



# homeopathways

MARILYN FREEDMAN  
HOMEOPATH

3089 BATHURST ST  
SUITE 318  
TORONTO  
ON M6A 2A4

416.823.7918

[EMAIL](#)

[WWW.TORONTOHOMEOPATH.CA](http://WWW.TORONTOHOMEOPATH.CA)



*Restoring health safely, gently, and without side effects.*

## **The Weather Is Changing To Flu Season and What's Down Has To Come Up - According to Friends**

*It looks like winter is really finally here and that means cold and flu season!*

Below is a chart to help you differentiate between a cold and a flu. The rule of thumb is that if you are suffering a cold you can still participate in your normal routine, however, if you have the flu you should stay in bed. The good news is that people who have been treated homeopathically don't get as many colds, or suffer the flu like the rest of the "allopathic" population. In fact, if you are taking a homeopathic remedy for your cold, or flu, you will bounce back within a comparatively short time.

Unlike conventional medicine, homeopathy will not suppress your symptoms, but gently help you heal quickly. Best of all, we all know that homeopathic medicines have no side ef-

fects! That means no drowsiness, or stomach upsets.

### *Changes in the Practice:*

In order for you to be best served it is important to actually be SEEN. Homeopaths are trained to visually assess a patient's physical symptoms; skin colour being flushed or pallor, physical and mental energy, congestive quality of discharges, sensitivities, modalities, etc. Many times it is the remedy that is given in the acute stage which can determine the remedy given in the chronic state. Although it may not be easy to come in to the office when you, or your child, are not well, it becomes pure guess work trying to put together a symptom picture over the telephone. Without a complete picture the remedy suggested over the phone may not cover the full sickness picture. Colds and flu that are not properly attended to may

<i>Symptoms</i>	<i>Cold</i>	<i>Flu</i>
Fever	Rare	Usual (102-104°F or 38-41 °C)
Chest Discomfort	Mild/Moderate	Common
Stuffy Nose	Common	Sometimes
Aches and Pains	Slight	Usual, Often Severe
Headaches	Rare	Prominent
Sneezing	Usual	Sometimes
Extreme Exhaustion	Never	Early and Prominent
Sore Throat	Common	Sometimes
Cough	Hacking	Non-productive, can become severe
Tiredness/Weakness	Very Mild	Can Last 2 to 3 Weeks

develop into bronchitis, or pneumonia; ear-aches into infections. Experience in the clinic shows that the very best treatment is when you can see, hear, and touch. Therefore, if it is impossible for you to come to the office, I AM AVAILABLE FOR HOUSE CALLS.

It is a good time to stock up on homeopathic cold and flu remedies. Due to popular demand this office will stock a few items that will make it easier to self treat. This is for the convenience of those that say that it can be confusing, or intimidating, to know what to get in the health food section of the stores, as well as for those that get talked into buying unnecessarily. These items include cold, cough, flu, remedies.

*An old folk remedy now back in favour with the establishment: Chicken Soup, the "Jewish penicillin".* Apparently a real scientific study was done to test the efficacy of chicken soup - and the results proved positive. However, there are still some skeptics who think that it's just an old wives' tale that chicken soup could really be good medicine. They're probably retained by the pharmaceutical companies. Read the [CBC](#) article. Read the published [study](#). Read about the [most effective soups](#). Here is an interesting observation, homeopathically, I mean: Oscilloccinum, the # 1 selling homeopathic flu remedy, is actually Anas Barbariae, made from the heart and liver of a duck.

**Great News! It looks as if Homeopaths and Naturopaths are going to become regulated in**

**Ontario, under one college. The Act provides for public protection and patient safety.**

If you would like to read more about the proposed regulation a copy of the bill, The Naturopathy and Homeopathy Act 2006, is posted on my website, on the Healthy News page. [www.torontohomeopath.ca](http://www.torontohomeopath.ca)

The prospect of regulation has brought about some changes in personal practice. Having provided treatments at, what is a very affordable rate, fees remain far below what my fellow homeopaths charge. Colleagues have urged me to reflect the difficult task of homeopathic prescribing, which requires concentrated hours of study after, and in between, patient consultations, in my fee structure.

This change will be more in keeping with current practice trends, although still remaining affordable at the lower end of the scale, thus reflecting personal social ethics.

Telephone calls remain complimentary to the service. Remedy dispensing fees are now included in the cost of the consultation. The quiet pace in the clinic remains the same, as does the attention on you.

A schedule of fees will be sent out individually. The new schedule takes effect March 1st, 2007. If you have any questions, or concerns, please feel free to call.