Sandra Perko
The Homeopathic Treatment of Influenza

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THE HOMEOPATHIC TREATMENT OF INFLUENZA

Surviving Influenza Epidemics and Pandemics
Past, Present and Future with Homeopathy

Special Bird Flu Edition

Sandra J. Perko, Ph. D., C. C. N.

The Homeopathic Treatment of Influenza
Surviving Influenza Epidemics and Pandemics Past, Present and Future with Homeopathy

Special Bird Flu Edition

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Excerpt from Sandra Perko: The Homeopathic Treatment of Influenza
I wish to express my deep appreciation to all those who have so graciously assisted me in the completion of this book.
To all my dear friends, and ardent fellow homeopathic supporters, who proofread the text and provided invaluable advice, I offer my undying gratitude; Karin Barasa, Renee Gianopoulos, Valerie Greenburg, Pat Krause, Madeleine McNutt, Amanda Montoya, my daughter-in-law Stella, and sister-in-law Diane. Thanks guys, what would I do without all of you?

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Thank also, to Sunnie Scarlett, who held my nervous computer hand and calmed my hysteria at all the times when I truly wished I had never heard of Adobe PageMaker. Hugs and kisses to Susie Setser and my daughter Barri for those last minute, just-in-time suggestions.

Last, I want to thank Bob for not divorcing me these last three months.

SECOND EDITION

I would like to gratefully thank Brad and Barri Pool, and Diane Stanton for their undying support and invaluable help with all of the work and effort that went into this second edition.

Thanks to Bob for still indulging my fascination with all things homeopathic.

NOTICE TO THE READER

This book is intended for historical and educational purposes. It was written as an information and reference guide for health care professionals and qualified laypersons. However, it is not intended to replace the services of a medical physician. Any treatment, which extends beyond first-aid care, should be supervised by a licensed health care professional. Neither the author nor the publisher can assume any responsibility or liability for the use of any information contained herein.

INTRODUCTION TO THE SECOND EDITION

As the second edition of this book goes to press in the late summer of 2005, it is abundantly clear that the historical march of influenza will always remain elusive and unpredictable. From the standpoint of homeopathy, it is yet to be revealed which remedies will prove to be the major players – the genus epidemicus – in the next most feared of all influenza battles. We simply find ourselves with the knowledge and absolute conviction that a devastating influenza pandemic is coming, we just do not know exactly when.

Therefore, it seems only prudent to be as prepared as possible. If you have not already done so, establish and maintain a working relationship with a licensed or certified professional homeopath in your area. Keep in touch with the world wide homeopathic community, through The National Center for Homeopathy, or the homeopathic center of education in your country. Have on hand several potencies of the major homeopathic remedies that have proved to be the most indicated in influenza epidemics in the past, and a homeopathic pharmacy source where you can order remedies quickly. Join or sponsor a NCH study group in your area that can share information and offer support in critical times.
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- Cough Symptoms

Throat Symptoms Predominate

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- Laryngitis - Hoarseness
- Tongue - Mouth Symptoms

Nasal Symptoms Predominate

- Coryza - Rhinitis - Catarrhal Symptoms
- Sneezing Symptoms
- Nasal Discharge - Nasal Obstruction Symptoms

Eye Symptoms Predominate

- Pain - Lachrymation - Discharge
- Photophobia - Conjunctivitis

Musculoskeletal Symptoms Predominate

- Muscle Aches (Myalgia)
- Joint Pain and Stiffness (Arthralgia)
- Bone Aches and Bone Pain

Head and Face Symptoms Predominate

- Headache
- Vertigo - Dizziness - Fainting
- Face Symptoms

Gastrointestinal Symptoms Predominate

- Appetite - Nausea - Vomiting
- Diarrhea - Constipation

Mental / Emotional Symptoms Predominate

- Mental Confusion - Malaise - Drowsiness
- Prostration - Irritability - Anxiety - Weeping
- Desire for Company - Desire to be Left Alone
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