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Classical Homeopath

The Homeopathic Beginner's Kit for Home or Travel

With these carefully selected remedies one can safely and successfully be 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.

Q: Who should not use homeopathy at home without the supervision of a homeopathic practitioner?

Any life-threatening illnesses like asthma, cancer, heart disease, chronic autoimmune diseases like MS (multiple sclerosis), psoriasis, arthritis, vaccine injury and anything condition that has gone on for years.

If the situation involves bleeding, breathing, broken bones, brain injury or eye injury, head to hospital emergency immediately. You can use your home remedies on the way but in life-threatening instances, conventional medical hospitals are the only and best option!

Q: How long does it take for homeopathy to work?

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.

If the person is getting worse, reassess, possibly change the remedy to one that is a better match for the symptom picture.

Again, if you are uncertain at any time, please call your homeopath.

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Q: What are the rules for taking homeopathic medicine? What about storing remedies?

A: 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 odors.

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

Still have some questions about how to use your kit? I offer an essential homeopathy e-Course called:

How much? How often? How strong?

\$19.95 USD

The Remedies:

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, earache, cystitis, fever, shock, 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.

ARNICA (*Arnica montana*)

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 e.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. To 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 like pneumonia.

CANTHARIS (*Cantharis*)

Cantharis pains are burning, violent with rapid and destructive inflammations. There is a great thirst but no desire to drink. The slightest touch or approach can aggravate feelings of frenzy, uneasiness, restlessness, distress, or dissatisfaction. Those needing Cantharis can be abusive with cursing and a desire to bite. Very useful in burns and stings and conditions get worse rapidly. With all ailments there is this violent, burning, and frenzied state. Burning sensation on urinating, before, during and after urination. Think of Cantharis with burns, scalds, cystitis, sore throats digestive disorders that burn (e.g., diarrhea that burns), insect stings.

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.

COCCULUS

This is a great remedy for motion sickness where the symptoms agree. There is an aversion to open air. Ailments are aggravated by loss of sleep and from physical and emotional stress. There is nausea from the sight or smell of food, and they are worse from eating. They are better lying quiet and in a warm room. There is a great deal of dizziness.

NUX VOMICA (*Colubrina in Canada*)

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, odors, 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.

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.

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.

IPECAC (Ipecac)

For constant nausea with vomiting but the vomit does not make the person feel any better or for a headache with nausea where there is no relief from the nausea. Any condition or complaint that has nausea accompanying it can be helped by Ipeca e.g., nosebleeds, diarrhea, cough. There may be a great deal of saliva, no thirst, and a clean tongue.

LEDUM (Ledum palustre)

With Ledum, the wounded area is 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.

MERCURIUS (Mercurius solubis)

This is a great remedy for sore throats, colds, flu, and swollen glands. There is a great deal of burning with this remedy. There may be lots of saliva and perspiration. Of note is the symptom that when in bed, they get overheated, throw off the covers and then get easily chilled. Even the emotions are up and down (like a thermometer). They are generally worse at night.

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.

CALENDULA TINCTURE (TM)

This is good for washing and cleaning cuts, scrapes, abrasions, and wounds to promote quick healing. Dilute 30 drops in a half-cup of warm water. Gently wash the affected area. Be sure that the wound is quite clean as the Calendula can promote healing so quickly that it can close over and contain any bacteria inside. You will not want this! Repeat as often as needed. This is good also as a mouthwash for cankers and sores.

HYPERICUM TINCTURE (TM)

Good as a wound rinse or mouth wash when there is damage to the nerves (dental work or injury). Dilute 30 drops in a half-cup of warm water. The Calendula and the Hypericum can be combined and used together.

RESCUE REMEDY

This is a Bach Flower Remedy and can be used in any situation that is stressful, anxiety-producing e.g., accident, injury, fear of flying etc.

CALENDULA, HYPERICUM, URTICA URENS COMBINATION CREAM

Excellent for burns, sunburns, stings, cuts, abrasions, bites. Use as you would a topical, first-aid ointment. Make sure that wound is very clean before applying.

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.
