



CAROLINE DIMOND HOMEOPATHY

WINTER SURVIVAL KIT

Here are five of my favourite remedies for thriving over the cold and flu season. There are many more remedies for more individualised support, but these can get you through many symptoms and situations.

Please get in touch if you would like to discuss how I can help you recover from longer lasting symptoms.

ACONITE

Best for sudden onset of cold or flu. Sudden high fever, dry cough, restlessness, anxiety, after exposure to cold wind, burning thirst, may have a fear of symptoms or even a fear of death. Better for cold drinks.

BRYONIA

Best for dry, painful cough or bronchitis that come on slowly. Dry mouth, thirst for cold water, worse with movement, irritability - wants to left alone, lay completely still. May have stitching pains, and feel better for rest. Better for cold drinks and cold food.

GELSEMIUM

Best for flu with fatigue and chills. Weakness, droopy eyelids, head feels too heavy to hold up, chills, drowsiness, dull headache, no thirst, face flushed, limbs feel heavy. Better for perspiring and being in the quiet.

Caroline Dimond Homeopath RSHom

www.carolinethehomeopath.com | carolinethehomeopath@gmail.com



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OSCILLOCOCCINUM

Best for general flu symptoms, in the early stages. Body aches, fever, chills, fatigue, blocked nose with catarrh, sinus pains, and pulsating headache at the front of the head. Better for warmth and rest.

PULSATILLA

Best for colds with thick yellow, green or creamy coloured mucus, catarrh or eye discharge. Clingy behaviour, no thirst, wants affection, company and consolation, very chilly. Better in fresh air, gentle motion, cold drinks and food.

HOW TO TAKE REMEDIES

Potency: 30C is ideal for home use

Frequency: Take 1 dose every 2-6 hours depending on severity. Stop and observe when symptoms improve. If there is no improvement at 3-4 doses, reassess and change remedy. As a guide, take no more than 6 doses a day, for acute, short-term symptoms.

This guide does not replace medical advice. If you are unsure or symptoms persist or worsen, please consult a homeopath or healthcare provider.

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