

Flu Protocol: Pascoleucyn and Influenzinum

The change of seasons is a great time for prevention. Spring and Fall are good seasonal reminders to use this protocol to help prevent flu symptoms.

Pascoleucyn dosing: (recommended to dilute drops in water)

babies 0-2 years: 5 drops

children 3-11 years: 8-15 drops

adults and children 12 years old and over: 20 drops

Choose one day of the week and take the correct dosing (as above) of Pascoleucyn in the morning, and 1 vial of Influenzinum in the evening of the same day i.e. every Sunday for 5 weeks.

Current Cold or Flu

These homeopathic medicines may shorten the duration and reduce the severity of symptoms of colds and flu.

Pascoleucyn may relieve symptoms due to colds and flu such as headaches, stuffy nose, sore throat, cough and fever.

Acute dosing: (recommended to dilute drops in water)

babies 0-11 months: 10 drops initially, then 3-5 drops per hour thereafter, up to 12 times a day

children 1-2 years: 10-15 drops initially, then 5 drops per hour thereafter, up to 12 times a day

children 3-11 years: 15-20 drops initially, then 5-8 drops per hour thereafter, up to 12 times a day

adults: 40 drops initially, then 10-20 drops per hour thereafter, up to 12 times a day

Gripps may relieve symptoms of colds and flus such as runny nose, sore throat, cough, fever and muscle aches.

Acute dosing:

babies 0-11 months: 10 drops initially, dilute drops in water for infants) then 3-5 drops per hour thereafter, up to 12 times a day

children 1-2 years: 10-15 drops initially, then 5 drops per hour thereafter, up to 12 times a day

children 3-11 years: 15-20 drops initially, then 5-8 drops per hour thereafter, up to 12 times a day

adults: 40 drops initially, then 10-20 drops per hour thereafter, up to 12 times a day

Oscillococcinum

At the first sign of flu symptoms, take one entire vial immediately and an additional vial every 6 hours for a total of 3 doses.

oscillococcinum can also be used to help prevent symptoms of viruses commonly contracted after travelling. Take one full vial each time you travel, at the beginning of your journey!

Building a healthy immune system

Vitamin C is an incredibly important nutrient for a healthy immune system. A recommended dosage for children is 500mg a day for younger children and 1500mg a day for older children. Adults can take 2000mg to 4000mg a day.

Vitamin D is essential for people who live in Canada. The recommended dosage is 35 iu per pound of body weight.

Avoid sugar in all forms, as these have been shown to suppress the immune system for up to 2 hours.

Oil of Oregano and Colloidal silver are natural antiviral, anti fungal and anti-bacterial products, always have them on hand.

There are several other additional homeopathic products to help you and your family out during the flu season. The above information are general instructions only, for specific instructions, including potency selection book a Homeopathic Acute Care Appointment with one of our certified homeopaths.

The staff and homeopaths at Renewal Homeopathy and Wellness are happy to assist you! Please contact us at 403 202 8507 or email clientcare@renewal.clinic

Have a happy and healthy Flu season :)