

## FLU

The flu, also referred to as influenza or “the grippe,” is an acute, highly contagious viral respiratory infection. It typically presents in epidemics beginning in late fall and lasting through early spring. Following a 48-hour incubation period, symptoms usually include sudden onset of fever, chills, headache, myalgia, cough, sore throat, and sometimes nausea. Patients with chronic pulmonary disease or cardiac insufficiency are more likely to develop severe symptoms. Hemorrhagic bronchitis, encephalitis, myocarditis, and viral or mixed viral-bacterial pneumonia are possible complications, although for most patients the disease is self-limiting and resolves without complications in two to seven days. Also refer to the Viral Infections section of this guide.

### Homeopathics

**Anas Barbariae**- single homeopathic remedy indicated for symptoms associated with the flu, such as muscle aches and bursting headache.\*\*

\* **Flutone™**- tonifier indicated during influenza, for relief of minor aches and pains in muscles and joints, fever with dryness of mucous membranes, dry cough, chilliness, and headache.\*\*

\* **Grippe HP™**- high-potency formula for relief of influenza symptoms.\*\*

**Immunopar™**- glandular homeopathic indicated for immune system support.\*\*

**Infectistat™**- homeopathic detoxifier for various bacterial and viral infections, indicated for relief of fever, irritated throat, and cough due to bacterial and viral conditions.\*\*

**Infectone™**- tonifier for infectious states, indicated for relief of fever, irritated throat, and cough.\*\*

**Influenzinum**- single homeopathic remedy made from the current year’s influenza vaccine strains, indicated for muscle aches and other influenza symptoms.\*\*

**Spleenpar™**- glandular homeopathic for immune system support, indicated for fatigue, weakness, and flu-like symptoms.\*\*

**Thymupar™**- glandular homeopathic for immune system support, indicated for relief of irritated throat, fever, persistent cough, or fatigue associated with the flu.\*\*

**V HP™**- high-potency formula indicated for various viral infections.\*\*

**Virustat™**- homeopathic detoxifier indicated for various viral conditions.\*\*

### Herbals

\* **Echinacom™** or **Echinacom C™**- fortifier for the immune system, indicated for the flu and other viral conditions.

**Elder Berry**- single spagyric herbal, indicated for viral infections.

**Gencom™**- fortifier for the blood and general system detoxifier, indicated for the flu.

**Lapachocom™**- fortifier for the immune system, indicated for lowered immune response and viral infections.

**Mulleincom™**- fortifier for the respiratory system, indicated for bronchial spasms, lung congestion, and cough from the flu.

*\*Denotes primary remedies*



## THERAPEUTIC GUIDE

### FLU (CONTINUED)

**Myrrhcom™**- fortifier for the sinuses, indicated for sinus congestion, lung congestion, and chronic catarrh.

**Olive Leaf**- single spagyric herbal known for its antiviral properties.

**Oregano**- single spagyric herbal known for its antibacterial and antiviral properties.

\* **Propolicom™**- fortifier for the immune system, indicated for viral infections, swollen glands, fevers, and influenza.

**Regencom™**- fortifier for the immune system, indicated for lowered immune response, viral infections, general system detoxifier, and blood purifier.

**Scrophularicom™**- fortifier for the lymph, spleen, and liver, indicated for lymphatic congestion.

\* **The Cold Season Support**- Rainforest Botanical cold and flu formula, soothes throat, calms cough and nausea, fights fever and chills, and supports the immune system.

**Trifolocom™**- fortifier for the lymphatic system and spleen, indicated for fever and to promote lymphatic drainage.

#### Nutritionals

**C-TR 1500**- time-released vitamin C, for immune system support.

\* **Immunique™**- a balanced supplement providing vitamins, minerals, and other nutrients for immune system support.

**Intact Thymus**- freeze-dried thymus concentrate to support the thymus gland and immune system, indicated in early stages of viral infections.

**Orange Chew C 500**- orange-flavored chewable vitamin C.

**Zinc**- essential nutrient to support the immune system.

#### Additional Considerations

Advise your patient to consume plenty of fluids, such as fresh juices, herbal teas, and homemade chicken soup. Encourage the patient to get plenty of bed rest and avoid stressful situations.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

\*Denotes primary remedies