

CLINIC TOPIC: HOMEOPATHY FOR Chest Infections.

What are Chest Infections? Bronchitis, an inflammation of the lungs' air passages (the trachea/windpipe and the bronchi/airways), can be either acute or chronic. Swollen, irritated mucous linings induce severe coughing to rid the lungs of the excess fluids produced by the infection. Acute bronchitis - which is usually caused by a virus, though bacteria can also be the source - often develops during the head cold and flu season as an offshoot of upper respiratory infections such as a sinus infection. Irritating fumes and other lung irritants are another culprit, so that cigarette smokers for example are more prone to catching bronchitis. Both children and adults can contract bronchitis, but the elderly are especially vulnerable.

Bronchitis is among the five most common reasons for people seeking health care. It is estimated around 2 million people (mostly people aged 50 plus) are diagnosed with chronic bronchitis each year in the UK*. According to the NHS, the number of bronchitis deaths annually is approximately 54,000* and rising.

What are the symptoms?

Symptoms of bronchitis include coughing (either dry or productive) and wheezing; vigorous, persistent coughing sometimes induces muscle soreness in the chest and abdomen. The infection also might be accompanied by fever or chills, sore throat, and nasal congestion.

Bronchitis is termed chronic when it persists for more than three months (though such a threshold is of course somewhat arbitrary). Chronic bronchitis often occurs in conjunction with emphysema, and together the two diseases are called chronic obstructive pulmonary disease (COPD). Chronic bronchitis usually features a sputum-producing cough and tightness in the chest because of the obstruction of the air passages. For smokers, one highly effective way to help heal chronic bronchitis is by quitting.

Homeopathic Treatment & Remedies for chest infections

Homeopathy treats the person as a whole. This means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition. The homeopathic medicines are selected after a full individual examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of conditions. **Conventional Treatment Treats the Symptoms Not the Cause:**

Treatment for bronchitis often consists of letting nature take its course; most cases of bronchitis will clear up on their own if patients treat themselves sensibly - i.e., by resting, hydrating, and avoiding alcohol. Cough suppressants can offer relief but prevent the body from recovering quickly because coughing is a way for the body to naturally heal. Many cough suppressants have been recalled for young children because of their inherent danger. A vaporizer or humidifier offer more natural relief with no side effects.

Doctors sometimes prescribe cough medications, or inhalers with albuterol for wheezing. If a patient runs a persistent fever for more than several days, an office visit to rule out pneumonia is advised; at that point physicians usually will take a chest x-ray. A doctor's visit is indicated if any of the malady's symptoms become very severe or the patient develops difficulty breathing. The prescription of antibiotics is rare for this primarily virus-generated condition, although sometimes doctors feel pressured into doing so by patients' expectations.

Bronchitis should be treated wisely, particularly as long-lasting infections can turn into lifelong lung problems. It can be a very uncomfortable disorder, and good lung health is a prerequisite for overall well-being. Homeopathy offers an especially effective approach to this affliction. A skilled homeopathic practitioner will select an individualised remedy based on numerous factors pertaining to the client's overall health and habits, and the exact nature of the bronchitic attack. When the right homeopathic remedy is administered, it will reduce the symptoms' intensity and frequency.

Homeopathics treatment for Chest Infections:

Homeopathy Matches Your Individual Symptoms to a Homeopathic Remedy So You Feel Better Right Away Common homeopathic remedies for bronchitis include: Aconite [Acon], Belladonna [Bell], Bryonia [Bry], Phosphorus [Phos], Mercurius [Merc], Antimonium tartaricum Ant-t], Sulphur [Sulph], and Carbo vegetabilis [Carb.v]. Selection is determined by a multitude of factors, such as how advanced the infection is, the nature of the cough, whether a head cold was present, and more.

How can our Homeopathic consultation and remedies help with Chest infections?

To start with, the homeopathic enquiry is a very profound one and very often during a consultation various factors come to light, which may be creating the problem in the the patient's life. A discussion as to how they may be overcome, removed or mitigated, can often be very helpful.

Discussion itself can be extremely therapeutic. In many cases the patient is anxious or worried because nobody has taken time to talk to them. The homeopathic physician spends a lot of time with patients.

Having carefully assessed the patient, taking into account not only his illness and how he is reacting to it, but his whole make-up, the homeopathic physician then tries to work out the patient's constitutional remedy. If he succeeds in selecting the right remedy, the patient's wellbeing, resistance, resilience, general health and ability to cope are enhanced and many allergy problems can be helped. There are a number of polychrests (medicines of many uses) often prescribed constitutionally, which are particularly appropriate for different sorts of allergies.

I have many options for choosing the right remedy and a good response to your symptoms. After a detailed consultation we would look initially at some of the above remedies, (supplied by the **Royal Family's homeopathic pharmacy, Ainsworths**. We are recognised by **Aviva Insurance and others**, (so your consultation is potentially reimbursable.) Homeopathy is safe and can be used by the elderly, children and even babies as there are no side effects. It is non-invasive, non-addictive and simple to use. It can be used with other types of medicines and it's even safe to use in pregnancy. It's a holistic treatment that stimulates **the body's own healing power by identifying and addressing the cause rather than suppressing the symptoms**.

I have been treating patients for over 27 years and I am confident I can make a real difference with a holistic approach to your wellbeing. Please contact me for a no obligation free mini consultation, available 24x7 and at my regular health clinics every week, at either **Cranleigh Pharmacy or The Godalming Pharmacy**.

Disclaimer: 'I would not advise people to discontinue any treatment prescribed by their doctor, instead I strongly advocate an integrated approach to healthcare, where complementary and conventional medicines are used responsibly together to provide the best care for the patient. Dr. Michael F Perez MD MARH is an allopathic doctor not registered with the General Medical Council. I dedicate my practice to homeopathy. Any views or advice in this article should not be taken as a substitute for medical advice or treatment, especially if you know you have a specific health complaint. Copyright 2016. Figures available online from NHS at <http://www.nhsdirect.wales.nhs.uk/encyclopaedia/b/article/bronchitis/> and mortality rates from <http://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/excesswintermortalityinenglandandwales/2014-11-28#causes-of-excess-winter-mortality>.