

Homeopathy “awesome” for flu

by Shidfar Rouhani

Homeopathy is awesome!

You might be wondering what the prompt is for such a bold statement. Well, last week I had a dip in my vital force that presented like a flu, a strange one with symptoms unlike any other flu I've had before. I left my Southwest College of Naturopathic Medicine student-clinic shift Tuesday night feeling a little more tired than usual. I thought it was because of the busy shift I had just finished, but when I got home and lay down I couldn't get back up. “Oh well,” I thought. “I guess I'll listen to my body and sleep.”

I woke up the next morning and had all the typical flu-like symptoms: arthralgia (joint pain), myalgia (muscle pain), malaise (weakness), and fever. Not fun at all. I tried to take care of myself (lots of fluids, juice, Vitamin C, etc.) but I just wanted to stay in bed and not move. I didn't want to move because my joints would hurt a lot initially, but the strange thing was that they hurt less once I got moving.

I called our clinic and made an appointment on the homeopathy shift that Dr. Stephen Messer supervised. Since it was an evening appointment, I went back to sleep for the rest of the day. Arriving at the clinic that night, I expected to be greeted by students but was sur-

prised to be greeted by Dr. Messer himself. He was going to demonstrate how to take a homeopathic case while the students watched on a video feed in another room. I described my condition as above. When I got to the strange symptom—being worse upon first movement and better with motion—I mentioned that it was just like what we had learned in class about the indications for the homeopathic remedy *Rhus toxicodendron*. A few minutes later the students arrived, did a physical exam, and then returned shortly with my prescription: *Rhus toxicodendron* (Dr. Messer had taught us well)!

I was to take my remedy every two hours. I felt a noticeable improvement with each dose, and by morning, the joint pains were all gone. My fever was gone by noon (less than 24 hours after my first dose). I still felt extremely tired and slept like a rock those three days.

When I called Dr. Messer on Friday to follow up on my case, I said, “Dr. Messer, you are awesome,” to which he replied, “No, homeopathy is awesome.”

This article first appeared on the Southwest College of Naturopathic Medicine's website in the student diaries section: www.scnm.edu/admissions/student_diaries.php



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Be prepared!

- Wash your hands frequently
- Keep your immune system strong
- See your homeopath for preventive remedies
- Consider taking *Influenzinum*
- Have *Oscillococcinum*® & other flu remedies on hand
- Visit NCH Flu Tracker at www.homeopathic.org

In reading accounts of the 1918–19 flu epidemic, it seems many deaths were caused by a virulent pneumonia that was especially devastating to those who depressed their immune system with analgesics, the most common being aspirin. Raymond Seidel of Philadelphia told me he decided to become a homeopathic doctor when he was a 10-year-old delivery boy for a local homeopath. He said, “I saw that the people who were taking aspirin were dying, about half those who were drinking a lot of whiskey were dying, and those who received homeopathic remedies were living.”

—Julian Winston, *The Faces of Homeopathy: An Illustrated History of the First 200 Years*

Is it a cold or the flu? What's the difference?

The flu tends to come on more suddenly than a cold, and the symptoms are more extreme. Fever and chills, muscle aches and pains, severe headaches, exhaustion, painful dry coughs, and chest pain are very prominent with the flu. While those with a cold feel unwell and may have a slight headache and mild muscle aches, they are usually able to go about their normal routine with some difficulty. Those with the flu, however, often cannot even get out of bed, feeling as though they've been “hit by a truck.” Flu sufferers may have a runny nose, but they rarely have the kind of intense nasal congestion and stopped up nose that is typical of a head cold. While a cold usually runs its course within a week, the flu may last up to two weeks with additional time for recuperation. In the Northern Hemisphere, the flu occurs almost exclusively during the fall and winter months, whereas colds occur year-round.