

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. If this is difficult, put 2 pilules (3 or 4 drops) of each remedy in a water bottle or glass and take 1 teaspoon as the dose.

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 and touch are 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.

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.

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!

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 - 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.

There are many homeopathic remedies to choose from however these are the most likely to be indicated in broken bones and fractures.

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.

If healing is slow constitutional treatment (ie treating the whole person) may be required to boost the immune system and speed up the process.

DOSE

The dose for remedies in the kit is 2 pilules as required until improvement is felt.

If the situation is severe take one dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.

For less intense situations, we suggest taking the remedies 3 times a day for 3 days, and increasing to more frequently if required.

If there is no improvement after 5 dose change your remedy or consult your homeopath.

Homeopathic remedies are safe to give to baby, no matter what age & can be used in pregnancy.

If you are anxious about giving pilules whole, crush between two clean teaspoons and tap a little into baby's mouth.

If giving several remedies, try to give 10 minutes apart. If this is difficult, put 2 pilules (3 or 4 drops) of each remedy in a water bottle or glass and take 1 teaspoon as the dose.

Remedies can also be made up in liquid. Please ask when remedies are dispensed, but be aware that remedies will not last as long when made up in liquid.

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.

2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg after an accident or during labour) *just take the remedy!*

3. Discard any pilules which are dropped as they may be contaminated.

4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.

REMEMBER *should your home prescribing prove ineffective call your homeopath for advice or visit your medical practitioner.*



Breaks & 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 the **Broken Bones & Fractures** kit are those most usually required at this time, plus there are suggestions for other remedies you may need to consider.

REMEMBER should your self prescribing prove ineffective, call your homeopath for advice or visit

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