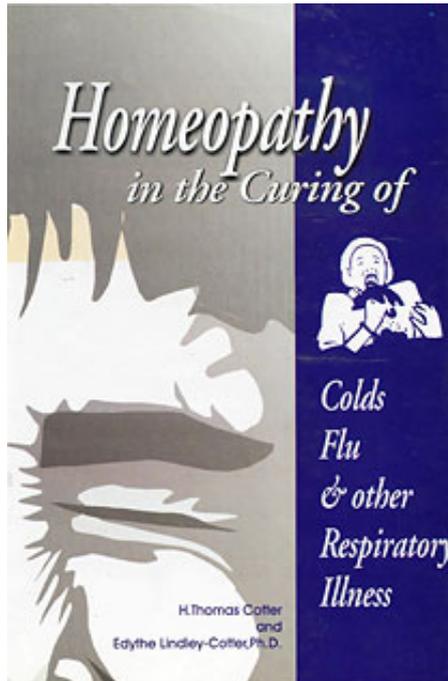


# Cotter T. / Cotter E. L. Homeopathy in the Curing of Colds, Flu & other Respiratory Illness

Reading excerpt

[Homeopathy in the Curing of Colds, Flu & other Respiratory Illness](#)  
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**Homeopathy in the Curing of Colds, Flu,  
and other Respiratory Illness**  
*H. Thomas Cotter and  
Edythe Lindley-Cotter, PhD.*

**PREFACE**

This inexpensive book is derived from a major work - *The Curings From Colds To Cancer* - a lay home reference on homeopathy, that will follow this publication by a few months.

*With the advice of our publisher and others, we decided to break The Curings into "bite size" books. This was due in part to the reluctance of many potential readers to make a major expenditure for a book about a subject with which they are unfamiliar.* It is our hope that this book, and a number of others similarly derived in this series on various related subjects, will provide an affordable introduction for our readers to this safe, effective, alternative medicine; Homeopathy. A knowledge of this science and the concomitant improvement in health that inevitable follows its application were possessions too exciting and valuable for us to keep to ourselves.

As far as possible, this volume was written to be a "stand alone book" that will serve in selecting the proper homeopathic remedies for colds, flu, pneumonia, and other respiratory ailments. However, we highly recommend that for those who want to take control of their health and well being with this science that they purchase a good homeopathic *Materia Medica* and *Repertory*. (See books and sources in the appendix.)

Neither of us has had a cold<sup>1</sup> in the years since we invented homeopathy, and our health has improved in numerous other ways. Like peeling an onion, we have stripped away illness layer by layer and are living our lives more abundantly in a state of wellness.

We want very much to share our experience in homeopathy and this opportunity for using it to obtain health with you. Everyone can benefit from the wider knowledge and application of this natural holistic form of healing.

Mark Twain (Samuel Clemens was a strong believer in homeopathy) said all prefaces are apologies by the authors for having written their books. In that case, let this be ours - There are a number of books on homeopathy written by physicians for physicians and by physi-

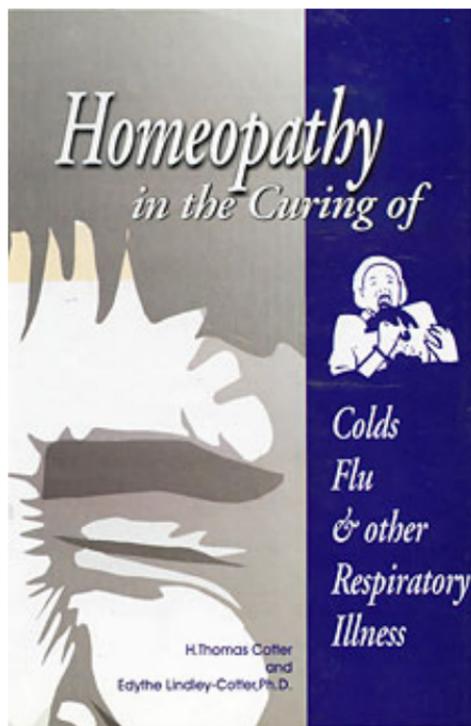
*Since writing the above, but before final edit, I got my first cold in over five years. I was in Waynesville, North Carolina to attend my mom's funeral in March, 1988. I had rushed back, having been notified late of her passing. I didn't take my homeopathic remedies with me, and left Utah in a blizzard and arrived in North Carolina in a cold, chilling, rain. I was also contending with a grief component, and insomnia that accompanied the stress, strain, and dread that were apart of me at the time. My dad had died forty years before when I was five years old, so in some ways, my mother's death was like losing father and mother at the same time.*

*I ignored the first warning signs, where I would have normally taken Aconite to abort the cold before it could get afoot hold. Also, I repressed my grief temporarily, since there were times I needed to cry when it was inappropriate or inconvenient. All the factors combined to give me the cold symptoms I'd almost forgotten. The early phases included a painful cough, with a burning sensation near the middle of my chest. This passed and I got a runny nose that drove me to distraction. In desperation, since there were no homeopathic suppliers around, I bought an allopathic antihistamine to stop my runny nose (coryza). It did. But the cough and burning pain in my chest returned. I knew immediately, that by suppressing the coryza, I had driven the cold deeper into more vital organs. As soon as I returned home, Eydie looked up my symptoms and treated me and I was well within a couple of days (I was 90% better within an hour). I'm including this update to keep this account totally factual.*

cians for lay people. This is by *lay people* for other lay people, in understandable terms that takes into account that the sole and only duty of any "doctor" whether with laurels and professional standing, or as a parent with sick children, is to return their patients to health. We have found the best available method among all therapies, and we want to share it with people like ourselves who want health to be a basic God given right and not an economic burden.

We wish you good health and long life.

Tom and Eydie Cotter  
Park Citv, Utah



Cotter T. / Cotter E. L.

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