



WELCOME TO DECEMBER 2019 NEWSLETTER

Saffron Clinic

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- Food Intolerance testing
- Homeopathy
- Reiki
- Metatron Colour Healing

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Hi Everyone,
Its that time of year again where there are lots of coughs going around. For the less serious and uncomplicated coughs there is lots you can do including administering homeopathic remedies. Below are some of the more common remedies for coughs and indications of when they can be used.
It is important to note that if a cough is accompanied by breathing difficulties, fever or chest pain, its important to seek medical advie. Also if a cough results from inhaling, dust or fumes, and does not improve within two days, seek medical advice.

ACONITE

This is a dry, irritating cough that comes on suddenly often after exposure to cold, dry air or winds. Can be accompanied by a fever.

- Dry, hollow sounding , croaky cough
- Can be great thirst
- Can be extremely anxious

Symptoms better:

- In fresh air
- For movement
- For warmth

Symptoms worse:

- In a warm room
- In cold, hot or windy weather
- In the evening and at night
- on exposure to tobacco smoke or pollen

BRYONIA

Very painful cough felt in the whole head and chest.

- Dry cough with each movement or deep breath. Often afraid to inspire.
- Will often hold the chest and sometimes the head with each cough.
- There can be irritability and a reluctance to move or speak.

Symptoms better:

- In cool conditions

Symptoms worse:

- For movement and touch
- Bright lights and noise
- Eating or swallowing

PULSATILLA

This cough can be from allergy and asthma or from fluent colds.

- Looe rattling cough with thick green catarrh

- Cough can be dry towards evening and loose during the morning.
- Children with nighttime coughs, from post nasal drainage.

Symptoms better:

- In fresh air
- Gentle walking
- lying propped up on pillows
- in children, there can be a constant desire for cuddles

Symptoms worse:

- Evening or night in bed
- In warm, stuffy rooms

SPONGIA

This cough can arise from allergy, asthma or infection.

- Can be dry, hacking, barking, croupy or irritated cough
- Can be accompanied with constriction or tickling in the larynx
- Can be marked burning in the throat, larynx and chest with each cough
- Can be a suffocative cough, cyanosis with cough.

Symptoms better:

- from eating or drinking, particularly warm food and drinks.
- Bending head forwards

Symptoms worse:

- cold, dry air
- cold drinks
- before or at midnight.

ANT TART

This is a noisy, rattling, loose cough

- can feel like the chest is filled with mucus
- young children or elderly with cough too weak to expel the mucus.
- The person may be irritable and may want to be left alone.

Symptoms better:

- After expectoration

Symptoms worse

- nighttime, especially from 10pm until after midnight
- anger

PHOSPHORUS

Where colds end in a cough and chest infection

- dry, tickling cough
- can be a painful cough with burning in the chest on coughing. Must hold the chest on coughing
- Can be general trembling and exhaustion during the cough
- can be a marked headache during the cough

Symptoms better:

- Warmth

Symptoms worse:

- Cold air, entering or leaving a warm room to go into the cold
- Odors, smoke or fumes
- Evening or twilight

DROSERA

This cough will often have very irritated airways with tickling and dryness in the throat.

- Hard, deep and even violent cough that comes in paroxysms.
- Painful cough and must hold the chest or abdomen
- Suffocative cough that can be so painful that they can't cough until they rest in the pit of the stomach.
- Can be bloody or bitter expectoration

Symptoms better:

- on sitting up

Symptoms worse:

- night, especially 12-2am
- drinking or eating
- talking or singing
- as soon as the head touches the pillow

Some general tips for coughs

For mild coughs the following supplements can help: Echinacea tincture/capsules, Vitamin C and Zinc. For more irritated, tickling coughs, mint tea or peppermint lozenges may help.

If you have any queries regarding the above remedies you may contact me on 086 1965415.

Alternatively, these remedies are available from your local homeopath, some health shops and pharmacies. Down to Earth homeopathic dispensary in Dublin has a postal service and can be contacted on 01 6719702 or website www.downtoearth.ie

I hope you all have a Merry Christmas and a Happy
New Year!!

Regards
Jackie

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