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Classical Unicist Homeopathy

*Your Family Homeopath*

## 6 Easy Health Tips for Winter

The cold weather's here and I'll bet you're already worried about those **recurrent sniffles** that lead to **ear infections**, or that **cough that just won't go away**, or that **cold** that comes back every few weeks. Don't worry because it does **NOT** have to be that way!

**Homeopathy can help** your organism better adapt to this colder weather.

Here's what to do:

1. Buy **Boiron's Oscilloccinum** at a pharmacy or health food store. — [Here's a \\$2-off coupon.](#) Have each member of your family take one dose (just a few pellets will do, about 5-10) once a week for 3 weeks. Then one dose once a month until April. Repeat this every year starting in October. If you've recently started the homeopathic drainage mentioned in [this recent post](#), then wait until you've finished it and you'll be able to start the above tip a few days later.

And of course, there's the healthy common sense of:

2. getting **fresh air** every day,
3. getting some **sunshine on your skin**,
4. **connecting with people**,
5. **having fun**,
6. and just plain having **a reason to get up in the morning**, even if it's brrrrrrrrrrrr! cold outside!

Helping you and your family **achieve a new level of health and wellness...** naturally,

Janik

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