

Getting Started: Handling Your Acute Symptoms

When embracing a natural approach to healthcare one of the most important elements is how to handle acute symptoms. Acute symptoms are those that come on suddenly such as the congestion, sore throat, or body aches associated with a flu or virus. Acute symptoms can also include a frozen shoulder, the lower back going out, or a skin rash. Learn more from this a blog post where I discuss how to distinguish between acute and chronic symptoms.



Choosing to resolve these symptoms by supporting the immune system and the organs affected is the very key in avoiding the development of chronic conditions. It is exactly the repetitive suppression of symptoms that takes its toll on our bodies, weakening organ performance, and forcing the body to compensate long term for those weaknesses. The build up of inflammation from symptom suppression that can begin with baby's first ear infection is exactly why chronic conditions arise as early as adolescence and teen years. Learn even more about that [here](#).

Self Care For Acute Symptoms

Step One is to recognize symptoms early and respond quickly. I encourage the use of Gemmotherapy extracts for acute symptoms because they are simple and effective in supporting the body

during the early stages of inflammation.

Guiding yourself is easy with my book, Gemmotherapy For Everyone: Introduction To Acute Care. Families that have this can find quick solutions for over 30 acute symptoms. It is available through Amazon and in my practice.

Step Two is to slow down so that the body's limited energy supply can be directed toward healing. When we continue at the same pace as always, there is no reserve for healing and symptoms last longer, often even exacerbating.



Step Three is to know when further support is needed. For my clients and readers who see a Homeopath, this would be a Homeopathic remedy to support their vital force. The vital force can also be supported with acupuncture.

If any of the following develop after 24-36 hours from the first symptom and having begun an acute Gemmotherapy protocol, it is time to reach out to your practitioner:

- Decreasing energy; children become lethargic and not interested in play
- Symptoms disrupting sleep; extreme cough or body aches
- Appetite does not return; a low appetite is normal but an apathy toward any nourishment is of concern
- Irritability or a state of despair; children become weepy, clingy, or more prone to meltdowns

Missing this final step is critical for both children and

adults. However, because adults are often geared to power through and not take care from the first sign of a symptom, they are more at risk for a secondary infection. While this too can be cared for with Homeopathy and Gemmotherapy, the recovery time is slower and more attention will be required.

Knowing what to do and when to do it before acute symptoms appear will put you in a proactive state, rather than a reactive one, and give you the space to respond with confidence.

Here is a great article itemizing what to keep on hand to best be prepared to care for acute symptoms.

Always remember: Pay attention to your symptoms, respond to them early, and ask for help when needed!