

27. **SULPHUR** - skin problems. Dry scaly skin conditions which itch and burn - worse from heat and bathing. Heat and burning especially soles of feet. Hot flushes at menopause. Failure to recover completely from ailments - Sulphur revitalises the vital force and allows it to respond to the well chosen remedy. If in doubt give Sulphur - it neutralises negative aspects and residues, toxins etc. from other medicines. After antibiotics take a 6c twice daily for a week.

28. **VERATRUM ALBUM** - after violent vomiting and purging with rapid exhaustion and prostration. Face pale, bluish, eyes sunken, fear, anguish and collapse. Body cold with a cold sweat on the face. Dehydration and intense thirst for cold with a sense of internal burning.

ANAS BARBARAIE 200c - is an excellent preventative for colds and flu. Can be taken fortnightly or monthly depending on susceptibility, especially elderly and those who suffer respiratory problems. Also take when in contact with an infected person.

RESCUE REMEDY - a combination of Bach Flower remedies for emergencies and accidents or when you need reassurance, confidence, comfort and control. Take 4 drops as necessary internally or externally.

BURN CREAM - for minor burns and sunburn. Reduces pain, helps prevent infections and promotes healing.

HYPERICA CREAM - natural antiseptic and anti-inflammatory effect for cuts, abrasions, infected and slow healing wounds. Nappy rash and rough sore sensitive skin.

KIT INFORMATION

Full Home Kit – 28 remedies, creams & Rescue Remedy
Mini Home Remedy Kit – 10 Remedies & Rescue Remedy
Zip Pouches – Various types – 7 remedies
Mini Kits – 5 remedies
Pilules in Vials - Small Medium Large
Drops - Small Large

BOOKS TO READ

Everybody's Guide to Homoeopathy – Ullman
Australian Family Homoeopathy – Callinan
Materia Medica and Repertory – Boericke

IMPORTANT

Taking of Homoeopathic remedies:

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink, is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise, when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle.
7. Store your remedies away from direct light and heat, and away from all strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead when needed.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

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HOME REMEDY KIT

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt.

1. **ACONITE NAPELLUS** - first remedy to think of in the first 24 hours of the acute inflammatory process. Stages that come on rapidly, often during the night, after exposure to cold, dry, windy weather. Good for shock and reactions to excitement or fear. Fevers, colds, influenza, earache, vomiting, diarrhoea, travel sickness. May need to be repeated often.
2. **ALLIUM CEPA** - this remedy needs to be repeated often and suits symptoms of hayfever, runny, watery colds and colic. The nasal discharge excoriates and the eye discharge is bland. Symptoms may begin with sneezing and can be related to "as if peeling and chopping onions".
3. **ANTIMONIUM TARTRATE** - wheezing, difficult and noisy breathing. Rattling mucous, difficult to expectorate. Suffocative feeling with sweat and debility. May have bluish tinge around lips and eyes. Excessive salivation. Cough worse 3-4a.m.
4. **APIS MELLIFICA** - bad reaction to bee stings. Hives. allergic reactions and mosquito bites which are red, hot and swollen like a bee sting. Closing over of airways, glandular fever, quinsy, tonsillitis, cystitis with burning stinging pains. Better from cold and worse from heat.
5. **ARNICA MONTANA** - "as if bruised and beaten". Shock, bruising, soft tissue, damage, concussion, black eye. Arnica has an affinity to the heart and blood vessels - it regulates heart activity and stops haemorrhage and helps absorb clots. Can prevent damage if taken before and during labour, also surgery including dental. Good jet lag remedy with Bach's **Radiation Remedy**.

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6. **ARSENICUM ALBUM** - feeling “as if poisoned”. Burning pains, restless, chilly and anxious. Midnight stomach ache. When travelling take one dose of 6c daily to adjust to change (including cultural and psychic changes) - increase to 1 / hour for tummy symptoms. Burning symptoms relieved by warmth.

7. **BELLADONNA** - first 24 hours of the acute inflammatory process, compare with *Aconite*. Alternate with *Ferrum Phos*. Conditions that come on suddenly, almost always right sided. Intense throbbing pain and cramping congestion. Pupils dilated, face red and flushed, lips red, pulse full and bounding. Thirstless. Fever, colds, flu, earache, headache, vomiting, diarrhoea.

8. **BRYONIA ALBA** - achy, stitching pains, can be anywhere - prickly and irritable, wants to be left undisturbed, immobile and with pressure on the affected part. Dry rough coughs and pains under the sternum worse from movement. Colic. Arthritic knees. Dryness of all membranes - constipation.

9. **CALCAREA PHOSPHORICUM** - slow eruption of teeth, poor appetite, feeble digestion, leg pains at night, calcium metabolism difficulties. Stomach pains in adolescents and colic in babies. Craves salt or smoked meat or fish. Worse from changes in weather and humidity. Better from warm dry weather. Keynote - tired, thin, glandular and growing.

10. **CANTHARIS** - cystitis and painful urination with burning and scalding, great urgency and constant desire. Sore burning throats, cold sores, burns and sunburn, burning indigestion.

11. **CARBO VEGETABILIS** - weakness with a desire for fresh air, wants to be fanned. Cold sweats and a cold clammy face. In convalescence with extreme debility after illness. Metabolism is slow, no digestion, no appetite, flatulence. Is called “the corpse restorer” as it can be dramatic in collapse.

12. **CHAMOMILLA** - sensitive, peevish, irritable and can't be pleased. Teething, colic, infantile green diarrhoea, earaches (either or both), colds, menstrual cramps. Thirsty, cranky and very sensitive to pain. Worse from anger, heat, drafts 9a.m. and 9p.m. Better from being carried and warm, moist, humid weather.

13. **FERRUM PHOSPHORICUM** - often used with *Belladonna* or *Aconite* for the early stages of the

inflammatory process. The iron component increases the oxygen carrying capacity and clears up local congestion. May just feel weak and off colour. Ailments from exposure or loss of bodily fluids. Haemorrhages. Earache with heat congestion and acute pain. Dry spasmodic cough with vomiting.

14. **GELSEMIUM SEMPERVIRENS** - summer colds and flu with slow onset. Dusky and drowsy with heavy lids, the whole body may feel heavy with a loss of power. Listless, lazy and apathetic. Classic “aches and pains” flu. For those who anticipate even the most simple tasks with nervousness and worry. Medical and social anticipatory fears - may need a 30c repeated four hourly prior to the event. Also for bad news or sudden fright.

15. **HEPAR SULPHURIS CALCAREUM** - styes and easy infections of the mucous membranes, boils, splinters, right sided sore throats with splinter like pains. Cold sores and herpes, eczema and acne. Third stage of croup. First remedy is *Aconite* (1 hour), followed by *Spongia* (with *Aconite* second hour), then *Hepar Sulph* (third hour) continue to alternate the *Spongia* and *Hepar* as necessary.

16. **HYPERICUM** - called the *Arnica* of the Nerves. Jammed fingers, bricks on toes, puncture wounds, splinters, bites and stings with long shooting pains. Deep foci of infection instead of antibiotics, scratches, cuts, after surgery, root canal treatment, eye injuries like squash ball injury.

17. **IGNATIA AMARA** - grief, shock, hysteria, emotional and mental strain. Headache from crying too much. Sleeping and eating patterns are affected. Sighing, trembling. Disappointment in love. Homesickness.

18. **IPECACUANHA** - prevents or treats persistent nausea or vomiting. Morning sickness, travel sickness, gastric upset, vomiting and asthma which ends in vomiting. Haemorrhages especially with nausea. Sensitive to noise, chilly, irritable and discontented. Averse to food especially pork and veal.

19. **LEDUM PALUSTRE** - bites, stings and puncture wounds which look like mosquito bites - skin is swollen, pale and mottled and the pain is local and better from cold. Animal bites, scratches and people bites. Anti-tetanus effect. Black eyes and bruises which are turning black and for sprains after *arnica*. Preventively before exposure to mosquito infested areas.

20. **MAG PHOSPHORICA** - colic, spasms, cramps, aches and pains. Spasmodic pains, abdominal colic, spasmodic cough (like whooping cough), menstrual cramps, helps during labour. Called nature's own pain killer. Worse at night from cold and on the right side, better from warmth, pressure, doubling up and massage.

21. **MERCURIUS VIVUS** - Abscesses that will not resolve, ulcers at every change in the weather. Mouth ulcers, *Mercurius* has an affinity with the mucous membranes. Gums spongy and bleed easily, excess saliva and flabby tongue indented with teeth marks. After other remedies have failed *Mercurius* stimulates the vital force. Especially effects the lymphatic system.

22. **NUX VOMICA** - effects of overindulgence in food or alcohol, too late at night. Ill effects of night watching, shift work, travel - helps adjust the body clock. Insomnia after mental strain. Wakes at 3-4a.m. and stays awake. Irritable, nervous and chilly, wakes tired and irritable. Habitual constitution. Nose drips during the day, stuffy inside at night.

23. **PHOSPHOROUS** - coughs of all kinds, loose, dry spasmodic. Bronchitis, hoarseness, laryngitis, vomiting, heartburn. Bleeding tendency and lots of nosebleeds. Many fears with underlying foreboding. Worse - cold, storms, twilight, damp, humidity. Better - warmth, sleep, eating, massage. Craves ice and ice cold things.

24. **PULSATILLA** - Styes, sticky eyelids and conjunctivitis. Ripe phase of a cold with thick yellow to green mucous. Earaches - both ears. Rashy illnesses like measles or chicken pox. PMT, irregular and intermittent periods, menopause. Tummy aches from rich foods especially after parties. Worse - heat and stuffy rooms. Better - cool open air and gentle movement.

25. **RUTA GRAVEOLENS** - sprains, strains of knees, wrists and ankles. Similar to *Arnica*. Stiffness and pain in limbs and joints with a bruised weakness and weariness. Restlessness and uneasiness of the limbs. Sciatica. Eye strain and eye fatigue. Strained uterus and prolapse after confinement.

26. **SPONGIA TOSTA** - croups and colds with a dry raspy cough, raucous and barking. Marked anxiety with the suffocative attacks. Worse at midnight, from cold drinks and lying with the head low. Better from hot drinks, sitting up bent forward.