

# **HOMEOPATHIC HOME REMEDY KIT**

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## **REMEDIES**

- Aconite** - Sudden fright or shock, pale and chilly, 1<sup>st</sup> stage of any illness, often fear of death.
- Apis** - Bee stings; rosy red with heat, burning and edematous (fluid) swelling.
- Arnica** - Trauma; muscle injury, bruising, shock; first remedy after any accident or injury, excellent before and after dental work.
- Arsenicum** - Food poisoning; anxious, needs company at all times or fears she will die, restless, chills, severe vomiting & diarrhea.
- Belladonna** - Sudden and intense illnesses; bright red face with heat and throbbing, dilated pupils, extreme sensitivity to all stimulus, often very high fever (over 102) during acute illness.
- Bryonia** - Flu or bronchitis; slow onset with dry hacking cough, irritability with a desire to go home and lie in bed perfectly still, chilly, thirsty for large amounts of water infrequently.
- Chamomilla** - Toothache; intolerable pain causing extreme irritability, worse at night, pain drives to despair, swollen gums with one cheek hot and red and the other cheek cold and pale.
- Cocculus** - Car and motion sickness; nausea with vomiting, unsteady gait (as if drunk), must lie down.
- Gelsemium** - Influenza; weakness and fatigue, slow onset with body aches, chills up and down the spine, frontal headache, low-grade fever with no thirst, worse any change of weather.
- Hepar Sulph** - Abscess in teeth or skin, extremely painful, extreme sensitivity to touch; extremely irritable, very cold, better heat.
- Hypericum** - Nerve pain; any wound, injury or dental treatment that affects the nerves, especially useful in spinal and eye injuries (in tincture for eyes) & crushing injuries (slamming fingers in a car door).
- Ignatia** - Acute grief after the loss or death of a loved one.
- Ledum** - Puncture wounds, wasp stings or tick bites; part feels cold, great sensitivity to touch, better from cold applications.
- Mag Phos** - Abdominal colic; better from heat, pressure and doubling up the knees to the chest.
- Nux Vomica** - Stomach problems from over-indulgence in food or alcohol (the "hang-over remedy"); toxic states, very irritable and sensitive mentally and physically.
- Phosphorus** - Bleeding; nosebleeds, cuts, any excess bleeding with bright red blood, chilly, thirsty for cold drinks, need for company and affection.
- Pulsatilla** - Colds, bladder and yeast infections; changeable symptoms, thick bland yellow discharge, no thirst, clingy and tearful, craves open air.
- Rhus Tox** - Joint pains, arthritis and poison ivy; pains worse on first motion and better after limbering up, worse cold wet weather, restless with the pains, better hot applications, the hotter the better.
- Sepia** - Hormonal problems; PMS, post-partum depression, morning sickness, menopause, irritability with aversion to the husband, strong desire and better from dancing and exercise.
- Silicea** - Abscess in teeth or skin, wounds slow to heal; promotes draining of abscess, slow development of inflammation, expulsion of splinters.
- Staphysagria** - Lingering "cutting" pains after surgery or wounds, also a cystitis remedy
- Sulphur** - Skin rashes and diarrhea; heat, redness, burning, wakes at 5am, worse from heat of bed and bathing, scratches until it bleeds.
- Symphytum** - Broken bones; helps bones to knit properly and heal more quickly.
- Veratrum Album** - Food poisoning and stomach flu; severe vomiting and diarrhea at the same time, very chilly with cold sweat on forehead & feeling of collapse.

## **OINTMENTS**

- Calendula Ointment** - For cuts, scrapes, skin irritation and diaper rashes.
- Arnica Ointment** - For bruises and muscle aches, do not put on broken skin.
- Urtica Urens** - For burns and stings.

## **DOSAGES**

**Never give higher than a 30C potency without consulting with a qualified homeopath.** If a remedy does not act after 3 doses, try a different remedy. After 3 remedies with no result, stop and consult a homeopath or your physician. If an injury or illness is severe you should always consult with your physician before attempting home treatment.