

THERE'S A REMEDY FOR THAT!

Homeopathic Remedies for Autumn Ailments

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As the days grow shorter and the leaves begin to turn, many people are bothered by fall allergies. As the nights turn chilly, it's not uncommon to awaken with a cold. Now that the kids are back in school and we spend more time indoors coughing and sneezing on each other, flu symptoms tell us winter is not far away.

Homeopathic remedies are perfect substitutes for anti-histamines, antibiotics and cough syrup because they stimulate your Vital Force to heal from within rather than just suppress your symptoms. Remedies do this by **ENERGETICALLY** stimulating your immune response safely and effectively.

The following remedies are available at most health food stores. Get the 30 c potency and take 1 pellet every 3-4 hours until your symptoms lessen. Then continue to take them once or twice a day until all your symptoms have been gone for at least 3 days. This prevents your symptoms from coming back.

ALLIUM CEPA: Indicated for **BURNING EYES, SNEEZING & NASAL CONGESTION** alternating with **RUNNY NOSE** due to seasonal allergies.

EUPHRASIA: This is the remedy to take if your **EYES ITCH**, the **SNEEZING** is intense and your poor nose **RUNS LIKE A FAUCET**. If you're not sure which one you need, try one every 3-4 hrs. If you don't get relief after 3 or 4 doses, try the other one.

ACONITUM NAPELLUS is a Godsend for skiers and hikers when they develop **SUDDEN ONSET** of a cold after **EXPOSURE TO COLD, WINDY WEATHER**.

FERRUM PHOSPHORICUM is the best remedy to take at the onset of a **COLD** that comes on **SLOWLY**, usually with a sore throat.

GELSEMIUM SEMPERVIRENS is the first remedy to think of for **FLU** with **WEAKNESS & BODY ACHES**.

I am available for consultations for both acute and chronic conditions via Skype or telephone. I also make house calls in the Boulder area. Feel free to email me at drkathi@drkathifry.com. Or call me at 480 695 1383.

