

Donna Powers, DCH *Classical Homœopath*

The Homeopathic Beginner's Kit for Home or Travel

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.

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 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

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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, 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.

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.

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

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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.

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,

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chest pains, suffocation, poisoning, surgery etc need immediate attention. Once the situation is well taken care of, then appropriate homeopathic treatment can be assessed.