

# McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

## Coughs

Also often associated with colds and a sore throat of viral origin. There are many homeopathic remedies available to treat the different types of cough whether dry or productive (chesty). Again as with the cold remedies, symptoms have to be matched to the individual. As regards the treatment of coughs in babies and toddlers, very recent evidence has shown the potential dangers of giving conventional over the counter cough mixtures and as such can no longer be recommended by health professionals (i.e. GPs & Pharmacists). However homeopathic remedies pose no risk to newborn babies, toddlers and even pregnant mothers. So here, homeopathic remedies are the ideal option to treat coughs safely, gently and effectively. Below is given a list of commonly used remedies for coughs, however a persistent or severe cough may be a sign of a more serious condition. In such cases, professional advice must be sought. A consultation with a qualified homeopath or your GP is recommended.

**Aconite 30c** – Sudden onset. Dry tickly cough, which develops after exposure to dry cold wind.

**Bryonia 30c** – Dry hacking cough, causes one to hold chest or head. Thirst for cold drinks but more soothed by hot ones. Worse for movement, or resting in upright position.

**Dulcamara** – Cough hoarse, spasmodic, worse in cold wet weather.

**Hepar Sulph 30c** – Croaky cough, worse in cold dry weather, aggravated by draughts, chilly, irritable. Craves hot drinks.

**Phosphorus 30c** – Hacking, tickly cough from larynx, aggravated by talking, by changes in temperature and by lying down, craves cold drinks

but vomits as soon as fluid becomes warm in stomach.

**Pulsatilla 30c** – Cough dry at night, loose in morning, with yellowish greenish phlegm, tearful, not thirsty. Better in fresh air, worse in warm stuffy room.

**Rumex 30c** – Dry, tickly cough at back of throat, made worse by talking and by cold air and worse at night, preventing sleep.

**Stannum 30c** – Sweetish-tasting phlegm, dry violent evening cough. Hardly able to talk, symptoms worse by talking or laughing.

**Sticta Pulmonaria 30c** – Dry, hacking cough at night made worse by bringing up phlegm.

**Arsenicum Alb 30c** – Cough worse around midnight with wheezing, restlessness, anxious, worn out. Thirsty, better for sipping hot drinks.

**Antim Tart 30c** – Rattling cough from chest, which sounds full of phlegm, weakness, drowsiness. May have craving for apples.

**Causticum 30c** – Dry cough, raw throat, hoarseness, scanty or no phlegm. Better for cold drinks.

## Self-Help Measures

Avoid dry atmospheres in home, turn down central heating.

Frequent hot honey and lemon drinks will also soothe a raw throat and ease a cough.

A single remedy should be given at any one time in 30c potency and may be given up to three times a day until relief of symptoms is obtained.

When relief begins the remedy should be stopped and taken only if symptoms return. As mentioned earlier, for persistent symptoms, it is advisable to consult a qualified homeopathic practitioner.

The remedies mentioned in the leaflet may be purchased from your local homeopath or alternatively they are usually obtainable from most health shops and selected pharmacies.

## An Invitation to:

### “Homœopathy at Home”

Learn the easy way to use homœopathy at home for simple problems.

Do you *really* believe that you can safely continue to resort to anti-biotics time after time?

If you're tired of repeated visits to the doctors and constant prescriptions of anti-biotics and would like to learn a more of a safe and effective alternative...

Homœopathic remedies can be used at home for simple complaints with fast and effective results and NO side effects!

**Wednesday 4<sup>th</sup> March (from 10.00am until 12:30 p.m)**

- 1. Learn how to use homœopathic remedies for home prescribing** - not only for children and their common health complaints but also how to treat simple illnesses such as coughs, colds, onset of flu, sprains, upset stomachs, digestive complaints, hangovers(!), anxiety and nervous anticipation (e.g. prior to exams), insect bites, physical traumas, headaches etc.
- 2. Discover how often to prescribe various remedies** what strength (potency) to choose and how to tell if the prescription was accurate and what to expect from the remedy. Increase your awareness of alternatives to recurrent antibiotic prescriptions.
- 3. Find out about 18 different remedies** suitable not only for travel, as they are in a small, light weight, hard covered case, but also useful at home. Ideal when stuck late at night without any alternative treatment to hand.

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(Licensed & Registered Homœopath with over 15 years in practice)

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**Cost: £75.00**

**SPECIAL OFFER: Get your place for just £55 if you enrol some-one else for the same course. Enrol two others and get your course for a mere £25!**

Please note that places are limited to just 12 people so book your place now to avoid missing out!

*“The course completely changed my attitude to addressing illness and symptoms. Fiona made it so clear that homoeopathy investigates and treats the specific symptoms experienced by an individual rather than merely trying to identify the illness.”*

(Mrs A. H., Norfolk)

*“This short course was very instructive. I hadn't realised it was so holistic, with wide-ranging remedies for a variety of physical and emotional problems. I am really pleased to have a good alternative to chemically based medication”. (Mrs H.M., Wilts)*

*“I really enjoyed your course last week. Thank you so much. You were so inspirational and explained it all so clearly. I have also given my husband a remedy for some niggles and he seems impressed!”*

Mrs P, W11.

**To book your place call:  
01242 890 532 NOW!**

(Maximum of 12 places available.)

#### **PARTING THOUGHTS**

**You can't live through a day without making an impact on the world. And we all have a choice about what sort of impact we will make”**

Dr. Jane Goodall.