

THE HOMEOPATHIC BEGINNER'S KIT

For Home or Travel

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The homeopathic beginner's kit

With these carefully selected remedies one can safely and successfully begin using homeopathy. These remedies have been chosen for their usefulness in many kinds of situations (first aid, colds, sore throats, flu, ear infections, headaches, etc) when the general and emotional symptoms agree or match those of the patient. If you are unsure at any point, please consult with your homeopath.

In general, the more intense the acute sickness, the more you will need to repeat the dose. For example, in a high fever, you may need to give a dose (one to three granules) every half-hour to one and one half-hours for up to three doses. In most cases, however, one dose every two to five hours will be sufficient. If you have selected the remedy well (according to the symptom picture), you will begin to see results within twelve to twenty four hours. If the symptom picture changes, a second remedy may need to be given but do not rush giving a different one. If there is improvement, even if it is slow and there are no changes in the symptoms, stick with it. Again, if you are uncertain at any time, please call your homeopath.

How to take and store the remedies:

1. Be sure the mouth is clean and the granules taken either twenty minutes before or after a meal.
2. Let the remedy dissolve on or under the tongue. This allows for quick absorption.
3. Granules should be poured into the lid of the container and put directly into the mouth. It's best if the granules are not touched by the hand.
4. Store in a cool, dry, dark place away from strong smelling odours.

If the remedy is not working, please remember to CONSULT YOUR HOMEOPATH or contact a pharmacist who is knowledgeable about homeopathy.

Infants with the flu may simply seem sick all of a sudden or "just don't look right." The flu discussed here is not the same strain of virus as the avian flu.

Top Ten Remedies (with a couple more added on as a bonus):

ACONITE (*Aconitum Nappelus*)

Very useful when the fever, inflammation or pain comes on suddenly and arises from shock, fright or being exposed to cold, dry winds or getting chilled. The fears are intense; particularly there is a fear of death or any sudden ailments that are violent and painful where the sufferer is restless, hot, dry and thirsty. Useful for: sudden nosebleeds, croup. Common cold, ear ache, cystitis, fever, shock, fever and fright. It is the first remedy to think of when an illness comes on very suddenly. Compare with Belladonna. In southern Alberta, with changing winds and Chinooks, think of Aconite first. Fear of flying.

APIS (*Apis mellifica*)

Like a bee sting, the symptoms of Apis are burning, stinging, redness, swelling and puffiness with great sensitivity to heat. There is no thirst and cold applications bring relief. The sufferer will typically be restless, excitable and fidgety. They can be irritable, weepy and jealous for no reason. If feverish they may go from an agitated state to one of apathy and exhaustion. Useful for insect stings, styes, cystitis, tonsillitis, measles, mumps, swollen joints, fluid retention, allergic reactions, hives, sore throats that sting and burn and burns or scalds from hot water or steam.

ARNICA (Arnica)

Arnica is the number one trauma remedy and the first one to think of in an accident or injury that causes bruising or bleeding. Characteristically, it has a bruised, lame, aching feeling caused by overexertion, accident or blow. Often, after the accident, the person will say they are fine and will not want to be touched; will say they feel well when in fact, they are quite sick or injured. They may want to be left alone and refuse help. Useful for any illness resulting in bruising or with a bruised feeling...as if they had been in an accident e.g. childbirth, tooth extraction, trauma, eye injuries, head injuries, nosebleeds, sprains, strains before and after surgery.

ARSENICUM (Arsenicum album or Metallum album)

Any complaint that is accompanied with coldness, chilliness with a strong desire for heat will be helped by Arsenicum. There is a great deal of restlessness unless they have reached the stage where there is collapse. There may even be a fear of death (Aconite). The pains are burning in nature and are made better by heat
.g. burning sore throats that are better for hot drinks. They may want company and not want to be alone. They are always worse at night and have a strong aggravation at or around midnight.

BELLADONNA (Atropa belladonna)

Sudden onset with dryness and intense throbbing pain accompanied by fullness or congestion distinguish Belladonna from Aconite. With Belladonna there is restlessness, high fever with red face, rapid pulse, dilated bloodshot eyes which can be bright and staring. Redness is very characteristic of the inflamed part and there may be a desire for lemonade. There may be aggression in a normally well behaved child. Heat radiates from the person and they may feel like biting or striking out at someone. They are very sensitive to noise, light, drafts, being jarred or touched. Useful for: high fevers, headaches, influenza, earache, teething, swollen glands, sore throats, sunburn.

BRYONIA (*Bryonia alba*)

Characteristic symptoms of Bryonia include dryness of all mucous membranes, including those along the digestive tract. Stools are hard and dry and any complaint is worse for motion of any kind. Even movement of the eyeball will make a Bryonia headache worse. There is a thirst for large quantities of water or liquid. Pains are sharp and stitching and are better for firm pressure sufferers want to be left alone and are better in a darkened room. Typically, they are the “grumpy bear” when sick. Useful for: constipation, headaches, coughs, sprains, flues and fevers, digestive disorders and respiratory problems.

CHAMOMILLA (*Matricaria chamomilla*)

The Chamomilla picture is one of intolerable pain accompanied by excessive irritability and nothing satisfies. They tend to be oversensitive and contrary to the point where looking at them will make them angry. Being carried makes them feel better and there is offensive stool that can smell like rotten eggs and look like “chopped eggs and spinach.” Aggressive behaviour, screaming and inconsolable crying can accompany their illness. Useful for: teething, fevers, diarrhea/colic, earaches, difficult and irritable behaviour.

COLUBRINA (*Nux vomica*)

Dr. Marjorie Blackie, the late homeopathic physician to the Queen, described a child who benefits from Nux vomica as “causing reactions”, often throwing tantrums at home or in public and then wildly fending off anyone who tries to stop him. Fastidious, fussy about order, the Nux vomica system is revved up, sensitive to touch, pain, noise, odours, music, food and medication. Tend to be a light sleeper and are angry and irritable if sleep is disturbed. Digestive complaints after eating meat, milk or cold food or headache and respiratory complaints an hour after eating. Constipation with desire for stool. Fluent nasal discharge during the day and congestion at night. Respiratory are worse indoors and better in the open air. Worse by exposure to cold and being uncovered as they tend to be very chilly in general. Useful for: allergies, anger, asthma, colic, colds, constipation, diarrhea, fever, food poisoning, headaches, hives, indigestion, insomnia.

COLUBRINA (Nux vomica) - CONTINUED

Fastidious, fussy about order, the Nux vomica system is revved up, sensitive to touch, pain, noise, odours, music, food and medication. Tend to be a light sleeper and are angry and irritable if sleep is disturbed. Digestive complaints after eating meat, milk or cold food or headache and respiratory complaints an hour after eating. Constipation with desire for stool. Worse by exposure to cold and being uncovered as they tend to be very chilly in general. Useful for: allergies, anger, asthma, colic, colds, constipation, diarrhea, fever, food poisoning, headaches, hives, indigestion, insomnia. An important constipation remedy when there are changes in diet especially when traveling.

You can think of Nux vomica in situations where you maybe are tired from over activity and then take a glass or two of wine before bed; then wake in the morning with a headache and possibly indigestion and then to take the edge off the headache, you might reach for pain relief (Tylenol, Advil etc) which may upset the stomach more. Irritability ensues and being out of routine can create a situation of constipation where there is urging to go but nothing comes of it or it may feel quite unsatisfactory “as if something were still left”.

FERRUM PHOSPHORICUM (Ferrum phos)

Generally, Ferrum phos would be indicated when the symptoms of an acute illness are not so clearly defined as in Aconite and Belladonna. There is a much slower onset, the behavioral conditions are nondescript and the fever is low grade with general weakness. Aching body, nosebleed and flushing of the face can be characteristic. It is useful for: earaches, sore throats, fevers, chest complaints, first stages of inflammation, headache and period pains.

GELSEMIUM

Drowsiness and mental and physical weakness are the prominent symptoms of the Gelsemium patient. The patient dreads movement, not because it's painful, but because it's just too much effort. The body feels **heavy** and **tired**. **The limbs in particular feel heavy and the legs tire easily from walking or other exertion.** Sometimes there is weakness of individual parts of the body. The **eyelids** may feel **heavy** and **droop** noticeably and the **face looks sleepy** and weary. Mind is sluggish and person becomes dull, forgetful and indifferent. **Achey all over** and there may be **stiffness of the neck and upper back**. Headache may accompany the symptoms beginning in the neck and back of the head and extending to the forehead or the entire head. **Chills. Little or no thirst. Feel better for perspiring or urination. Trembling.**

HYPERICUM (Hypericum perforatum)

Hypericum is one of the great first aid remedies in homeopathy. It helps heal wounded or bruised nerves. Symptoms would include any puncture wounds caused by sharp objects such as nails or splinters, insect sting, animal bites and scratches accompanied by swelling and inflammation. The pains may shoot along the pathway of a nerve up the limb where the injury took place or there may be shooting pains down the arm after nerve injury to the neck are. Nerve pain in the gums after dental extraction or deep drilling. It is excellent for accidents where fingertips or toes or the base of the spine has sustained nerve trauma. Useful for:
injuries to fingertips, toes or where there are nerve endings, puncture wounds, insect/animal bites and back pains.

IGNATIA (*Ignatia amara*)

This remedy is from the same plant family as *Nux vomica*. It is useful in situations where there has been the loss of a loved one, person or pet. The grief is like a shock to the system and the person can feel almost numb with the grief. There is a tendency to hold onto the grief where you get the “lump in the throat” as if you are going to cry but hold it back. There are other contradictory symptoms (like needing to cry but holding it in) such as being repelled by an ordinary diet yet craving exotic, spicy foods or hunger that is not relieved by eating, sore throat pain that is better from swallowing, a sensitivity to pain that is worse from light touch but better from hard pressure and head pain that is better from stooping. If the grief is suppressed for any length of time, neurological symptoms of twitching, jerking, trembling or fainting may develop.

LEDUM (*Ledum palustre*)

With *Ledum*, the wounded area are cold to the touch and there is long-lasting discoloration after injuries. If, after having given *Arnica* and it seems not to be working, *Ledum* will be useful for the bruising and swelling. It is the first remedy for stings, mosquito bites and is most effective given before severe swelling and redness starts. For black eyes or object lodged in the eyeball, *Ledum* can help. Useful for: puncture wounds, animal bites, insect stings, bruises, swelling, black eyes and damage to the eyes, fibrous tissues, joints, tendons and periosteum.

PHOSPHOROUS

Weakness, exhaustion, chilliness combined with a thirst for cold drinks and burning pains. (*Arsenicum* has chilliness with burning pains but better with hot drinks and doesn't want company close...maybe nearby). A person needing *Phosphorous* will **want company** and be better for being with someone. May even want massage or touch; enjoy sympathy and attention. Sensitive to changes in the weather. May crave ice cold drinks but vomit them as soon as it warms in the stomach. Any ailments that are accompanied by **bleeding**...eg nosebleeds, diarrhea with blood in stool, blood in urine.

PULSATILLA

This remedy is made from the Wind Flower...one of the earliest flowers to appear in the spring here in Calgary. It grows in the cooler temperatures of spring, has soft, fuzzy appearance and blows easily in whichever way the wind takes it. With any kind of heat, the flower withers. Children who need Pulsatilla are usually very affectionate and lovable but can “change with the wind” as it were. One minute they are fine and then next, irritable and weepy...very changeable. They can seem shy one minute and the next be loud and boisterous. They can get terribly upset if criticized but in general feel much better after they have had a good cry. They are fearful of being alone and can be extremely anxious and clingy often asking the parents, do you love me? They may also be afraid of shadows and ghosts. Their physical symptoms can be as changeable as their moods. Bowel movements can be different every day or pain can move from one part of the body to another. Generally, they tend to be thirstless children, not wanting to drink much at all. They may crave butter, ice-cream and cold foods but fat foods and ice-cream can upset their digestion. They can be the type of child that eats everything at a birthday party and come home with a very upset stomach and be whiny and clingy. They do better in the fresh air but don't like getting cold (just like the plant) and they also do very poorly in the heat.

Common complaints:

- Earaches
- Eye complaints
- Colds, flus, fevers
- Digestive complaints
- Loneliness and clinginess
- Measles
- Mumps
- Chicken Pox

Modalities:

Worse for	warm air, warm food and drinks, fatty or rich foods (pork, ice cream)
Better for	cool open air, consolation and sympathy, crying, lying with head high or sitting semi-erect, cool drinks, slowly walking about (especially in the open air) ¹

¹ Homeopathy for Children by Gabrielle Pinto and Murray Feldman. Available at Minimum Price books by following the link www.minimum.com

RHUS TOX (Rhus toxicodendron)

With Rhus tox, the symptoms are better for continued motion and they are worse after resting for awhile e.g. first thing in the morning or after sitting for awhile. The person needing Rhus tox will be very restless, tossing and turning, driving them out of bed. They may be rather depressed and weep easily but not know why. Generally, they are chilly and are aggravated by cold and damp and feel better from warmth and warm bathing. The most affected parts are fibrous tissue, joints, ligaments and muscular sheaths. For children's ailments, the modalities (better or worse for) and characteristic symptoms (restless, irritable motion) are generally enough to provide a clear indication that it is the correct remedy to use. Useful for: soft tissue injury, strains and sprains of muscles and tendons, hives, respiratory problems, cold sores, chicken pox, sciatica, shingles, flu, eczema and mumps.

If your complaint is serious and/or life-threatening, go to the emergency room or to your doctor. Broken arms, legs, head injuries, dehydration, chest pains, suffocation, poisoning, surgery etc need immediate attention. Once the situation is well taken care of, then appropriate homeopathic treatment can be assessed.
