

How can homeopathy help when dealing with a niggling cough or cold? There are a number of options surprisingly, depending on the symptoms.

Please take a look at some of the remedies below to find out which might be suitable for your symptoms.

Nicola



homeopathy

for coughs and colds

As the weather changes and Winter Approaches, it's the time of year when a large number of us succumb to fevers, colds and coughs, runny noses, sore throats or bad chests and the list goes on and on...

These symptoms are your body's way of responding to a viral infection, and your runny nose and high fever are your body's way of burning out and expelling the infecting viruses.

When we take cough suppressants and fever reducing medicine it offers temporary relief but do so by affecting your body's natural defences. A fever is an important way your body defends against infection. Cough syrups block your bodies cough reflex which stops your body from clearing the breathing passages. This winter, Instead of relying on suppressive medicine why not support your body's efforts by using homeopathic medicine instead.

There are natural ways that you can be a

strong as possible to fight off the bugs or recover quickly. For ordinary head colds, the advice is simple and old fashioned:

- Get plenty of rest and use your energy to promote healing.
- It is important to drink plenty of fluids.
- Blow your nose regularly and teach children to do this as early as possible. For younger babies a rubber bulb syringe may help.
- Use steam to help liquefy sticky mucus.

Homeopathic remedies for first aid are available to buy in most high street pharmacies, but for chronic (long lasting or recurring) symptoms it is best to seek professional advice from your homeopath or medical practitioner.

Give the medicine 3 - 4 times a day and less frequently as symptoms improve but if there is no improvement after 24 hours you may have chosen the wrong remedy.

Aconite 30

Use this remedy in the early stages of a cold.

Gelsemium 30

Use this remedy when your symptoms started slowly and include tiredness and heavy limbs, watery nasal discharge and chills.

Pulsatilla 30

Use this remedy when there are thick, bland, yellow/green discharges and you feel more emotional than usual and you desire company. You may be thirst less and feel better outdoors.

Bryonia 30

Use this remedy when you have a dry painful cough, you may feel irritable and want to be alone. There is an aggravation of symptoms with any kind of motion.

Antimonium Tart 30

Use this remedy for rattling coughs where your chest is full of mucus and you feel too weak to raise the phlegm.

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On the first Tuesday of every month Nicola Holdcroft operates a low cost children's clinic for pre school children at Health Matters in Hanley. Places are limited.

*Nothing contained in this information should be taken as individual medical advice or as a substitute for consulting your homeopath or healthcare practitioner.