

# **FLU SEASON: THE HOMEOPATHIC APPROACH**

## *Full Circle Healing*

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### **TO VACCINATE, OR NOT TO VACCINATE?**

The flu shot is the most popular way our society has to deal with the flu. Vigorously promoted by our health care system, it is offered by our government as a means of preventing a pandemic from spreading. Questions remain, however, as to its safety and effectiveness. Each year flu strains mutate, however slightly. A flu shot meant for last year's strain may be useless to this year's strain. Moreover, those sensitive to the inoculation may have allergic reactions or develop flu symptoms induced by the vaccine itself. Furthermore, flu shot formulas typically contain preservatives, such as mercury or formaldehyde, which were never meant for our bodies, and which could potentially provoke unpredictable complications in our immune system.

### **GENTLE YET POWERFUL ALTERNATIVES**

Our life force energy is what holistic methods of health care such as homeopathic medicine and Chinese medicine attempt to harness. These time-honored energy enhancing therapeutic methods work by stimulating our vitality, helping us develop resistance in times of epidemics and enhancing rapid recovery should flu symptoms develop, with no harmful side effects. Why not consider these first?

### **DIFFERENT STROKES FOR DIFFERENT FOLKS**

A homeopathic treatment is individualized. Since we're all unique, our differences get recognized, and not everyone gets the same treatment. There are over 90 homeopathic medicines associated with helping prevent the flu, and to speed up recovery should you or your loved ones develop flu symptoms like fever, aches, and fatigue. Finding the homeopathic medicine best suited to nurture your nature is the key to homeopathic success.

### **HOLISTIC IMMUNITY**

Overall resistance is what homeopathic medicine promotes, helping us deal with all of our inherited predispositions, rather than simply focusing on flu immunity. For the vulnerable, such as seniors or those with chronic conditions such as asthma, diabetes, etc., homeopathy enhances overall vitality, helping develop overall resistance.

### **LIFESTYLE CHOICES AS IMMUNITY ENHANCERS**

For those seeking enhanced immunity, a healthy life style is a must. A healthy diet, extra vitamin C, hand washing, minimizing sugar intake, exercise, rest, play and laughter, and healthy stress management skills are all essential ingredients for overall wellbeing.

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