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However, if there is no improvement in pain levels after five doses, the remedy is probably incorrect. Select another remedy or consult your homeopath. Remedies such as Calc Phos and Symphytum will take time to work, so you will need to allow 2 weeks at the very least.

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DOSE

The dose for each remedy is 1 or 2 pills tipped into the lid of the bottle and into the mouth (or 3 or 4 drops on the tongue).

If the situation is severe (ie pain or shock) take one dose every 10-15 minutes for 5 doses, then spread out to hourly as symptoms improve.

Further directions are given under the individual remedies, see over.

CARE OF YOUR REMEDIES

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there if possible.

2. Try to take remedies 15 minutes apart from food, drink or brushing the teeth. This promotes the best remedy action, but in a really acute situation *just give the remedy!*

MELANIE CREEDY

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Homeopathy for BROKEN BONES & FRACTURES

Homeopathic medicines bring great benefit when it comes to broken bones and fractures, speeding healing and ensuring successful knitting of the bones. Medical staff are often amazed at the quality of healing achieved, even in the elderly.

Homeopathy is safe, gentle and natural, and will not interact with other forms of medication. It stimulates the immune system to progress through the healing process. Remedies can be continued should surgery be required, and can help with recovery from anaesthetic and incised wounds. (See *Surgery Kit*).

The four remedies in this kit are those most usually required at this time, plus there are suggestions for other remedies you may need to consider.



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Arnica 30c - First remedy to use after any accident or injury to deal with shock & bruising/pain. For bruising, swelling & soreness associated with fractures & breaks or similar injury. Will assist in reduction of bleeding if this is an issue.

Shock (physical & mental) after injury.

Follow with next indicated remedy, eg Symphytum and/or Bryonia.

If giving several remedies, try to give 10 minutes apart.

Dose: For severe shock and/or injuries give every 10 minutes for 5 doses, then reduce to hourly. Otherwise give 2 or 3 times a day for 1 -2 weeks.

Bryonia 30c - Excruciating, often sharp or stitching pains. Movement & touch is agonising. Aversion to being examined or moved. Hot, swollen joints. Better for heat (except sprains), pressure, lying on painful side. Worse slightest movement, cold. Can be irritable from pain.

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Dose: For strong pain take every 10 minutes for up to 5 doses then reduce as pain subsides. Can be used with conventional pain medication.

Symphytum 200c - Speeds healing of stress fractures and broken bones. Can be used retrospectively for poorly healed injuries, as below. Reduces associated pain, especially when still evident after healing. Pricking pains during healing.

Dose: Twice a day for at least 2 weeks.

Calc Phos 6x Tissue Salts - Stress fractures, broken bones. Aids non-union of bones or of old fractures, often painful in cold weather. May be weakness or aching in the bones.

Dose: Give 3 times a day for 4 to 6 weeks.

Use Calc Phos and Symphytum together to enhance healing
NB: Do not take Symphytum until the bones have been set correctly—its action is rapid!

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Other Remedies to Consider

Hypericum - where there is nerve damage and/or nerve pain. Use with *Arnica*, particularly after surgery.

Rhus Tox: Painful stiffness particularly around the joints. Worse on first movement, after lying or sitting. Better for gentle movement. (See Pain Kit).

Ruta Grav: Injury and/or surgery where bone is close to surface or involving cartilage. Can be used for non-union of fractures where Symphytum and Calc Phos have not completed the treatment.

Arnica Cream - A combination of homeopathics, flower essences & colloidal minerals in a natural Vitamin E base which will ease most types of pain & reduce swelling & bruising. For pain & discomfort of bruising, deep muscle trauma, sprains, strains.

NB: Do not use on broken skin.

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