

*Karen  
Leadbeater  
Homeopathy*

**SOME  
REMEDIES  
FOR ACUTE  
VIRAL  
ILLNESS**

*A Good  
Remedy Match  
is Essential*

**SEEK  
MEDICAL  
ADVICE IF  
CAUSE  
FOR  
CONCERN**

### **ACONITE**

**High fever at night, sudden onset  
Feels worse midnight and early  
hours or morning  
Restless, fearful and panicky  
Symptoms after exposure to cold  
Hoarse, dry cough and shortness  
of breath**

### **ARSENICUM ALBUM**

**Worse midnight to 3am  
Intense fatigue  
Very chilly, worse for least draft  
Wants warm covers and drinks  
Restless and anxious  
Dry, wheezing, tickling cough  
Burning in chest**

### **BRYONIA**

**Symptoms come on slowly  
Worse early morning/evening  
Wants peace and quiet  
Feels worse for any movement  
Dry, hard, painful cough  
Headache worse for motion  
Aching pains, esp joints  
Painful stitching in chest**

### **EUPATORIUM PER**

**Sudden onset  
Worse in morning (esp chill)  
Intense pain deep in bones,  
as if broken  
Restlessness  
Bruised feeling in muscles  
Bursting headache, pain in eyes  
Rawness in chest**

### **GELSEMIUM**

**Gradual onset  
Dizziness and trembling  
Listless, dull and drowsy  
Difficult to keep eyes open  
Body aches all over  
Waves of heat and cold, with  
shivering  
Dull heavy headache  
No thirst**

### **PHOSPHORUS**

**Sudden onset with exhaustion  
Worse lying on left side  
Worse morning and evening  
Wants ice cold drinks  
Dry hacking cough with  
hoarseness  
Tightness in chest, with  
pain on breathing in**