

BEYOND ARNICA! Miranda Castro ... JAHC Summit, June 2020

<b>Remedy</b>	<b>Affinity</b>	<b>Injury</b>	<b>Pains</b>	<b>Modality: Worse</b>	<b>Modality: Better</b>	<b>Emotional State</b>	<b>Physical Symptoms</b>	<b>Notes</b>
<b>Arnica</b>	Muscles; Soft tissues	Simple bruises	Sore; Bruised	Touch		Shock (delayed), I'm OK	Swelling from Injury	
<b>Hypericum</b>	Nerves/nerve rich parts	Puncture/crushing wounds	Severe; Shooting; Tearing	Pressure (touch); Cold		Shock (from injury)	Bites/stings	Prevent infection
<b>Ruta grav</b>	Periosteum; Tendons	Sprains/Strains	Sore; Bruised; Strained	Lying painful part; Exercise	Warmth	Weary	Lump/knot after bruise	RSI, Shin splint, Eyes/Teeth
<b>Natrum sulph</b>	Back head/base skull	Head	Boring; Bursting; Pressing	Light/Noise; Cold	Fresh air	Irritable; Depressed; Confused	Headache after injury	
<b>Natrum mur</b>	Brain, head	Head	Hammering; Bursting	Ligh/Noise; Heat, Mid morning	Rest (dark room)	Depressed	Headache after injury	
<b>Ledum</b>	Small joints; Tendons ++	Punctured/Crushing injury	Aching; Sore/bruised	Warmth	Cold (ice)		Black eye; Bites/stings	Prevent infection
<b>Apis</b>	Skin	Burns/wounds/fractures	Stinging/burning; Prickling	Warmth	Cold (ice)	Restless; Irritable	Puffy, pink swelling	Allergic reactions
<b>Aconite</b>		Injury to eye/eyeball	Severe			Shock	Black eye; bloodshot eye	Arnica of the eye
<b>Calendula</b>	Skin (epithelium)	Wounds/cuts/abrasions	Severe (out of proportion)					Prevent infection
<b>Symphytum</b>	Bones; Periosteum; Eyes	Fractures; Black eye	Sore/bruised; Stickling/prickling		Warmth			