

# A Safe Way through Winter Colds and Flu

Homeopathy is a natural medicine that helps in the treatment of colds, coughs, flus and general infections. Safe for the whole family from the elderly down to the tiniest newborn baby. Regular visits boost the immune system, and people who are prone to recurring infections notice big improvements in their general health.

For example:

**Aconite** is good for a sudden cold or cough that develops after becoming chilled.

**Belladonna** is used for early stages of sore throats & ear infections.

**Gelsemium** is excellent for flu that makes you dopy and drowsy with aching joints.



**Pulsatilla** is an excellent remedy for most childhood complaints when the child is snotty, clingy & wants fresh air. **Chamomilla**, made from the chamomile plant is commonly used for teething and colicky babies. The above two remedies are a must in any family.

Homeopathy addresses the individual as a whole person, not just a set of symptoms. It takes into account emotional & physical characteristics and seeks to find the root cause of why you are getting ill.