

How to improve your immunity with homeopathy

Surrey Holistic – Tuesday 11th January 2022

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Role of the immune system

- **Preserve Life**
- **Maintain homeostasis**
- **Maintain our symbiotic relationship with microbes**

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What causes disease?

- **Pasteur – External Cause**



- **Béchamp – Internal Cause**



- **These 2 different views lead to different treatments and prevention**

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What can affect immunity?

- **Adrenaline/stress – suppresses immunity**
- **Negative Emotions – lowers immunity**
- **Nutrition**
- **Chemicals**
- **Radiation**

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Natural Immunity

- **Immunity is a system that learns**
- **Is passed through breast milk**
- **Protects against a variety of strains**

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How does Homeopathy work?

- **Treats like with like**
- **Energy Medicine**
- **Triggers healing in the body**
- **Works with the body**

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How does Modern Medicine work?

- Saves life in acute situations
- Makes us feel good
- By suppressing symptoms
- All medications have side effects

Convenience Medicine

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Homeopathic remedies

- Aconite 30c – at first sign / worry of illness
- Aconite 200c – panic / fear of dying
- Arsenicum Album 200c - anxiety
- Ignatia 30c - grief
- Passiflora 30c – to calm down

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Homeopathic remedies

- Nux Vomica 30c – stress, nervous tension
- Gelsemium 30c / 200c – flu-like symptoms
- Eupatorium 30c – severe flu-like aches in muscles / bones
- Belladonna 30c / 200c – fever
- Cocculus 30c – dizziness

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Homeopathic remedies to prevent

- Gelsemium 30c – one daily for 7 days after contact
- Influenzinum 200c – weekly for 3 weeks in Autumn and spring, or after contact
- Tuberculinum Aviare 30c – weekly in winter to support weak lungs
- Ainsworths' Anti-cold and flu 30c (2021-2022), every fortnight

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Homeopathic remedies for cough

- Bryonia 30c – dry painful cough and scratchy dry throat
- Arsenicum Album 30c – asthma-like cough with wheezing
- Antim tart 30c – catarrh deep down difficult to expectorate
- Pulsatilla 30c / Arsenicum Iodatum 30c – lots of yellow green catarrh

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Homeopathic supply and advice

- Helios Pharmacy – remedies and advice
- Ainsworths Pharmacy – remedies and advice
- Nelsons Pharmacy – remedies sold in Health food shops or direct
- The Homeopathic Helpline 09065 343403 – advice only - anytime from 0900 through 0000 GMT - £1.53 per minute plus network extras.

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