

# “Go-getter” goes down with the flu

by Nancy Gahles, DC, CCH

**M**Y 14-YEAR-OLD DAUGHTER came home from school one afternoon looking and feeling exhausted. “Mom, I’m so weak that I couldn’t even hold my boyfriend’s hand. It just slipped away.” Truly, a crisis of major proportions.

The night before, she had showed me that her hand was trembling and told me that her energy was “all gone.” Suspecting a bit of hypoglycemia, given the dietary indiscretions of a teenager, I had given her a glass of orange juice, which seemed to ameliorate the symptoms.

Now, however, she was so tired that her eyes were half shut. She complained that she couldn’t keep them open. She had a low-grade temperature, a sore throat, a headache, and some ear pain. I gave her a dose of *Gelsemium* 30c and put her to bed. The rest of the evening she slept, awoke and ate chicken soup, and

slept again. Very rare for my “social butterfly.” Her temperature rose to 102° which she handled well. I gave her one more dose of *Gelsemium* before bed.

The next day, she was much better though still weak. She slept the better part of the day only to wake, eat chicken soup, and go back to bed. I gave her *Gelsemium* 30c once more.

The following day she was very much improved and felt well enough to go to school.

The *Gelsemium* keynote symptoms of great weakness and droopy eyes were of paramount importance for me to feel confident in prescribing this remedy for my daughter. Her flu symptoms were in stark contrast to her “usual self,” as she is a go-getter, constantly on the move, and rarely sick. She responded quickly and appropriately to *Gelsemium* and was back to school on the third day. 🍀



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## After-effects of the flu

by Teresa Kramer

**I**’VE HAD THREE BAD CASES OF FLU in my life. The first came in 1983 when I knew almost nothing about homeopathy. I drank lots of liquid, rested, and took huge amounts of Vitamin C, but it didn’t help very much. I was unwell for weeks and, in fact, went into a clear bout of major depression after that flu.

My second case of flu came in 1987. I was doing family daycare and had several little kids to care for, plus our older three. I literally couldn’t afford to be ill. I’d purchased a homeopathic text for lay people, *Homeopathic Medicine at Home*, by Maesimund Panos, MD, and Jane Heimlich, and had determined from my sick bed that I had the symptoms of a *Gelsemium* flu: chilly and sensitive to cold, clammy with the fever, great fatigue, not able to think clearly, etc.

I sent my husband to a health food store, and he got me a bottle of *Gelsemium* 30X. I followed the directions on that bottle, and the very next day I was fine! No depression followed that flu either. My friends, who also had the flu, were sick for weeks. My own sudden recovery scared me so thoroughly that I shied away from homeopathy for the next ten years! I even gave away Dr. Panos’ book!

My third bout with flu in 1997 was followed by weeks of depression and horrible sinusitis and finally led me to search out a homeopath. In retrospect, I think that it was a *Rhus tox* flu, as I remember lying in bed, feeling extreme restlessness. Constantly changing posi-

tions and stretching provided the only relief. “Emotionally, a sudden depression with crying is common” in a *Rhus tox* flu says Randall Neustaedter, OMD. I experienced a tearful, helpless, hopeless feeling for weeks after that flu. All the liquids, rest, and Vitamin C didn’t help much that time, either, but I bet that if I had known to take a little *Rhus tox*, I would have experienced another miraculous recovery!

I’m really grateful for that particular experience with the flu because it drove me straight into the arms of homeopathy. Now that I’m not at all worried about catching the flu, I haven’t had it in seven years. One of life’s little paradoxes, I guess! 🍀

**Editor’s note:** Complete recovery from the flu often takes time. Some are left with lasting after-effects, and homeopathy can be a godsend in such cases. Miranda Castro suggests China, *Gelsemium*, and *Influenzinum* as possible remedies for post-flu weakness, and Kali phosphoricum as a remedy for those “who suffer general exhaustion and are unaccountably depressed after the flu.” James Compton Burnett mentioned *Cypripedium* and *Scutellaria* for “post-influenzal neuroses.” Margaret Tyler reported on the case of a patient who was away from work for a year after the flu; he complained of exhaustion, despondency, suicidal depression, and a feeling “as if his brain would burst.” She prescribed *Scutellaria* 30c, and he was back to work and “completely himself again” in a week.



Teresa Kramer is an Editorial Assistant for Homeopathy Today. She specializes in copyediting homeopathic books and articles as a volunteer activity—with a view toward spreading the word about homeopathic miracles. She is fluent in French and German and has spent most of her adult life on assignment in French-speaking countries with her Foreign Service Officer husband. She has four children and two grandchildren. Her hobbies include dog-care, reading, hiking, and enjoying e-mails from friends around the world.