

# NOROVIRUS

## (gastroenteritis)

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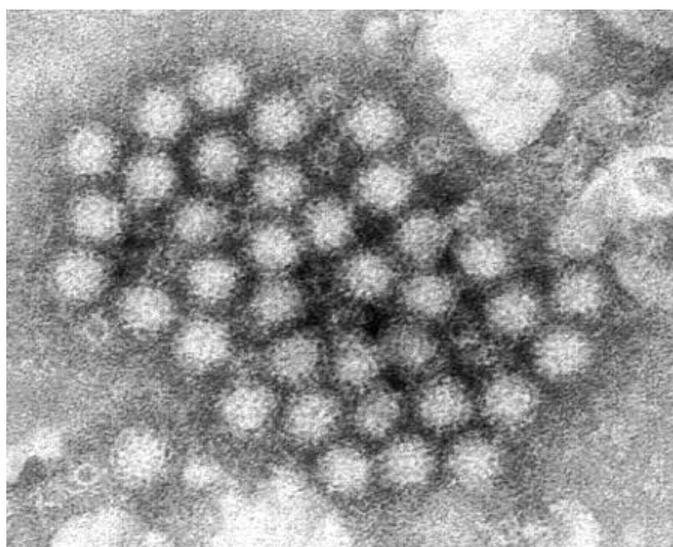
### IMPORTANT

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### Introduction

Norovirus, also known as the "winter vomiting bug", is the most common stomach bug in the United States and in the UK. It affects people of all ages; and is particularly prevalent in UK NHS hospitals.



*Picture of norovirus particles seen using transmission electron microscopy.  
SOURCE: CDC/Charles D. Humphrey*

The highly contagious virus causes vomiting and diarrhoea.

As there is no specific allopathic cure, it is left to run its course, which should not last more than a couple of days.

Noroviruses are a group of viruses that are the most common cause of gastroenteritis, and are also known as small round structured viruses (SRSV) or Norwalk-like viruses.

If norovirus is contracted, plenty of fluids should be drunk to avoid dehydration, and good hygiene should be effected to prevent the bug it from spreading.

Though unpleasant, Norovirus is not generally dangerous and most people make a full recovery within two to three days, without having to see an allopathic practitioner.

Unfortunately, because the virus is always changing, an individual may contract it more than once.

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### **Symptoms**

Symptoms of norovirus usually appear one to two days after contraction and include:

- abdominal cramps
- aching limbs
- diarrhoea
- elevated temperature (over 38C/100.4F)
- headaches
- stomach cramps
- strong urine
- vomiting

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### **Prevention**

Norovirus is readily spread by contact with an infected person, especially through their hands. It can also be contracted through contaminated food or drink, or by touching a contaminated surface or object.

The following measures will help to prevent the virus spreading:

- Disinfect any relevant surfaces, especially if there are infected people about
- Do not share towels and flannels
- Wash your hands with soap and water frequently

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### **Management**

If norovirus is contracted:

- Drink plenty of fluids to avoid dehydration (3 x litres of good water (not tap water - EVER) daily)
- Herb teas are recommended (Green Tea, Camomile, Fennel, Rooi Bos, etc)
- If hungry, eat foods that are light and easily digestible
- Keep warm

- Plenty of rest
- Stay at home - norovirus is highly contagious and there is nothing an allopathic practitioner can do anyway
- Take paracetamol or ibuprofen for aches, pains, or fever

### **Dehydration Note**

**Dehydration is the loss of essential fluid, and if left uncorrected it could lead to complications such as low blood pressure, kidney failure, and eventual death.**

As well as thirst, dehydration signs include:

- an inability to urinate, or not passing urine for eight hours
- blood in faeces (stools) or vomit
- cold hands and feet
- concentrated urine (dark yellow)
- dizziness or light-headedness
- dry lips and eyes
- dry mouth
- dry, wrinkled skin that sags slowly into position when pinched up
- feeling confused
- feeling tired (lethargic)
- headache
- hypotension (low blood pressure)
- inability to urinate
- irritability
- low level of consciousness
- passing only small amounts of urine infrequently (less than three or four times a day)
- rapid pulse rate
- seizures (fits)
- sunken eyes
- weak pulse

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#### **Allopathic Treatment**

None

#### **NHS Note**

Norovirus can be diagnosed by having a sample of your stools tested in a laboratory. However, this is not usually necessary because treatment is the same for all causes of stomach bugs. If you have a sudden episode of vomiting and diarrhoea, it is likely you have norovirus.

<http://www.nhs.uk/Conditions/Norovirus/Pages/Symptoms.aspx>

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#### **Complementary Treatment**

**Tissue Salts** (4 tabs, 4 x daily):

- Ferr Phos
- Mag Phos

Additionally, these can be considered to augment the above:

- Kali Mur
- Kali Sulph

**Homeopathy:**

- Nux Vomica

**Supplements:**

Activated charcoal caps/tabs - 4 x caps/tabs every hour for 4 hours; then 4 x caps/tabs, 4 x daily for 14 days.

Garlic Oil Caps (High Strength) - 1250 mg, 1 x cap, 4 x daily for 14 days

Acidophilus - 1 x cap of 1-2 billion CFU (Colony Forming Unit), 3 x daily

Vit C - 1,000 mg, 3 x daily

Vit B Complex - 100 mg daily

Zinc - 25 mg daily

Selenium - 75-100 ug daily

Additionally, the following is recommended to strengthen the immune system and augment recovery:

Omega 3 Fish Oil - 1,000 mg daily

Omega 6 Oil of Evening Primrose - 2,000 mg daily

Echinacea cap - 400 mg, 1 x cap, 2 x daily for 14 days

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