in a blender... Mix on high speed for 60 seconds.

1 cup apple cider vinegar
1 cup raw honey
8 cloves garlic

Pour mixture into a glass container. Seal and leave in the refrigerator for seven days. Normal dosage is 1 to 2 tsp. in a glass of water or fruit juice is best before breakfast.



7. Superfoods & Herbal Tonics for the Respiratory System

Frankincense (Boswellia Sacra)



Clinical - Abscesses. Acne. Allergies. Alzheimer's disease. Anxiety. **Arthritis. Asthma. Bites.** Bladder, infections. Boils. **Brain, fog. Bronchitis. Cancer.** Carbuncles. Catarrh. Circulation. **Colds. Congestion. Coughs.** Crohn's disease. Cuts. Cysts. Dementia. **Dental, problems.** Depression. Dermatitis. Diarrhea. **Epilepsy. Fevers. Gingivitis.** Gonorrhoea. Headaches. Herpes. Indigestion. **Infections. Inflammation. Influenza. Insect, bites.** Insomnia. Jaundice. **Joint, pains.** Laryngitis. **Lung, weakness.** Meningitis. Memory, weakness. Menstrual, disorders. Osteoarthritis. Pains. **Pneumonia. Poisoning.** Prostate, problems. **Respiratory, problems. Rheumatism.** Scars. Sciatica. Senility. Sinusitis. **Skin, problems.** Sore, throat. **Sores.** Stomach, ache. Syphilis. Tonsillitis. Tuberculosis. Typhoid. Ulcerative colitis. Ulcers. Urinary tract infections. Vision, problems. Warts. **Wounds. Wrinkles.**



**HOMEOPATHIC
MEDICINE**

7. Superfoods & Herbal Tonics for the Respiratory System

Frankincense (Boswellia Sacra)



Respiratory - Traditionally, healers burned frankincense and myrrh to treat respiratory infections and promote the **expulsion of phlegm**. Add essential oils of **frankincense and myrrh to a humidifier or hot bath**; the steam can soothe your irritated mucus membranes. A tea made with frankincense or myrrh may help to ease **sinus infections and sore throat**.

Expectorant - Drives away **cough and phlegm** deposited in the respiratory tracts and lungs. Also gives relief in **bronchitis and congestion of nasal tract, larynx and pharynx, bronchi and lungs**.

Bronchitis - Use the same steam inhalation method to treat bronchitis and similar respiratory ailments such as laryngitis. Frankincense is helpful because it helps regulate excessive mucus. Consider adding **two or three drops of frankincense with eucalyptus oil** for an especially therapeutic blend.



**HOMEOPATHIC
MEDICINE**

7. Superfoods & Herbal Tonics for the Respiratory System

Frankincense (Boswelia Sacra)



Mental health - Aromatherapy practitioners use a combination of **frankincense and myrrh** to **ease emotional tension, depression, anxiety and panic**. Traditionally, practitioners believed in the medicinal benefits of frankincense and myrrh for **mental clarity**; it was said that the tree resins could open the mind and promote memory

Anxiety - Frankincense oil promotes deep **breathing and relaxation**, and it can be used to reduce anxiety. At the first signs of stress, **add a few drops of frankincense oil** to an oil burner or diffuser to disperse the scent throughout a room, or **add a few drops to a bowl of water and inhale**.



**HOMEOPATHIC
MEDICINE**

7. Superfoods & Herbal Tonics for the Respiratory System

Carbon 60 in Olive Oil Tonic



What is Carbon 60?

Carbon 60 is a tiny molecule composed of **60 carbon atoms arranged in a sphere**, and is also known as a **uckyball**.

Buckyballs are members of the fullerene family of carbon structures, which also include spheres, tubes, ellipsoids and a variety of other shapes.

Fullerenes can range from **20 carbon atoms up to as many as 100 carbon atoms**, and are of great interest to researchers for both their chemical properties and possible applications in industry and technology.

Star Dust, Meteorites or Lightning Discharges - Carbon-60 has been found in the discharge caused from where **lightning strikes** the ground or a dead tree. It has also been collected from **meteorite** samples and is even found when **star dust** is analyzed.

This all contributes to the idea that **Carbon 60** far **predate life on Earth** and are possibly a **primordial constituent of the universe and creation**.

7. Superfoods & Herbal Tonics for the Respiratory System

Carbon 60 in Olive Oil Tonic

People have reported the following beneficial effects:

- **More energy**
- **Better sleep** - less sleep needed, helps insomnia.
- **Mental improvements**, helps brain fog, memory better.
- **More strength** - Can lift much heavier weights, sometimes to the point of causing tendon injury. Commonly reported. Can do more reps of the same weight. This was the most commonly reported benefit..
- **Calmer**, reduction in stress, less anxiety
- **More stamina** - Can run longer with seemingly more effective utilization of Oxygen. Less fatigue. "**Cardiac improvements**". Better stamina and endurance. Can run faster while feeling more comfortable. C60 could become interesting for athletes.
- **Reduces Inflammation** and Symptoms of Arthritis
- **Faster recovery** of the skin after sunburn (with topical application). Do not expose C60 products to UV light - it splits off reactive Oxygen species under UV.
- **Anti-aging** - protecting against the effects of aging such. Increases Longevity.
- **Free Radicals** - Scavenges Free Radicals. It has been reported that this molecule has an antioxidant capacity several hundred times higher than other antioxidants!
- **Chronic diseases** - Cancers and immune system deficiencies, Alzheimer's disease.
- **Higher libido**. This is also seen in rat trials, already with 4 micrograms/kg, a dose five times lower than what the recommend as a daily dose.
- **Protects Cartilage** and Improves Bone Health
- **Helps Eradicate** Bacteria and Viruses
- **Weight loss** - Prevents You From Getting Fatter
- **Inhibits Tumor Growth**
- **May Reverse Skin Disorders**



7. Superfoods & Herbal Tonics for the Respiratory System



Sambucus Nigra: Elderberry Tonic

Botanical Name - Sambucus Nigra.

Common Names - Elderberry plant is also known as 'black elder', 'European elder', 'European elderberry' and 'European black elderberry'.

Preparations - Flowers. Berries. Jelly, Juice, Leaves. Tinctures. Syrups. Wine.

Clinical - Acne. Arthritis. Asthma. Bacterial, infections. Bladder, infection. **Bronchitis.** Cancer, **Colds.** **Congestion.** Constipation. **Coughs.** Diabetes. Eczema. Fatigue, **Fevers.** Headache, Heart, problems, **Infections.** **Influenza.** **Lung, disorders.** Macular degeneration. **Pneumonia.** Psoriasis. Rheumatism. **Respiratory, problems.** Sinusitis. **Sore, throat,** Ulcers, **Viral, infections.** Weight, loss, Yeast, infection.





7. Superfoods & Herbal Tonics for the Respiratory System



Sambucus Nigra: Elderberry Tonic and Cytokines

The Facts on Black Elderberry and COVID-19

Gaia Herbs • March 19, 2020

Concerns raised about Elderberry seem to be based on a **2001 study** involving healthy volunteers and the popular Elderberry product Sambucol®.

However, the **research did not suggest it would stimulate a cytokine storm, CRS** in patients that have an underlying condition that may tax the immune system.

In that study, researchers concluded, **Elderberry Extract** might therefore be beneficial to the immune system activation and in the inflammatory process in healthy individuals or in patients with various diseases.

Elderberry is not likely to be able to cause CRS to happen by itself, and there have been no causative links of Elderberry or any herbs associated with CRS.

Cytokines are cellular communication molecules that the immune system uses to communicate with itself and mobilize the healing response. They are used for local communication between immune cells and local tissues.

Elderberry Extract and its formulations activate the healthy immune system by increasing inflammatory cytokine production.

A **cytokine storm** is experienced in the advanced stages of infection, such as **sepsis or acute respiratory distress syndrome (ARDS)**, when there is already a significant amount of damage to the tissues in the body. By the time a cytokine storm may be experienced in a respiratory distress situation, a person would most likely be in a significantly compromised state and may already be in the ICU on lifesaving respiration equipment with care being managed by medical professionals.





7. Superfoods & Herbal Tonics for the Respiratory System

Sambucus Nigra: Elderberry Tonic and Cytokines



The Facts on Black Elderberry and COVID-19

Elderberry and COVID-19 – What are the Facts?

In times of trial, everyone is looking for information, and it can be hard to determine what is legitimate versus what is not. We have noticed that there has been some inaccurate information reported regarding Elderberry and the potential effects of use with COVID-19. Simply put, there is no valid correlation between Elderberry and a “cytokine storm” (correctly known as **Cytokine Release Syndrome, or CRS**).

Summary:

There are no reported cases or associations of elderberry and cytokine storm. The only data on elderberry and elevated cytokines is from a study using only healthy volunteers¹, meaning all we know is that as a preventive measure, it may work partly in this manner. The association with elderberry and cytokine storm is implausible; elderberry is not likely to be able to cause cytokine storm whether used for prevention or infection, or during infection.

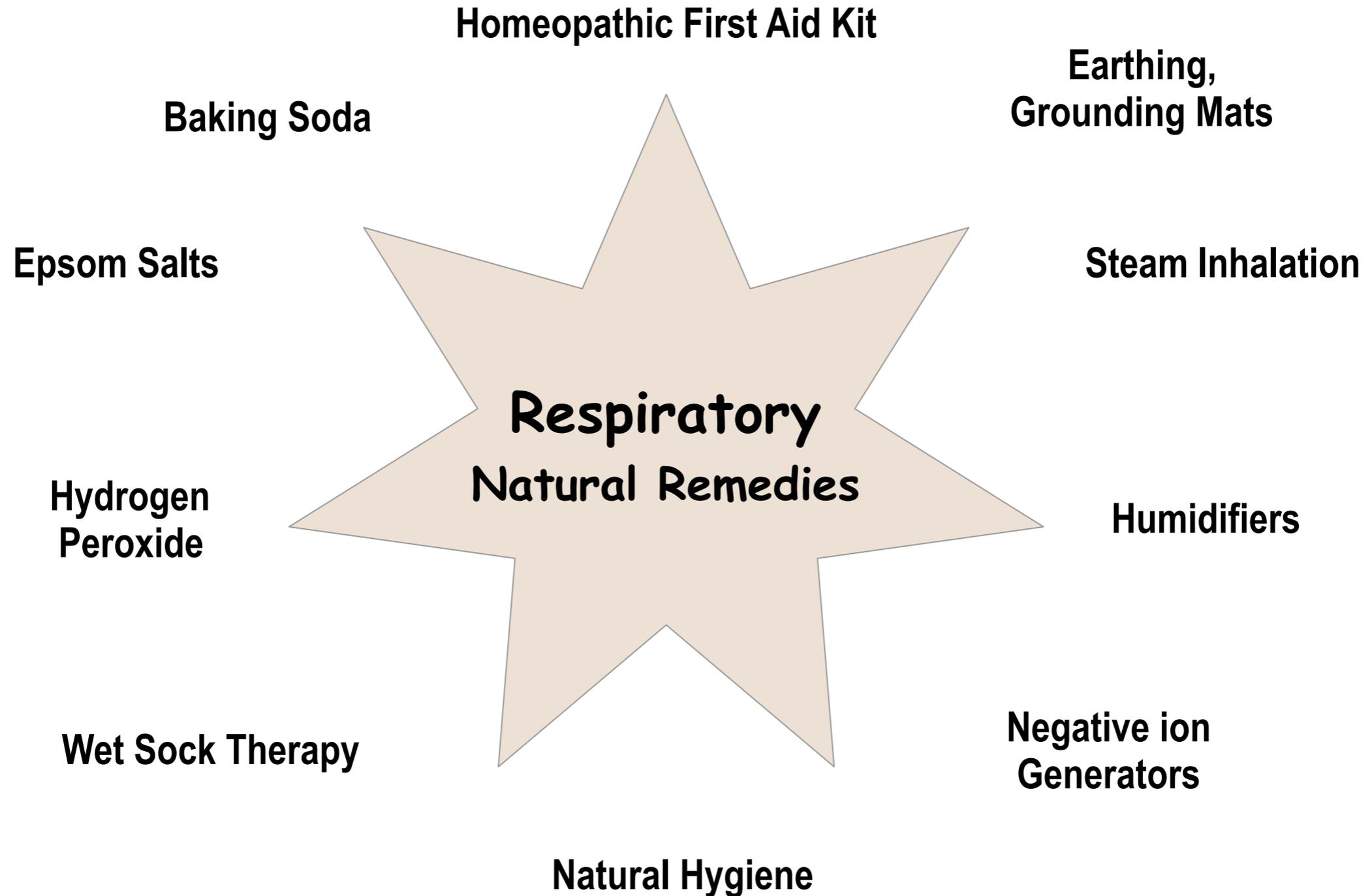
8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Home Therapies and Preventions for Colds, Flu and Pneumonia



8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Home Therapies for prevention, treatment and recovery of respiratory infections



8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Health Benefits of Grounding Mats

GROUNDING REDUCES EMF POLLUTION



8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Health Benefits of Grounding Mats

GROUNDING REDUCES EMF POLLUTION



8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Benefits of using a Humidifier

Ease Symptoms of Cold & Flu



Reduce Dry Eye
& Redness

Retain moisture
in your skin



Support & Protect
Your Respiratory
Health



**BENEFITS OF
HUMIDIFIERS**

Zzz...

Improve Your
Sleep Quality



Maintain Integrity of
Home Furnishing & Fixtures

8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Benefits of using a Humidifier

If humidity levels are too high you run the risk of:



Growing mold and bacteria



Stuffy conditions



Overall discomfort

If humidity levels are too low you run the risk of:



Catching a cold or infection



Dry and itchy skin



Damaging your house's wood, siding, or paint

8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Benefits of using a Humidifier



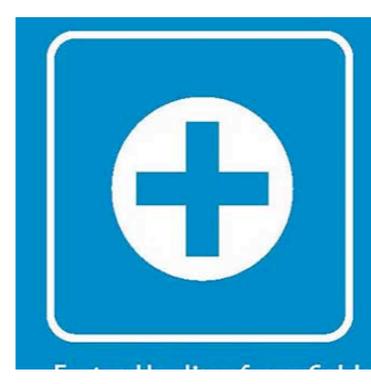
Helps prevent the spread of airborne viruses



Helps your home feel warmer more comfortable



Relieves allergies and asthma symptoms



Faster healing from colds, fevers sinusitis and flus



Helps prevent snoring



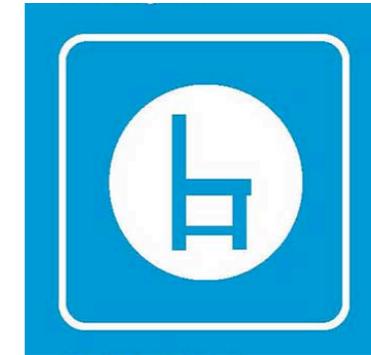
Keeps Skin Moist



Prevents Static Electricity



Keeps House plants Heathy



Protects wood furnishing

Rescue Remedy

Frankincense oil

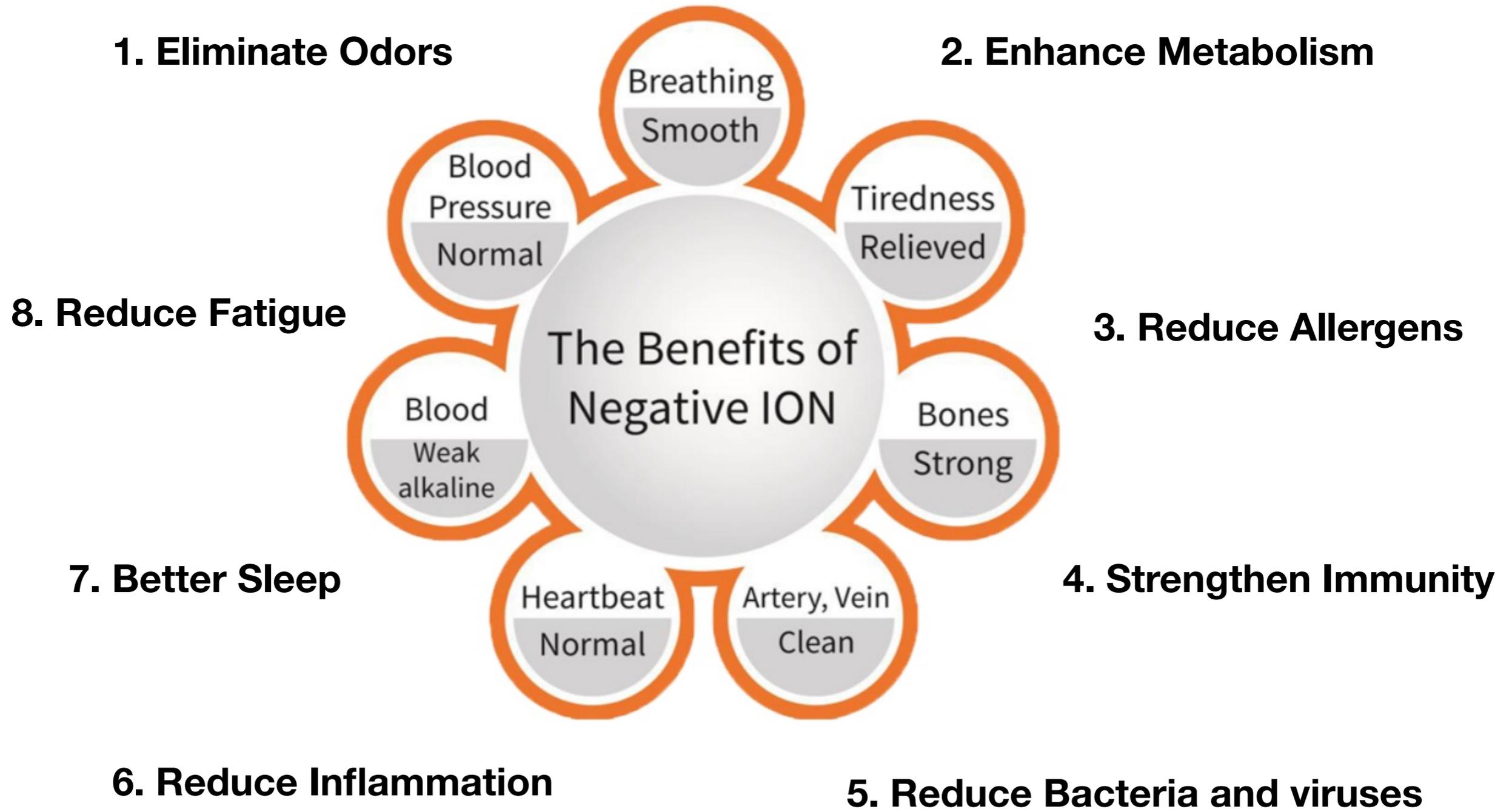


Eucalyptus oil

Rose oil

8. Home Therapies and Preventions for Colds, Flu and Pneumonia

**NEGATIVE IONS ARE GOOD
POSITIVE IONS ARE BAD**



8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Benefits of Steam Therapy

Top 10
Home Remedies

STEAM THERAPY

TRADITIONAL METHOD
USING A BOWL OF
HOT WATER



1. Boil a few cups of water in a pan.



2. Pour the steaming water into a large bowl.

3. Put the bowl on a firm, flat surface.

4. Hold a towel over your head like a tent to help trap the steam.

5. Lean over the bowl and inhale the steam.



Apple Cider Vinegar

Eucalyptus oil

Frankincense oil

8. Home Therapies and Preventions for Colds, Flu and Pneumonia

Benefits of Steam Therapy



ACV Steam Simple Procedure:

- **Mix 1/2 – 1 tsp teaspoon organic, apple cider vinegar to a cup of warm water.**
- **Stir solution for thorough mixing.**
- **inhale or breathe in through one nostril only.**
- **Plug or press the other nostril using the other hand.**
- **Repeat the same procedure to the other nostril.**

Frankincense oil - Traditionally, healers burned frankincense oil to treat respiratory infections and promote the **expulsion of phlegm**. Add essential oils of **frankincense and myrrh to a humidifier or hot bath**; the steam can soothe your irritated mucus membranes. A tea made with frankincense or myrrh may help to ease **sinus infections and sore throat**.

Apple cider vinegar is a natural alternative to many over-the-counter nasal decongestants and sinus infection remedies. **The vinegar helps to naturally clear the nasal passages as well as to eliminate infection**. Apple cider vinegar helps to clear out sinus congestion. ACV has **natural antiseptic, antibacterial, anti-fungal and anti-inflammatory** properties that make it effective in clearing sinuses quickly.

Eucalyptus oil is often used in the form of **steam inhalation** to help **ease cold symptoms**, though studies are needed to confirm the value of this use. When inhaled into the respiratory system, it's believed to reduce the muscle spasms that can narrow your airway and make it difficult to breathe. It's also said to be a **gentle expectorant** and to promote drainage from congested sinuses.

7. Superfoods & Herbal Tonics for the Respiratory System



Wet sock treatment is used to **stimulate the immune system** and **increase blood circulation**. This treatment is an very old, effective natural remedy and can be used along with other natural remedies.

Supplies You Will Need:

- 1 pair of thin cotton socks
- 1 pair of wool socks
- 1 bowl of cold water
- 1 warm bath or 1 bowl of very warm water (large enough to soak feet)

Wet Sock Treatment Directions:

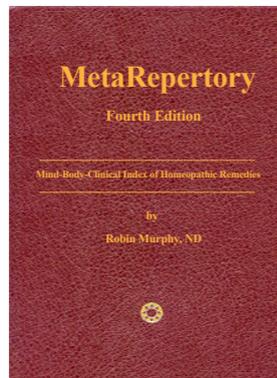
1. **Soak your child's feet in a bowl of warm water** (make the water temperature as warm as possible without any discomfort). Once the feet have been warmed for 10 minutes do the next step.
2. **Soak the pair of thin socks** in the bowl of cold water. When the socks are completely wet, remove them from the water and wring them out thoroughly.
3. **Dry off feet** (and body if a bath was taken) with a dry towel.
4. **Place wet socks** on warm feet. Then **cover the wet socks with the thick (dry) wool socks**. Put on pajamas and go directly to bed. Make sure your child gets under the covers and avoids getting chilled.
5. **Wear the socks overnight**. During the night, your child **might wake up from sweating** with wet pajamas. If so, have your child change into dry pajamas, but leave on the socks. You will find that the **wet cotton socks will be dry in the morning**.

8. Home Therapies and Preventions for Colds, Flu and Pneumonia

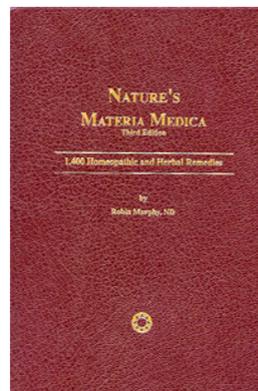
Lotus Health Institute Resources

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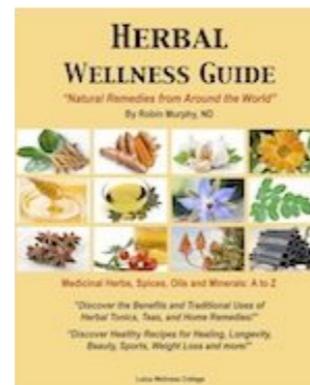
info@lotushealthinstitute.com



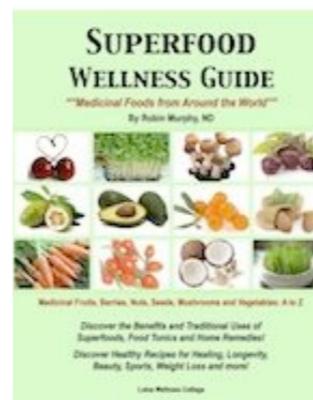
MetaRepertory
Book: 2000 pages



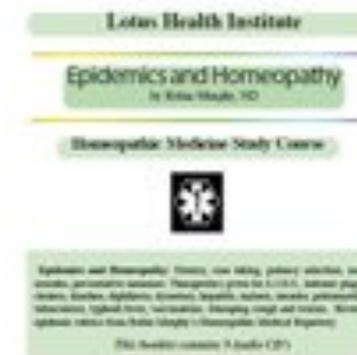
Nature's Materia Medica
1400 Remedies
Book: 2000 pages



Herbal Tonics and Home Remedies
Book: 700 pages



Superfoods and Tonics
Book: 700 pages



Epidemics and Homeopathy
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Fevers and Infections
2 Day Seminar on CDs