CHOOSE THE RIGHT REMEDY FOR
Colds, Flus, and Coughs

by Stephen Messer, ND, DHANP

Is there a high fever?
YES Belladonna? NO Aconite?

Are there predominantly flu symptoms?
YES Gelsemium? NO Restlessness?

NO

Are there predominantly cold symptoms?
YES Nux vomica? NO Mercurius?

NO

Does the cough predominate?
YES Is the cough croupy?

NO

NO

Go to the Repertory or look for keynotes.

Please note: This information is meant to supplement the advice and guidance of your health care practitioner and is not a replacement for appropriate medical care.

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Tape this chart inside your medicine cabinet, and you’ll be ready the next time you feel those sniffles coming on. You will also need a book or two to help you differentiate among the remedies suggested in this chart. Boericke’s Pocket Materia Medica with Repertory is a good choice, or use the materia medica section of one of your favorite homeopathic home care books.