

## Cold or Flu: Know the Difference

While cold symptoms can make you feel miserable, flu symptoms often are much worse. How do you tell if your symptoms are a cold or the flu? One of the major differences is the presence of a fever.

In homeopathy, a fever is a good thing. It's the body's natural response. The rise in temperature helps it heal itself. Of course, if your fever is extremely high (over 104°F), the homeopathic remedies are not doing their job. Then you need to suppress it. However, for quicker and deeper healing, let the body do what it's expert in doing! Please download and read "**Fever facts — Supporting the Heat: Traditional Wisdom, Common Sense and Emergency Warning Signs of Fever.**"

<b>COLD OR FLU? KNOW THE DIFFERENCE</b>		
<b>SYMPTOM</b>	<b>Cold</b>	<b>Flu</b>
<b>Fever or Heat</b>	Rare or slight	Common, including temperatures of 100°F or higher for several days
<b>Chills</b>	Uncommon	Fairly common
<b>Aches</b>	Slight body aches and pains	Severe aches and pains common
<b>Headache</b>	Fairly uncommon	Very common
<b>Sudden onset of symptoms</b>	Uncommon	Rapid onset, within 3–6 hours, including high temp., aches and pains
<b>Diarrhea/vomiting</b>	Uncommon	Common
<b>Tiredness</b>	Fairly mild	Moderate to severe

<b>Chest discomfort</b>	Mild to moderate	Often severe
<b>Cough</b>	Hacking, productive (mucus-producing) cough often present	Non-productive (dry) cough usually present
<b>Sneezing</b>	Common	Uncommon
<b>Sore throat</b>	Common	Uncommon
<b>Stuffy nose</b>	Common	Uncommon

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As shown in historical data, homeopathy has been used to combat flu symptoms effectively in epidemics and pandemics. For a fascinating comprehensive history, please read *“The Homeopathic Treatment of Influenza: Surviving Influenza Epidemics and Pandemics Past, Present and Future with Homeopathy”* by Sandra J. Perko, PhD., C.C.N.