

10 SUMMER REMEDIES

Arnica

For all the falls, bumps, and bruises where there is swelling and soreness. Some parents have even told me stories of how their child had the biggest lump on their forehead from falling on concrete steps and by bedtime you could hardly tell there had been an injury. Bicycle accidents, falling on sidewalks, gardening, and overdoing it (think muscles aches, pains and soreness), black eyes from baseballs, Frisbees and/or sibling elbows, and arms in a wrestling match...all opportunities for healing with Arnica.

You can even use Arnica for shock in situations where you or your child has witnessed someone else being injured, like a car accident. Always keep Arnica handy.

Belladonna

Often parents think of Belladonna with fever that has a red face, throbbing/pulsating sensations (you can actually see the veins in the temple or neck throb), and where the black part of the eye (pupil) is almost completely covering the colored part of the eye (the iris). You can also have these symptoms in sunburn, sunstroke, or heat exhaustion. Again, the turn around will be quite remarkable with just a couple doses of Belladonna.

Hypericum

Kids coming and going, car doors opening and closing and, whether it's mom/dad or one of the kids, all too often someone gets a finger caught in a door. Barefoot in the summer? Stubbed toes. Scraped toes. Get out the Hypericum...brilliant for crushed fingers or toes. Three years ago I slipped on my parent's wet hardwood floor and judging by the 'bump' in my second toe, I am pretty sure I broke it. Took Hypericum and I was pain free...tender tootsies in a closed shoe, but without the Hypericum, I am certain I would have been a whining mess.

And puncture wounds with the concern of infection? Hypericum and Ledum will be your go-to remedies. And be sure to read a [past newsletter on Tetanus](#)...what to do if you have to take your child or an adult to emergency for stitches, and decide to refuse a tetanus vaccine.

Ledum

Partner to Hypericum in puncture wounds or where there is risk of infection. Be sure to let the wound bleed and clean carefully. Infection is a possibility if you cover the wound too quickly, especially with tetanus. Tetanus grows where there is no oxygen, so let the cut/wound be open to the air (where there is lots of oxygen).

Ledum will be one of your insect/spider/bug bite remedies, especially if the itch/sting feels better with ice-cold cloths on it.

Apis

Made from the venom of the bee, this will be your other go-to remedy for bug bites, especially if the pain is stinging, the skin gets really swollen and shiny looking, and your child/adult is weepy. They do not have to have the weepy part but that is often an indication for Apis. Like Ledum, cool applications will be wanted; someone needing Apis will feel much worse for anything warm near the bite.

Cantharis

Every year you read or hear about at least one child or adult falling into the campfire or burning fingers on roasted marshmallows. Even sunburns (especially the ears of fishing folk and baseball players) can get that blistered, watery tender skin similar to a burn with flames. If you're a family who loves campfires, be sure to keep Cantharis on hand.

You can even use Cantharis on sunburns, whether they are blistered or not. It will take out the heat and help support healing.

Rhus tox

Backwoods campers? Poison ivy prone? This will be your go-to remedy for any kind of allergic skin reaction, whether from poison ivy, poison oak, or some other skin irritant. Made from poison ivy itself, this remedy cures what it can create. Itchy, watery blisters, red and driving you crazy from the itch...all good symptoms for using Rhus tox. Here's a link to [photos of some skin rashes](#) where Rhus tox could help heal.

Arsenicum

Public pools, playgrounds, day camps...easy to pick up a Norwalk or Rotavirus. Vomiting, diarrhea...both ends, same time. Keep Arsenicum handy. Your other situation could be food poisoning—unpleasant to consider but a reality with picnics, stampede parties, and outdoor food stands this time of year. Chills, burning pains with either the vomiting or diarrhea, and you will know that Arsenicum will do some good work.

Nux vomica

More likely for the teens and adults who overindulge in the summer months...too much fast food, coffee, alcohol, late nights, early mornings, hangovers. This is a great indigestion/heartburn remedy.

Pulsatilla

Such a great remedy for kids. I'd keep this on hand for any and all situations and illnesses where there is a fever, lack of thirst, sore eyes, and rashy skin. Too many fatty foods (ice cream, hot dogs, chocolate treats), too much heat, not enough to drink, and stomach complaints...turn to Pulsatilla.

For prevention of mosquito and insect bites, check out [Mozi-Q](#)...now available in the USA.