

PURE & NATURAL *Homeopathy*

Natural Solutions. Gentle Support. Whole Person Care.

Natural Support for Colds, Coughs & Sore Throats

A GUIDE TO 15 GENTLE HOMEOPATHIC REMEDIES

Homeopathic remedies work with your body to support its natural ability to heal. The remedy that best matches your unique symptoms is key.

Individual responses vary.



5 REMEDIES FOR COLDS

- 1 Aconitum napellus**
Sudden onset after exposure to cold, dry wind; anxious, restless feeling.
- 2 Allium cepa**
Watery, irritating nasal discharge with frequent sneezing; eyes water but are less irritated.
- 3 Arsenicum album**
Watery/burning nasal discharge, restlessness, chills, and desire for warmth.
- 4 Gelsemium**
Gradual onset with tiredness, heaviness, chills, and feeling sluggish.
- 5 Pulsatilla**
Thick, bland yellow/green mucus; worse in a warm room, better in fresh, cool air.



5 REMEDIES FOR COUGHS

- 1 Drosera**
Dry, spasmodic cough, often worse at night or when lying down.
- 2 Spongia tosta**
Dry, barking or "croupy" cough; throat may feel dry.
- 3 Bryonia alba**
Dry, painful cough aggravated by movement; person may want to remain still.
- 4 Rumex crispus**
Dry, tickling cough triggered by cold air or talking.
- 5 Phosphorus**
Dry, irritating cough with throat/chest sensitivity; talking or laughing may aggravate it.



5 REMEDIES FOR SORE THROATS

- 1 Belladonna**
Sudden, intense sore throat with redness and heat.
- 2 Apis mellifica**
Swollen, burning/stinging throat; swallowing may be painful.
- 3 Hepar sulphuris**
Very sensitive, painful throat; cold air or cold drinks may aggravate.
- 4 Phytolacca**
Dark/red throat with soreness extending toward the ears; swallowing can be particularly painful.
- 5 Mercurius solubilis**
Sore throat with swollen glands, excess saliva, unpleasant breath, or a coated tongue.



WHEN TO SEEK MEDICAL CARE

Seek prompt medical attention if you experience:

- Difficulty breathing or shortness of breath
- Chest pain • High fever • Severe or worsening symptoms
- Coughing up blood • Dehydration
- Persistent symptoms beyond several days
- Symptoms in infants, young children, older adults, or those with chronic health conditions

When in doubt, contact your healthcare provider.



IMPORTANT INFORMATION

This guide is for educational purposes only and reflects traditional homeopathic uses. It is not intended to diagnose, treat, cure, or prevent any disease and is not a substitute for care from a qualified healthcare professional. Individual responses vary.

For children, pregnant or breastfeeding individuals, or if you are taking medications or have a medical condition, please consult an appropriate healthcare professional.

Rooted in Nature. Trusted in Care.

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