

FLU SEASON DEFENSE

As we move into flu season, concerns about alternatives to flu shots arise. There are 3 products that we can offer that may help reduce and protect against the development of flu symptoms such as fever, chills, body aches and pains, minor sore throat and congestion. Following is a description of each medication and how it is used.

Influenzinum 9C

This homeopathic remedy is prepared from commercially available Influenza virus vaccine, which is a sterile, aqueous suspension of suitably inactivated influenza virus types A and B designated by the Influenza Center of the World Health Organization. The virus is inactivated during manufacture of the vaccine and homeopathic preparations made from the vaccine pose no threat to patients. This remedy may be taken in conjunction with the flu shot to help protect against vaccination side effects or to relieve symptoms of flu.

Directions: Take 3 pellets under the tongue once per week for 4 weeks, then wait 3 weeks and take one final dose (3 pellets).

For flu symptoms take 3 pellets under tongue up to 3 times daily until symptoms subside for no more than 5 days. If symptoms continue, seek medical advice.

Oscilloccinum 200CK

This homeopathic remedy is prepared from duck liver which is considered the vector of flu viruses. As with all homeopathic remedies, the actual content of the active ingredient is miniscule and there is no risk of infection as a result of taking this preparation. "Oscillo" is used to reduce the duration and severity of flu symptoms such as fever, chills, body aches, and pains.

Directions: These pellets are very small, and although it mentions on the box to take the entire contents of the tube, only 5-10 pellets are needed. Take 5-10 pellets under the tongue as needed up to 3 times a day. If symptoms persist longer than 5 days, seek medical advice.

Flu Plus

This homeopathic remedy is prepared from a combination of the above substances including zinc, aconite, bryonia, eupatorium, ipecac, pulsatilla, phosphorus, sulphur, Influenzinum, and "Oscillo". This preparation is recommended for the relief of symptoms of flu and colds, chills, fever, nausea, body aches and fatigue, as well as for prevention.

Directions: take one tablet under the tongue up to 3 times daily until symptoms improve. If symptoms persist longer than 5 days, seek medical advice.

Preparation for Flu Season

It has been recommended that a combination of Influenzinum and Oscillo be used going into flu season. Dose as for Influenzinum, one time a week for each. i.e. One dose Influenzinum on Sunday, one dose Oscillo Wednesday for 4 weeks, then one final dose after another 3 weeks. As the Flu Plus has both substances in it, it would be easier to just dose it as for the Influenzinum.

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