

# Acute Care: What Do I Need?

## Antibiotics, OTC Cold Meds, Naturopathic Supplements, Homeopathy or Gemmotherapy?

Last week I shared why a homeopathic remedy may be needed in the case of acute symptoms to boost the vital force and then compared the different actions of gemmotherapy and homeopathy during an acute illness.

But what about antibiotics, over the counter treatments and supplements? What do they have to offer for acute treatment? How do they differ from the action of gemmotherapy and homeopathy?

The answer to all of these questions begins with getting clear on your goal. When it comes to treating the body for an acute condition most of us have the same first goal. We want to get better as quickly as possible so we can resume our daily activities. It's the second goal, however, that many overlook and is actually of more importance. That goal should be to build your immune system with the treatment you are using so that your body comes out of an acute condition stronger and healthier.

In my practice I place a considerable importance on the long term effects because I don't believe we are here on earth to run a sprint. I want my clients to live full, healthy lives, age gracefully, and share their gifts and talents without chronic conditions getting in the way. That's why I work with two medicines that clean and fortify the body rather than suppress symptoms or weaken vitality.

You do have a choice, however, and sometimes choosing what is right for the circumstances can be confusing. Here's some thoughts on each treatment—when its valuable and when it's not.

## Antibiotic Treatment

**The Good:** Antibiotics were developed for raging infections the body could not fight itself. Antibiotic treatment is fast acting and a life saver...in life threatening situations. Its rapid response is particularly needed in the very weak such as individuals with autoimmune diseases or frail elderly to prevent complications from pneumonia.



**Not So Good:** Antibiotics disrupt the body's ability to fight infection on its own and cause havoc in the digestive tract disturbing gut flora to a point that can take months and even years to restore. Antibiotics are not the answer for ear infections, sore throats and viruses—especially in children. Repetitive use of antibiotics to treat recurring non-life threatening infections ignores the underlying cause and misses the opportunity to address it before a more serious chronic condition develops. Studies have shown that this practice over time can lead to antibiotic resistance in individuals. This is not a sustainable approach to healthcare.

## Over the Counter Treatments

**The Good:** Tylenol, Bendryl, Nyquil, Robitussin, etc. are designed to quickly suppress the acute symptoms the body is expressing. They have become popular because their actions allow individuals to “feel better” and get back to their normal activities faster or sleep through the night.

**The Not So Good:** The symptom the body is expressing is part of

the cleaning process to remove inflammation because the kidneys and bowels happen to be overloaded. Simply suppressing these symptoms only makes the already taxed elimination organs work harder causing further secondary symptoms of their own such as headaches, lower back pain, bladder infections, digestive disturbances or skin conditions. What might have been a short lived virus now lingers as the body's cleaning process has been suppressed.



They offer no support to the immune system or the body's natural ability to heal and are filled with ingredients the body was never designed to digest and process.

### Supplements (Naturopathic)

**The Good:** Nature makes beautiful immune supports and supplements such as echinacea, zinc, elderberry syrup, oregano oil, etc. All of these boost the immune system so that body heals more quickly without causing any harm. These supplements work best with constitutionally strong individuals with elimination organs that function at an optimal level.

**The Not So Good:** Most Americans are not constitutionally strong enough to fight off infection with natural immune boosters alone because their elimination is compromised and their kidneys and bowels cannot get rid of the inflammation quickly enough. Diet, exposure to stress, and hereditary factors limit most individual's elimination organs, so acute symptoms linger and drain the body's energy which then often leads to secondary infections.



### Gemmotherapy and Homeopathy

**The Good:** Gemmotherapy and Homeopathy, derived from substances in nature, work simultaneously to clean and fortify the affected organs and return harmony to the body. Rather than “supplementing” what the body should produce the underlying action of gemmotherapy is to encourage the body to naturally produce what is needed in the right amounts at the right time.



**The Not So Good:** Gemmotherapy and Homeopathy protocols need three things to work that many individuals struggle with:

**1. A rapid recognition and response to the acute symptoms.** Because gemmotherapy and homeopathy work with the body’s natural healing process, early recognition and response to symptoms is key for successful treatment. Once a condition has advanced and the vital force of an individual is worn down from ignoring the early signs– sniffles, a sore throat, exhaustion, headache, rash or irritability–gemmotherapy and homeopathy will take more time to act and are not as effective.

**2. Time to work.** Optimally the body needs the first 24 to 48 hours to direct your energy toward healing. The stronger your constitution, the better your elimination, and the cleaner your diet, the less time is needed. Trying to keep up with daily activities robs the energy that is needed for healing and symptoms will not improve at the rate expected.

**3. A diet that doesn’t add to the inflammatory load in the body.** Reoccurring acute conditions is a sign the body is in a state of inflammation whether that be acute ear infections, UTIs, or upper respiratory issues. This chronic inflammation can be reduced naturally with an anti-inflammatory, high alkaline diet AND support for the elimination organs. Some dietary changes will be needed to break this cycle.

If you cannot give your body the time it needs at the start of the healing process or make dietary changes to support your elimination then these protocols are not your answer.

Hopefully I have given you plenty of food for thought on this topic. Take time to consider the choices you have and what goals you have for yourself and your family. Making your decisions and keeping on hand what you need BEFORE a fever or another acute symptom strikes is a very important first step in the right direction.

Next week I will be discussing the current news stories that rightfully question the quality of health supplements and why gemmotherapy is a safer and more sustainable option.