

HOMEOPATHIC REMEDIES AT HOME



Homeopathy is a natural system of medicine that relieves symptoms by supporting the body's natural ability to heal itself. Exceptionally safe and used by over 200 million people worldwide, homeopathic medicines are customised to the person, not the diagnosis, so choose a good fit for best results.

Remedy	When to Use
Aconitum napellis	#1 remedy for panic attacks and shock. For anxiety, heart palpitations, restlessness, often with a fear of death. Also for colds, flu or earache after exposure to cold or wind.
Apis mellifica	#1 remedy for bites and stings with noticeable swelling, heat and redness. For stinging, burning and intense pain from insect, animal or spider bites. Better with cold (ice) and worse with warmth (touch).
Arnica montana	#1 remedy for injuries, overexertion and shock. Also for recovery after surgery, birth or a marathon. For soreness and bruising, shock or concussion; say they're fine when they are not.
Arsenicum album	#1 remedy for food poisoning. For vomiting with diarrhoea, stomachaches that burn. Chilly and restless but exhausted. Anxious with a need for company. Worse at night, with a desire to keep warm. Thirsty.
Belladonna	#1 remedy for sudden high fevers. Also for intense sore throat, earaches with throbbing, pulsating pain. Head congestion with glassy eyes and dilated pupils. Fever is accompanied with a hot, dry body but surprisingly cold hands and feet. Worse after 3pm (after school), right side.
Bryonia alba	For any pains worse from the least motion. Influenza when pain is the main symptom. Also for sprains and headaches worse for any movement. Pains are sharp, stitching. Desire to lie still and be left alone, smallest movements cause pain. Thirst for cold drinks in large amounts.
Cantharis	#1 remedy for burns for both the pain and healing. Intense burning pain worse with heat, blisters. Urinary tract infections when pain is the primary symptom with urging, and burning pain with urination.

Remedy	When to Use
Gelsemium sempervirens	Exhaustion with the flu or afterwards. For chills up and down the spine, headache at the back of the head, and sore aching muscles. Thirstless. Feels weak and jittery. Also works for anticipatory anxiety with a feeling of dread.
Hypericum perforatum	#1 remedy for injury to the nerves. Shooting pain or intense pain after any injury. Injuries to the tailbone, crushed fingers. For injuries, give Arnica first for soft tissue recovery, bruising and swelling, follow with Hypericum if needed for nerve pain.
Ignatia amara	#1 remedy for acute grief. After shock, loss or a broken heart. Cannot cry or stop crying. Lump in the throat, tight chest, sighing. Trouble sleeping, stomach cramps. Worse for consolation (pushes people away).
Nux vomica	#1 remedy for ailments from over-indulgence. Nervous exhaustion from deadlines, lack of sleep, jetlag. Irritable nervous system, insomnia from overwork. Sensitive to light, noise, cold. Better from rest, naps, warmth.
Rhus toxicodendron	#1 remedy for sprains and strains after Arnica when stiffness follows, especially upon first movement. Limbers up with continued motion, walking, and stretching. Restless, better with heat, worse with overuse. Also useful for poison ivy rashes and chicken pox.

When choosing a home remedy, apply these guidelines:

- 1. Like heals like:** choose a medicine most similar to the symptom picture.
- 2. Personalise the medicine:** for optimum results, choose your medicine according to personalised symptoms you experience rather than by diagnosis or disease name.
- 3. Minimum dose:** give a remedy according to the intensity of symptoms. For stronger effect, repeat more often rather than increasing the number of pills taken at a time. For 30ch potency:
intense symptoms: repeat every 1-2 hours for 3 doses, then 3 times daily.
moderate symptoms: repeat every 4 hours for 3 doses, then 3 times daily.
mild symptoms: repeat 1-2 times daily.
 Stop when 90% better.

How to take: dissolve the pills on or under the tongue. Expect symptoms to improve in a reasonable amount of time based on the body's ability to self-heal. If there is no improvement within 3 doses, choose the next best remedy or seek the advice of a homeopath for a better fit.

Homeopathy is not designed to replace conventional medical care or advice, use it wisely.