

Intercurrent Illnesses

When you are being treated *constitutionally* with homeopathy to optimize your health or to be cured of a chronic condition, an illness that comes up “out of the blue” such as a cold or flu is referred to as an intercurrent illness. The important thing to remember about intercurrent illnesses is that they can often provide us with clues that are helpful to your constitutional treatment. For example, during your illness, did you experience dreams or disturbed sleep? Did you have food cravings or aversions? Did anything unusual make you feel better or worse? Knowing this kind of information can really help us to choose a well-matched remedy for you and improve your overall health!

Sometimes we see a patient back for homeopathic follow-up and find out, to our dismay, that they were sick between visits but didn't call us. If it was just a minor illness, it's not a problem. But if the patient had a lot of symptoms, those symptoms may have held very helpful clues for us. However, because the patient may have taken an antibiotic or another medication to suppress their symptoms, we've missed an opportunity to *use* those good clues. The bottom line is, if you're sick between visits, call us before taking any prescription medicine or having a medical visit somewhere else. It will give us a chance to strengthen you constitutionally so that you can get well faster and fend off illnesses more easily in the future.