

# 5 Important Remedies for the Fall Season\*



The Fall season brings a welcomed change from the heat of summer. September is a time of students going back to school and the beginning of the common cold season. This time of year brings with it a heightened awareness of allergies, colds and flu-like symptoms.

Homeopathy offers safe and effective remedies for these common ailments of the Fall season.\*\*

## 1 Allium Cepa

The remedy is wonderful for the typical symptoms of hay fever: profuse, watery nasal discharge that is burning and irritating; profuse tearing of the eye (bland discharge); sneezing with rawness and tingling; frontal headache, worse from the smell of flowers or worse in a warm room, and better in the open air. So, if a cold fits the symptoms the remedy is applicable.

## 2 Sabadilla

Top remedy when violent sneezing or fits of sneezing (many sneezes in a row) is the primary complaint. There is also itching and tingling in the nose, with profuse thin nasal discharge. The sneezing is worse in cold air and from odors and perfume.

## 3 Aconite

This remedy is wonderful for sudden and forceful onset of cold symptoms after exposure to dry, cold or windy weather, or from fright or shock. This remedy is to be used in the first 24 hours of symptoms. There will also be marked restlessness, anxiety and fear present when this remedy is called for. There can be high fever, and a dry cough (which is worse at night) also present.

## 4 Oscillococcinum

A top remedy for the onset of flu-like symptoms: fever, chills, body aches and pain. This remedy is recommended by doctors around the world and is used by millions of people. It is the best selling homeopathic remedy.

## 5 Gelsemium

Gradual onset of symptoms of a cold or flu; often during warm, humid weather. The patient needing this remedy will exhibit the 4 D's: dizzy, drowsy, droopy and dull (mental dullness). There is great weakness and a desire to lie down and go to sleep (and be left alone). Face may be dusky red with drooping eyelids. There may also be dull pain and chills up and down the spine.

*\*Should you have any special medical conditions or be pregnant, consult with your physician before taking any homeopathic or medicinal substances. Also, in severe or emergency medical situations seek professional care immediately.*

*\*\*In terms of a "potency" for the abovementioned remedies, 30C would be a good choice to have on hand. If you experience one of the symptom pictures listed above, take one dose (3 pellets) of the indicated remedy either: 1) Every 15-60 minutes if the onset is sudden and forceful, or 2) Every 3 hours in cases of gradual or less forceful onset. Continue this until relief is felt, then stop. Repeat the process if the discomfort recurs. If there is no improvement after taking a few doses of a remedy, discontinue and seek professional medical or homeopathic care.*