eGuide



Sven Sommer

Homeopathy
Quick & Easy

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Homeopathy - The gentle way of healing

SVEN SOMMER

Homeopathy

Quick and Easy

A practical eGuide

Find the right remedy with just one click

homeodoc
Sanfte Selbsthilfe mit Homöopathie

About the Author



SVEN SOMMER

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IMPORTANT NOTE

The information in this ebook is intended to be advisory in nature and should not be regarded as a replacement for professional medical treatment or advice. If in doubt, always consult your GP or homeopathic practitioner. Neither the publishers nor the author can be held liable for any errors, omissions or actions that may be taken as a consequence of using it.

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All Remedies at a Glance

Aconite

Allium cepa

Apis

Arnica

Arsenicum album

Belladonna

Bryonia

Chamomilla

Cantharis

Carbo vegetabilis

Colocynthis

Drosera

Euphrasia

Ferrum phosphoricum

Gelsemium

Hepar sulphuris

Hypericum

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Ipecacuanha

Kalium bichromicum

Ledum

Magnesium phosphoricum

Mercurius

Nux vomica

Phosphorus

Phytolacca

Pulsatilla

Rhus toxicodendron

Ruta

Symphtum

Dear Reader

Welcome to *Homeopathy - Quick and Easy*: a concise but comprehensive introduction to the magical world of the minimum dose. This was how Goethe, the great German poet, once described homeopathy. With this self-help ebook you can experience first hand a gentle but effective way of healing. Free from any side effects, homeopathy is perfectly suited to self-treatment. Everyday, minor complaints can be safely dealt with at home.

Part 1 of this guide should be read carefully. It explains how homeopathic treatment works and tells you how to use the remedies safely. **Part 2** lists a number of common complaints in alphabetical order together with the appropriate remedies. This is followed by a section on homeopathic treatment specific to children and babies. Finally, in **Part 3**, each of the remedies is described in more detail, together with relevant symptoms and complaints for which they are recommended.

Sven Sommer

PART 1



What is Homeopathy?

Homeopathy is an effective complementary treatment based upon a holistic approach to health. It looks at the whole person and the root cause of the illness, not just at the specific symptoms. Homeopathy has one objective: to stimulate the body's own defence mechanism or immune system. By strengthening our own natural healing forces, we can overcome illness and enjoy good health.

Homeopathy is based on the following principle: a substance taken in a toxic dose will produce certain specific symptoms of illness in a healthy person. That same substance taken in a minimum dose can cure a sick person with similar symptoms. The diluted dose stimulates the body's own defence system and initiates the process of self-healing. Samuel Hahnemann, founder of homeopathy, described this as the law of similarities or the cure of 'like with like'. Such a mechanism is already known in the field of immunisation. For example, the diluted cowpox serum was used successfully in immunisation against smallpox. A homeopathic treatment for symptoms similar to those of a bee-sting (pale-red swelling, stinging pain) would therefore be the preparation of Apis, the bee. It would alleviate the condition.

Homeopathy is scientifically based and developed through controlled experimental testing. Human volunteers are used for research; there is no animal testing! Before antibiotics were invented, homeopathy was accepted as a conventional form of medical treatment. Today, increasing numbers of bacteria are becoming resistant to antibiotics and doctors are more reluctant to prescribe them. For many common viral illnesses, there is little more that mainstream medicine can offer other than rest and aspirin. Homeopathy, on the other hand, offers a wide range of remedies which are extremely effective in the treatment of such cases.

For this reason, increasing numbers of GPs are now reverting to homeopathic medicine. In chronic conditions, homeopathy is also known to produce positive results. Hahnemann's discovery may once again prove to be an important part of mainstream medicine.

Treatment

When treating a complaint, the homeopath selects the substance which has the potential to provoke similar symptoms. This substance, highly diluted and specifically prepared, boosts our defence mechanisms in their battle against the illness and stimulates the healing process. In this way homeopathy strengthens the immune system and has a profound positive effect on our health.

While the homeopath searches for the most similar remedy, she/he has to pay attention to all the patient's symptoms and consider the whole picture of their physical and emotional condition. The homeopath will observe, examine and interview the patient with close attention to detail. Enquiries will be made as to when the symptoms first appeared, the possible cause, and what improves or aggravates the condition. The emotional state of the patient will also be taken into account. All peculiar, rare and significant symptoms, the so called main or guiding symptoms, will be noted and will help in the search for the remedy that most closely matches the complaint. The remedy will be the substance which would cause similar symptoms if administered in a toxic dose.

Homeopathy is a holistic and highly personalised therapy.

Self-treatment

You can use homeopathic remedies yourself to treat common complaints and minor illnesses successfully.

This eGuide will show you how. Further reading (see Useful Addresses) will deepen your understanding and increase your success rate. Please read carefully the pages on homeopathic potencies and the right right dosage.

You do not need to worry about taking the wrong remedy – it will do no harm. But always be aware of the limitations of self-treatment. If the condition is serious, if it does not improve or if you have any concerns, consult a qualified practitioner.

How to Find the Right Remedy

1. Read the brief descriptions of the remedies in Complaints from A to Z and choose the remedy that most closely corresponds to your complaint(s), i.e., the most similar one.

2. If you are unsure about which to choose, study the remedies in Remedies from A to Z and compare the selected remedies. Once again, choose the remedy that best fits your case.

3. It is always preferable to choose only one remedy; but if necessary you can choose up to three remedies and take them one after the other, at intervals.

4. If none of the descriptions matches your symptoms, you cannot help yourself with this book and will need to consult a practitioner.

Homeopathic Potencies

Homeopathic remedies are used according to the law of similarities. It is therefore essential that these remedies are administered in a highly diluted form. Only a mild preparation of the substance will give your defence system the information it needs to deal with the illness in the right way without causing any harm to you and your 'life force'.

Samuel Hahnemann developed a method in which the remedy is not only diluted, but also vigorously and rhythmically shaken after each stage of dilution. This has a peculiar effect on the remedy: far from weakening it, as you might expect, this method releases the potency of the substance gradually and makes its healing effects gentler, longer lasting and more powerful. He called this method 'Potenziation'. Consequently, homeopathic remedies are available in different potencies or strengths. The trained homeopath is able to fine-tune his treatment through skilled selection of the appropriate potency.

> For use at home the potencies **6c** and **30c** are the most common and most useful. If the complaint is mainly physical, the potency **6c** is used. If there are marked emotional symptoms (irritability, anger, depression, grief, etc.), the potency **30c** may prove more effective.

The Right Dose

How often should you take a remedy?

The basic rules to remember are:

- The more acute the complaint, the more frequently you should take the remedy.
- As soon as your condition improves, reduce the number of times you take the remedy.
- When you feel well, stop taking the remedy altogether.

  For the remedies and potencies listed in this book, you can observe the following.

- **for potency 6c: Take 1 pill 3–6 times a day until your condition improves.**
- **for potency 30c: Take 1 pill 1–3 times a day until your condition improves.**

These recommendations apply to all age groups.

The Right Way to Take the Remedy

Put the remedy directly on your tongue (without using a spoon or touching it) and chew it or let it slowly dissolve. For small children the pills can be crushed. Never use metal spoons. To avoid interference with the effect of the remedy, you should not eat, drink or brush your teeth 10 minutes before or after taking it.

If you have difficulty deciding between several remedies, you can select up to a maximum of three. Try one remedy at a time. After an interval of a few hours you can change to your second choice. If neither remedy seems to work, wait another few hours and then take the third remedy.

Certain remedies are recommended in cream or tincture form. In such cases you will find directions in the text on how to use them.

Possible Reactions

The remedy works: in this case your condition improves. Initially you often feel a general up-lifting sensation, followed by an improvement in the physical symptoms. As a general rule, acute illnesses respond more quickly to the right remedy and minor, less acute and chronic complaints take longer to respond.

The remedy doesn't work or no longer works: If your condition does not improve or even gradually deteriorates, you have chosen the wrong remedy or possibly the symptoms have changed. Please check the choice of remedy and try to find a more appropriate, more 'similar' one.

Initial aggravation: Sometimes, at the beginning of the treatment, a brief flare-up or aggravation of the existing symptoms might appear. This is called an initial aggravation or first reaction. It is initiated by the strengthened self-defence mechanism or immune system and indicates that you have chosen the right remedy. In such cases it is best to stop taking the remedy until this healing reaction has subsided and then resume.

How to Store the Remedies

Homeopathic remedies should be stored in a dark place, away from strong smelling substances (such as perfumes or essential oils) and kept out of the reach of children.

Limits of Self-treatment

This eGuide recommends self-treatment only for common and minor complaints, for which you would not normally seek immediate help from your GP.

Generally speaking you should always see your GP or an experienced homeopath if:

- the symptoms are severe, very acute, unusual or return constantly
- your condition does not improve, or even gets worse
- you feel at all unsure about self-treatment
- conditions have already existed for some time, are chronic, or frequently recur.

  This eGuide cannot take the place of your GP or an experienced homeopathic practitioner!

Side-effects and Risks

The remedies in this guide (in their recommended doses and potencies) have no known side effects or negative interactions with any other medication.

However, if you are pregnant or are treating a baby, you should first consult your GP or homeopathic practitioner.

There is only one risk with homeopathic self-treatment: this comes not from the remedies themselves but the delay which can occur before the right remedy is identified and taken. If your condition does not improve, see your practitioner sooner rather than later.

> **Never stop taking any medication prescribed by your GP, without his or her consent!**

The Homeopathic Kit

For effective self-treatment it is advisable to keep a few remedies at home or with you when travelling. If you have a selection of remedies within easy reach, you can catch common complaints and minor illnesses in their early stages and thereby increase your chances of getting better quickly. All the remedies listed are available from most chemists or health-food shops (see Useful Addresses).

The 30 homeopathic remedies listed in this book should be sufficient to treat most of the complaints listed. You can add to the kit as you become more confident and experienced.

The following 30 remedies are described in this eGuide: 1. Aconite

2. Allium cepa

3. Apis

4. Arnica

5. Arsenicum album

6. Belladonna

7. Bryonia

8. Cantharis

9. Carbo vegetabilis

10. Chamomilla

11. Colocynthis

12. Drosera

13. Euphrasia

14. **Ferrum phosphoricum**

15. **Gelsemium**

16. **Hepar sulphuris**

17. **Hypericum**

18. **Ignatia**

19. **Ipecacuanha**

20. **Kalium bichromicum**

21. **Ledum**

22. **Magnesium phosphoricum**

23. **Mercurius**

24. **Nux vomica**

25. **Phosphorus**

26. **Phytolacca**

27. **Pulsatilla**

28. **Rhus toxicodendron**

29. **Ruta**

30. **Symphtum**

Additional remedies:

- **Rescue remedy (drops and cream) -** injuries, emergencies
- **Calendula (cream) -** sores and infected skin
- **Arnica (cream**) – bruises: apply only if the skin has not been punctured

Apply creams 2–3 times daily or whenever needed.

PART 2



Complaints from A to Z

In this chapter you will find common complaints and illnesses listed in alphabetical order. To find the right remedy for your condition look under the appropriate heading(s) and compare the description of each remedy with the symptoms of your complaint. Choose the remedy associated with the symptoms that most closely correspond to your condition. If more than one remedy seems suitable and you are unsure which one to select, you should refer to the remedy 'profiles' in Part 3. Just click on the recommended remedy to see the corresponding description. (Please note that not all of the remedies mentioned are described in this ebook).

For guidance on how to take the remedies refer to Part 1.

Abscess: see Boils, Abscesses and Suppuration

Anxiety: see Fears, Anxiety and Panic

Bites: see Stings and Bites

Bladder Complaints and Cystitis

- You feel the constant urge to pass water, even after you have just been to the toilet or you keep making visits to the toilet for fear of not being able to hold back the urine. You may also suffer from burning or severe stinging pains.

Apis

- You experience a burning pain when you urinate and a constant, overwhelming urge to pass water, but find that you can only pass a few drops. If the cystitis is more severe, there are often sharp pains before, during and after urination.

Cantharis

- Acute inflammation with cramping and burning pains, aggravated by the slightest jolt or pressure and, in some cases, accompanied by high fever

Belladonna

- In both of the following cases, warmth alleviates the condition. You suffer from an irritable bladder after catching cold, getting wet or being physically overworked, and your whole body ache. Alternatively, you are spending a lot of stressful time sitting behind a desk.

Rhus toxicodendron, Nux vomica

- Repeated bouts of cystitis often brought on by catching cold and getting wet feet can result in an irritable bladder with frequent incontinence (especially when coughing or laughing).

Pulsatilla

- Cramp-like symptoms that make you double up in pain and leave you feeling irritable and angry.

Colocynthis

Bloatedness, Distension and Wind

- The upper part of the stomach feels bloated, the abdomen is tight and tense, you are burping and producing foul wind, and you long for fresh air.

Carbo vegetabilis

- The lower abdomen is bloated, there is inoffensive wind and loud rumbling noises, and you cannot bear anything tight around your stomach. The symptoms are worse in the afternoon and early evening.

Lycopodium

- Bloatedness, constipation and cramping pains (especially after indulgence and/or too much alcohol) are symptoms

Nux vomica

- You feel bloated after eating sugar and sweets and your stomach is very distended. You are a nervous or fearful person.

Argentum nitricum

Boils, Abscesses and Suppuration

- For initial inflammation and to avoid subsequent suppuration. If the area becomes red, hot, swollen and throbbing,

Belladonna

- Pus then forms, the area is extremely sensitive to touch, and the pain is sharp and stinging. If taken early enough, it can prevent the formation of pus.

Hepar sulfuricum

- Boil develops very slowly, especially if you suffer from spots and acne which have a tendency to develop slowly. The remedy usually causes the pus to form more quickly and helps the abscess to open. It also helps to ease splinters out from under the skin.

Silicea

Bones, Injured or Broken

- As with all other injuries the most important remedy is:

Arnica

- Injured joints or concussion of a bone (e.g., of the shin)

Ruta

- You have to keep completely still because every movement is extremely painful.

Symphtum

Bruises: see Injuries and Bruises

Burns, Scalds and Sunburn

- For the initial shock caused by the injury, these remedies can always be taken:

Rescue remedy, Arnica

- For minor burns and scalding, Rescue cream or drops work extremely well. If used quickly (apply the drops if the cream is not available), the remedy can even prevent the formation of blisters.

Rescue cream or drops

- The skin is red, hot, perhaps even slightly swollen (common signs of sunburn) and you also feel a throbbing pain

Belladonna

- You suffer from severe burning pains and your skin develops blisters.

Cantharis

Colds and Flu

- Colds which start suddenly, often at night, which are perhaps caused by a cold wind and involve initial chills followed by a high fever with hot dry skin, acute thirst and restlessness. If this remedy is taken in the early stages, it can often stop the cold in its tracks.

Aconite

- The condition starts suddenly, caused by wet cold weather, and you have a high fever but the skin is hot and moist, your face is red and your head aches.

Belladonna

- The cold begins with chills, trembling and the chattering of teeth, you feel tired, weak and floppy and suffer from headache, muscle ache and sore throat. Especially for a summer flu and if your face is dark red in colour.

Gelsemium

- Flu with intense bone and muscle aches or a ‘battered and bruised’ sensation.

Rhus tox, **Arnica**

- Flu with intense bone and muscle aches or a ‘battered and bruised’ sensation. And you also suffer from fever and headaches.

Eupatorium perfoliatum

- A cold that develops slowly, accompanied by intense thirst, irritability and a strong desire to be left alone in peace.

Bryonia

- You suffer from a burning, watery thin nasal discharge and feel weak and chilly with a desire for warmth and warm drinks.

Arsenicum album

Constipation

- Constipation with a dry, hard stool and a strong desire for cold drinks

Bryonia

- Constipation caused by stress, by an abuse of laxatives or when routine is upset. You often feel a cramp-like urge to pass a stool, but are unable to do so.

Nux vomica

- You pass a dry, hard stool only after a great deal of effort and you feel the stool slipping back despite all the pushing and pressing

Silicea

- You feel constipated and bloated and the stool is initially hard but then becomes soft and is passed in large amounts. You may also find it difficult to pass stools on unfamiliar toilets..

Lycopodium

Cough

- Sudden cough that appears mainly at night, with dry, violent attacks and possibly with wheezing

Aconite

- The cough develops slowly, is dry and sounds hard, and you perhaps find yourself clutching your chest when you cough to avoid the pain. You usually feel very thirsty (for cold drinks).

Bryonia

- Spastic, irritating cough with frequent coughing attacks that take your breath away and might even lead to retching or vomiting.

Drosera

- Suffocating, dry, barking, spasmodic, sawing cough and your voice is throaty

Spongia

- Painful, barking cough that brings up gluey yellow-green phlegm, and an extreme aversion to cold will often improve with Hepar sulph

Hepar sulphuris

- You suffer from a rattling in the chest with a sticky phlegm which is difficult to cough up, and retching, vomiting and nausea

Ipecacuanha

- Those (small children or old people in particular) who suffer from a rattling cough, with a glutinous whitish phlegm which is difficult to cough up and leaves you feeling exhausted and out of breath

Antimonium tartaricum

- Loose cough with yellowish or green phlegm which gets coughed up easily in the mornings

Pulsatilla

- Dry cough, which does not subside after taking Bryonia, accompanied by chest pain, intense thirst or marked hoarseness

Phosphorus

Croup (cough) (see also Cough)

- Dry, barking croup-like cough. Study the remedies and choose the one best suited to you child's condition. If you are still unsure which to choose, you can try each of the remedies in the above order until you find the right one.

Aconite, Drosera, Spongia, Hepar sulphuris

Cuts: see Wounds, Sores and Cuts

Cystitis: see Bladder Complaints and Cystitis

Dentist/Operations, before and after

- You feel anxious or fearful about an operation or a visit to the dentist

Gelsemium, Argentum nitricum, Rescue remedy

- For any injury, including dental treatment or surgical operations. One dose before the treatment or operation, followed by the normal dosage, three times a day, will enhance the healing process.

Arnica

- Bleeding (e.g., after the extraction of a tooth)

Phosphorus

- Clear cuts or puncture wounds, such as those caused by endoscopy, episiotomy, biopsy or catheter

Staphisagria

- A nerve is injured, you may feel shooting pains along the nerve.

Hypericum

- To enhance the healing process; application on the skin

Calendula cream or Hypericum cream

- You have problems regaining complete consciousness after an anaesthetic.

Phosphorus

- Persistent nausea after an anaesthetic

Nux vomica, Ipecacuanha

Diarrhoea: see Digestive Problems: Diarrhoea, Nausea and Vomiting

Digestive Problems: Diarrhoea, Nausea and Vomiting

- Nausea with ineffective retching. Your food feels like a stone in your stomach, and you may be angry and irritable

Nux vomica

- Cases of slight food poisoning with diarrhoea, vomiting, weakness, restlessness, anxiety and a feeling of being constantly cold

Arsenicum album

- The vomiting and diarrhoea are accompanied by cold sweats and weakness, as if you are close to fainting, and the slightest movement sets off the need to vomit or to pass stools.

Veratrum album

- Your stomach is extremely bloated, you have to belch constantly, you feel short of breath and long for fresh air although you feel cold.

Carbo vegetabilis

- You suffer from nausea or possibly the vomiting of bile, especially after eating too much fat or fatty greasy food, pork or ice-cream. The symptoms improve after gentle exercise and fresh air. Stuffy, airless rooms are unbearable.

Pulsatilla, Carbo vegetabilis

- Constant nausea and retching not relieved by vomiting

Ipecacuanha

Distension and Wind: see Bloatedness, Distension and Wind

Ear Complaints

- In the early stages of a middle ear infection with a slow onset. You should take it as soon as possible.

Ferrum phosphoricum

- You awake suddenly at night with unbearable earache, or if the pains are caused by a cold wind. The remedy should be taken immediately.

Aconite

- You suffer from an unbearable, stinging earache, that makes you extremely irritable. The patient (usually a child), cries angrily, throws itself from side to side, and often wants to be carried. One cheek may be red, the other pale.

Chamomilla

- On the other hand, the patient is quiet, weepy, very dependent and clingy, and even wants to be in the fresh air. Sometimes you will find a mild, yellow-green discharge coming out of the ear.

Pulsatilla

- Earache caused by cold air or a draft, which is worse when you swallow and better when you are warm. You may feel irritable and stressed, and sometimes even the hair on your scalp may be sensitive to the touch.

Nux vomica

- Stinging earache, in which the slightest cold makes the pain worse, and you feel compelled to cover up the ear to keep it warm. Sometimes there will be

a yellow-green discharge coming out of the ear. The patient is extremely irritable.

Hepar sulphuris

- You have discharge from the ear, swollen lymph-nodes under the ear, bad breath, night sweats and thirst.

Mercurius

- Sudden, intense and throbbing earache with a red, hot face and possibly high. This is the main remedy for acute middle-ear infections.

Belladonna

Eye Inflammation and Conjunctivits

- All burning pains in the eye, when the eye feels as if there is sand in it, causing it to water and be sensitive to bright light. Dissolve some eyebright (Euphrasia) granules in clean, boiled water and use this to wash the eye carefully. It is possible to do this with a tea made from the eyebright herb, too.

Euphrasia

- The eyes are dry, hot and feel gritty (as if you had sand in them). The symptoms are very acute and sudden, often triggered by a cold wind, eye strain or foreign bodies in the eye.

Aconite

- Bright red eyes, extreme sensitivity to light and throbbing pains

Belladonna

- The eyelids are heavily swollen, there are stinging pains, and cold applications bring relief.

Apis

- Profuse mild, yellowish and viscous tears which coagulate the eyelids

Pulsatilla

Eye Injuries

- For any injury to the eyes, the following remedy should be taken in the first instance:

Arnica

- In cases where the pain is very acute and sudden, e.g., caused by a foreign body, take:

Aconite

- If the eye is irritated, take:

Euphrasia

- For a black eye (e.g., from a blow), take the following remedies alternately:

Symphtum, Ledum

- If the eye is swollen following an injury and the swelling is not hot (but cold applications bring relief), it is best to take:

Ledum

Eye Strain

- For eye strain caused by reading, bad light and extensive work in front of a computer screen, take the following remedies:

Ruta, Euphrasia

Fears, Anxiety and Panic

- Sudden feeling of panic, intense fear of dying, shock and terror (e.g., after an accident), for acute claustrophobia or for anxiety during acute illness

Aconite, Rescue remedy

- Fear of forthcoming events, such as a journey or an interview. You constantly feel in a hurry, are possibly claustrophobic, may have a fear of flying or of heights and a craving for sweet things.

Argentum nitricum

- Nervous fear of exams or interviews, or suffer from stage fright, with trembling, weakness, loose stools and a feeling of failure

Gelsemium

- People who suffer from the cold, from a feeling of great anxiety and panic, who feel very weak and internally restless. The condition is aggravated by loneliness and darkness.

Arsenicum album

Fever

- Rapidly rising, very high temperatures.There is also thirst, dry hot skin, no sweating, restlessness and anxiety.

Aconite

- Rapidly rising, very high temperatures. Your skin is hot, moist and damp, your face is red, your hand and feet cold and you have throbbing pains and feel dazed.

Belladonna

- Slow-developing, middle-high fever without any other significant symptoms. In early stages of an infection.

Ferrum phosphoricum

- Fever, tiredness, weakness, chills, shivering and possibly a dark red face

Gelsemium

- The whole body feels hot, and the face is red and hot, but throwing off the covers makes you shiver.

Nux vomica

- Fever with an intense thirst, irritability and a desire to be left in absolute peace.

Bryonia

- Weepy and clingy children, who do not want to be on their own and need physical comfort when they feel unwell.

Pulsatilla

Flu: see Colds and Flu

Grief and Worries

- Loss of a loved one, love sickness or even homesickness – especially if you sigh a lot, feel oversensitive, suffer from mood swings and are perhaps even a bit hysterical

Ignatia

- You cry constantly and want to be comforted, taken care of and surrounded by loved ones.

Pulsatilla

- Acute shock caused by the loss of a loved one

Rescue remedy, **Aconite**

Hangover

- Headaches, nausea, retching, heartburn or spasmodic stomach ache after too much alcohol, smoking or over-indulgence. If you take the remedy at night with plenty of water, the worst effects can often be avoided.

Nux vomica

Hayfever

- Constant sneezing and watery acrid nasal discharge, but no acrid watering eyes.The symptoms seem to get worse in a warm environment.

Allium cepa

- Constant sneezing and a sharp burning sensation, coupled with a thin, watery nasal discharge which gets worse in the cold. Noses are more blocked at night and asthmatic wheezing.

Arsenicum album

- The eyes are red and watering, and you shed acrid tears, which make the corners of the eyes sore. (The eyes are inflamed and very sensitive to light, you sneeze a lot and your nose runs with a mild discharge.).

Euphrasia

Hoarseness

- Sudden hoarseness resulting from an acute cold (caused by a cold wind)

Aconite

- Loss of voice mainly in the evening or after too much talking or singing

Phosphorus

- Hoarseness which is worse in the mornings and after breaks from talking, and which improves with talking

Rhus toxicodendron

- Hoarseness accompanied by a barking cough (laryngitis)

Drosera, Spongia, Hepar sulphuris

Injury and Bruises

- In any accident or injury the first remedy you should consider is **Arnica**. As the most effective homeopathic remedy for any kind of injury, Arnica helps with bruising and bleeding and enhances the healing process. It is also a wonderful remedy for the shock caused by injuries. Take the remedy at short intervals until you feel better. In addition to the tablets, you can apply Arnica cream to bruises, but only if the skin is unbroken

Arnica

- **Rescue remedy** helps to ease shock and panic of any kind. You can take the drops on their own or in combination with Arnica. Apply 3–4 drops on the tongue or lips, if necessary at short intervals. Rescue cream can be applied to the injured area on its own or alternated with the Arnica cream.

Rescue remedy

- Injuries of the nerves or of tissues which are rich in nerves, will often create shooting, pulling pains along the nerve. Crushed fingers and toes, concussion of the coccyx, scratches and sores on the palms, or injuries to the lips, inner mouth or ear.

Hypericum

Insomnia: see Sleep, Disturbed and Insomnia

Lumbago and Sciatica

- You have sudden, severe pain aggravated by the slightest movement and an intolerance to warm applications.

Aconite

- You ache and feel bruised, sore and limping, as if someone has beaten you up, and even the bed feels too hard. The condition improves with rest and warmth.

Arnica

- Initial movements feel stiff, painful and strained but improve with gentle, continuous movement. In such cases warmth will always help.

Rhus toxicodendron

- On the contrary, you have to keep absolutely still because the slightest movement causes unbearable pain.

Bryonia

- The pain is worse when you move and better in the warmth, and you have to sit up to be able to turn around in bed.

Nux vomica

- Sciatica, with neuralgic pains shooting down the leg

Magnesium phosphoricum, **Colocynthis**

Menopause

- You experience frequent hot flushes alternating with chills, cannot bear anything tight around your throat, and feel worse after sleep, consider Lachesis. You often have the strong desire to talk a lot and rapidly, and you may feel easily jealous and irritable

Lachesis

- The slightest exertion makes you sweat, you feel completely exhausted, washed out, and overburdened by your job, your partner and your family, and you wish you could leave it all behind. In women a bearing down sensation in the uterus often makes you cross your legs, when sitting.

Sepia

- You are weepy, moody, longing for company and sympathy, you suffer from hot flushes and have a desire for fresh air. At night, after you have fallen asleep, you often start to sweat profusely.

Pulsatilla

Muscle Ache, Sprains and Strains

- Muscle ache or pulled muscles with a ‘beaten-up’ sensation. To avoid muscle ache, one dose of the remedy can be given as a preventativen.

Arnica

- Not just the muscles themselves, but also the tendons, ligaments and joints are strained or sprained or bones are bruised. Additionally to **Arnica**.

Ruta

- Sprains and strains that are initially painful when you move, but which then improve with gentle, continuous movement

Rhus toxicodendron

- You have to keep the injured area completely still, because even the slightest movement is unbearably painful. Tight pressure or bandages may often alleviate the pain.

Bryonia

Nausea: see Digestive Problems: Diarrhoea, Nausea and Vomiting

Nose Bleeds

- The nose bleed has been caused by an injury or blow.

Arnica

- The blood is bright red.

Ferrum phosphoricum

- Frequent bleeding with a lot of bright red blood.

Phosphorus

Operations, before and after: see Dentist/Operations

Panic: see Fears, Anxiety and Panic

Period Pain

- The pain makes you bend double and the symptoms respond well to warmth or gentle pressure or massage of the stomach. The pain stops with the onset of the bleeding.

Magnesium phosphoricum

- The pain makes you bend double, comes and goes in waves and you feel angry and irritable. You often press your fist against your stomach, because tight pressure seems to alleviate the pain. The pain starts with the onset of the period.

Colocynthis

- Unbearable pain with hot flushes and sweating. You are beside yourself with pain. You often snap at other people and feel extremely irritable.

Chamomilla

- Other remedies, such Pulsatilla, ***Sepia, Lachesis*** and Nux vomica, listed under **Premenstrual Tension**, can also be helpful, if their emotional symptoms correspond closely to your condition.

Premenstrual Tension (PMT)

- You feel very moody and exceptionally weepy, long for company, sympathy and consolation and cannot bear to be alone, the most likely remedy is Pulsatilla. You often have a desire for fresh air. Sticky, warm rooms are intolerable. Your breasts are usually swollen and painful before your period.

Pulsatilla

- On the contrary, you feel irritable and as if you would like to leave your job, your partner or family, or you feel sad, despondent and depressed. You may be completely exhausted, but feel better after vigorous exercise.

Sepia

- You feel exceptionally talkative, irritable, quarrelsome and envious. All symptoms improve with the onset of your period. You cannot bear anything tight around your throat or stomach and you feel much worse in a warm environment or after sleep.

Lachesis

- Women who are irritable, angry and sensitive to the cold (cold winds and drafts), irritated by noise and smells, and who have a hectic, stressful lifestyle, often combined with an abuse of alcohol, medication and drugs.

Nux vomica

Puncture Wounds

- Puncture wounds caused by, for example, thorns, needles, splinters, nails, etc..

Arnica

- The area that has been punctured starts to swell, is dark in colour and feels cold, but is alleviated by cold applications.

Ledum

- There are pulling or shooting pains along the nerves.

Hypericum

Runny Nose

- Runny nose with lots of sneezing, a watery acrid discharge and a desire for warmth and warm drinks

Arsenicum album

- Cold with a lot of sneezing, a watery, burning discharge, weeping eyes and a desire for fresh air.

Allium cepa

- You catch colds easily from getting cold or from a draft, there is a thin water clear discharge and lots of sneezing, the nose runs during the day but feels bunged up in the evenings and in a warm environment.

Nux vomica

- A lot of mild, thick, yellow-green mucus in the mornings and a blocked nose at night

Pulsatilla

- Thick, ropy, stringy, yellow-green mucus, or glutinous bogies obstructing the nose

Kalium bichromicum

Scalds: see Burns, Scalds and Sunburn

Sciatica: see Lumbago and Sciatica

Sleep, Disturbed and Insomnia

- You wake up feeling anxious, with a wild, pounding heart or the acute fear of imminent death. This remedy is also helpful for treating insomnia caused by internal restlessness, emotional upsets, anger or fear.

Aconite

- You have a fear and apprehension of coming events.

Argentum nitricum

- You feel nervous, as if you have drunk too much coffee, and your mind is racing so much you cannot get to sleep. This remedy (homeopathically prepared coffee) will calm you down.

- You have to work night shifts or suffer from the effects of intercontinental air travel (jet lag), a disturbed sleep pattern or lack of sleep, and you are dizzy with exhaustion but still cannot sleep.

Cocculus

- Workaholics and stressed ‘city people’ with an over-excited nervous system, who wake up too early and in a filthy mood. This remedy is also recommended after over-indulgence and an excess of coffee, nicotine, alcohol or drugs

Nux vomica

- You feel battered and bruised and, worn out after physical exertion, and even the bed seems too hard.

Arnica

Sore Throat

- A sore throat suddenly flares up (often triggered by dry, cold weather) and you feel extremely thirsty for cold water. It is most effective if taken in the early stages of illness.

Aconite

- Your throat is dry and bright red, with burning or even throbbing pains, and you have to swallow constantly even though it hurts to do so.

Belladonna

- Stinging pains and pink-red, glossy, shining, swollen tonsils, throat and uvula, soothed by cold drinks.

Apis

- The throat is dark red, the glands of the neck and lower jaw are swollen, and the pain extends to the ear when you swallow.

Phytolacca

- The sore throat is worse on the left side and the throat is dark red or purple and if the swallowing, especially of hot drinks, is very painful and you cannot bear anything tight around the neck.

Lachesis

- The sore throat is caused by cold or a draught, and the throat is red, swallowing is painful, the pain extends to the ear, and you feel irritable and angry. Warm drinks also help

Nux vomica

- Sharp stinging pains, as though you had a fish bone stuck in your throat, extreme pain each time you swallow, and acute aversion to the cold.

Hepar sulphuris

Sores: see Wounds: Sores and Cuts

Sprains and Strains: see Muscle Ache, Sprains and Strains

Stings and Bites

- Symptoms that resemble a bee sting that swells and is pale-red, with a stinging pain that is soothed by cold applications

Apis

- The swelling is of a darker colour and the area feels cold but cold applications seem to help. This is the most important remedy for mosquito, tick and animal bites.

Ledum

- Stings and bites in tissues that are rich in nerves (lips, tongue, ears, palms, etc.) and shooting neuralgic pain.

Hypericum

- The area is bruised.

Arnica

- For minor stings and bites the Rescue or Calendula cream may be all you need

Rescue or Calendula cream

Stomach Ache

- Colic-like stomach ache that makes you double up in pain

Colocynthis

- Colic-like stomach ache that improves with warm applications (e.g., hot water bottle) and tender massaging of the stomach

Magnesium phosphoricum

- Colic-like stomach pains that come and go suddenly and which may force you to bend double or backwards in order to ease them. The stomach is very sensitive to pressure and touch, and you may feel hot and sweaty.

Belladonna

- For cramp-like stomach ache, often accompanied by wind, bloatedness and constipation, that flares up a few hours after eating. You feel easily irritable, angry and stressed.

Nux vomica

Styes

- The most common remedy for styes:

Staphysagria

- Women and children should also consider:

Pulsatilla

- In case of recurrent styes:

Sulfur

Suppuration: see Boils, Abcesses and Suppuration

Toothache

- Sudden, severe toothache, especially if triggered by cold

Aconite

- There is more of a throbbing pain and if the area is red and inflamed

Belladonna

- Unbearable raging toothache, which makes you irritable, and allows you no rest. Warmth makes the condition worse.

Chamomilla

- You suffer from tooth decay, if cold makes the condition worse and if you feel extremely irritable and angry.

Hepar sulphuris

- Caries, decay, pain, ulcers, bad breath, a metallic taste in the mouth and an increased production of saliva. Neither hot nor cold is tolerated.

Mercurius solubilis

- Shooting neuralgic pains in the region of the jaw and teeth

Magnesium phosphoricum

Traveller's Nerves

- You feel apprehensive and frantic several days before departure. Incidentally, this remedy also a very useful remedy for claustrophobia.

Argentum nitricum

- You are shaking with fear before departure, and you feel weak and tired.

Gelsemium

- Sudden panic attacks, fears and frights. Given in frequent doses before and during the journey, these remedies can be very effective.

Aconite, Rescue-drops

Vomiting: see Digestive Problems: Diarrhoea, Nausea and Vomiting

Worries: see Grief and Worries

Wounds: Sores and Cuts

- The first remedies you should consider:

Arnica, Hypericum

- To enhance the healing process, apply the cream 2–3 times daily. Tip: For mouth ulcers, apply a few drops of Hypericum tincture. It stings for a moment but works wonders.

Calendula cream, Hypericum cream or tincture

- Clean cuts and for punctured wounds

Ledum

Homeopathy for children and babies



Children often respond extremely well to homeopathic remedies. However, given that it is not always possible to ask children many questions, you have to rely more upon close, accurate observation. This can make it harder to select the right remedy. Generally speaking, all the recommendations in this eGuide also apply to the treatment of children, but in this chapter you will find some advice specific to children and babies.

Colic

- Spastic stomach ache, which improves with warmth, gentle massage and rubbing of the stomach

Magnesium phosphoricum

- The child draws his legs up to his stomach, cries out angrily, and is quite irritable. Warmth, pressure (lying on the stomach) and the passing of wind bring relief.

Colocynthis

- Among sensitive children spastic stomach aches may develop after grief, punishment and a feeling of being unloved

Ignatia

- If the belly is bloated like a drum, the child is extremely irritable and constantly crying, his head is red, hot and sweaty, and the only thing that seems to help is to carry him around

Chamomilla

Diarrhoea (see Digestive Problems: Diarrhoea, Nausea and Vomiting)

- Spastic pain and greenish diarrhoea that looks like chopped spinach and may smell of rotten eggs. The child is extremely irritable, hurls himself from side to side and wants to be carried

Chamomilla

Digestive Problems (see also Digestive Problems: Diarrhoea, Nausea and Vomiting)

- Spastic stomach ache after too much or too rich food (e.g., after a birthday party), with nausea and retching

Nux vomica

- The nausea and digestive problems are caused by greasy food, pastry, pork or icecream and the child seems to feel better when moving gently in the fresh air

Pulsatilla

Fever

- At the onset of every feverish condition, especially for slow-developing fever up to 39°C (102°F), with a pale-red, blotched face and occasional bleeding from the nose.

Ferrum phosphoricum

- Sudden high fevers above 39°C (102°F). A high fever normally indicates a healthy and fast-reacting immune system, but if you feel at all unsure, consult your GP or homeopath

Aconite, Belladonna

Teething

- Rubbing, chewing, biting (e.g., on a dummy) and warmth seem to bring relief

Magnesium phosphoricum

- The child is extremely irritable and moody, if one cheek is red and the other pale, and nothing seems to calm him down except being carried around. There is an aversion to warmth.

Chamomilla

- On the contrary the child is quiet, very weepy and moody, does not want to be left alone and needs comfort and sympathy. There is an aversion to warmth.

Pulsatilla

PART 3



Remedies from A-Z

In this chapter you will find a brief introduction to each of the 30 main homeopathic remedies mentioned in this ebook. Under each remedy you will find some of the complaints and symptoms known to respond well to that remedy. This is followed by a list of the main associated symptoms. This information should help confirm your choice of remedy, especially if you have difficulty deciding between several. For guidance on how to use the remedies, refer to Part 1.

Aconite (Monkshood, *Aconite napallus*)



First recommendation for treating colds in their early stages.

Recommended:

For all acute or feverish complaints that appear suddenly and with intensity. For best results, take the remedy as soon as the symptoms appear

- often caused by dry cold, cold wind, panic and shock
- complaints come suddenly and are extremely fierce
- fever rises rapidly and may be very high, with a hot, dry skin
- patient is extremely restless and anxious
- intense thirst for cold drinks

Allium cepa (Onion, *Alium cepa*)

Recommended: For hayfever and colds, if the following symptoms arise:

- often caused by cold, wet and damp conditions
- constant sneezing and a runny nose
- nose and eyes are red and irritated
- acrid, watery nasal discharge which makes the nostrils sore, but mild tears
- itching and scraping in the throat
  - **you feel worse:** in the evenings and in the warmth
  - **you feel better:** in cool conditions

Apis (Bee, *Apis mellifica*)



First recommendation for stings and bites.

Recommended: For stings and bites, especially bee stings; for sore throats and cystitis, and all conditions which resemble the symptoms of a bee sting.

- burning and stinging pain
- pale red, hot swelling
- the painful area is very sensitive
- throat or bladder feel constricted
- no thirst
  - **you feel worse:** in the warmth
  - **you feel better:** after a cold bath, or cold applications

Arnica (Mountain daisy, *Arnica*)



Highly recommended as a first aid remedy

Recommended: For all kinds of injuries, muscle ache, bleeding, flu and sleeplessness.

- shock following an injury
- bruises, contusion, strains
- muscle ache and physical exertion
- you feel sore and lame, battered and bruised
- you may feel oversensitive and not want to be touched; even the bed may feel too hard

Arsenicum album (Arsenic trioxide, *Arsenicum album*)

First recommendation for slight food poisoning.

Recommended: For food poisoning with vomiting and diarrhoea, colds and asthmatic coughs, insomnia

- you feel cold, weak, restless and anxious
- the slightest exertion is utterly exhausting
- diarrhoea, vomiting and spastic stomach cramps
- cold with a runny nose, cough with wheezing
- burning pains
- desire for warmth and warm drinks
  you feel worse: at night, in damp and cold conditions and when left alone

Belladonna (Deadly nightshade, *Atropa Belladonna*)



First recommendation for acute throbbing inflammations and high fevers

Recommended: For acute inflammations, cramping and throbbing complaints and high fever.

- often brought on by cold wet weather or wet hair
- the symptoms start suddenly (often disappearing as suddenly as they came)
- high fever, red face, little thirst, moist, sweaty skin, a desire not to be uncovered
- when feverish you feel either drowsy or irritable but not anxious (as with Aconite)
- throbbing, burning, cramping pain with red, hot, inflamed areas (e.g., throat, ear)
- sensitivity to movement, light and noise
  you feel worse: in the evening and at night

Bryonia (White bryony, *Bryonia alba*)

First recommendation for dry painful coughs.

Recommended: For dry coughs, constipation, aching joints and backache.

- often caused by anger and (financial) worries
- the slightest movement is intolerable, only total rest helps
- you feel irritable and long for peace and quiet
- very thirsty for lots of cold drinks
- stitching pains
- dry cough, which is painful in the chest and hurts the head
  you feel better: by pressure (e.g., holding chest, bandaging joints) and by rest

Cantharis (Spanish fly, *Lytta vesicatoria*)



First recommendation for bladder infections

Recommended: For cystitis, burns, scalds and sunburn.

- severe raw, burning pains
- burning, cutting pains before, during and after passing water
- urine can only be passed drop by drop and burns like fire
- constant urge to pass water
- burning or even blistering of the skin or the internal linings
- sexual organs may be painful and hypersensitive

Carbo vegetabilis (Charcoal, *Carbo vegetabilis*)



Recommended: For bloatedness, digestive problems, fainting and collapse

- intense distension of the stomach with shortness of breath and burping
- intolerance to rich or fatty foods and alcohol
- nausea, dizziness and ringing in the ears
- strong desire for air, preferably fanned air
- the body is cold (although the head may be hot)
- severe weakness and a tendency to collapse, with a bluish face or lips (lack of oxygen)

Chamomilla (Camomile, *Matricaria Chamomilla*)



First recommendation for teething children.

Recommended: For teething children, diarrhoea, colic and earache.

- unbearable pain
- very irritable, moody and easily enraged; nothing seems to satisfy them
- children want to be carried
- one cheek may be red, the other pale
- often hot, restless and thirsty
- colic pains and possibly greenish diarrhoea that looks like chopped spinach and smells of rotten eggs

Colocynthis (Bitter cucumber, *Citrullus Colocynthis*)

First recommendation for spasmodic pain that makes you bend double.

Recommended: For spasmodic pain, colic, menstrual pain and sciatica.

- often caused by anger and resentment; you feel very irritable when ill
- cramps and colic; bent double with pain
- eased by pressure (babies lie on their tummies)
- sciatica with numbness; you have to bend your leg to relieve the pain
  you feel better: after resting, drinking coffee and in a warm environment (e.g., in bed)

Drosera (Sundew, *Drosera rotundifolia*)



Recommended: For dry, spasmodic coughs.

- coughing fits that take your breath away
- deep, hoarse, barking cough
- cough with retching and vomiting
- the pain makes you clutch your chest when coughing
- talking is exhausting and painful
  you feel worse: at night or after talking or laughing and when lying down (have to sit up), and in warm conditions

Euphrasia (Eyebright, *Euphrasia officinalis*)

Recommended: For eye conditions and hayfever.

- dry, itching eyes; eyes feel gritty
- profuse acrid tears and a runny nose with mild, bland discharge
- sensitivity to light; you have to blink constantly
- the eyes are red and you feel a burning sensation or pressure
- discharge of pus; swollen and burning eyelids
  you feel worse: in the evenings; warmth, light or wind aggravate the symptoms

Ferrum phosphoricum (Iron phosphate, *Ferrum phosphoricum*)

First recommendation for feverish complaints.

Recommended: For fever, earache and nose bleeds (for nervous, delicate people, who blush easily). Often very effective in the early stages of an illness or inflamation with little or no significant symptoms

- middle to high fever when no other significant symptoms are apparent
- bright red nose bleeds
- palpitations with a fast and soft pulse
  - **you feel worse:** at night
  - **you feel better:** when resting

Gelsemium (Yellow Jasmine, *Gelsemium sempervirens*)



First recommendation for flu.

Recommended: For flu, fears, stage fright and nervous exhaustion.

- flu with initial chills that run up and down the spine
- head flu with a pain that rises from the back of the neck up to the eyes (sometimes accompanied by disturbed vision)
- you feel tired and exhausted; you cannot keep your eyes open
- physical and mental fatigue, feeling shivering and achy
- anticipatory fears, such as exams, interviews (possibly with trembling and diarrhoea)

Hepar sulphuris (Hahnemann’s calcium sulphide, *Hepar sulphuris*)

Recommended: For acne, boils and other suppurations; for sore throats, coughs and earache.

- extreme sensitivity to cold; all symptoms alleviated by warmth
- irritability and anger
- suppurations have a yellow-green discharge
- intense, possibly throbbing pains and stitches, alleviated by warmth
- rough, barking, rattling cough with hoarseness
  you feel worse: in the cold

Hypericum / cream (St. John's wort, *Hypericum perforatum*)



First recommendation for injury to nerves.

Recommended: For injuries of areas rich in sensitive nerves, concussion of the spine and head; as a natural antiseptic. As a cream or tincture it speeds up the healing-process of wounds. (Tip: apply a little of the tincture to mouth ulcers and spots.)

- squashed fingers or toes
- concussion of the coccyx
- whiplash or concussion of the head
- shooting, lancing neuralgic pains
- pain after the extraction of a tooth
- puncture wounds

Ignatia (St. Ignatius Bean, *Ignatia amara*)

First recommendation for emotional upsets.

Recommended: As the main ‘grief remedy’ in homeopathy

- effects of grief, sorrow, lovesickness, the loss of a loved one, homesickness, reproach, deprivation of love
- changeable moods, laughing and sobbing
- frequent sighing and yearning
- symptoms are often contradictory, e.g., you feel as if you have a lump in your throat and/or nauseous, but eating seems to help
  you feel worse: after smoking, drinking coffee and in the cold

Ipecacuanha (Ipecac-root, *Uragoga Ipecacuanha*)

First recommendation for constant nausea.

Recommended: For coughs, nausea and vomiting.

- constant nausea that is not relieved by vomiting
- the tongue is clean and without coating
- a cough with sickness and vomiting
- spasmodic cough with fear of suffocation – children become stiff and turn blue in the face during a coughing fit
- dry cough with hoarseness, but you can often hear a rattling of phlegm that refuses to budge

Kali bichronicum (Bichromate of potash, *Kalium bichromicum*)

First recommendation for sinusitis.

Recommended: For colds and sinus problems.

- thick, ropy or stringy yellow phlegm or glutinous mucus in the nose
- pressure on the root of the nose or pain in small areas of the forehead or cheekbone
- headaches, even migraine, (which may be preceded by blurred vision) from suppressed catarrh
- loss of smell, bunged up nose and sore, inflamed nostrils
- metallic cough with tough yellow phlegm
  you feel better: warmth and warm steam inhalations

Ledum (Marsh tea, *Ledum palustre*)



First recommendation for black eyes, bites and puncture wounds.

Recommended: For stings and bites, puncture wounds and injuries to the eye.

- for any kind of injury where the skin is pierced: from thorns, nails, splinter, glass, *etc.*
- for insect stings (bee, wasp, mosquito) and bites (also ticks)
- for a black eye
- the injured area feels cold
- aggravated by warmth and movement

Magnesium phosphoricum (Phosphate of magnesia, *Magnesium phos.*)

First recommendation for pains relieved by warmth.

Recommended: For colic, stomach ache, menstrual pain, toothache, teething and sciatica (The most effective way to take the remedy is crushed in hot water and sipped.)

- spasmodic, shooting pains, eased by anything warm (hot-water bottle), tender pressure, rubbing, massage or bending double
- the pain comes and goes suddenly, or frequently changes places
  ⛔ **you feel worse:** when you are exhausted and worn out; at night, in the cold and in a draft

Mercurius (Quicksilver, *Mercurius solubilis*)



First recommendation for ulcers.

Recommended: For toothache, earache, suppurations

- foul breath often with a sweetish, metallic taste in the mouth
- increased saliva production, but thirsty
- the tongue is moist, swollen and has toothmarks along the sides
- inflamed, swollen gums and mouth ulcers
- toothache at night
- chronic, foetid discharge from the ear
- sticky, smelly night sweats
  - **you feel worse:** in the heat and cold

Nux vomica (Poison nut, *Nux vomica*)

First recommendation for stomach upsets and hangovers.

Recommended: For digestive disorders, nausea and retching, constipation, backache, PMT, menstrual pain, earache, disturbed sleep, hangovers.

- after-effects of rich food or food that is off, an excess of alcohol, smoking, coffee, an abuse of medical and recreational drugs, stress and a lack of sleep
- nausea with retching (you cannot vomit), food lies like a stone in the stomach
- very stressed, irritable and oversensitive
  - **you feel worse:** in the cold and in a draft
  - **you feel better:** in the warmth

Phosphorus (Phosphorus, *Phosphorus*)

Recommended: For bleeding, coughs, hoarseness

- bright red blood, e.g., from the nose, or after extraction of a tooth
- easily bruised
- dry, hard cough
- hoarse, or even loss of voice
- very thirsty for cold drinks
- strong burning pains
- easily exhausted, but even a little rest or sleep refreshes
- fear of being alone, of thunderstorms, ghosts an supernatural things

Phytolacca (Poke root, *Phytolacca decandra*)



Recommended: For sore throats

- sore throats, the throat and tonsils are dark red
- in the early stages of tonsillitis
- when you swallow, the pain extends to the ear
- the glands under the jaw and along the neck are swollen
- the tongue has a greasy yellow coating in the middle, the tip and sides are red
- feeling achy and bruised
  you feel worse: by warm drinks

Pulsatilla (Wind flower, *Pulsatilla pratensis*)



Recommended: For colds, complaints of the ear, teeth, bladder, ‘female complaints’, coughs, digestive problems, grief

- symptoms are often caused by cold, dampness and grief
- a desire for gentle movement in the fresh air
- mucus (cold, cough, ear, etc.) is bland, thick and yellow or green
- digestive problems often caused by fatty, rich food, pork and ice-cream
- no thirst
- weepy and moody, a desire for company and sympathy

Rescue (Drops and cream – excellent first aid remedy)

Recommended: For shock, injuries, burns and emergencies of any kind.

Dosage and directions: Available in most health-food shops and pharmacies, Rescue remedy is not, strictly speaking, homeopathic, but one of the Bach Flower remedies. However, it is so effective in the treatment of the above complaints that it is a good idea always to carry a bottle around with you.

Put 10 drops in half a glass of water and sip slowly (or apply 3–5 drops directly onto the lips or tongue). Apply the cream to the affected skin area as often as you need

Rhus toxicodendron (Poison ivy, *Rhus toxicodendron*)



First recommendation for strains and sprains.

Recommended: For strains, sprains, aching joints and backache, bladder problems, colds, hoarseness.

- often caused by the cold and damp
- great restlessness and unease
- intense thirst
- the tongue often has a red tip
- although initially painful and stiff, the condition improves with continuous gentle movement; gets worse when resting
- aching joints when you have a cold or flu

Ruta (Common rue, *Ruta gravolens*)



First recommendation for injuries to tendons and joints.

Recommended: For injuries of the joints, tendons, ligaments, bruised bones, eye strain.

- for tennis elbow, weak joints, sore tendons, contraction of the fingers, concussion of
  the bones (shin)
- eye strain (computer, reading, etc.) with tired, burning eyes and neck ache
- feeling sore, stiff, bruised and weak
  you feel worse: in the damp-cold and when lying down

Symphytum (Comfrey, *Symphytum officinale*)



Recommended: For bone injuries, broken bones, injuries to the eye. It stimulates the healing of bones.

- injured bones, joints, tendons, ligaments and muscles
- injured eye or facial bones from a blow or knock
- problems with the joints following an injury
- pressure, motion and touch make you feel worse; warmth brings relief

Useful Addresses

UK PHARMACIES

Helios Pharmacy has designed a homeopathic kit to accompany this book. This enables you to keep all the necessary remedies within easy reach both at home and when travelling. The leather wallet can contain up to 60 remedies, with a space for the book itself and can be purchased from Helios with either the 20 most important remedies (all of which are mentioned in the book) or with 40 or 60 remedies. You can add to the kit as you become more confident and experienced.

For more information or to place an order, contact:

Helios Homeopathic Pharmacy: 89–97 Camden Road, Tunbridge Wells, Kent TNI 2QR. Tel: 01892 537254/536393; e-mail: *pharmacy@helios.co.uk*, Web site: www.helios.co.uk **Ainsworth Homeopathic Pharmacy:** 36 New Cavendish Street, London WIM 7LH. Tel: 020 7935 5330.

Goulds Homeopathic Chemist: PO Box 1019, 14 Crowndale Road, London, NWI 1TH. Tel: 020 7388 4752

Nelson and Co. Ltd. and Weleda make all the remedies mentioned. These brands are stocked by most large chemists and health-food stores.

Finding a homeopath in the UK

Send a SAE (24×16cm) to **The British Homeopathic Association** 27a Devonshire Street, London WIN 1RJ. Tel: 020 7935 2163

The Society of Homoeopaths 2 Artizan Road, Northampton NNI 4HU. Tel: 01604 621400.

Recommended reading

George Vithoulkas, *Medicine of the New Man*, Thorsons.

Dorothy Shepherd, *A Physican's Posy* and *The Magic of the Minimum Dose*, The C.W. Daniel Company.

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PART 3

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- Aconite (Monkshood, Aconite napallus)
- Allium cepa (Onion, Alium cepa)
- Apis (Bee, Apis mellifica)
- Arnica (Mountain daisy, Arnica)
- Arsenicum album (Arsenic trioxide, Arsenicum album)
- Belladonna (Deadly nightshade, Atropa Belladonna)
- Bryonia (White bryony, Bryonia alba)
- Cantharis (Spanish fly, Lytta vesicatoria)
- Carbo vegetabilis (Charcoal, Carbo vegetabilis)
- Chamomilla (Camomile, Matricaria Chamomilla)
- Colocynthis (Bitter cucumber, Citrullus Colocynthis)
- Drosera (Sundew, Drosera rotundifolia)
- Euphrasia (Eyebright, Euphrasia officinalis)
- Ferrum phosphoricum (Iron phosphate, Ferrum phosphoricum)
- Gelsemium (Yellow Jasmine, Gelsemium sempervirens)
- Hepar sulphuris (Hahnemann’s calcium sulphide, Hepar sulphuris)
- Hypericum / cream (St. John’s wort, Hypericum perforatum)
- Ignatia (St. Ignatius Bean, Ignatia amara)
- Ipecacuanha (Ipecac-root, Uragoga Ipecacuanha)
- Kali bichronicum (Bichromate of potash, Kalium bichromicum)
- Ledum (Marsh tea, Ledum palustre)

Magnesium phosphoricum (Phosphate of magnesia, Magnesium phos.)
Mercurius (Quicksilver, Mercurius solubilis)
Nux vomica (Poison nut, Nux vomica)
Phosphorus (Phosphorus, Phosphorus)
Phytolacca (Poke root, Phytolacca decandra)
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Useful Addresses
UK PHARMACIES
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Imprint