

HOMEOPATHIC REMEDY FOR FLU PREVENTION - OSCILLOCOCCINUM: Dr.

Gregory Pais, ND, DHANP | from October 2014 *Naturopathic News Newsletter* One specific homeopathic medicine used to prevent the flu has been subjected to clinical trials. The medicine is a homeopathic preparation of the liver and heart of a Barbary duck (trade name Oscillococcinum). This medicine was first formulated in 1925. Its name arose from a spurious notion that the blood of flu victims in the 1918 pandemic contained bacteria composed of balls (cocci) that vibrated, or oscillated. Joseph Roy, a French physician at the time identified this supposed pathogen and found it in many animal species. He chose as the source of his homeopathic preparation a duck, possibly an extremely fortuitous accident because of the association between human flu epidemics and bird viruses. Oscillococcinum was first studied in France during the 1987 flu epidemic caused by an H1N1 virus. This multi-center study examined the effect of Oscillococcinum (200C) on the early symptoms of flu. Results were published in the peer-reviewed *British Journal of Clinical Pharmacology*, Ferley, 1989. A group of 149 non-homeopathic physicians enlisted 487 patients in the study, each of whom had developed flu-like symptoms during the previous 24 hours. Symptoms met strict criteria for the level of fever and the presence of associated flu symptoms. This took place in the midst of a documented flu epidemic. A treatment group and control group were established and the medicine prescribed. More patients in the treatment group recovered completely in the first 48 hours than the control group (17% of patients with active treatment compared to 10% of controls). This was a statistically significant difference. More patients in the treatment group also judged the treatment as favorable compared to the placebo, 61% vs. 49%. In 1990 German physicians replicated the French study of Oscillococcinum. They used the same criteria as the previous study and enrolled 372 patients. After 48 hours of treatment with Oscillococcinum the treatment group had significantly milder symptoms than the control group, and the number of patients with no symptoms from day two onward was significantly greater in the treatment group (17.4%) compared to the control group (6.6%) (Papp, 1998). Both of these studies show a significant curative effect of a homeopathic medicine in the treatment of flu in carefully conducted, double-blind, placebo-controlled clinical trials. The two studies were done in different countries, each with many participating physicians, and during two different flu epidemics, presumably caused by different viruses. Conventional antiviral drugs reduce the duration of flu by about one day if taken within the first 48 hours of illness (Cooper, 2003). Comparing the results of these studies with the meager effect of conventional treatment shows that homeopathy carries the potential to make a dramatic difference in any flu epidemic without the risk of drug side effects. (Julian Winston)

DR. PAIS'S COMMENTS: This product is best used as a preventative within the first 24-48 hours of you first getting sick. Dosing: As soon as you feel the first warning sign take one and only one pellet under the tongue (it is not necessary to use a whole tube as a dose). If within 12 hours you see no improvement you can take one more pellet under the tongue. If there is no improvement within 24 hours, it's probably not the correct homeopathic medicine for your flu. It will do little good to continue dosing. Stop and seek other treatment. *(The following information is provided each week by The Rev. Rowena Gibbons, Certified Holistic Health Coach in collaboration with Dr. Gregory Pais, ND, DHANP, facebook.com/NaturalDoc)*

