

# Your Family's Homeopathic Medicine Cabinet

Presenter: Donna Powers, CCH, RSHom (NA)

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HOMEOPATHY FOR HEALTH

TMR eConference

November 19, 2014

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# Introduction to Homeopathic Philosophy

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## 4 Main Principles:

1. Similaris – Symptom picture of person/of remedy
  - Common symptoms of the disease and characteristic symptoms of the patient/remedy needed
  - Generals I feel, I am
  - Particulars my feet, my head
2. Single Remedy – Simillimum/Individualized
3. Minimum Dose
4. Potentized Remedies
  - Non-toxic, sustainable, provings
  - Dose, potency, repetition, storage
  - Remedy Effect – sleep/discharge

For some of the VERY best information on homeopathic philosophy, check out the tutorials here:

<http://homeopathyplus.com.au/category/tutorials/>



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# Homeopathy

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## **A Word About Dosage in Acute Illnesses**

- ❖ The more precisely the remedy and your child's symptoms 'match', the higher the potency you can use.
- ❖ 6CH, 12CH and 30CH potencies are good to start with. As you learn more, you can go up to a 200CH potency (best to take an acute care course)
- ❖ Minimum Dose principle: use the minimum needed to support the body's ability to heal itself
- ❖ The more intense the acute sickness, the more you need to repeat the dose. (e.g. in very high fevers or where there is very intense, you might need to repeat the remedy every half hour to every one and a half hours before there is lasting relief.)
- ❖ In most cases, one dose every two to five hours is sufficient.
- ❖ Doses – 1 granule sufficient for under 2 years; 2 granules 2 years old and over
- ❖ If after one to three doses there is marked relief, stop giving the remedy
- ❖ If there is a relapse, repeat the remedy.
- ❖ If relief is noticeable but slight, give 2-3 more doses, lengthening the time between repeat doses as you child continues to improve.
- ❖ If no relief after 3 or 4 doses, the remedy is not correct.
- ❖ Sometimes the symptom picture can change and another remedy is needed.

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# Homeopathy

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## Positive signs that a remedy is helping

- ❖ Child/person falls asleep
- ❖ Looks better (no more sick eyes), more energy, playing, more 'back to old self'
- ❖ Discharges – body is eliminating and this is a good thing (e.g. snotty nose goes from yellow/green to clear and watery, increased urine, sweating, stool)



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# Homeopathy

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## A Word About Essential Oils

- ❖ Avoid the use of camphor, menthol, eucalyptus, mint and coffee
- ❖ Thieves Oil
- ❖ Tiger Balm...all strong aromas can counteract the effects of homeopathic treatment
- ❖ How will you know? You use a homeopathic remedy, child is better, you use an EO, symptoms return. Be careful when/if you choose to use both!

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# A Word About Fever and Illnesses

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NICE – National Institute for Health and Care Excellence

What is NICE and what do they do? They provide “independent, authoritative and evidence-based guidance on the most effective ways to prevent, diagnose and treat disease and ill health, reducing inequalities and variation.” <http://www.nice.org.uk>

## **NICE TIPS FOR PARENTS of FEVERISH CHILDREN**

1. Antipyretic agents do not prevent febrile convulsions and should not be used specifically for this purpose. [2007]
2. Tepid sponging is not recommended for the treatment of fever. [2007]
3. Children with fever should not be underdressed or over-wrapped. [2007]
4. Consider using either paracetamol or ibuprofen in children with fever who appear distressed. [new 2013]
5. Do not use antipyretic agents with the sole aim of reducing body temperature in children with fever. [New 2013]



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# A Word About Fever and Illnesses

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What happens...or does not happen when you use fever suppressants?  
Published medical research with links:

“Use of aspirin and acetaminophen was associated with suppression of serum neutralizing antibody response (P less than .05 vs. placebo) and increased nasal symptoms and signs (P less than .05 vs. placebo). A concomitant rise in circulating monocytes suggested that the suppression of antibody response may be mediated through drug effects on monocytes and/or mononuclear phagocytes. There were no significant differences in viral shedding among the four groups, but a trend toward longer duration of virus shedding was observed in the aspirin and acetaminophen groups.”

<http://www.ncbi.nlm.nih.gov/pubmed/2172402>

“Since they were able to observe antibody suppression with anti-pyretics even in a test tube, then the mechanism of such suppression should be similar for both vaccine antibody response and natural antibody response. The bottom line is, fever suppression is bad for everyone, regardless of where people are with respect to their vaccine ideology.” — Dr. Tetyana Obukhanych

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# A Word About Fever and Illnesses

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- ❖ Ibuprofen and other widely used non-steroidal anti-inflammatory drugs inhibit antibody production in human cells.
- ❖ “The implications of this research are that the use of widely available NSAIDs after infection or vaccination may lower host defense. This may be especially true for the elderly who respond poorly to vaccines and heavily use NSAIDs.”
  - <http://www.ncbi.nlm.nih.gov/pubmed/19345936>



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# A Word About Fever and Illnesses

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Advise parents or caregivers looking after a feverish child at home:

- ❖ To offer the child regular fluids (where a baby or child is breastfed the most appropriate fluid is breast milk)
- ❖ How to detect signs of dehydration by looking for the following features:
  - ❖ Sunken fontanel
  - ❖ Dry mouth
  - ❖ Sunken eyes
  - ❖ Absence of tears
  - ❖ Poor overall appearance
  - ❖ Dry diapers
- ❖ To encourage their child to drink more fluids and consider seeking further advice if they detect signs of dehydration; skin does not bounce back, dry diapers, lack of sweating
- ❖ How to identify a non-blanching rash (use clear glass...if rash does not disappear, possibility of more serious illness)
- ❖ To check their child during the night
- ❖ To keep their child away from nursery or school while the child's fever persists but to notify the school or nursery of the illness. [2007]

Immune System Response: Quick mention of the body's ability, when the fever breaks, to produce its own 'antibiotic' on the surface of the skin. Hilary Butler on Fever, [http://www.whale.to/a/butler\\_fever.html](http://www.whale.to/a/butler_fever.html)

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# FEVER AND HOMEOPATHIC REMEDIES

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## Belladonna

- ❖ Suddenness
- ❖ Sensitive to light, noise and motion
- ❖ Very high fever with red face and dilated pupils
- ❖ Pulsating- intense throbbing pain; throbbing at temples or neck (carotid arteries)
- ❖ Dryness
- ❖ Possible hallucinations, esp. black dogs or monsters with red eyes



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# FEVER AND HOMEOPATHIC REMEDIES

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## Aconite

- ❖ Suddenness after a chill or cold
- ❖ Dry, restless, thirsty with fear of death
- ❖ Any ailment with shock or intense fears of death
- ❖ Anxious



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# FEVER AND HOMEOPATHIC REMEDIES

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## Ferrum phosphoricum

- ❖ Slow onset; viral illnesses where evening is worse
- ❖ Homeopath's aspirin-no clear symptoms
- ❖ Low grade fever
- ❖ Nosebleed; anemia



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# Accidents/Injuries

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Sprains, Strains, Black Eyes, Broken Bones

Conventional medicine is brilliant with emergencies that are serious or life-threatening. You can use homeopathic remedies on your way to the emergency department of a hospital. For minor accidents/injuries, here are some homeopathic remedy suggestions:

For shock:

- ❖ **Aconite** – especially if the accident was sudden in nature and there is a great deal of fear
- ❖ **Arnica** – especially if you suspect there will be a lot of bleeding, swelling, bruising and if the injury is serious and you hear the person say ‘I am fine.’, you will know they need Arnica in a 200CH.



# Accidents/Injuries

## Sprains/Strains/Eye Injuries/Broken Bones

- ❖ **Ruta** – for twisted ankles/knees, repetitive use of small muscles in hands (carpal tunnel), strained eye muscles from computer work or fine needlework or reading in poor lighting
- ❖ **Symphytum** – Bone Knit, to help heal broken bones once the bone has been set properly; especially helpful for injuries to the bone around the eye socket (tennis ball, baseball...any kind of blow to that area of the face)
- ❖ **Ledum** - after Arnica in an eye injury when the swelling has reduced but the discoloration around the eye remains.
- ❖ **Calc phos** – Especially in the lower potencies, will help heal the bone. This is Calcium phos and is the principal constituent of bones.



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# Accidents/Injuries

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## Puncture Wounds

Tetanus Prevention – do check out PoH newsletter on tetanus vaccine and TiG

<http://powersofhomeopathy.com/2013/02/11/cuts-scrapes-and-stitches-and-the-risk-of-tetanus/>

One of the best lectures you will find on Arnica, Hypericum and Ledum in first aid injuries, by Kent: <http://homeoint.org/books3/kentmm/hyp.htm>

- ❖ **Ledum** – puncture wounds that are better for cold applications
- ❖ **Hypericum** – for any wounds where the nerves are involved; crushed fingers/toes; spine and mouth (dental)

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# Accidents/Injuries

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## Burns

- ❖ **Cantharis** – scalds, sunburn or second-degree burns with blisters (or just before the blisters form). Pain is better for cold compresses. Think campfires as well...and hot cast iron frying pans!
- ❖ One of the first go-to remedies for urinary tract infections where there is burning before, during and after urination.





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# Accidents/Injuries

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## Dental Work/Surgeries (Anxiety Anticipating the Event)

- ❖ **Aconite** – especially if there is a fear of death and waking at midnight the day before dental work or surgery
- ❖ **Gelsemium** – especially if there are frequent trips to the bathroom, trembling, weakness and fear of an ordeal. This is the go-to public speaking remedy! Think weakness and trembling and dread!



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# Accidents/Injuries

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## Intravenous Lines in Surgery/Rubber Dams in Dentistry

- ❖ **Staphysagria** – has an affinity for the teeth but it also very helpful when needles are used, surgical cuts where there are possible feelings of humiliation, indignation and anger. Anytime an opening is stretched mechanically, think of Staphysagria e.g. childbirth, catheter (men and women).



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# Accidents/Injuries

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Post surgery/Post dental work III Effects of Anesthetic

- ❖ **Phosphorous** – especially if the person is craving ice cold water, drinks it, the water warms up in the stomach and then the person throws up. There may be a craving for ice cream or milk shakes.

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Common Complaints/Illnesses: COLIC  
“Just put cotton in your ears and gin in your stomach!”  
19th century colic advice

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Let's start from post birth. Illnesses/complaints that many parents have to deal with in the first year.

## Baby Colic

### What is Colic?

“But when a baby who is otherwise healthy cries for more than 3 hours per day, more than 3 days per week for at least 3 weeks, it is a condition defined as colic. Colic usually doesn't have any medical significance and eventually goes away on its own.

It's estimated that up to 40% of all infants have colic.

It usually starts between the 3rd and 6th week after birth and ends by the time the baby is 3 to 4 months old.”

<http://kidshealth.org/parent/growth/growing/colic.html>

Colic is the name given to the sharp, intermittent abdominal pains or cramps that occur in babies whose digestive systems are still growing.



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Common Complaints/Illnesses: COLIC  
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- ❖ Guest blog for Modern Alternative Momma

<http://www.modernalternativemama.com/blog/2014/03/27/crying-babies-calming-colic-chaos/>

- ❖ Miranda Castro – any article by her is great

<http://www.thelaboroflove.com/articles/colic-in-babies-every-parents-nightmare>

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Common Complaints/Illnesses: COLIC  
“Just put cotton in your ears and gin in your stomach!”  
19th century colic advice

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## Homeopathic Remedies

### **PULSATILLA**

“Some of you have learned that your baby likes to be held gently, rocked slowly, held upright with their tiny face snuggled in closely to your neck and...the window open with a slight cool breeze. Sometimes that means a slow walk outdoors in the evening where it is cool. You may also notice that the colic and crying always gets worse when you or baby gets overheated - in the car, in the house, or in the high heat of a summer day.

When your little one has colic, you'll notice that their little abdomen is distended and hard, especially after a feed. Or you find that they are refusing to eat, but you know they are hungry and thirsty. Hiccoughs after eating seems funny and cute at first, until you realize that this is part of the colic. You feel so badly for them. Their weeping affects you and you respond sympathetically, even though tired.

Put all those ‘signs and symptoms’ together and you have the picture of the homeopathic remedy Pulsatilla!”



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Common Complaints/Illnesses: COLIC  
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19th century colic advice

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## CHAMOMILLA

- ❖ Abdomen and stomach are bloated. Pains are unbearable and severe. With diarrhea: stools are green and may smell of rotten eggs.
- ❖ Babies scream with anger and are restless. They demand to be carried (fast rather than slowly) and cannot be comforted. They want things which are then rejected! They drive their parent crazy.
- ❖ Chopped: eggs. Chopped: spinach.
- ❖ MUCOUS, SLIMY: CHOPPED EGGS AND SPINACH.



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Common Complaints/Illnesses: COLIC  
“Just put cotton in your ears and gin in your stomach!”  
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## **COLOCYNTHIS (Bitter Cucumber)**

From the book Homoeopathy for Children by Gabrielle Pinto and Murray Feldman:

- ❖ Pain is alleviated for bending double or applying hard pressure to the area
- ❖ Your child improves when he brings his knees up to his abdomen
- ❖ Better for warmth
- ❖ Worse after eating or drinking





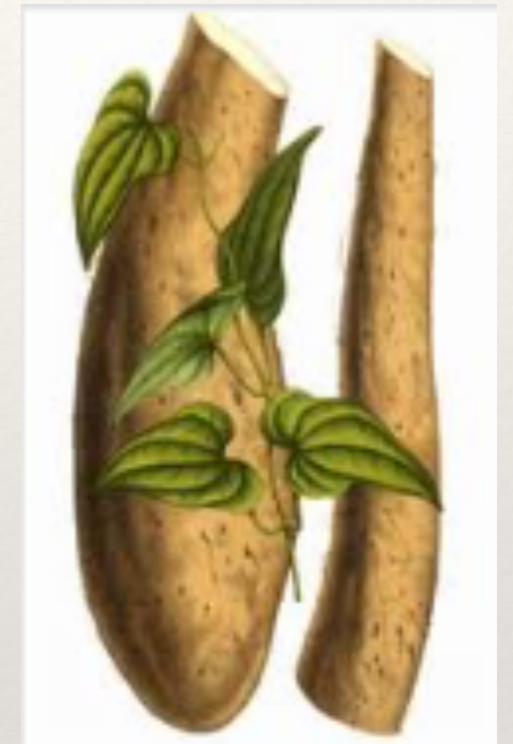
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Common Complaints/Illnesses: COLIC  
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## **DIOSCOREA (Wild Yam)**

“The tummy is rumbly and windy. Pains are worse in the morning and better for bending back and stretching out. Colic in babies who arch back (like little bananas) and scream with the pain. They want to be held upright (they do not want to lie down) and their little bellies rumble a lot.” — Miranda Castro



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Common Complaints/Illnesses: COLIC  
“Just put cotton in your ears and gin in your stomach!”  
19th century colic advice

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## **MAGNESIUM PHOSPHORICA**

Occasional colic with few other symptoms. Pains are better for warmth and for bending double — babies pull their legs up and are better for heat — a warm hand or lying on a hot water bottle wrapped in a towel.



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# Common Complaints/Illnesses: DIARRHEA

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“The World Health Organization considers childhood diarrhea to be the number one public health problem in the world today. Over three million children in the world die each year as a result of diarrhea-related dehydration.”

[http://www.homeopathic.com/Articles/Using\\_homeopathy\\_for\\_ailments/Homeopathic\\_Medicines\\_for\\_Diarrhea.html](http://www.homeopathic.com/Articles/Using_homeopathy_for_ailments/Homeopathic_Medicines_for_Diarrhea.html)

Dana Ullman. His website is a tremendous resource for common ailments. His book is listed as a resource at the end of the PowerPoint presentation.

Ullman quotes a study: “This study has been replicated and has confirmed the value of homeopathic medicines to treat acute diarrhea in children (Jacobs, et al, 2000, Jacobs, et al. 2003). The combined results of three studies and the meta analysis of 242 children showed a highly significant result in the duration of childhood diarrhea (P=0.008).” <http://www.ncbi.nlm.nih.gov/pubmed/8165068>

“The statistically significant decrease in the duration of diarrhea in the treatment group suggests that homeopathic treatment might be useful in acute childhood diarrhea. Further study of this treatment deserves consideration.”

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# Common Complaints/Illnesses: DIARRHEA

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## **Aloe socotrina (socotrine aloes)**

“When people experience a distinct feeling of insecurity in the rectum that may lead to accidental expelling of a stool after passing gas, this remedy should be considered. There is much gurgling and rumbling in the abdomen prior to a stool and much sputtering during its release. The diarrhea is worse in the morning and may drive the person out of bed. The stools themselves are very mucousy and like jell-o. The person may concurrently experience hemorrhoids.” — Dana Ullman



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# Common Complaints/Illnesses: DIARRHEA

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## **Podophyllum (mayapple)**

“This is the leading remedy for acute diarrhea. It is indicated when the person experiences a sudden urgency for a stool (it may even drive the person out of bed early in the morning) and when there are profuse, offensive-smelling stools, and great rumbling and gurgling in the abdomen before the stool. Typically, the release of the stool is painless, but in-between stools they may experience cramping that may cause them to double-up. People who need this remedy tend to have a large thirst for cold liquids. In certain cases, they may experience an uncertain feeling if they are going to vomit or have diarrhea.” —Dana Ullman



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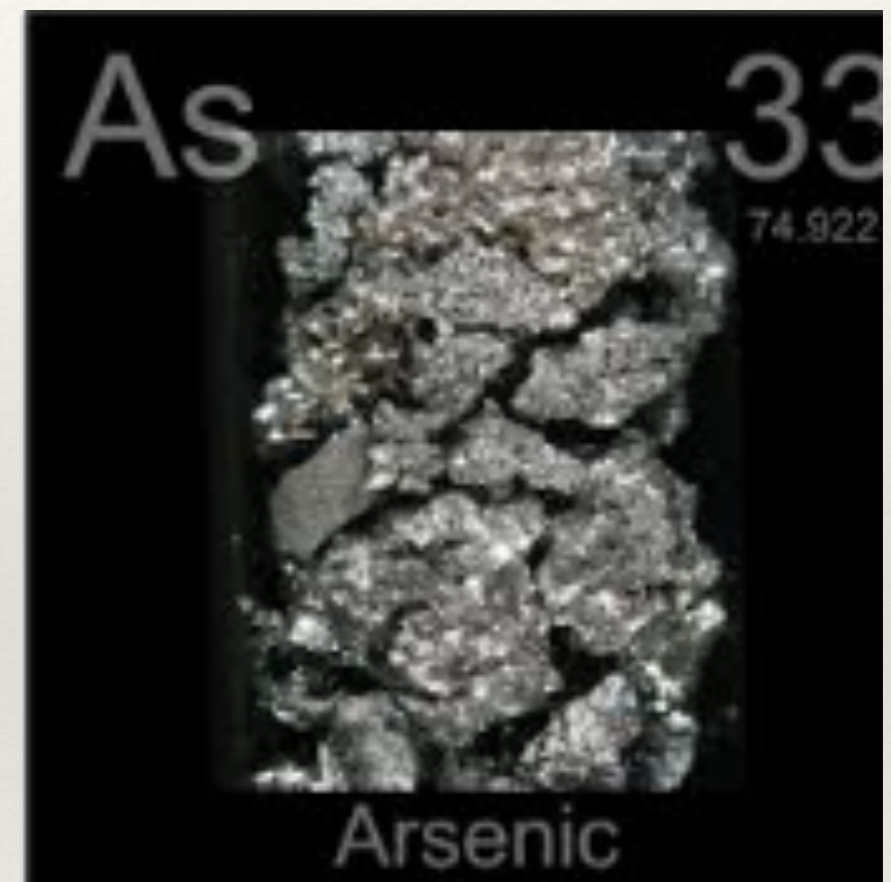
# Common Complaints/Illnesses: DIARRHEA

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## **Arsenicum album (arsenic)**

“This remedy is the leading remedy for diarrhea caused by food poisoning or from viral diseases. The diarrhea is worse after eating or drinking, and is usually accompanied by nausea, vomiting, burning or cramping pains in the abdomen. The person is usually exhausted by the diarrhea, but he or she is also restless, fidgety, and generally anxious. They may have a fever with chills, and regardless, they are chilly and very sensitive to and aggravated by cold. They can be very thirsty but can only handle drinking sips of fluids at a time.”

— Dana Ullman



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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **Causes:**

- ❖ Contaminated Food – food poisoning
- ❖ Earache
- ❖ Worms
- ❖ Injury - Concussion
- ❖ Respiratory problem – e.g. whooping cough
- ❖ Milk formula – unable to digest
- ❖ Breast milk – unable to digest
- ❖ Pregnancy – morning sickness
- ❖ Teething – also called dentition
- ❖ Illnesses like Influenza or digestive illnesses
- ❖ Poisoning – call poison center for instructions if you know what was ingested and you are on your way to the hospital
- ❖ Motion sickness – by car, plane, boat

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# Common Complaints/Illnesses: VOMITING & NAUSEA

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From *Homoeopathy for Children* by Pinto and Feldman

## **AETHUSA**

- ❖ Intolerance of milk, with vomiting of curdled masses
- ❖ Extreme vomiting, rapidly making the child weak and sleepy

## **ANTIMONIUM CRUDUM**

- ❖ Thickly coated, milky white tongue
- ❖ Child vomits after eating and drinking
- ❖ Loss of appetite
- ❖ After overeating or too many rich foods
- ❖ Irritability, aversion to being touched or looked at



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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **ARSENICUM ALBUM**

- ❖ Child is extremely restless, constantly shifting around
- ❖ Anxiety
- ❖ Weakness that comes on suddenly
- ❖ Vomiting and diarrhea together
- ❖ Bad food or water, or ptomaine poisoning
- ❖ Thirst for frequent sips of cool drinks, which may then be brought straight back up
- ❖ Child feels chilly, desires warmth
- ❖ Burning pains, better for warmth
- ❖ Often worse after midnight (around 2 to 3 am)

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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **BRYONIA**

- ❖ All complaints made worse for any motion; child prefers to keep completely still
- ❖ Dryness of mouth with thirst for large amounts of water
- ❖ Child wants to be left alone
- ❖ Bitter taste in the mouth
- ❖ Worse for fatty or rich foods

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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **IPECACUANHA**

- ❖ Continual nausea and vomiting, not made better by being sick
- ❖ Extreme nausea
- ❖ Usually worse after eating
- ❖ Clean or pink tongue
- ❖ Colicky, griping pains around navel
- ❖ Vomiting after coughing (whooping cough)

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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **NUX VOMICA**

- ❖ lack of appetite
- ❖ Irritability
- ❖ After overeating
- ❖ Child feels as if he would like to vomit but can't

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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **PHOSPHORUS**

- ❖ Thirst for ice cold water (or even ice-cream)
- ❖ Child often vomits once this water warms up in his stomach
- ❖ Burning pains
- ❖ Child desires company

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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **PULSATILLA**

- ❖ Child vomits after eating fats, rich foods, ice-cream or fruit
- ❖ No thirst
- ❖ Bitter taste in the mouth
- ❖ Child is often shy, and wants affection

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# Common Complaints/Illnesses: VOMITING & NAUSEA

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## **SILICEA**

- ❖ Infant brings up breast milk
- ❖ Projectile vomiting

## **VERATRUM ALBUM**

- ❖ Vomiting and diarrhea together
- ❖ Cold sweat, especially on forehead
- ❖ Weakness

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## THRUSH

- ❖ Caused by the overgrowth of the yeast (a type of fungus) called *Candida albicans*. *Candida* overgrowth can lead to vaginal (yeast) infections, diaper rashes, or oral thrush.
- ❖ Most people (including infants) naturally have *Candida* in their mouths and digestive tracts, which is considered normal growth. The amount is controlled by a healthy immune system and some "good" bacteria. If the immune system is weakened (due to an illness or medicines like chemotherapy), or if the immune system is not fully developed as is the case in infants...

<http://kidshealth.org/parent/infections/skin/thrush.html>



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# Common Complaints/Illnesses: THRUSH & TEETHING

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## THRUSH REMEDIES

### ANTIMONIUM CRUDUM

- ❖ Thick milky white coating on the tongue
- ❖ Irritable and does not want to be looked at or touched
- ❖ Often in combination remedies  
(Hand, Foot, Mouth Disease - <http://powersofhomeopathy.com/2014/02/04/spotty-fevers/>)

### ARSENICUM ALBUM

- ❖ Raw red or bluish burning ulcers, made better for warm drinks
- ❖ Child is restless, anxious, craves company

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## **BORAX**

- ❖ One of the most frequently used remedies for both conditions
- ❖ Results are especially marked for ulcers
- ❖ Marked fear of downward motion
- ❖ Pain in the mouth when sucking or eating
- ❖ Hot ulcers which may bleed

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## **KALI MURIATICUM**

- ❖ White ulcers or thrush if there are no clear symptoms to guide you to one of the other remedies
- ❖ Especially indicated at the beginning of an attack
- ❖ Tongue may be 'patchy', with a grey or white coating at the base

## **MERCURIUS SOL or VIVUS**

- ❖ Offensive breath, sore mouth
- ❖ Lots of salivation; dribbles on the pillow

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## **TEETHING or DENTITION**

- ❖ “As kids begin teething, they might drool more and want to chew on things. For some babies, teething is painless. Others may have brief periods of irritability, while some may seem cranky for weeks, with crying spells and disrupted sleeping and eating patterns. Teething can be uncomfortable, but if your baby seems very fussy, talk to your doctor.
- ❖ Although tender and swollen gums could cause your baby's temperature to be a little higher than normal, teething doesn't usually cause high fever or diarrhea.”

<http://kidshealth.org/parent/general/teeth/teething.html>

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## REMEDIES

### **ACONITUM**

- ❖ Extreme pain with great anxiety, restlessness and often, inflamed gums
- ❖ The child may rub his gums with his fist to try to alleviate the pain
- ❖ Worse for cold air or cold drinks

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## **CHAMOMILLA**

- ❖ Along with Arnica, this remedy brings more people to homeopathy than any others!
- ❖ Child is whiny, irritable, stubborn and just plain miserable
- ❖ He does not want to be bothered or even looked at
- ❖ He may even strike out with anger
- ❖ Anger with the pains, which seems unbearable
- ❖ Child is capricious, nothing satisfies him; he may ask for something and then immediately want something else
- ❖ He is quiet as long as he is being carried
- ❖ One cheek hot and red (usually the side the tooth is coming through on), the other cheek is pale
- ❖ Loose stools
- ❖ Child may have difficulty breathing; a short, hacking cough
- ❖ Worse at night

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## **COFFEA**

- ❖ Dentition of anemic children; child nervous, excitable, eyes brilliant, face red, can't go to sleep and talks to its mother rapidly.
- ❖ Pain temporarily better holding ice-water in mouth
- ❖ These will be the kids who are better with the frozen teething rings

## **KREOSOTUM**

- ❖ Teeth start to decay quickly after they appear
- ❖ Child is restless, agitated, capricious, nothing satisfies him
- ❖ Very inflamed, spongy or bleeding gums
- ❖ Severe pain

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# Common Complaints/Illnesses: THRUSH & TEETHING

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## **MERCURIUS SOL or VIV**

- ❖ Excessive salivation accompanied by offensive bad breath
- ❖ Worse at night

## **PHYTOLACCA**

- ❖ Teething children with irresistible desire to bite the teeth together
- ❖ Teeth clenched; lower lip drawn down; jaws firmly set
- ❖ Chin drawn down on sternum
- ❖ Difficult dentition, better biting on something hard



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# Common Complaints/Illnesses: DIAPER RASH

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## REMEDIES

- ❖ This is a situation where you will want to have a homeopath, especially if the rashes become chronic and/or yeasty. You can think of some of the Thrush remedies like Borax if the symptom picture ‘matches’.
- ❖ In our homeopathic repertory (a book that lists symptoms and remedies with each chapter representing a part of the body – Mind, Head, Abdomen etc)
- ❖ This part is to give you some idea of the scope of homeopathic remedies and homeopathic prescribing.

## DPT

- ❖ Skin. Eczema with or without itching. Diaper rash. Eruptions under skin.

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# Common Complaints/Illnesses: DIAPER RASH

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## Morgan Pure by Paterson

- ❖ Mention of Bowel Nosodes
- ❖ HISTORY
  - ❖ First introduced by DR. EDWARD BACH (1886-1936) in England (Bach Flower Essences)
  - ❖ Sir Arbuthnot Lane's assertions about autointoxication; chronic disease were the result of what was termed 'autointoxication' from the colon
  - ❖ 'self-poisoning resulting from the absorption of waster products of metabolism, decomposed intestinal matter, or other toxins produced with the body. It can also be called endogenic toxicosis.'
  - ❖ 1942 first penicillin sold as a drug
  - ❖ Bowel nosodes classified into seven major groups and two subtypes.
  - ❖ Bach potentized these vaccines according to homeopathic principles.
  - ❖ First full clinical homeopathic proving was done in 1929 by Thomas Dishington on Dysentery Co.

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# SUGGESTED REMEDY KIT

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## Remedy Kit for Common Illnesses and Complaints

Kit for Accidents/Injuries – 6CH, 12CH, 30CH or 200CH (for more intense complaints or when the symptom picture is very clear)

- ❖ Aconite
- ❖ Apis
- ❖ Arnica
- ❖ Calcarea phos
- ❖ Calendula
- ❖ Cantharis
- ❖ Hepar sulphuricum
- ❖ Hypericum
- ❖ Ledum
- ❖ Rhus tox
- ❖ Ruta
- ❖ Silica
- ❖ Staphysagria
- ❖ Symphytum

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# SUGGESTED REMEDY KIT

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For coughs, Colds, Flu, Teething, Digestive Complaints-- 6CH, 12CH, 30CH or 200CH (for more intense complaints or when the symptom picture is very clear)

- ❖ Arsenicum
- ❖ Belladonna
- ❖ Bryonia
- ❖ Chamomilla
- ❖ Eupatorium perfoliatum
- ❖ Ferrum phosphoricum
- ❖ Gelsemium
- ❖ Magnesium phosphoricum
- ❖ Mercurius sol
- ❖ Nux vomica
- ❖ Phosphorous
- ❖ Phytolacca
- ❖ Podophyllum
- ❖ Pulsatilla

Also Recommended:

A Set of Homeopathic Tissue Salts or Biochemic Salts

Please read Miranda Castro's article and you can purchase the cell salts on her website

<http://mirandacastro.com/articles/CellSalts.html>

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# RESOURCES

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1. One of my favorite homeopaths, Miranda Castro [www.mirandacastro.com](http://www.mirandacastro.com)  
You Tube Video with Miranda Castro  
<http://www.youtube.com/watch?v=GyUW5JPBEvI&list=PL202DABB80BF44C42&index=1>  
<http://www.scribd.com/doc/49478804/PN-July-07-p40-45>
2. Physiology of Fever article by Mark Broom [You can download his article for Paediatric Nursing Journal May 2007 at this link] NICE has based their recommendations based on this and other medical research. <http://www.scribd.com/doc/49478804/PN-July-07-p40-45>
3. Anything by Hilary Butler is excellent  
[http://www.whale.to/a/butler\\_fever.html](http://www.whale.to/a/butler_fever.html) Hilary Butler on Fever  
So much of Hilary Butler's work is available for free on the Internet...her gift to the world.  
Please consider donating to Hilary's Trust Fund.  
<http://www.beyondconformity.co.nz/about-the-trust>

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# RESOURCES: WEBSITES

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Dana Ullman, homeopath, writer and lecturer...his website is a great resource. You can order books from him as well.

<http://www.homeopathic.com>

Miranda Castro, homeopath, writer and lecturer...love her articles and books! She has some great products too for your home kit.

<http://www.homeopathic.com>

Tremendous amount of information here and check out the tutorials to add to your philosophy learning!

<http://homeopathyplus.com.au/category/tutorials/>

Best resources for accessing free homeopathic books online (looks like they are charging 20 Euros now but I still seem to be able to access the library without a membership)

<http://www.homeoint.org/english/index.htm>

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# RESOURCES: BOOKS

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[www.amazon.com](http://www.amazon.com)

[www.amazon.ca](http://www.amazon.ca)

[www.nature-reveals.com](http://www.nature-reveals.com)

[www.wholehealthnow.com](http://www.wholehealthnow.com)

The Complete Homeopathy Handbook by Miranda Castro

Homeopathy for Pregnancy, Birth and Your Baby's First Year by Miranda Castro

Homoeopathy in Epidemic Diseases by Dr. Dorothy Shepherd

Homoeopathy for Children: A Parent's Guide to the Treatment of Common Childhood Illnesses by Gabrielle Pinto and Murray Feldman

How to Raise a Healthy Child...in Spite of Your Doctor by Robert S. Mendelsohn, MD  
(especially chapter 7 on fever)

Homeopathic Medicine for Children and Infants by Dana Ullman

Everyone's Guide to Homeopathic Medicine by Dana Ullman

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# RESOURCES

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Visit <http://powersofhomeopathy.com/resources/>

Find lists of books, courses, practitioners, where to buy products and more!

While you are on the website, please feel free to sign up for the weekly newsletter. Every week, something new. Sometimes acute illnesses are covered, infectious illness outbreaks, philosophy, thoughts on healing, reflections on current reading and lots of tips/hints and suggestions for homeopathic remedies for healing. Plus watch for the twice yearly offering of the 12-week online eCourse Vaccine Free: Now What? where we learn about all the infectious illnesses (where vaccination is offered) and how to use homeopathy in outbreaks or if you or your kids get sick.

Get on the list for Spring 2015

<http://powersofhomeopathy.com/events/>



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# HOMEOPATHY FOR HEALTH

## TMR eConference November 19, 2014

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### Your Family's Homeopathic Medicine Cabinet

Presenter: Donna Powers, CCH, RSHom (NA)

THANK YOU! YOURS IN HEALTH AND HEALING,

DONNA

