



Remedies for Beginning Signs of a Cold



Have you ever wondered if there is a medicine that can heal your cold virus? A medication that can also strengthen and boost your vitality by using natural, safe and effective methods.

With the season change from fall into winter, we are all aware of what is inevitable, *colds and flu*. We are more susceptible to getting ill when we are not looking after ourselves, not eating properly, getting inadequate sleep and lack of regular exercise. The first warning signs of not feeling well can progress into a cold, cough, sinus infection or worse symptoms. It's important to take care of your health and your loved ones.

Feeling sick never happens at an appropriate time, it occurs when you least expect it. When one feels ill, an initial response may be to take Tylenol or Advil. In other words, some type of over-the-counter medication to get you through the day. A cold needs to run its course and conventional medicine only suppresses symptoms thus not allowing your body to heal.

A common scenario I hear from people:

It's a gloomy, cloudy day outdoors and it is garbage day. You step outside to bring the garbage to the curb realizing it is a bit chilly but you think to yourself "it's only a few minutes and I can manage without a jacket". On your way to the curb, you suddenly feel a cold draft rising that makes you shiver. As the day progresses, you start to feel worse making it difficult to ignore your symptoms of that scratchy, tingling sensation in the throat...

Homeopathic medicine is able to heal your body and stop your cold virus from progressing when quick actions are taken. There are many homeopathic remedies that are beneficial depending on the stage of the cold.

PALMA CICCIO, HOM, DCHM (HONS)
Homeopathic Practitioner

Homeopathic Remedies for Beginning Signs of a Cold are:

- **Aconite**
- **Ferrum phosphoricum**

When colds progress to the next level there are other homeopathic remedies which are indicated.

*It is recommended to consult a registered homeopathic practitioner for advice prior to taking any remedy.

In my practice, I teach patients the importance of how to describe their symptoms, sensations and what modalities make them feel better or worse. My patients learn that viruses like ***colds and coughs that typically linger through the fall and winter season*** can be overcome.

I often hear positive feedback from my patients. These include parents, teachers and employers that there is definitely a noticeable reduction in illness, especially with absentees from work and school after using homeopathy.

**To learn more about the correct remedy for your cold symptoms
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