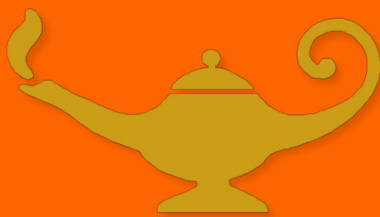


# **Dr. Dean's Homeopathic Guidebook**



**Carolyn Dean MD ND**

**A Completement Formula Book**

## **DR. DEAN'S HOMEOPATHIC GUIDEBOOK**

**CAROLYN DEAN MD, ND**

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## **INTRODUCTION**

There are several reasons why I decided to make homeopathy a more prominent part of my health and wellness recommendations.

First, I received an email from a customer, who has been studying and using homeopathy for several years. She said that homeopathy combined with the Completement Formulas is helping her restore her health.

She asked if I was familiar with Americans for Homeopathy Choice – a group of homeopathy consumers, mostly moms, who are actively working to defend our right to choose homeopathy, if that is what we think is best for ourselves and our families. She said the group has gotten the FDA's attention and is in dialogue with them. She thought that Paola Brown, the president of the organization and I should speak and see if there is a way to team up in our efforts to protect people's right to choose the healing options that are best for them.

Her concern is that if the FDA takes away our rights to access homeopathic remedies, or greatly restricts our ability to use homeopathy, which they are proposing to do, there is no telling what they will target next.

I replied that it would be very difficult to convince the FDA to leave homeopathy alone. After all, the FDA is the Food and DRUG Administration. They know nothing about homeopathy and the doctors they work with know nothing about homeopathy. I'm convinced that if a doctor doesn't know something, he or she either dismisses it or fears it. That fear of natural alternatives to drug-based medicine has spread through the media and infected all our lives with an insurmountable bias.

The attacks against natural medicine are ramping up. Poorly done studies claim that supplements either don't work, are toxic, or keep people away from necessary drug therapy. If you want to learn more about the monopoly of modern medicine and the rising death toll of iatrogenic medicine, you can read

my book, *Death by Modern Medicine*.

The second reason I decided to make homeopathy a more prominent part of my recommendations was an eye-opening email from a customer. She was concerned about how to stay well. She wrote:

"My biggest confusion is about when to go to the doctor. Can someone heal themselves without having to go through the headache and anxiety of going to the doctor? Or does someone have to go to the doctor and get their diagnosis, and then we, as knowledgeable beings, should then decide what we want to do? Or is it better to go to a Naturopath and they give a diagnosis and take the natural approach to everything? How long should one wait until they seek medical advice on any health issues? There is so much confusion out there about going to a medical doctor, who is not open to alternative options and who just gives meds with horrible side effects."

I imagine most of us share these concerns and questions. Let me take each question and give my reaction.

**Question One:** "Can someone heal themselves without having to go through the headache and anxiety of going to the doctor?"

I do think that we are in charge of our own health or that we should be. We know more about our bodies than any doctor can ever know in a 7-minute appointment. But in our specialist world we have left the specialty of health and wellness to doctors that deal in disease. We think our doctor will help to keep us well but their mandate is to search for disease and treat that disease diagnosis with drugs or surgery. Naturopaths may have a different approach but too many of them simply recommend handfuls of supplements instead of drugs.

OK, so I'm implying that doctors are not going to be there for you and naturopaths are going to say you need to buy their supplements. What's left?

When I was in my Toronto family practice I wrote my first book, it was

called *When You Can't Reach the Doctor*. I wrote it because I recognized that patients came to my office with a fairly small number of common complaints. That first book went through several revisions and updates and is now the 563-page *Future Health Now Encyclopedia*. In that book, I listed a number of homeopathic remedies that actually became a Homeopathic Kit for my patients. That Kit is no longer available but I think it's time to bring forth a new one. More on that in a moment.

In order to make use of a homeopathic kit you have to start learning more about your body, your health, and common complaints. I'll make that task easy for you by offering my *Future Health Now Encyclopedia* to our customers for free. Some people feel that free gifts like this are not valued, but I know that our customers highly value our *Completement Formulas* and, as expressed by our customer, who is asking how to approach the dilemma of medical diagnosis, I think you are all ready to take more responsibility for your own health.

**Question Two:** "Or does someone have to go to the doctor and get their diagnosis, and then we, as knowledgeable beings, should then decide what we want to do?"

I have always said that it is important to get a diagnosis from your doctor and then decide what you want to do. However, if you actually study the 130 ailments in *Future Health Now Encyclopedia* you will know what a fever or a headache or a nosebleed is and be able to take remedies for it while you are contemplating seeing your doctor. Very often after a dose or two of an appropriate remedy, your symptoms have abated and your doctor pronounces you well. You may feel that you don't even require a doctor's visit. But I do have to say that you should always err on the side of caution and see your doctor or go to the ER.

The concern I have about seeing doctors unnecessarily is misdiagnosing something like magnesium deficiency for a serious health condition; or giving an antibiotic that has serious side effects for a viral cold; or giving pain medications

instead of recommending you to a chiropractors.

**Question Three:** "Or is it better to go to a Naturopath and they give a diagnosis and take the natural approach to everything?"

I mentioned naturopaths and their tendency to overprescribe supplements. There is also the same caution as with medical doctors that you want to take more responsibility for your health and not leave it all up to a health practitioner who has no way of knowing you as you know yourself.

**Question Four:** How long should one wait until they seek medical advice on any health issues?

As I've said above, learn about the 130 ailments in my book so that if you have a symptom you can quickly look it up and decide the next step. But whether you decide to stay home or if you decide to go to the doctor, follow the recommendations in Future Health Now Encyclopedia and observe your symptoms.

My third reason for going back to homeopathy was the recent realization that most of the supplement companies that I recommended over the years have been bought out by Clorox, Nestle, and Big Pharma. Having supplements owned by publically traded mega corporations means the quality of the products is at risk as shareholder's demand lower costs and higher dividends. High quality raw ingredients could be a thing of the past. Practitioners who do energy machine testing or muscle of supplements for quality are telling me that there is a noticeable decline.

Because I can't be assured of the organic, pure, high quality of supplements on the market how can I tell you to take this or that herb, vitamin, or mineral for a health complaint? Instead I'll start recommending that you study my Future Health Now Encyclopedia, use our Completement Formulas, purchase a Homeopathic Kit, and become fully engaged in your own wellness with effective solutions.



## **FUTURE HEALTH NOW ENCYCLOPEDIA**

I've listed the 130 conditions contained in Future Health Now Encyclopedia in Appendix C, but I'm not going to reproduce my Encyclopedia here. Instead, I am making available a free copy of the book under the Books link at my [Dr. Carolyn Dean Live](#) website for you to use as your reference.

I'm not asking for monetary payment for the book; my payment will be to know that you read this book and educate yourself about using natural remedies before you decide to take drugs.

Of course, if you require a drug, by all means use it, but make sure you keep taking the Completement Formulas to mitigate any side effects.

## **HOMEOPATHIC HOME REMEDY KIT**

Why a Homeopathic Home Remedy Kit and why now? Many years ago I developed such a kit and made it available to patients for several years. I thought that people should have remedies at their fingertips to deal with minor aches, pains, colds, flus, and emotional upset. Far too often I hear of people going to the ER or their doctor for minor conditions only to end up on a drug such as an antibiotic. That type of behavior has led to the widespread overuse of antibiotics and the horrific antibiotic resistance we are seeing today.

Then in 2018 I realized the all the supplement companies that I've been recommending over the years have sold out to huge corporate entities like Clorox and Nestle with Big Pharma hovering on the sidelines. Large corporations are beholden to their stockholders not to the public, so I'm afraid that the quality of supplements will suffer and I no longer feel comfortable recommending products that are not under my control.

Basically I want to provide my customers with safe and effective solutions. Instead of starting the process all over again of having a homeopathic company make me a kit, I found one that closely matched the one I created in the past. The 36-remedy kit that I have available for you was developed by [Homeopath, Mary Aspinwall](#), who also provides homeopathic phone and Skype consultations to the public. For those of you who want to learn more about homeopathy, you can go to Mary's site for free resources, you can also join her [Facebook Forum](#), or you can consult with her personally.

Homeopathy is safe, effective, inexpensive and easy to take. As Mary says "Currently a click-pack container of Arnica containing 80 pellets sells for 8.22 including shipping charges. A kit containing 36 of these containers including a case to put them in, if purchased separately, would cost over \$300.00 and you would not be able to hold the kit in the palm of your hand! Having a compact homeopathy kit with you means that you are always prepared for first aid situations and minor illnesses, even if the stores are closed. Homeopathy works best when the remedy is carefully matched to the symptoms, so it follows that having more remedies on hand means you can make really great matches and get great results."

Mary has a guide in her kit, which I will put in Appendix B. Mary give a list of conditions and the appropriate homeopathic remedy. She follows that with a Mini Materia Medica emphasizing the number one purpose for each remedy.

Mary saves you even more money because she says you only require one pellet for one dose of a remedy. Most companies and practitioners tell you to take 3-10 pellets, which only means you run out faster and buy more! When you do run out of a remedy, you can purchase single remedies at Mary's website.

As you will see, I've given you a short description and a long description of the remedies in Mary's Kit. Mary's Mini Materia Medica is a third list – reading through all three will help you remember the remedies and their application.

Mary's condition's list is focused on homeopathy, whereas my Future Health Now Encyclopedia covers diet, nutrients, and homeopathy.

### **Remedy Kit Refills**

[Mary's Website](#) has a [Refill link](#) where you can purchase a remedy that has gone missing or has been used up.

[Helios](#), the Kit manufacturer is in Europe. They sell Mary's Kit and call it the [Basic 36 Kit](#).

Helios also has the 2-gram refill bottles available at [Basic 36 Kit Refills](#).

### **GRAFTING YOUR REMEDIES**

Another awesome thing about homeopathy is that a remedy can last for a very long time. The process is called Grafting.

A blog called "[Old Recipe for a New World](#)" caught my eye as the perfect description of how to extend the life of your little homeopathic vial. I couldn't find the name of the author of this beautiful article but you can click on the link for the pictures that go along with the following excellent description of grafting:

"Homeopathic remedies are a bit like a sourdough culture or vinegar. Except they don't smell. They have an essence that doesn't go away, and can be transferred to new sugar balls, which are the carrier for the actual remedy. There are remedies (it is said) that have existed since the 1800s. Maybe even earlier. By adding to your medicine chest, a bottle of "blanks" (plain sucrose pellets that can be purchased from homeopathic pharmacies) and a bit of grain alcohol, you are well on your way to keeping your family's kit alive and well for a few more generations. Because the remedies were originally made using a dilution method and

are composed of energy, one more dilution will not weaken them. Nor will it increase or alter the potency in any way. Note: this can only be done with remedies that are 12c or stronger (30c, 200c, etc.). It will not work with lower potency remedies (6c and 6x) because they contain material substance and aren't pure energy.

The process of transferring a remedy to blank pellets is called "grafting." Here's how it's done: when your bottle of Pulsatilla or Belladonna or whatever it is you use most is about 3/4 empty, put in one or two drops of grain alcohol to wet the remaining balls. The alcohol is a carrier for the remedy, and will transfer it to the blank balls. Refill the bottle from your supply of blank sucrose pellets, leaving a bit of head room at the top. It's okay if the new pellets are a different size than the old ones. Be careful not to let the blank supply bottle touch the remedy vial. A small envelope or piece of folded paper can work as a funnel. The last step is to shake the refilled bottle by hitting it against your palm a dozen times. This ensures that the blank pellets are coated with the remedy, and activates them.

Another useful thing to know—when taking a remedy, it's not necessary to take the pellets directly under your tongue each time a dose is needed. Instead, place a "dose" into a 1/2 cup of water. A sip of this water then becomes a dose, and can be taken as needed. Not only does this reduce the amount of remedy that gets used up with each round of sickness, it is considered a superior administration method by many homeopaths."

[Amazon](#) is a source for blank homeopathic pills. As for what size of pills to use for grafting, the Grafting author says, it doesn't matter the size, but #20 appears to be close to the European #6 size of the pills in Mary's kit.

Vodka or grain alcohol can be used for grafting. Grain alcohol,

mentioned in the Grafting article, is also known as ethanol. It should not be confused with isopropol alcohol (rubbing alcohol), which is poisonous to drink. Grain alcohol is distilled twice and derived from any number of fermented grains. It has a 95% alcohol content and is therefore extremely potent and should be kept out of the reach of children – and teenagers!

Trader Joe's carries organic vodka, which has an average 40% alcohol content.

## **MY HOMEOPATHIC JOURNEY**

I was attracted to homeopathy during my naturopathic training. It's an energetic modality with no side effects and infinite possibilities to cure any condition. So, I began to study constitutional homeopathy, which is the treatment of a person as a whole, involving an in depth interview of a person's life where you match the person with the most suitable constitutional remedy that can treat all his/her imbalances.

Constitutional homeopathy is mostly used to treat chronic and long-term health problems. However, my teacher was such a perfectionist that he included every detail about every remedy in class and made it seem like every remedy could potential treat any patient for any symptom. So, I decided to not spend my time memorizing long lists of remedies and symptoms but just use and recommend homeopathy for mild conditions and acute symptoms. This is what my guide is about – having a safe, effective first aid resource close at hand.

Homeopathy has been practiced for over two hundred years. It is the sole creation of Dr. Samuel Hahnemann. Hahnemann graduated from a German medical school in 1779 and practiced medicine until 1843, first in Germany and then in Paris.

Here's the story of how Hahnemann developed the idea behind

homeopathy. In the midst of translating into German a medical text by the Scottish physician William Cullen, Hahnemann found he disagreed with the author's explanation as to how Peruvian bark, cinchona worked in the treatment of malaria.

Cullen said it had a tonic effect on the stomach. Hahnemann didn't agree because astringents had no effect against malaria. A true scientist, he began dosing himself in his famous cinchona experiment. He was shocked to find that he experienced symptoms not unlike those that occurred in cases of malaria. From this came the germ of an idea that was eventually to become homeopathy. This was the first "proving" of a remedy where you take tiny doses of a substance and observe its effects on a healthy person. The symptoms a healthy person develops on the drug are listed in great detail in Materia Medical encyclopedias. When a person presents with a list of symptoms that match a particular drug remedy, that remedy is administered.

Since Hahnemann only used tiny doses of cinchona, he developed the theory that the smaller the dose the more potent the cure.

Descriptions of homeopathy will say that it's a medical system based on the belief that the body can cure itself. However, it's not a belief, it's a clinically proven fact that the body, when given the right building blocks and guidance, is self-healing. Homeopathy uses extremely low potency substances to cure illness by stimulating the natural healing ability of the body in the gentlest of manners.

One basic tenant of homeopathy is "like cures like." That means, something that brings on symptoms in a healthy person can, in a very small dose or potency, treat an illness with similar symptoms. This tiny amount of substance or the energy of a substance (mostly from plants) triggers the body's natural defenses. One good example is the cut onion that makes your eyes water can be used in homeopathic form for symptoms of watery eyes

Homeopathic doctors (who also are called "homeopaths") dilute dried and

powdered plant, mineral, and even animal material by adding water or alcohol. Then they shake the mixture as part of a process called potentization. This step transfers the healing essence energetically into water molecules.

In homeopathy, the higher the dilution, the more powerful the medicine. Most remedy potencies no longer contain any molecules of the original substance. Remedies come in a variety of forms: sugar pellets, liquid drops, creams, gels, and tablets.

To make a homeopathic remedy you put a measured amount of a plant, animal, or inorganic substance in water or alcohol and shake or "succuss" it. A measured amount of that solution is put into another vessel of alcohol or water and succussed. The dilutions are numbered. The higher the dilution the more potent the remedy.

A 30C dilution will be a substance diluted thirty times in 100 units of liquid. C = 100. This 30C dilutions means there isn't even a molecule of the substance in the liquid. A 6X formula means a substance has been diluted 6 times.

Those who haven't studied homeopathy or witnessed the apparent miracle of it working, tend to disbelieve its effects. In 1988, Dr. Jacques Benveniste performed his famous homeopathic experiments, which provided the scientific basis for the action of homeopathy. Benveniste found that succussing and diluting a substance that produced a color change could produce that same color change at extreme dilutions that did not contain a molecule of the substance.

At the California Institute of Technology, chemistry professor Shui Yin Lo found that water molecules, which are random in their normal state, begin to form a cluster when a substance is added to water and the water is vigorously shaken—the exact process homeopaths use to create their medicine. Dr. Lo said every substance exerts its own unique influence on the water, so each cluster shape and configuration is unique to the substance added. With each dilution

and shaking, the clusters grow bigger and stronger. This water, which homeopaths call "potentized," is also called "structured water," because the water molecules have taken on a shape influenced by the original substance. So even though the chemical can no longer be detected, its "image" is there, taken on by the water molecules.

Water is made up of 3 molecules - two hydrogen and one oxygen. The bonding angle between the hydrogen and oxygen chemically should be 109.5, however the measured angle is 104.5. This potential range of bond angle signifies to some scientists that water can hold a homeopathic energetic pattern.

The potency for acute illness is usually 6X, 12X or 30C given every one to four hours depending on the severity of the condition. The worse the illness, the more often the remedy is repeated. The higher potencies, such as 200C, are used in general to treat for emotional and constitutional balance. They can be used by a homeopath for severe disease in the acute stage.

**NOTE:** X refers to something diluted in 10 units of fluid; C refers to dilutions in 100 units. And the numbers 6, 12, 30, 200 refer to the number of times a unit of remedy is placed in another vial with 10 or 100 units of fluid.

The general rule for the use of a remedy is that if it has not caused a change in the condition after six to eight doses, then the remedy should be stopped, the case history of the patient should be taken again and a more appropriate remedy started. Or, a homeopath should be consulted.

It is important to avoid using coffee, mints, camphor, chamomile herb, or chemicals with strong odors during the time of homeopathic treatment. All these substances can antidote the remedies. Be advised that you should not allow your remedies to be x-rayed at airports. This will antidote or counteract, them. Have the attendant walk them around the x-ray equipment as you would with your camera film or store them in a lead-lined box.



## REMEDY DESCRIPTIONS

If you memorize the brief description of these remedies for times of emergency you won't have to spend precious time looking them up, you will know them and they will be at your fingertips. Remedies can be used immediately, and taken frequently even while you are packing up to go to the Emergency Room. Oftentimes, you will be recovered by the time you reach the hospital. They can be used for injuries, colds, flus, pain, trauma, anxiety, fear, and apprehension.

Following the short description, which is often called the "Keynote" of a remedy, is a longer description to help you get a more complete sense of the action of the remedy. I've also, with her permission, reproduced Mary Aspinwall's Homeopathic Guide in Appendix B. Reading these three descriptions of the remedies will greatly help your retention of this important information.

If you want even more information, you can look up remedies on the Internet. Boerike's [Materia Medica](#) is available for free on the Internet. It lists and describes over 2,000 homeopathic remedies. The language in my descriptions will strike you as old fashioned because it is taken from the *Materia Medica*, which harks back a century or two. See what I mean. Who uses the word hark anymore?

## HOMEOPATHIC KIT SHORT DESCRIPTION

**Aconite:** For fear, terror, restlessness, anxiety and sudden onset of cold symptoms.

**Antimonium Tart:** For cough with tough stringy mucus.

**Apis:** For insect bites, and hives with burning itchy skin.

**Argent Nit:** For anxiety, agitation, apprehension – stage fright.

**Arnica:** For the pain, shock, swelling and bleeding of trauma.

**Arnica Herbal Ointment:** For bruising pain after injury on unbroken skin.

**Arsenicum album:** For mild diarrhea from overeating or a sudden skin rash improved with hot applications.

**Belladonna:** For sudden colds with sore throat, head congestion, fever, intense sweating and sensitivity to noise and light.

**Bryonia:** For flu with fever, intense thirst, fatigue and body aches made worse by movement.

**Calc Carb:** For over work and over worry causing insomnia and waking unrefreshed.

**Calendula:** For lacerations and infected wounds.

**Calendula Herbal Ointment:** For minor skin rashes.

**Calendula Herbal Tincture:** For open wounds and skin ulcers.

**Calendula Ointment:** For dry nostrils in dry climates.

**Cantharis:** For minor burns with burning, itching blisters. Also for burning urinary tract symptoms.

**Carbo veg:** For indigestion and gas especially after fatty foods or wine.

**Chamomilla:** For irritability in all ages and especially for children teething to relieve pain, and fever.

**China (Cinchona):** For debility and nervous exhaustion from chronic disease

causing indigestion.

**Drosera:** For a severe cough resembling whooping cough.

**Gelsemium:** For flus and colds that appear due to overwork and over-worry with weakness, shivering, stiffness and headaches and no thirst.

**Hepar Sulph:** For boils or croupy coughs.

**Hypericum Herbal Tincture:** For injured nerves and cold sores.

**Hypericum perf:** For nerve trauma due to tooth extraction, a cut or bruised finger.

**Ignatia:** For post partum depression; inability to cope with an impossible situation; sensitive to emotions, pain, odors (tobacco); sighs and yawns frequently.

**Ipecac:** For symptoms of nausea, vomiting, mild diarrhea, excessive salivation.

**Kali Bich:** For thick, gluey or ropey mucus membrane discharge.

**Lachesis:** For menopausal hot flashes.

**Ledum:** For wounds from sharp, pointed objects and all insect bites

**Lycopodium:** For digestive issues including gall bladder and liver.

**Mag Phos:** For neuralgia, aches, pains and cramps in any body part.

**Merc Viv:** For burning sore throat with compulsion to swallow.

**Natrum Mur:** For periodic headaches.

**Nux vomica:** For indigestion and queasiness from excessive drinking and

eating.

**Oscillococcinum:** For symptoms of the flu.

**Phosphorus:** For patients who bleed easily: nosebleeds, bleeding gums, heavy menstrual periods.

**Pulsatilla:** For gastric upset, gas, bloating due to overeating greasy foods. For colds with profuse, yellow nasal discharge.

**Rhus tox:** For flu with fever, mild diarrhea, restlessness, aches and pains, thirst for cold water.

**Ruta grav:** For eye pain, bruised ligaments, stiff limbs and joints that improve with movement.

**Sepia:** For dark haired women for mood swings and hormonal imbalance.

**Silica:** For skin eruptions, boils and abscesses.

**Staphisagria:** For emotional recovery from traumatic events.

**Sulphur:** Use at the onset of flu symptoms with burning eyes, nose, throat or chest.

**Symphytum:** For minor bruises around the eye.

## **HOMEOPATHIC KIT LONG DESCRIPTION**

### **Aconite**

Keynote: Suddenness of onset.

For the very first signs of a cold or flu, especially when brought on by

exposure to cold weather. For asthma, dry suffocating cough, sore throat, and high temperature with great thirst. For tonsillitis, teething, and toothache. For animal bites, sleeplessness, intolerance of pain, stiff neck, and ringing ears. For menstrual periods suppressed or delayed due to worry or fear. For abdominal pain that is made worse by drinking cold water. For great pain; if the condition (whatever it might be) is so severe you don't know what to give, use aconite first. Symptoms are sudden, violent and brief.

For extreme emotions, fear, grief, anxiety, and restlessness, a sense of impending doom, and bereavement. Aconite may be used for the fear of surgery or dental work. Fear of crowds can be addressed with homeopathic remedies. These intense emotions may accompany the physical symptoms. The appearance will be of fear and restlessness; one cheek may be flushed and one pale. This is unlike symptoms that call for Belladonna, which has both cheeks flushed and more delirium than wide-awake fear.

Symptoms are worse at midnight, when lying on affected side, in a warm room, from tobacco smoke, in cold dry winds, and listening to music. Symptoms are better in the open air, with perspiring and with the bedclothes thrown off.

### **Antimonium Tart**

Keynote: Respiratory symptoms with rattling mucus, lethargy, trembling, and chills.

For wheezing, rattling, burning, and/or coughing with hard to expel mucus leading to shortness of breath to the point of suffocating. The lungs are inflamed and affected with fits of obstructed respiration. The feeling of suffocation becomes an anxious oppression of the chest. Symptoms are worse in the morning, in the evening, and in bed.

## **Apis**

Keynote: Bee-sting pain and hive-like swelling.

For burning or stinging pains where flushing, swelling, or puffing occurs. Especially good for swelling of the lower eyelid, which looks like a bag of water. Symptoms are mostly on the right side. For acute allergic reactions, edema, bee stings, hives, nettle rash, acute kidney infections, and right-sided ovarian cysts. For synovitis, swollen gums, incontinence in older people, shingles, teething, sore throat, tonsillitis, and infected nail bed. There is no thirst, but listlessness and lack of concentration are present.

Emotionally the person may be sad, depressed, tearful or irritable and suspicious. He may try to avoid medical attention.

Symptoms are worse from getting wet, during late afternoon, after sleeping, from heat in any form, when touched, and when in a closed and heated room. Symptoms are better from a change of position or walking about in the open air and from cold.

## **Argent Nit**

Keynote: Anxiety or agitation – stage fright.

This remedy helps a person in a perpetual state of agitation or apprehension of what may be going to happen. There is a fear of animals. This is a useful remedy for speakers or actors to take before giving a talk or making presentation. Take for dental fear or before taking a driving test.

## **Arnica**

Keynote: Any injury, emotional or physical.

The number one remedy for pain, shock, swelling, or bruising after any

injury or surgery, including dental work and childbirth. This can be taken at any time after the injury no matter how remote, if there are still symptoms. Arnica ointment can be applied directly on the injured part. If the wound is open or the skin is broken, the ointment must not be used because it will cause the wound to fester. Arnica is also good for mental as well as physical shock. For bruises, sprains, physical exhaustion, and sleeplessness due to exhaustion. For gout, with a fear of being touched, loss of voice, toothache, and bee or wasp stings.

Other classic symptoms include: the bed feels too hard, a fear of being touched or approached, the whole body feels beaten up and bruised, muscles feel achy.

Symptoms are worse from touch, from exposure to hot sun, from motion and in damp, cold conditions. Symptoms get better when lying down with the head low and not propped up.

### **Arsenicum Album**

Keynote: Anxiety and fear.

No matter what the physical illness may be, if there is great fear, restlessness and anxiety with weakness, exhaustion, shuddering chills and burning pains that are worse at night, then this is the remedy of choice. The weakness and exhaustion seem exaggerated, but it becomes evident that the person's restlessness and agitation are wearing them out. The patient is terrified of illness, fearful of death, and expresses great insecurity, which, of course, makes things all the worse. The patient is extremely meticulous and everything must be perfectly clean and tidy. There is a fear of being alone but also a fear of being observed closely that borders on paranoia. The body feels cold and chilled and the patient desires hot drinks in spite of the burning nature of the pains.

An excellent food poisoning remedy for vomiting and diarrhea caused by eating bad meat, fruit or vegetables, when the patient can't bear the sight or smell of food. May feel someone has poisoned them. Good for children with

upset stomachs and burning pain from food. For asthma, worse at 2 a.m. with anxiety. For any pain that is burning and better with heat. For sore throats that burn but are better with sips of hot liquids. For eye pain or infection that is better with hot compresses. For psoriasis, thrush, thick mucus, and hay fever. For burning vaginitis that is better with hot water washes.

Symptoms are worse after midnight to 3 a.m. and between 1 to 2 p.m. Worse at the ocean and from cold and wet weather. Symptoms are better by keeping warm, with cool air around the head, from warm or hot drinks taken in sips and from being with people.

### **Belladonna**

Keynote: Hot, red, throbbing inflammation.

The patient looks flushed and feverish and dull with dilated pupils and bright red dry skin. The fever is high, the onset is acute and the pain is severe, throbbing and burning. The fever may go very high and lead to hallucinations and even destructive behavior.

Use for colds, earaches, or any condition with sudden onset and flushing, throbbing heat with blood rushing to the area. Menopausal hot flashes, menstrual pains, infections, boils, or headaches are also relieved by this remedy. The headache has a characteristic band like pressure feeling. The hollow areas of the body may feel the sensation of a ball inside. Use also for swollen glands, swollen joints, facial neuralgia, chicken pox, sunstroke, measles, and air sickness. Menstrual periods are early and heavy. For mumps, bladder infections, sore throat, and tonsillitis. For loss of voice, toothache and teething, stiff neck, and incontinence.

Symptoms are worse in the afternoon and at night, from noise, from lying down, from bright light, from touch, and from jarring movement. Symptoms are better from warmth, especially on the abdomen and while lying down.



## **Bryonia**

Keynote: Worse from movement.

Feeling worse from movement can be while walking, moving the eyes, even swallowing. Deep breathing, talking or laughing can bring on a painful coughing spell. The patient is irritable, gets angry easily, hates interrogation, and wants to be left alone. The patient may feel confused and appear dim-witted.

For tearing and stitching pains that are worse from moving and better with rest. For respiratory conditions in which colds go down into the chest and a dry painful cough that can be violent, such as bronchitis, with dryness of the air passages, dry lips, tongue, and throat, and excessive thirst, especially for cold drinks. With colds and flu there are joint and muscle aches, which are worse with movement. For digestive disorders, food lies like a weight in the stomach, stomach is too painful to touch and worse with any movement. The abdomen may be painfully distended with gas. This remedy also works for diarrhea after eating too much overripe fruit or drinking cold water when overheated or feverish. However, the stool is usually dry and hard. For musculoskeletal problems such as low back pain, painful knee joints, painful hip joints, arthritis, gout, and stiff neck.

There may be food cravings for milk, sweets, or sour fruits, and thirst for large amounts of liquids.

Symptoms are worse from movement, from warmth, in the summer and from eating fruit, bread, beans, or milk. Symptoms are worse on the right side of the body. Symptoms are better from lying completely still, in cool weather, from cold applications and firm pressure.

## **Calcium Carbonate (Calc carb)**

Keynote: Over work and over worry.

This remedy is used for some acute conditions, but it is mostly a constitutional remedy, which means it is used to boost a person's vital force. When a chubby, sweaty child has a minor complaint, including teething, this remedy can be used to help him get over it. An adult may be physically and mentally weak or tired. The body is overweight, flabby with poor muscle tone and tiredness and the sweat is profuse and sour smelling.

Dislikes milk, coffee, tobacco, and hot food. Craves eggs, wine, salt, or sweets. Tendency to feel the cold and catch cold easily, with cold damp feet and clammy hands.

Treats symptoms of cracked skin, premenstrual tension, warts, or any minor complaint in which Calc carb is the known constitutional remedy. Symptoms are worse from cold air and drafts, in damp weather, at night and from standing. Symptoms are worse from exertion and fright. Symptoms are better in dry weather, from warmth (but not the sun) and while lying on the painful side.

## **Calendula**

Keynote: The wound healer.

Calendula is suited to cleansing and healing wounds as an herbal tea or tincture. It is most commonly used in external application, but may also be used internally as a homeopathic remedy. The remedy has been used to treat the following signs and symptoms:

The wound is raw and inflamed, and painful, as if beaten; the parts around the wound become red, with stinging in the wound during the febrile heat.

Pain is excessive, and out of all proportion to the injury.

Perineal tears from giving birth.

Hemorrhages; in scalp wounds; after tooth extraction.

Traumatic conjunctivitis, keratitis (cornea inflammation).

Liver disorders in people with chilly hands, who are easily frightened.

## **Cantharis**

Keynote: Severe burning pain.

For local irritations with pain that is burning and raw. For burns and scalds before blisters form, for sunburn or for bladder infections with burning pain in the bladder before, during and after passing urine. Urine scalds and is passed drop-by-drop; there is a constant and intolerable urge to urinate.

Symptoms are worse from touch, while passing urine and after drinking cold water or coffee. Symptoms are better after belching or passing gas.

## **Carbo Veg**

Keynote: Pale and with very weak pulse.

For mild food poisoning, especially when caused by fish. For symptoms of heartburn with excessive gas. For varicose veins and ulcers, hoarseness without pain, and loss of voice. Also for hypertensive, shock-like states and in chronic emphysema.

Symptoms are worse after eating fatty foods, during cold, damp, frosty weather, in the evening, and at night. Symptoms are better on passing gas, in front of a fan, and after sleep.

## **Chamomilla**

Keynote: Extreme irritability.

With this remedy, there is pain and one does not know what to do with it. There is fretfulness, fussiness, irritability, impatience and whining. Children are

treated more with this remedy than adults, probably because adults learn to control their irritability. Nothing pleases and everything bothers these patients. They immediately reject what they just demanded and a temper tantrum can ensue. Pain can be from teething, wisdom teeth, painful periods, or headaches. The face is flushed with one cheek red and the other white with complaints of thirst.

Symptoms are worse in a warm bed, eating warm food at night, with touch, with any demands, with open air, wind, and cold. Symptoms are better with constant motion and rocking, with cold cloths and fasting.

## **China**

Keynote: For debility and nervous exhaustion from chronic disease.

China is the first remedy to be "proven" by Dr. Hahnemann. China is derived from Peruvian bark, Cinchona, which was used in the treatment of malaria at the time of Hahnemann.

China is used for headaches, dizziness and abdominal bloating. It is indicated for periodic fevers and ailments that start after loss of body fluids. The fluid loss can be from hemorrhage, diarrhea, or vomiting. Tiredness, irritability and impulsiveness can also be present.

## **Drosera**

Keynote: A spasmodic cough likened to whooping cough.

Drosera has an affinity for the respiratory organs and was first prescribed by Hahnemann for whooping cough. Since whooping cough is rare, this remedy is used for deep, hoarse coughs with choking or catching of breath that can cause vomiting. There is copious expectoration, laryngitis, a scraping sensation in the throat that initiates the cough.

The cough is worse after midnight. A child may not cough all day but begins as soon as he lies down at night. The cough is so debilitating that it requires effort to speak. Symptoms of asthma may be present from the stress on the bronchial tubes. There can be pain and stiffness in the hips, thighs, and feet.

The person requiring Drosera is worse, after midnight, lying down, on getting warm in bed, drinking, singing, or laughing.

## **Gelsemium**

Keynote: Exhaustion leading to flu.

For the treatment of influenza and influenza-like colds. For sneezing, sore throat, flushing, aching, trembling, heavy eyes, weary and heavy aching muscles, difficulty in swallowing, runny nose, dizziness, and chills running down the back. The patient is mentally and physically weak and drowsy and avoids movement because of exhaustion. Every part of the body feels weak and heavy. Headache is throbbing and spreads from the base of the neck to the forehead above the eyes and feels like a tight band. For mental exhaustion, writer's cramp, neuralgia, and sunstroke. Also for treatment of anticipation anxiety; for example, pregame or pre-exam nerves. There is absence of thirst even with a high temperature.

Symptoms are worse from sudden fright, excessive excitement, bad news, frustration and anticipation. Worse when exposed to direct sunlight, in a hot room, before a thunderstorm and in cold damp weather. Worse around 10 a.m. Worse with movement, but movement helps muscular pains.

Symptoms are better in the open air, from continued movement, from alcoholic stimulants, after sweating, and after passing large amounts of pale urine.

## **Hepar Sulph**

**Keynote:** Hypersensitivity and irritability.

These patients are extremely sensitive to touch, cold and pain in the affected or infected part. There is great cold sensitivity; even a slight draft on part of the body can bring on symptoms. These patients also seem to overreact to pain and may faint with pain. They are also extremely cross and irritable, get angry at the slightest thing and they may become violent. Their sweat and discharges have a sour and offensive smell and are profuse, thick, yellow or cheesy. This type of patient likes sour, spicy, strong-tasting foods. There may be a dislike of fats and a strong thirst.

For croupy cough after exposure to cold, dry air, with rattling in the chest but little mucus. For sore throat with the sensation of a splinter or fishbone in the throat. For earache with offensive discharge and for chronic tonsillitis, especially when associated with a hearing loss; also for sinusitis. For injuries that tend to become infected and are very painful. For boils that are exquisitely sensitive to touch, worse with cold applications and with offensive pus when they come to a head. The skin is generally unhealthy, sweaty, and sensitive.

Symptoms are worse in cold air, cold dry winds, and drafts, in the winter, in the evening after midnight, when the head is uncovered and lying on the painful side; with motion, exertion, and wearing tight clothing. Symptoms are better from warmth, from wrapping up (especially the head), after a meal, and in warm wet weather.

## **Hypericum**

**Keynote:** Nerve pain.

For nerve injury, especially to the fingers, toes and coccyx and for puncture wounds. Pain is severe. For injuries by cat bite and sharp objects, spinal injuries, and headache with a floating sensation as a result of a fall. For blows on fingers or toes.

Symptoms are worse from cold and damp, especially before a storm, from touch, from 6 p.m. to 10 p.m. and in the dark.

Symptoms are better while bending head backward and while keeping still. Hypericum tincture is used as an analgesic and antiseptic for washing out wounds or soaking or packing wounds.

## **Ignatia**

Keynote: Frustration, grief and postpartum depression.

This remedy is excellent for treating the ill effects of grief or worry. It is mostly a mental, emotional or constitutional remedy. It is used for shock, fear and grief after the death of a loved one. It is especially useful for postpartum depression when the new mother is overwhelmed with all her extra responsibilities and wants to be the most perfect mother but finds it impossible to do everything. She can then become stricken with fear and worry and approach hysteria with her frustration.

Ignatia patients never cry in public, but they do give away their feelings by loud, frequent sighs. They do not like to be criticized but tend to be very self-critical and perfectionistic. There is usually a strong dislike of tobacco smoke approaching fanaticism.

Ignatia is also used for throbbing headaches and sciatica. Or it is used for any condition that was brought on by grief, fear, anger, embarrassment, or humiliation. There can be insomnia from the emotional strain, the feeling of a lump in the throat from repressed feelings or symptoms of nervous exhaustion. Symptoms seem contradictory. There is nausea relieved by eating; heavy foods are digested better than light foods and hunger is made more intense by eating.

Symptoms are worse in the morning, from cold, from eating sweets, coffee, or alcohol, from tobacco smoke and from suppressing grief. Symptoms are better while eating and from moving to a new position.

## **Ipecac**

Keynote: Persistent vomiting.

For persistent and continuous nausea and vomiting as in morning sickness, motion sickness, or food poisoning. The vomiting may not even temporarily relieve the nausea. The situation is made worse by the smell of food and can be due to eating too rich a meal. Vomiting is worse after eating or drinking. There is surprisingly little thirst and not the anxiety and chilliness seen in those who respond to Arsenicum. There may be much mucus vomited and this makes it a remedy for bronchitis with vomiting. There can be a greenish type of diarrhea with gas and abdominal cramps. The tongue may be clean and uncoated and salivation accompanies the feeling of inevitable vomiting.

Symptoms are worse when lying down, in cold weather, and after eating veal or pork. Symptoms are better when at rest, with eyes closed and out in the open.

## **Kali Bich**

Keynote: Tough, sticky, gluey, stringy mucus.

This remedy is for acute and particular symptoms and does not have many mental or emotional signs except for irritability and indifference. For symptoms brought on by a change from cold to hot weather. For catarrh with a stringy discharge from sinusitis, sore throat, eye infection, or ear infection. For migraines with blurred vision before headache and sinus headaches. Pains move rapidly and are limited to small areas of the body. Symptoms alternate between joint pains, digestive problems, respiratory illness, and diarrhea.

Symptoms are worse in the morning, especially 2 to 3 a.m., from alcohol and during hot weather. Symptoms are better from heat and a warm bed.



## **Lachesis**

Keynote: Left sidedness and bleeding.

Lachesis was used in the past for a wide range of symptoms including diphtheria, hemorrhages, and delirium tremens. In present day, it is prescribed for the many symptoms of menopause, nose bleeds, morning headache, sore throat, alcohol craving, and constipation. Lachesis is most suitable when a person has several of these symptoms. The indications for Lachesis are so numerous and varied, this would be a good remedy to look up in Boerike's [Materia Medica](#).

## **Ledum**

Keynote: Puncture wound.

This remedy is used for all puncture wounds from claws, stingers, needles, nails, and knives. The type of injury is more cold and red and throbbing than a Belladonna injury, which is hot and red and throbbing. It is relieved by cold applications. Ledum will also treat black eyes and bad bruising that feels cold and is better with cold applications.

## **Lycopodium**

Keynote: Right-sidedness and insecurity.

This is a constitutional remedy that is used more for chronic conditions. Lycopodium people are insecure and afraid, like the cowardly lion in The Wizard of Oz. They are afraid to try new things and fearful in public situations. There is a fear of rejection and criticism. They may give a front of courage like the lion and intimidate younger and weaker people. They may have many fears: of death, of the dark, of crowds. Their symptoms tend to be in the digestive system, the nervous system, the bladder and the respiratory system.

The remedy can be used for premenstrual tension and irritability relieved when the period starts. For cystitis, when passing large amounts of pale urine, sometimes with a sediment. For digestive symptoms such as heartburn; craving for sweet foods that cause indigestion, gas, and bloating; hiccups with acidity and bloating; excessive hunger that is satisfied easily; and abdominal pain that is worse with tight clothing. Hunger may cause awakening at night, or there may be headaches when skipping meals, as in hypoglycemia. This remedy treats anticipatory fear of failure. For coldness in one foot; for symptoms or pains which are definitely worse on the right side or begin on the right side and move to the left. For tonsillitis, sore throats and colds, worse on the right side. These people dislike exercise; they prefer to be alone but with someone nearby.

Symptoms are worse between 4 and 8 p.m. Bad tempered on waking, worse in stuffy rooms, from cold air, cold food or liquid and when hurried or worried. Foods that may aggravate the condition are meat, oysters, onions, cabbage, and milk.

Symptoms are better after warm drinks, after midnight, on loosening clothing around the abdomen, in cold fresh air, and when occupied.

## **Mag Phos**

Keynote: The great anti-spasmodic remedy.

Everything you know about magnesium deficiency is relevant to the use of Mag Phos. I described this remedy in *The Magnesium Miracle* in the following words. Mag Phos is a great antispasmodic remedy and the most commonly used magnesium homeopathic remedy. It readily treats cramping of all muscles, including hiccups, leg cramps, writer's cramp, abdominal colic, heart pain, lung pain, menstrual pain accompanied by radiating pains, neuralgic pains, and all sorts of tics and tremors including twitching of the eyelids. It works especially well in debilitated subjects who are both mentally and physically tired.

I wrote about the success a doctor friend had recommending mag phos for muscle spasms to her patients. She said patients would get instant relief and but then didn't seem to need the remedy after their magnesium deficiency was corrected with diet and supplements. One of her young patients, a nine-year-old girl, was having such severe muscle spasms that she was referred to a pediatric neurologist. In the interim, Dr. Mullins gave her Mag Phos, and by the time of her appointment with the specialist the child no longer had the problem. Dr. Mullins noted that the girl's mother had had toxemia (eclampsia) during her pregnancy, requiring intravenous magnesium, which means the daughter was likely born with magnesium deficiency setting the stage for her present symptoms.

### **Nux Vomica**

Keynote: Type A personality and hangovers.

This is a constitutional remedy prescribed more for the mental and emotional symptoms. This individual is impatient, irritable, tense, overanxious and on edge and oversensitive to noise, odors, bright light, and music. This could describe a person with a hangover and a type A personality. These people are also driven to overwork and are impatient and demanding with others. Insomnia is common due to the sensitivity to noise and the overactive mind and they may wake early. They are very irritable if woken from a nap. They are very orderly and fussy. They are chilly and are worse in cold, dry weather. If there is a fever they get chills and are unable to keep warm. There is a craving for fats, milk, and spicy foods.

Recommended for the ill effects of overeating or indulging in coffee, smoking, alcohol, or drugs. This craving for stimulants may be an attempt to keep the mind activated to continue working. For multiple digestive complaints of heartburn two to three hours after eating, abdominal pain, gas, bloating, nausea,

constipation, diarrhea, or burning and itching hemorrhoids. For the treatment of morning sickness, insomnia, and travel sickness with vomiting from the least motion, if the psychological picture also fits. For stuffy colds and asthma. In a true *Nux vomica* individual, respiratory symptoms are accompanied by digestive disturbances. There is a painful but ineffectual urge to urinate, which is part of the tendency to muscle spasms and twitching. There is low back pain and a stiff neck and headaches from the muscle tension symptoms.

Symptoms are worse between 3 and 4 a.m., on waking in the morning and from cold, dry, windy weather. They are worse with mental overwork and anger and from overeating. Symptoms are better in the evening, from being covered and from warmth and sleep.

## **Phosphorus**

Keynote: Irritation and inflammation.

Phosphorus is a very strong remedy for irritation, inflammation, and degeneration of mucous membranes, serous membranes, and the spinal cord and nerves. It treats paralysis and bone destruction, especially of the lower jaw and tibia. It treats fatty degeneration of blood vessels and all tissues and organs that leads to bleeding and jaundice.

Phosphorus can be used for hoarseness, raw, violent pain and tickling in the larynx when speaking. Symptoms are worse in the evenings, worse with cold air, worse reading, laughing, and talking, and from going from warm room into cold air. It suits a hard, dry, tight, racking cough with burning congestion of the lungs that can turn into pneumonia, which is worse lying on left side.

This is another wide-ranging remedy that you can investigate in more depth using Boerike's [The Materia Medica](#).

## **Pulsatilla**

Keynote: Weepiness and changeability.

This is a constitutional remedy, which means it is useful for many conditions and often prescribed for mental and emotional symptoms. Pulsatilla people are gentle, soft and sensitive. They like the attention of others and want to be liked; they seek approval. They can be weepy and vulnerable and need to be comforted and consoled. They may be afraid of being alone and afraid of the dark. Their moods change quickly; they are weepy one moment and happy and laughing the next. They cry easily from criticism or a perceived insult or even from thinking of something sad or overhearing an argument. They pity themselves when they get sick and wonder, "Why does this have to happen to me?" They are warm-blooded and like the cold. They do not like heat or warm rooms and become lethargic. They change their minds frequently, cannot make a decision and are easily swayed.

Pulsatilla is used for any mucousy condition with yellow-green, thick discharge; hay fever, styes on the eyelids, conjunctivitis with thick yellow discharge, mumps with swollen glands, measles, sinusitis with yellow discharge. For symptoms of menopause, menstrual pain with nausea and vomiting, suppressed, delayed, or irregular periods. For premenstrual tension with weepiness and loneliness; the individual can change to the opposite mood quickly and be angry and strident. For cystitis with urinary frequency, pain, and distress. For joint inflammation with swelling or redness; the pain jumps from joint to joint. It is also used for digestive disturbances with bloating and sensitivity of the abdomen after eating. There is an aversion to fat or greasy food, but there is a craving for these foods that bring on the symptoms. There is an absence of thirst and rapid change in symptoms.

Symptoms are worse in the evening before midnight, from heat, humidity and after rich foods such as fat, pork, meat, milk, and bread. Symptoms are

worse from being chilled when hot.

Symptoms are better in the open air, from cold cloths and cold food and drinks, while lying on the painful side and from being uncovered.

### **Rhux Tox**

Keynote: Improvement with movement, worsening with rest.

This remedy is made from poison ivy so it treats symptoms from being in contact with this plant. It is a useful remedy for sprains and strains of joints, tendons or ligaments. The pain is usually worse at the first movement but gets better with continued movement. The joints are stiff, swollen and painful, made worse by cold applications and better by heat and by pressure. The cause is usually overexertion and worry in people who are restless and cannot sit still. It is used for treating conditions accompanied by rashes. Also, it is used for symptoms after surgery, for sciatica, pain in ligaments, a stiff neck and rheumatism. For chicken pox, poison ivy, shingles, eczema, and cold sores where the lesions are itchy and burning at night. For a tickling cough with thirst and achiness of joints, which are worse at rest and better with movement. Anxiety and restlessness accompany most symptoms with inability to sit still due to impatience, worry, or pain. Patients are sleepless from mental and physical restlessness. The body is chilly and worse in cold and damp weather. There is thirst for cold drinks or milk, but the cold may aggravate the condition.

Symptoms are worse at the beginning of movement, during rest, from overexertion, from cold and wet weather and after midnight. Symptoms are better during warm weather, with gentle movement and from warm applications.

### **Ruta**

Keynote: Eye pain and bruised ligaments.

Ruta acts upon the periosteum, cartilage, eyes, and uterus. The periosteum is the dense layer of vascular connective tissue covering bone.

It can be used for strained tendons especially flexor tendons. It can treat deposits in the periosteum, tendons, and joints, especially the wrist. It is good for eye muscle strain and strain or a bruised feeling in all parts of the body bruised bones. Use Arnica first for sprains, and then Ruta for lameness after sprains.

## **Sepia**

Keynote: Sluggishness, heaviness, and anger.

This is a constitutional remedy best known as a female remedy for hormone balancing. There is no energy and a cold, withdrawn, apathetic attitude. But if these persons can be motivated to dance or exercise, the energy comes back and they feel better on all levels. They may be sad and weepy one moment but angry and spiteful the next. They dislike consolation and push people away but do not like to be alone. They have an aversion to food and the smell of food. They may feel hungry, but eating does not satisfy them. They are often constipated and crave sour, bitter, and spicy foods. They dislike fat, bread, milk, meat, and salt. There is a peculiar symptom of the sensation of a ball in the throat, abdomen, rectum, or uterus. There is also a pressure or bearing-down pain from the uterus, painful thighs, and a tendency to keep the legs crossed, which is a keynote.

Sepia suits dark women with sallow skin who have the following symptoms: indifference to loved ones yet sad and fearful of being left alone, irritability, and anger. It treats premenstrual tension with pain and delayed periods. For menopausal hot flashes with fainting and hot sweats from the slightest exertion. I can also be used for ulcers, warts, and urinary incontinence.

Symptoms are worse in the afternoon and evening from 4 to 6 p.m., with the cold, with consolation, from tobacco smoke and before a storm. Worse eating fat, bread, milk, meat, or sour foods. Symptoms are better in a warm bed, from heat, and after dancing.

## **Silica**

Keynote: Lingering infections of wounds and scars.

Silica aids with imperfect assimilation and consequent defective nutrition. It helps nervous states in people who also have exaggerated reflexes. It is important in treating diseases of bones and teeth. Treatment with silica can stimulate the body to reabsorb fibrotic and scar tissue. Treatment with silica is said to be deep and slow in action.

Silica has been used to treat abscesses, tonsillitis, headaches, spasms, epilepsy, keloid growth, and the ill effects of vaccination. A patient needing silica is cold, chilly, hugs the fire, wants plenty warm clothing, hates drafts, hands and feet cold, worse in winter. There is an intolerance of alcoholic stimulants.

## **Staphysagria**

Keynote: Vulnerability and catheterization.

This is another constitutional remedy. It suits a person who has been treated with disrespect and remains vulnerable. It is therefore prescribed for strengthening a person's vital force. It is also an excellent remedy for bladder irritation after intercourse or after catheterization or cystoscopic examination of the bladder or after prostate surgery.

## **Sulphur**

Keynote: The body feels too hot.



Sulphur has an affinity for the skin where the symptoms are hot, burning, and itching that are worse with the heat of bedclothes. Sulphur treats the following symptoms, poor muscle tone, dislike of water, dry and hard hair and skin, red orifices, sinking feeling at stomach about 11 am, and needing to nap. Standing is very uncomfortable for sulphur patients. The extreme condition is dirty, scruffy people, prone to skin affections and with an aversion to bathing.

The discharge and exhalation from a sulfur patient are generally offensive. The lips are red and the face is flushed.

### **MAKE YOUR OWN HOMEOPATHIC REMEDY**

Homeopathic pharmacies make up remedies from scratch. They take a substance and dilute it to the correct potency for a particular use. In an emergency, however, you can make your own remedy.

This might be appropriate when you have taken a medication but can't seem to get rid of the side effects. This is not meant to treat serious or life-threatening side effects or proven allergies to drugs.

The method is to take one unit of the substance, a pill or a teaspoon of liquid; crush the pill to a fine powder. Then dissolve it in 10 ml of pure distilled water in a small bottle with a cap. Pound the bottle hard against the palm of your hand or on a hard pillow fifty times.

Take 1ml of the liquid from that bottle and put it into a second bottle with 9 ml of water and pound that bottle fifty times. Rinse out the first bottle well and put 1ml of the new mixture into 9 ml of water and pound it fifty times.

Do this procedure six times and you will have diluted the drug to what is called a 6X. the 6 stands for the number of dilutions and the X stands for 10 mls. A 6C potency would use 100ml of liquid with the C standing for 100.

This imprinted water can have the effect of removing any residual drug from the body. The last 10 ml can be further diluted into 3 oz of water and kept in the fridge and used, 1 teaspoon two to three times a day, until the symptoms are gone or for 1-2 weeks.

To preserve the remedy, you can use 1 part vodka and 4 parts water. The alcohol prevents bacteria from growing in the water. However, if you are sensitive to alcohol, you don't have to use it – but just be careful not to contaminate the remedy.

To illustrate the effectiveness of this treatment, consider a study done with rats that were given arsenic. After the rats stopped excreting arsenic in their urine, one-half of the rats were given homeopathic arsenic. Those rats started excreting arsenic into the urine again. So there was arsenic still in the body; it is stored in the fat cells and the remedy helped their bodies get rid of it.

In fact, residue from all the drugs we have taken in our lifetimes can still be in our bodies. You may have heard the stories of people who go on long fasts who say that they can taste old medicines that they had taken dozens of years ago.

## **HOMEOPATHY FOR A CHILD'S EMOTIONAL HEALTH**

We would never think of giving a child Valium or Prozac. We know their systems are too delicate, but their emotional life is also very delicate. They are subject to much of the same stresses as adults and need love, support and attention.

Homeopathy is the fastest growing over the counter therapy in the United States and its remedies provide a therapy that can spare individuals from needless emotional suffering in an effective and harmless form.

## **Anger**

- \* Chamomile is for finicky anger. The child is fine one moment and angry the next.
- \* Lachesis is for the anger of jealousy. This child is critical, suspicious, contradictory, and oversensitive.
- \* Natrum mur (Nat mur) is for the child who is very sensitive and gets angry and bursts into tears at any imagined slight.
- \* Nux vomica is used for great irritability which leads to headaches and stomach upsets with great sensitivity to noises, bright lights, and smells.
- \* Staphasagria is for suppressed anger and humiliation causing headaches.

## **Anxiety**

Children express a particular type of anxiety that can be called acute anticipation.

- \* Aconite is for chronic fright and fearfulness.
- \* Calc carb is for children who overwork and overload themselves with tasks and anticipate problems.
- \* Gelsemium is for acute anticipation or for a child who has never felt well since a particular frightful event.
- \* Lycopodium is for children who will do anything to avoid humiliation and embarrassment or who have not been well since such an event.

\* Silica is for children who fear that they will not have enough energy and constantly moan and whine that they are unable to get things done.

## **Hyperactivity**

This condition is often misdiagnosed in a child who is just too bright and active for the adult caregivers in charge. It may be due to food allergies, too much sugar in the diet, or lack of attention and discipline.

\* Argentum nitricum is used for the hyperactive child with a sweet tooth. The child seems to have a high metabolic rate and is thin, pale, and anxious and can't sit still.

\* Calcphos is suited to the child who likes to play pranks but is still shy and afraid. Physically there are swollen tonsils and abdominal gas.

\* Chamomilla is used to calm the excessively agitated child who cannot sit still for one minute and literally wears himself out to the point of tears.

\* Kali bromatum is for the case of the child who is constantly using his hands in some form and cannot keep them still.

\* Lycopodium is used for the child who is exhausted but still can't sit still. There is irritability and restlessness, mostly around dinnertime, and lots of gastric distress.

\* Stramonium is used for a severe case of hyperactivity with violence. There is a characteristic loud and frenetic speech pattern.

## **Lack of Confidence**

These are constitutional remedies that are given to restore lost confidence in a

child. As the parent or caregiver you may work with a homeopathic doctor on the treatment of these difficult issues.

\*Anacardium is for lack of confidence due to abuse or physical humiliation. The child becomes hard and cold, has no feeling and may become emotionally cold and violent.

\*Gelsemium is for poor confidence due to anticipatory anxiety, weakness, illness, or fright.

\* Lycopodium is for poor confidence due to fear of being in public, having been embarrassed in the past.

\* Natrum mur is for fear of being rejected.

\* Staphasagria is for poor confidence due to being humiliated. There is deep anger but the child will do anything to please.

### **Sadness**

Children get sad for many of the same reasons that adults do. The following remedies can treat the effects of a loss in the family due to death of a family member including the family pet, for separation due to illness or divorce, or for disappointment.

\* Aurum is for the loss of a very close relative to whom the child was extremely attached. When this relationship is lost, the child feels there is nothing to live for.

\* Ignatia is for acute, sudden, overwhelming, shocking grief; the child can't understand and can't believe what has happened.

\* Natrum mur is for a child who is emotionally open and whose heart is broken. At that point he or she gets stuck there and shuts down emotionally and becomes both guilty and resentful.

\* Phosphoric acid is for treating a big grief. The child has emotional and physical symptoms of loss of energy, debility, and apathy.

\* Pulsatilla is for abandonment with grief and sadness and gentle weeping.

## **APPENDIX A**

### **REFERENCE GUIDE TO SYMPTOMS & REMEDIES**

The following time guide and index of remedies refer to remedies discussed in this book. This guide is useful only if you research an indicated remedy to determine if it is suitable for your condition.

Remedies appropriate for particular times of day

#### **Timing of Symptoms**

#### **Remedies**

Morning	Nux vomica, Thuja
Midmorning	Sepia
Afternoon	Belladonna, Sepia
3 p.m.	Thuja
4 p.m. to 8 p.m.	Lycopodium
6 p.m.	Hypericum
Evening	Carbo veg, Pulsatilla, Sepia
Midnight	Arsenicum, Rhus tox
Night	Ferrum phos
2 a.m.	Arsenicum
2 a.m. to 5 a.m.	Kali bich.

3 a.m. to 4 a.m.

Nux vomica, Thuja

### **SYMPTOMS**

Abdominal pain

Aching

Acidity

Airsickness

Alcohol

Allergic reaction

Anesthetic

Angriness

Antibiotic

Antiseptic

Anxiety

Arthritis

Asthma

Attention

Bee sting

Belching

Bites

Bladder

Blister

Bloating

Blows

Boils

Bronchitis

Bruising

Burns

Carbuncle

### **REMEDIES**

Lycopodium, Nux vomica

Gelsemium

Lycopodium

Belladonna

Ignatia, Kali bich, Nux vomica

Apis

Calendula, Hypericum

Pulsatilla, Sepia

Echinacea

Calendula, Hypericum

Aconite, Arsenicum, Gelsemium

Kali bich

Aconite, Nux vomica

Chamomilla

Apis, Arnica

Cantharis

Ledum

Cantharis, Staphysagria, Pulsatilla

Cantharis

Lycopodium

Hypericum

Belladonna, Hepar sulph, Ferrum phos

Bryonia, Ipecac

Arnica, Ledum

Cantharis

Arsenicum

Cat bite	Hypericum
Catarrh	Arsenicum, Kali bich
Chicken pox	Belladonna, Rhus tox
Chilly	Hepar sulph
Coccyx	Hypericum
Coffee	Calc carb, Ignatia, Nux vomica
Colds	Aconite, Belladonna, Bryonia, Calc carb, Dulcamara, Echinacea, Ferrum phos, Gelsemium
Cold sore	Rhus tox
Colic	Aethusa
Conjunctivitis	Pulsatilla
Cough	Aconite, Bryonia, Hepar sulph, Rhus tox
Day-care illness	Echinacea
Dental	Arnica
Dental terror	Aconite
Depression	Ignatia
Diaper rash	Calendula
Diarrhea	Arsenicum, Bryonia
Disrespect	Staphysagria
Dizziness	Gelsemium
Draft	Calc carb, Hepar sulph
Dryness	Bryonia
Ear	Belladonna, Hepar sulph
Eczema	Calendula, Rhus tox
Edema	Apis
Egg cravings	Calc carb
Emphysema	Carbo veg
Exam fear	Gelsemium



Eye	Dulcamara, Euphrasia, Gelsemium
Eyelid	Apis, Pulsatilla
Face	Ferrum phos
Failure	Lycopodium
Fainting	Sepia
Falls	Hypericum
Fatty food	Nux vomica, Pulsatilla
Fear	Aconite, Arsenicum, Ignatia
Feet	Calc carb
Fever	Bryonia
Finger	Hypericum
Fish poisoning	Carbo veg
Fishbone stuck	Hepar sulph
Floating	Hypericum
Flu	Aconite, Dulcamara, Echinacea, Gelsemium
Flush	Belladonna, Gelsemium
Forehead	Gelsemium
Fretfulness	Chamomilla
Fruit (too much)	Arsenicum, Bryonia
Frustration	Ignatia
Fussiness	Chamomilla
Gas	Cantharis, Carbo veg, Lycopodium
Gout	Arnica, Bryonia
Grief	Aconite, Ignatia
Gums	Apis
Hand	Calc carb
Hangover	Nux vomica
Hay fever	Arsenicum, Pulsatilla

Headache	Belladonna, Chamomilla, Ferrum phos, Gelsemium, Ignatia, Kali bich, Thuja
Heartburn	Carbo veg, Lycopodium, Nux vomica
Hernia	Lycopodium, Nux vomica
Hiccup	Lycopodium
Hip	Bryonia
Hives	Apis
Hormones	Sepia
Hot weather	Kali bich
Humidity	Pulsatilla
Hunger	Lycopodium
Hypertension	Carbo veg
Hysteria	Ignatia
Immunization	Thuja
Impatience	Chamomilla
Incontinence	Apis, Belladonna, Sepia
Indigestion	Lycopodium
Infection	Belladonna, Echinacea
Intercourse	Staphysagria
Irritability	Chamomilla, Lycopodium, Sepia
Irritation	Cantharis
Joint	Belladonna, Pulsatilla, Rhus tox
Kidney	Apis
Knee	Bryonia
Left side	Hypericum
Ligament	Rhus tox
Lip	Bryonia
Loneliness	Bryonia
Measles	Belladonna

Meat (overeating)	Arsenicum
Menopausal hot flashes	Belladonna, Sepia
Menopause	Pulsatilla
Migraine	Kali bich
Milk sensitivity	Aethusa, Calc carb
Morning sickness	Nux vomica
Motion sickness	Ipecac, Nux vomica
Mucus	Pulsatilla
Mumps	Belladonna, Pulsatilla
Muscles	Gelsemium
Nasal discharge	Dulcamara
Nausea	Ipecac, Pulsatilla
Neck	Aconite, Belladonna, Bryonia, Gelsemium, Lycopodium, Nux vomica, Rhus tox
Needle puncture	Ledum
Nerve	Hypericum
Nettle rash	Apis
Neuralgia	Belladonna, Gelsemium
Noise	Belladonna, Nux vomica
Nose	Dulcamara, Gelsemium
Nosebleed	Ferrum phos
Ovarian cyst	Apis
Overeating	Nux vomica
Overexertion	Rhus tox
Pain	Aconite, Apis, Arnica, Arsenicum, Bryonia, Cantharis, Chamomilla, Ignatia
Periods	Belladonna, Calc carb, Chamomilla, Lycopodium, Pulsatilla, Sepia
Piles	Nux vomica

Poisoning	Carbo veg
Poison ivy	Rhus tox
Psoriasis	Arsenicum
Rash	Calendula, Rhus tox
Restlessness	Aconite, Arsenicum, Rhus tox
Rheumatism	Bryonia, Rhus tox
Right side	Apis
Rupture	Belladonna
Sadness	Sepia
Salt (too much)	Calc carb
Scald	Cantharis
Sciatica	Ignatia, Rhus tox
Shingles	Apis
Shock	Arnica, Carbo veg, Ignatia
Sinusitis	Hepar sulph, Kali bich, Pulsatilla
Skin	Calc carb, Hepar sulph
Sleeplessness	Arnica, Nux vomica, Thuja
Sneezing	Gelsemium
Spinal anesthetic	Ledum
Spine	Hypericum
Splinter	Hypericum, Ledum
Sprain	Arnica, Rhus tox
Stomach	Arsenicum, Bryonia
Sunburn	Cantharis
Sunstroke	Belladonna, Gelsemium
Surgery	Arnica, Rhus tox
Swallowing	Gelsemium
Sweat	Calc carb, Hepar sulph, Sepia, Thuja
Sweets (too many)	Calc carb, Ignatia, Lycopodium

Synovitis	Apis
Teething	Aconite, Apis, Belladonna, Chamomilla
Tendon	Rhus tox
Thirst	Bryonia, Pulsatilla, Rhus tox
Throat	Aconite, Apis, Arsenicum
Tinnitus	Aconite, Lycopodium
Tobacco	Aconite, Calc carb, Ignatia, Nux vomica, Sepia
Toes	Hypericum
Tonsillitis	Aconite, Apis, Belladonna, Hypericum, Lycopodium
Toothache	Aconite, Arnica, Belladonna
Tongue	Bryonia
Travel sickness	Nux vomica
Ulcer	Belladonna, Carbo veg, Sepia
Urine	Cantharis, Lycopodium, Thuja, Nux vomica
Varicose veins	Carbo veg
Voice loss	Arnica, Belladonna
Vomit	Arsenicum, Ferrum phos, Ipecac
Vulnerability	Nux vomica, Pulsatilla, Staphysagria
Warts	Calc carb, Sepia, Thuja
Weight	Calc carb
Whining	Chamomilla
Wind	Carbo veg
Wine	Calc carb
Worry	Ignatia, Rhus tox
Wound	Calendula, Hypericum

## **APPENDIX B**

### **A BASIC GUIDE TO HOMEOPATHY WITH 36-REMEDY MINI MATERIA MEDICA BY MARY ASPINWALL**

Homeopathic medicines last indefinitely if stored correctly. Keep in a cool, dark place away from strong smells, especially camphor, coffee, menthol or eucalyptus.

Do not x-ray.

As with all medicines keep out of the reach of children.

## **AN INTRODUCTION TO HOMEOPATHY**

Although it was first described by Hippocrates 2,500 years ago, homeopathy as it is practiced today evolved 200 years ago. The word comes from the Greek and means "similar suffering." This refers to the central philosophy that a substance that can produce symptoms in a healthy person, can cure those symptoms in a sick person. For example, a person suffering from hay fever might be given a remedy prepared from an onion, because a healthy person chopping an onion usually experiences watering eyes and irritation. However, the substances are given in minute doses to avoid unwarranted side-effects, making them safe to use even in situations where conventional drugs would be dangerous or inadvisable (e.g., during pregnancy; when treating infants).

### **Before you begin to prescribe**

There are two important issues that you need to follow to use homeopathic medicine successfully:

## **THE LAW OF SIMILARS**

Match the symptom picture of an illness or injury to the symptom picture of the medicine. To help you do just that, this booklet is divided into two sections with complaints you can treat at the front and a Mini Materia Medica at the back. This describes, briefly, the symptom pictures of 36 frequently-needed remedies. Begin by looking up the complaint you want to treat and noting which remedies may help. Next, before prescribing, turn to the Mini Materia Medica and see which description most closely fits the person you are treating.

### **THE LAW OF THE MINIMUM DOSE**

Use as little of a medicine as possible to stimulate the body's own healing mechanism.

Give one dose (in this case one small pill) and wait to see what relief it brings. If things begin to improve do not repeat the dose, unless the case stops improving before a full recovery is reached for the same symptoms return (i.e., the case relapses). If the symptoms change significantly, select a new remedy to fit the new picture. If in any doubt, wait. Giving the body more medicine than it needs will not improve or speed up the action of the medicine.

If anything, it may stop the medicine from being effective.

By using these two laws Homeopathy provides a completely individual prescription and dosage that pre each person's disease as unique to them. It's sees symptoms as warning signs of a central disturbance or imbalance within the sufferer. By restoring this inner balance, Homeopathy makes the symptoms unnecessary and so they disappear.

### **OTHER FACTORS TO CONSIDER**

## **ANTIDOTING**

Certain substances are known to antidote certain homeopathic medicines in some people. It is therefore advisable to avoid these substances if possible: Coffee (including decaffeinated), mint (notably in toothpaste), camphor, menthol, eucalyptus (often found in vapor rubs and cold remedies). Keep remedies in a cool dark place away from strong odors (and small children).

## **TAKING THE MEDICINES**

Homeopathic medicines are delicate and need careful handling. Touch them as little as possible. Shake one pill into the lid of the bottle and put it directly under the tongue of the person taking the medicine. They should put it straight into their mouth allowing it to dissolve under the tongue. If possible, give the dose half an hour before or after having anything to eat or drink, cleaning your teeth or smoking. Obviously, this does not apply in an emergency where it should be given as soon as possible. You can crush and dissolve remedies in water and sip them, but do not swallow the pill down with water, tea or coffee. Before repeating the dose, please consider the Law of the Minimum dose (above) carefully.

## **SAFETY FIRST**

Serious injuries and illnesses should never be treated without seeking expert advice. Use your instincts and common sense, if you are worried call for help first, then give the appropriate remedy whilst you are waiting for help to arrive. In cases which are less serious or urgent, if symptoms show no improvement or return always seek professional help. A qualified homeopath may be needed to treat the underlying weakness in the patient's constitution. For more details see our leaflet: "When to See a Homeopath."



**If you already see a homeopath regularly, please discuss self-prescribing with them.**

## **SOME COMMON COMPLAINTS YOU CAN TREAT**

Please remember, if more than one remedy is suggested, it is important to read the description of each remedy in the Mini Materia Medica (MMM) on the right-hand side of the booklet, before decided to prescribe.

### **ACCIDENTS** (see BROKEN BONES, FRACTURES, INJURIES & WOUNDS)

Give immediately, Arnica 30c.

### **ANXIETY**

Anticipatory, with diarrhea, Gelsemium 30c; before public speaking, Gelsemium 30c; with fever, Aconite 30c or Arsenicum 30c; with paralysis or trembling, Gelsemium 30c.

### **ASSAULTS**

For shock, Arnica 30c; for fear, Aconite 30c.

### **BITES AND STINGS** (see also SEPSIS)

Red, hot, swollen, better cold applications, Apis 30c; blue, cold, puffy, better cold applications, Ledum 30c; animal bites, with shooting nerve pain, Hypericum 30c.

Aee Also: Bluish around bite, Lachesis 30c; very painful, worst touch, Staphisagria 30c.

### **BLOOD BLISTERS**

Arnica 30c.

## **BOILS**

Small, numerous, sore, Arnica 30c; burning, Arsenicum 30c; hot and throbbing, Belladonna 30c; slow to heal, Silica 30c.

See Also: Itchy, Sulphur 30c; painful, infected with pus, Hepar sulph 30c.

## **BREAST FEEDING DIFFICULTIES**

Hard, engorged, hot, red, Belladonna 30c; hard, and gorged, hot, pale, worst movement, Bryonia 30c; abscess with smelly, corrosive pus, Merc viv 30c; abscess which is very slow to heal, Silica 30c; too much milk, Pulsatilla 30c; baby vomits breast milk, Silica 30c.

See Also if abscess with pus, extremely painful, Hepar sulph 30c.

Also recommended colon if milk production varies greatly, Urtica Urens 30c; if sore cracked nipples, radiating pain, Phytolacca 30c; if too little milk, Dulcamara 30c.

## **BROKEN BONES (see FRACTURES)**

Before setting, Arnica 30c; worse for slightest movement, stitching pains, Bryonia 30c.

Also recommended: Only after setting, both Symphytum 6c: one dose nightly and Calc phos 6x: one dose mornings for 7 days.

## **BRUISES**

Of soft tissue, Arnica 30c. (see also Arnica cream)

Also recommended: For deep tissue (e.g., contusion of breasts), Bellis perennis 30c. Use after mammography.

## **BURNS**

For shock, Arnica 30c; if area of injury better cold applications, Cantharis 30c; if area of injury better hot applications, Arsenicum 30c.

Arnica cream / ointment, but only on unbroken skin. For deep tissue (e.g. contusion of breasts), Bellis Perennis 30c.

See Also: For deep burns, which are slow to heal, Kali Bich 30c.

Also recommended: Urtica Urens cream externally to soothe minor burns. For serious burns, seek medical assistance immediately.

## **CHICKENPOX**

Very itchy rash, extreme restlessness, Rhus tox 30c; feverish and fearful, Aconite 30c; with fever and throbbing head, Belladonna 30c; with cough thirst less clingy, Pulsatilla 30c; if blisters pus- filled/smelly, Merc Viv 30C  
see also: Rash slow to emerge, with cough, Ant tart 30c.

Also recommended: Use calendula cream/ointment externally but wait until rash emerges fully.

## **CHILLBLAINS**

Hot, itchy, worse heat, Pulsatilla 30c; dark red inflammation, worse cold, damp, Rhus Tox 30c.

also recommended: Agaricus 30c; Tamus cream/ointment externally; Calendula

cream/ointment externally, if they break.

## **COLDS**

Early stages, Aconite 30c; thin, watery, burning discharge, chilliness, Arsenicum 30c; with flu-like aching, Gelsemium 30c; slow to go, Silica 30c.

See Also: Thick yellow stringy discharge, Kali Bich 30c; with sneezing and dripping nose, Natrum mur 30c.

## **COLD SORES**

On lips, Rhus tox 30c.

See Also: On lips, mouth, caused by sun, Natrum mur 30c; on lips, Sepia 30c.

## **COLIC**

Better bending forwards, Belladonna 30c; with fever and cramps, Nux vomica 30c; better lying still with knees up, Bryonia, 30c; bloated above the navel, China 30c, bloated below the navel Carbo veg 30c.

See Also: For pain relief, Mag Phos 30c; if complaint comes on after humiliation, Staphysagria 30c.

## **CONSTIPATION**

Constant ineffectual urging, unfinished sensation, Nux vom 30c; during pregnancy, Nux vom 30c; treat dryness/thirst, sometimes with headache, Bryonia 30c; with "shy" stool that slips back, Silica 30c.

See Also: Hard, knotty stool, Lycopodium 30c. Stools like sheep dung (small balls), Natrum Mur 30c.

## **COUGHS**

After exposure to dry, cold wind, Aconite 30c; dry cough with chest pain and headache, Bryonia 30c; dry at night, loose in the morning, Pulsatilla 30c.

See Also: With hoarse/sore throat, Hepar sulph 30c; loud, rattling, (whooping) cough with vomiting, Ant art 30c; with blue face, vomiting mucus, Drosera 30c; with blueness, stiffness, nausea, vomiting with nosebleeds, Drosera 30c or Ipecac 30c.

## **CROUP**

First choice, reduces accompanying fear, Aconite 30c.

See Also: On waking, with lump sensation, Lachesis 30c; attacks in the early hours, Hepar sulph 30c.

Also recommended: If Aconite fails, attack is around midnight, Spongia 30c.

## **CUTS (see WOUNDS)**

## **CYSTITIS**

Cutting, burning pains before, during or after urination, Cantharis 30c; burning when urinating, Apis 30c; burning during and after urination, worse if lying, Pulsatilla 30c.

See Also: After sexual intercourse, Staphisagria 30c; if symptoms persist seek professional advice.

## **DENTAL TREATMENT**

Before fillings or extractions, Arnica 30c; before if fearful, Aconite 30c; after effects of, Arnica 30c; shooting nerve pain after, Hypericum 30c; flu or cold symptoms after mercury fillings, Merc viv 30c; bleeding gums, after, Arnica 30c.

See Also: For sore, cut gums, Calendula 30c or Staphisagria 30c.

## **DIARRHEA**

With anticipatory anxiety, Gelsemium 30c or Arg nit 30c; with vomiting, caused by food poisoning, Arsenicum 30c.

See Also: with anticipatory anxiety, Arg nit 30c; only on waking, Sulphur 30c; for exhaustion, after, China 30c.

## **EARACHE**

From cold, severe pain, restlessness, fear, Aconite 30c; stinging pain, worse swallowing, Apis 30c. Throbbing pain, with redness and high temperature, Belladonna 30c; unbearable pain, worse windy weather, Chamomilla 30c; after swimming, Chamomilla 30c; with smelly blood-streaked discharge, Merc Viv 30c; itching inside ear, increased swallowing, Nux Vom 30c; ear red externally with feeling of pressure behind ear drum, Pulsatilla 30c; after measles, Pulsatilla 30c; throbbing pain in slow teethers, Calc carb 30c; stitching pain, smelly discharge, Hepar sulph 30c; stitching pain, worse left, Kali bich 30c; with sore throat, worse left side, Lachesis 30c; spasmodic shooting pain, Mag phos 30c; if blocked with hard wax, Silica 30c; with painful noises in the ear, Sulphur 30c.

## **EXAMINATION NERVES (see ANXIETY)**

With diarrhea /trembling /paralysis, Gelsemium 30c.

See Also: With diarrhea/hurried feeling, Arg nit 30c.

## **EYE INFLAMMATION**

Upper and lower lids red and puffy, tears hot, Apis 30c; eyes red, smelly yellow

discharge, Arg nit 30c; with a cold, thick, yellow smelly discharge, Pulsatilla 30c; watering, caused by a blocked tear duct, Silica 30c.

Also recommended: Bathe in diluted tincture of Euphrasia or Hypercal.

## **EYE INJURIES**

Bruising and/or shock, Arnica 30c; black eye, Ledum 30c.

Also recommended: If Arnica fails and injury is to eyeball itself, Symphytum 30c; if with feelings of anger, Staphisagria 30c.

## **EYE STRAIN**

Ruta 30c.

## **EXHAUSTION**

Following physical over-exertion, Arnica 30c.

See Also: If after dehydration, China 30c; also recommended: if nervous exhaustion, Kali phos 6x.

## **FOOD POISONING**

Particularly after meat, Arsenicum 30c. After bad fish, Pulsatilla 30c.

Also recommended: If after shellfish, Lycopodium 30c.

## **FLU**

Many possible remedies. Check MMM to see if any of the following are appropriate: Arsenicum 30c; Bryonia 30c; Gelsemium 30c; Nux vomica 30c; Rhus tox 30c.

See Also: Ipecac 30c.

### **FRACTURES (see BROKEN BONES)**

If pain and swelling are severe, Arnica 30c; with shooting nerve pains, Hypericum 30c; if slightest movement causes severe pain, Bryonia 30c.

### **GASTRIC FLU**

Many possible remedies. Check MMM to see if any of the following are appropriate: Arsenicum 30c; Bryonia 30c; Gelsemium 30c; Nux vomica 30c.

See Also: Ipecac 30c.

### **HEMORRHOIDS**

Caused by pregnancy, Nux vomica 30c.

Also recommended: H 30c.amamelis 30c; Kali carb 30c; Nit ac 30c.

### **HANGOVERS**

With sick headache and/or nausea, Nux vomica 30c; caused by cigarette smoke, Ignatia 30c.

### **HEADACHE**

From getting chilled, Aconite 30c; from shock/fright, Aconite 30c; with sudden, violent onset, Aconite 30c or Belladonna 30c after over-excitement or exertion, Arsenicum 30c; after washing hair, Belladonna 30c; throbbing headache during period, Belladonna 30c; throbbing headache from too much sun, Belladonna 30c; after change in the weather, Bryonia 30c; in small spots caused by sinusitis, Kali bich 30c; after too much rich food or alcohol, Nux vomica 30c; after change in the weather, especially to damp, Rhus tox 30c; after getting



wet, Rhus tox 30c; from working in artificial light, Silica 30c; from draughts, Silica 30c; from traveling, Silica 30c.

See Also: if before a thunderstorm, Phosphorus 30c; after eye-strain, Lycopodium 30c or Natrum mur 30c; from working in artificial light, Sepia 30c.

Also recommended: If due to disturbed sleep patterns, Cocculus 30c, if symptoms persist, consult a qualified homeopath or doctor.

### **HEAD INJURIES**

Give immediately, Arnica 30c.

Also recommended: If pains remain or symptoms ensue, Natrum sulphuricum 30c.

Always seek professional help.

### **HIVES**

With fever, Apis 30c. With burning, itching, stinging, Rhus Tox 30c.

### **INJURIES TO**

Bones, Ruta 30c (see also broken bones/fractures); coccyx, Hypericum 30c; head (see Head Injuries); muscles, Arnica 30c; (see Sprains); nerve-rich areas (e.g., fingers/toes), Hypericum 30c; pains of hands, Ledum 30c; shins or bones near surface, Ruta 30c; soft tissue, Arnica 30c; soles of feet, Ledum 30c; spine: Hypericum 30c; tendons/ligaments, Rhus tox 30c.

Also recommended: for breasts/deep tissue, Bellis perennis 30c.

### **INJURIES WITH**

Fear, Aconite 30c; long-lasting after-effects, Arnica 30c; splinters, Silica 30c (see MMM).

## **INOCULATIONS**

Before, reduces local reaction, Hypericum 30c, Ledum 30c; to treat the puncture wound, Ledum 30c; shooting pain after, Hypericum 30c; all other adverse reactions seek professional homeopathic advice as soon as possible.

## **JET-LAG**

Arnica 30c; with sense of paralysis, Gelsemium 30c.

Also recommended: For disturbed sleep patterns, Cocculus 30c.

## **MEASLES**

Sudden on-set with burning, itchy rash, Aconite 30c or Belladonna 30c; slow onset with eye inflammation, Apis 30c or Pulsatilla 30c (see Eye Inflammation); slow onset, with headache, Bryonia 30c or Gelsemium 30c.

## **MENSTRUAL PROBLEMS**

Late/scanty after upright or becoming chilled, aconite 30c; ;ate after getting feet wet, Pulsatilla 30c; hot, heavy blood loss, Belladonna 30c.

See Also nausea before and during period, Ipecac 30c, cramping pains, Mag phos 30c.

Also recommended Lachesis 30c, Natrum mur 30c and Sepia 30c.

## **MOUTH ULCERS**

Pains stinging, throbbing, increased saliva, offense of breath, Merc VIV 30c.

## **MUMPS**

Many possible remedies. Check MMM to see if any of the following are appropriate Merc viv 30c; Rhus tox 30c; Silica 30c; Pulsatilla 30c.

See also Carbo veg 30C, Lachesia 30c, Lycopodium 30c.

## **NOSEBLEEDS**

After shock or injury, Arnica 30c.

See also: with cough, Ipecac 30c.

## **LABOR PAINS (see MMM)**

Ineffective, with weepiness, "help me", Pulsatilla 30c; intolerable, infuriating, Chamomilla 30c; weak, with back pain, Kali carb or 30c; with fear that she will die in childbirth, Aconite 30c.

Also recommended most homeopathic pharmacies will supply you with a childbirth kit full of useful remedies for before, during, and after labor.

## **POST-NATAL CARE**

Of baby, shock after fast, violent birth, Aconite 30c; retention of urine, Aconite 30c; blocked tear duct, Silica 30c.

See also in cases of apparent asphyxia, Ant tart 30c; Carbo veg 30; of mother: in all cases, to overcome exhaustion and after-effects of giving birth, Arnica 30c (may repeat as frequently as needed); shooting pains from damage to perineum, Hypericum 30c; after injuries to coccyx, Hypericum 30c.

See Also: For cuts, tears or grazes, Calendula 30c; exhaustion after severe blood loss, China 30c; if bright red, hot, profuse bleeding, Ipecac 30c; after

forceps deliveries/Caesarians or any deep/internal bruising, Bellis perennis 30c (see Surgical Operations) after episiotomies, Staphisagria 30c.

## **SCALDS**

Cantharis 30c; affected area is red, hot, throbbing, Belladonna 30c (may stop sepsis setting in); with blood-streaked, corrosive pus, Merc Viv 30c; when slow to heal, Silica 30c.

See also to lance/drain in early stages, Hepar sulph 30c.

## **SHOCK (see MMM)**

Following trauma, accidents, etc., Arnica 30c; emotional, Ignatia 30c; with fearfulness, Aconite 30c; from receiving (bad) news, Gelsemium 30c.

## **SORE THROATS**

Dry, red, burning, Aconite 30c; dry, red, hot with (painful) desire to swallow, Belladonna 30c; slow onset, flu-like aching and weakness, Gelsemium 30c; dry throat and mouth, with thirst, Bryonia 30c; burning, stinging pains with great swelling, Apis 30c; with hair sensation on back of tongue, Silica 30c; with increased salivation and bad breath, Merc Viv 30c; with swollen glands, Belladonna 30c or Silica 30c.

See Also: With lost voice due to overuse, Arg nit 30c; worse swallowing saliva, better swallowing solids, Lachesia 30c; left side first (may move to right), Lachesia 30c; right side first (may move to left), Lycopodium 30c, has sensation of fish bone/splinter/crumb, Hepar sulph 30c; ulcerated tonsils with stringy discharge, Kali bich 30c.

## **SPLINTERS**

To ease them out, Silica 30c (see MMM).

### **SPRAINS & STRAINS**

To reduce swelling, Arnica 30c; If worse for slightest movement, Bryonia 30c; worst first movement, better continued movement, Rhus tox 30c, worse lying on affected part, Ruta 30c.

### **STAGE FRIGHT**

With sense of paralysis, Gelsemium 30c.

See Also: Arg nit 30c or Lycopodium 30c.

### **STIFF NECK**

Rhus tox 30c; if with a temperature and complains of this always, seek professional advice, as it may be a symptom of meningitis.

### **STYES (see EYE INFLAMMATION)**

Eye is red, the lid is painful and swollen, Apis 30c; eye itch, lids sticky, yellow-green discharge, Pulsatilla 30c; if pus is present, (see SEPSIS).

### **SUNBURN**

Skin is dry, hot, red, throbbing, painful, Belladonna 30c; if severe, take as soon as possible, Cantharis 30c.

### **SUNSTROKE**

With fever and/or headache, Belladonna 30c; if symptoms much worse for movement, Bryonia 30c.

Also recommended: Glonoin 30c.

## **SURGICAL OPERATIONS**

In preparation for, Arnica 30c; to counter the after-effects of, Arnica 30c; for surgical wounds/amputations with nerve pain, Hypericum 30c.

See Also: For surgical wounds, Calendula 30c or Staphisagria 30c; after catheters, enemas, Staphisagria 30c; for bad reaction to anesthetic, Phosphorus 30c; if deep tissue is affected, Bellis perennis 30c.

## **TEETHING PROBLEMS**

Aconite 30c, Belladonna 30cm Chamomilla 30c, Pulsatilla 30c.

See Also: if teething is slow/delayed, Calc carb 30c; to ease the pains, Mag phos 30c.

## **TRAVEL SICKNESS**

Better for vomiting, but finds it difficult, Nux Vom 30c.

Also recommended: Cocculus 30c; Petroleum 30c or Tabacum 30c.

## **VOMITING**

Caused by over-indulgence, Nux vomica 30c; with diarrhea, Arsenicum 30c.

See Also: If approx. 15 minutes after cold drink, Phosphorus 30c; with cough, Ant Tart 30c, Drosera 30c, Ipecac 30c (see COUGHS).

After, for exhaustion caused by dehydration, China 30c; with constant nausea, not relieved by vomiting, Ipecac 30c.

## **WHIPLASH**

With shooting nerve pain, Hypericum 30c; deep ligament/tendon injuries, possible tearing, Ruta 30c.

## **WOUNDS**

Cuts, grazes, sores, Calendula 30c; incised, clean cuts, Hypericum 30c; lacerations, Hypericum 30c.

See Also: For surgical wounds, Staphisagria 30c.

## **MINI MATERIA MEDICA**

### **36 REMEDY MINI MATERIA MEDICA**

Please note: No. 1 Remedy = Most frequently prescribed. To ensure your prescribing is as accurate as possible, always match the symptoms as closely as possible to the medicine.

## **ACONITE**

No. 1 Remedy for nipping colds in the bud.

Useful in the early stages of colds, fevers, inflammations. Suits healthy people whose complaints come on suddenly. Possible causes: cold/dry wind; fright/shock. Characterized by extreme restlessness and fear. May specifically have an unfounded fear of death. Dry, hot skin. Symptoms worse evening/ around midnight. Thirsty for cold drinks. May say everything tastes bitter, except water. Better: fresh air. Worse: touch.

## **ANT TART**

Important (rattling) cough remedy, where patient is unable to expectorate (cf. Ipecac) and is "drowning in mucus." Feels suffocated, weak, drowsy and limp. May be irritable. Much yawning and sweating. Tongue is coated white. Better: expectoration; sitting up; cold drinks. Worse: warmth; lying down; 4pm; company.

## **APIS**

No. 1 Remedy for bites and stings.

To be effective, symptoms generally fit the following picture: Oedematous swellings. Redness. Pains burning and stinging. Restlessness. Thirstlessness. Better: cold applications. Worse: heat; 4-6pm.

## **ARG NIT**

No. 1 Remedy for fear of flying.

Useful for anticipatory anxiety and gastro-intestinal problems (belching/flatulence). Suits warm-blooded people with a tendency to feel hurried and impulsive. They may have a fear of failure when having to perform in public. Justified as they often rush through things and get into a mess. (cf Gelsemium & Lycopodium). Pains splinter-like. Better: open air; walking fast. Worse: crowd, sweets (gets diarrhea).

## **ARNICA**

No. 1 Remedy for accidents/shock /physical exhaustion.

Should be a first choice after most accidents, injuries or physical ordeals. Given early it will reduce swelling and bruising. Patient has a fear of being touched,



because of the pain and may want to be left alone. May claim to be alright when they clearly are not. Classic response of someone in shock. Upper body is hot, whilst lower is cold. Memory may also be poor. Worse: jarring; lying on injured part.

## **ARSENICUM**

No. 1 Remedy for food poisoning.

Characterized by great physical prostration with mental restlessness. Patient does not want to be left alone. May have a fear of death. Pains and discharges are burning, yet the patient feels chilly and all symptoms, except headache, are better for heat. Thirsty for frequent sips of usually hot drinks. Better: warmth; lying down. Worse: midnight - 3am.

## **BELLADONNA**

No.1 Remedy for very high fevers.

Inflamed area or entire patient (!) is burning, red and hot. The eyes are glassy and the pupils dilated. Onset of complaints is sudden. Possible cause: chill to the head. Pains are violent and throbbing. Rapid pulse. Patient is angry, may be delirious and even have visions. Thirsty, may crave lemonade. Better: lying down. Worse: touch or jarring movement; 3pm.

## **BRYONIA**

No. 1 Remedy for dry, painful coughs.

Dryness of all mucous membranes. Great thirst for large amounts at long intervals (opposite of Arsenicum). Patient lies absolutely still; all symptoms are much worse for the slightest movement. Pains are stitching. A "bear with a sore

head" who is irritable and resentful of being questioned or fussed over. Better: firm pressure. Worse: 9pm; after eating cabbage or beans.

### **CALC CARB**

No. 1 Remedy for slow, difficult teething.

Often needed when growing up or going through major developmental changes. Classically fat, fair and flabby. Chilly. Easily over-exerted and very sweaty (esp. back of head). Sour-smelling. May fear many things (e.g., the dark, monsters, animals, insects). Slow developers, particularly poor at assimilating their food, which may cause problems in bone and teeth formation. Crave boiled eggs. Better: constipation; dry weather. Worse: heights; getting cold or wet; teething; milk.

### **CALENDULA**

No. 1 Remedy for healing wounds.

Very useful first-aid remedy for cuts; superficial burns or scalds; ulcers; scalp wounds; after teeth extraction or childbirth. It stimulates formation of healthy scar tissue (without lumps). Use externally in cream, ointment or tincture form. Take internally if there is much discomfort or suppuration (cf. Hepar Sulph). Better: warmth; walking or lying absolutely still. Worse: damp dull weather; evening.

### **CANTHARIS**

No. 1 Remedy for the intense pain of burns.

Often effective in the treatment of cystitis, where there are burning pains

before, during and after urination. Intense mental and physical irritation. Onset is sudden and violent. Pains are cutting and burning. Patients have a burning, intense thirst, but are worse after drinking (especially cold drinks). Better: cold applications. Worse: touch.

## **CARBO VEG**

No. 1 Remedy for resuscitation.

The "Homeopathic corpse reviver." This remedy has saved many lives. Symptoms at their most extreme are complete state of collapse due to oxygen starvation. Body (even breath) is cold, limp, pale, or blue. Less severe cases have extreme sluggishness. Many digestive disorders, esp. wind, (cf. Lycopodium) Upper abdomen/stomach very bloated. May be brought on by over-indulgence. Better: cool air; being fanned; burping. Worse: warmth; dehydration; before sleep; tight clothing.

## **CHAMOMILLA**

No. 1 Remedy for teething children.

Especially if child has one red cheek. Characterized by over-sensitivity. Pains are intolerable and appear to be out of all proportion to the illness or injury. Suited to bad-tempered children who are only quiet when carried and constantly request, then reject things. They are hot and sweaty (especially the head). Better: for being uncovered. Worse: 9pm - midnight.

## **CHINA**

No. 1 Remedy for dehydration.

Delicate types whose senses are too acute. Complaints often arise after loss of fluids/severe dehydration (e.g., after fever or diarrhea). Bloating abdomen, but not relieved by burping (cf. Carbo veg). Better: hard pressure; lying down; fasting; loose clothes. Worse: light touch.

## **DROSERA**

No.1 Remedy for whooping cough.

Excellent (whooping) cough remedy (see also Ant tart & Ipecac), where cough is violent, spasmodic and leads to gagging/vomiting or nosebleed (cf. Ipecac). Better holding chest. Sensation of feather in throat. Restlessness. Emotionally stubborn or suspicious. All symptoms improve after midnight. Better: sitting up; open air. Worse: lying down; talking; warmth.

## **GELSEMIUM**

No. 1 Remedy for flu.

Especially if there is shivering up and down the spine. Characterized by paralysis. The remedy is known as the "glass coffin" because although there is complete physical prostration, it is coupled with mental alertness. Patient trembles, has aching muscles and heaviness especially of the head and eyes - even the eyelids droop.

## **HEPAR SULPH**

No. 1 Remedy for painful, infected wounds.

Characterized by hypersensitivity to everything; pain, touch; cold; noise; exertion. One of the chilliest known remedies. Emotionally can be violent and intense. Tendency to form pus. Pains stitching and splinter-like (cf Art Nit). Better: heat; damp; lying in warm bed. Worse: uncovering; cold.

## **HYPERICUM**

No. 1 Remedy for injury to nerves.

Useful first aid treatment for lacerated wounds from sharp instruments or any injury to nerve-rich areas (e.g. slamming door on fingers or falling on the coccyx). Pains are extreme and shoot along the nerves. Reputed anti-tetanus properties.

## **IGNATIA**

No. 1 Remedy for recent bereavement/emotional shock.

Useful for treating symptoms which follow acute loss, grief or disappointed love. Patient may not be able to accept what has happened and reacts with a sense of disbelief. Other signs may include hiccoughs, involuntary sighing or yawning. Can be used to treat fainting and hysteria. Better: warmth. Worse: tobacco, fresh air.

## **IPECAC**

No. 1 Remedy for constant, violent nausea.

Vomiting brings no relief. Sudden bright red hemorrhages (nosebleeds; piles; periods). Spasmodic respiratory complaints. Dry cough with choking/gagging, difficulty expectorating (cf Ant Tart). Thirstless. Constant salivation and clean tongue. Better: open air. Worse: over-eating.

## **KALI BICH**

No. 1 Remedy for painful sinuses.

Excellent remedy for colds and sinusitis, although chronic sinusitis is best

treated by a professional homeopath. Its main characteristic is a very stringy, thick yellow/green discharge, which smells (cf Pulsatilla). Suits those who become ill after getting chilled and are chilly whilst sick. Despite this chilliness they feel worse in summer. Pains are often in a small well-defined spot, but they can "wander." Worse: on waking; at night: after eating.

### **LACHESIS**

Left-sided complaints or begin on left, move to right (especially sore throats). Warm-blooded. Talkative, amusing but with an over-active mind. Can be suspicious and jealous. Intense. Better: open air; cold drinks; during or after period. Worse: menopause; alcohol; anything tight around the neck; after sleep; heat; heavy weather.

### **LYCOPodium**

Anxious. Lack self-confidence especially when doing new things/speaking in public. Fine once they get started (cf. Arg Nit who hurries too much and does fail). Can be charming but may be dictatorial at home. Complaints right-sided or move from right to left (opposite of Lachesis). Lots of wind. Bloating stomach and abdomen. Tendency to flatulence. Better: warm drinks; sweets; motion; open air; passing wind. Worse 4pm-8pm.

### **MAG PHOS**

Known as the homeopathic aspirin. Very effective if crushed in warm water and sipped. Useful for neuralgia of the head and face, cramping or shooting pains. Relieves headaches; toothaches; menstrual pain. Those who respond well to this remedy may be sensitive or nervous types who often talk about their pains. Always seek professional homeopathic treatment if symptoms persist. Better: heat; firm pressure. Worse: cold; uncovering; touch.

## **MERC VIV**

No. 1 Remedy for mouth ulcers.

Suits those people who are human thermometers, incredibly sensitive to both heat and cold and better moderate temperatures. They have very smelly breath and discharges (which may be streaked with blood). They are prone to swollen glands/colds and sweat profusely. Excessive saliva, especially at night, but they are extremely thirsty. Worse: in bed at night.

## **NATRUM MUR**

No. 1 Remedy for cold sores.

If on the lips (with no other strong symptoms). Very sensitive people who remember the smallest slights for a long time. Feel everything so acutely they tend to protect themselves by shutting themselves off. They feel worse for consolation, except from a chosen few (or one). An important remedy for silent grief (the stiff upper lip). The middle of the lower lip may be deeply cracked. Discharges like egg white. Crave salt. Worse: heat, especially of the sun.

## **NUX VOMICA**

No. 1 Remedy for hang-overs.

Also for over-indulgence in rich food. People who need this remedy are very chilly. Emotionally they tend to be tense, irritable and over-sensitive. They suffer from digestive complaints and although they feel much better for vomiting, they find it difficult to do so. They often work and play very hard, surviving on a "diet" of coffee, alcohol and tobacco, despite the effect it has on them. For best results take the remedy a few hours before going to bed. Better: rest; warmth

and hot drinks. Worse: in the morning.

## **PHOSPHOROUS**

Lovely, bubbly, affectionate and sympathetic types. Unfortunately, their poor boundaries mean they can become exhausted by the problems of others. Overly impressionable. Riddled with fears and anxiety. Burning heat and pains. Tendency to bleed easily. Desire spicy food, ice cream. Better: cold drinks; eating; sleep (even a short nap). Worse: sudden weather change (esp. storms); missing a meal; lying on the left.

## **PULSATILLA**

No. 1 Remedy for childhood ear infections.

With this remedy the symptoms and the patients themselves are very changeable. Emotionally they are moody, tearful and crave company. Children are clingy and whine. Pulsatilla types are thirstless and are much worse for being in a stuffy room; their mood improves dramatically when they go out in the fresh air. Discharges are thick, bland and yellow-green. Complaints may come on after getting wet, chilled feet. Better: bathing; crying; movement; pressure. Worse: twilight; wet, windy weather.

## **SEPIA**

Useful remedy for conditions brought by hormonal changes in women. Suits those who are worn out and have a dragged-down, heavy feeling. Indifferent to loved ones. Chilly. Weepy. Dislike sympathy, prefer to be alone. Desires acidic things and chocolate. Better: vigorous exercise; eating; warmth; open air. Worse: during menstruation: missing a meal; pregnancy.

## **RHUS TOX**



No. 1 Remedy for sprains and strains.

Stiffness, coupled with terrible restlessness. Pains usually around joints, which ache, feel sore, bruised. The pain gets worse on first movement, with a tearing or stitching sensation, but this eases after continued movement, provided it is not too strenuous. Patients who need Rhus Tox hate damp, cold weather. During colds, fevers, flus, a triangular red tip at the end of their tongue is an excellent confirmatory symptom. Children who need this remedy crave cold milk.

**RUTA**

No. 1 Remedy for injuries to tendons and bone surface.

(Periosteum). Ruta's action is deeper, but it has a less distinctive picture than Rhus Tox. It is less restless. Bones feel damaged. Worse: lying on the affected part.

**SILICA**

No. 1 Remedy for forcing out splinters, etc.

In first aid treatment excellent for forcing foreign bodies out, but beware if you have a pace-maker, grommets, metal pins, etc. In acute illnesses suits chilly types, who keep getting infections, which are very slow to clear up. Thirsty. Perspire easily. Better: heat. Worse: cold, damp, wet weather.

**STAPHISAGRIA**

No. 1 Remedy following episiotomy.

Appear sweet and calm, but may feel angry, resentful, humiliated. Feel boundaries have been violated. Doesn't want to be touched. Very useful after

cuts with a sharp instrument. Better: warmth; rest; breakfast. Worse: missing a meal; tobacco; exertion.

## **SULPHUR**

Warm-blooded, wants doors and windows open. Empty sinking feeling in stomach at 11am. Desires sweets and spicy food. Burning pains. Offensive, corrosive, burning discharges. Itchy. Do not use routinely for skin complaints instead always seek professional homeopathic guidance. Better: fresh air. Worse: warmth; bathing; 10-11am.

## **OTHER USEFUL PRODUCTS**

### **Creams or Ointments:**

**Arnica** - Can be used externally on unbroken skin. Reduces bruising and swelling.

**Calendula** - Use on cut, broken or sore skin. The "homeopath's antiseptic". A wonderful healing balm.

**Urtica Urens** - Very soothing on hot, itchy skin, caused by minor burns, sunburn or allergic reactions to insect bites and stings.

## **BACH FLOWER REMEDIES**

**Rescue Remedy** – A combination of five flower remedies, used to reassure and calm down those who have had bad experiences or accidents. In many situations you can give this immediately, whilst you consider which remedy is the most appropriate.

## **HOW TO FIND OUT MORE**

If what you have read here interests you and you would like to prescribe for a wider range of complaints, you will need more detailed information. There are many excellent publications on Homeopathy, for example:

The Complete Homeopathy Handbook: Miranda Castro. (Macmillan ISBN 0-333-55581-3.) Highly practical and authentic book. Separate Repertory and 95 remedy Materia Medica.

The Complete Family Guide To Homeopathy: Dr. Chris Hammond. (Element ISBN 1-85230-748-X) Beautifully illustrated. Covers more than 80 remedies. Contains useful table for common complaints.

Homeopathy, Medicine Of The New Man: George Vithoukias (Published by Thorsons ISBN 0722-509-898) Ideal for those who want more general, background information on Homeopathy.

It is also very worthwhile to learn basic First Aid techniques (for resuscitation, heart massage, to stop choking, etc.). You may be able to attend classes locally. Alternatively, The First Aid Manual: Dorling Kindersley ISBN 0863-189784) is a very comprehensive guide.

## **APPENDIX C**

### **Future Health Now Encyclopedia Conditions List**

Acne	Bursitis
Acne Rosacea	Calluses and Corns
Addictions	Cancer
Adrenal Exhaustion	Candidiasis
Agoraphobia	Canker Sores
Allergies	Carpal Tunnel Syndrome
Allergic Skin Reactions	Cataracts
Alzheimer's Disease	Chronic Fatigue Syndrome
Amenorrhea	Cold Extremities
Anemia	Colds and Flus
Angina Pectoris	Cold Sores
Anorexia	Colic
Anxiety	Colitis
Arthritis (Osteo & RA)	Congestive Heart Failure
Asthma	Constipation
Atherosclerosis	Dandruff
Athlete's Foot	Dental Problems
ADHD	Depression
Autism	Diabetes
Back Pain	Diaper rash
Bad Breath	Diarrhea
Bed Wetting	Diverticulosis
Bites	Dizziness
Bladder Infections	Dry Skin
Boils	Dyslexia
Bronchitis	Earaches
Bruising	Eczema
Burning mouth	Edema
Burns	Emphysema

Endometriosis	Leaky Gut
Epilepsy	Leg Cramps
Eye problems	Liver Disease
Fatigue	Mastitis
Fever In Infants	Menopause
Fibrocystic Breasts	Menstrual pain
Fibroids	Migraines
Fibromyalgia	Mononucleosis
Flat Feet	Multiple Sclerosis
Gall Bladder Disease	Nail Abnormalities
Gas	Nausea
Gout	Neck Pain
Gum Disease	Night Blindness
Hay Fever	Nosebleed
Headaches	Obesity
Heartburn	Osteoporosis
Heart Disease	Parasites
Heat Exhaustion	Poison Ivy
Hemorrhoids	Psoriasis
Hypertension	Raynaud's Syndrome
Hyperventilation	Rectal Itch
Hypoglycemia	Restless Leg Syndrome
Hypothyroidism	Shingles
Incontinence	Sinus Infections
Infections	Skin Conditions
Infertility: Female	Smell and Taste Problems
Infertility: Male	Sore Throat
Insomnia	Sprains
Intestinal Polyps	Stress
Irritable Bowel Syndrome	Sunburn
Kidney Disease: Chronic	Teeth Problems
Kidney Stones	TMJ Syndrome
Lactose Intolerance	Tendonitis

Ulcers

Vaginitis

Varicose veins

Warts

Wound care

Yeast Overgrowth

## THE DOCTOR OF THE FUTURE



Dr. Dean has been in the forefront of health issues for almost 40 years. She is not only a medical doctor, she is also a naturopath, herbalist, acupuncturist, nutritionist, intuitive, lecturer, consultant, author, inventor, capitalist, and purveyor of commonsense! She's authored and co-authored over 35 books, including *The Magnesium Miracle*, *IBS for Dummies*, *Hormone Balance*, and *Death by Modern Medicine*, as well as 110 Kindle books.

Dr. Dean is on the Medical Advisory Board of the non-profit Nutritional Magnesium Association. She was awarded The Arrhythmia Alliance Outstanding Medical Contribution to Cardiac Rhythm Management Services Award 2012, presented at The Heart Rhythm Congress, organized by the Heart Rhythm Society (HRS), Sept 23-26, 2012. In September 2014, she received an Excellence in Integrative Medicine Award at the Sacred Fire of Liberty Awards in Washington. You are invited to receive a free subscription to Dr. Dean's Doctor of the Future Newsletter and join her online wellness program *Completement Now!*

**Disclosure:** Dr. Dean has a creative and economic interest in the innovative products of [RnA ReSet](#), including, but not limited to: RnA ReSet Drops, ReMag, ReMag Lotion, ReMyte, ReAline, ReCalcia, ReNew, ReStructure, Flora ReVive, and Whole C ReSet. For more information regarding ReMag and all the Completement Formulas, go to [RnA ReSet](#). If you have questions, email Customer Service at [support@rnareset.com](mailto:support@rnareset.com). If you wish to place an order by phone, call 1-888-577-3703.