

**Travel/Jet Lag Combination:** To aid symptoms normally associated with jet lag, travel stress, exposure to radiation, and change of environment. May also help support the immune system against picking up illness from airconditioning on planes and in hotels. Arnica is traditionally used to help protect against DVT on long trips. Start this remedy a day or two before you travel (twice a day) and continue 3 or 4 times a day through the trip and until symptoms are resolved. *We recommend using Anas Barb 200c weekly during travel if you are prone to acute illness.*

**Contains:** SVR29 Travel Combination (Aconite 30c, Arnica 30c, Arsenicum Album 6c, Cocculus 30c, Gelsemium 30c, Rad Brom 30c)

## dose

- The dose for combination remedies is 1 pilule or 4 drops.
- If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen over a few days.
- For less intense situations, we suggest taking the remedies 3 times a day for 3 days, then continuing to reduce as improvement is seen. Doses can be increased to more frequently if required.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath.

## 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 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.

## notes

- Homeopathic remedies can be given to baby, no matter what age and can be used during pregnancy.
- Remedies are unlikely to interact with other forms of medication and can be used alongside Panadol and other medicines, however, check with your healthcare provider if you are unsure.
- In the case of a fever or other acute illness, give the remedies a chance to work before you try Panadol etc. It is better to let the fever break without suppressing it, as this gives the best outcome and strengthens the immune system. If in doubt consult your homeopath or medical practitioner.
- If you are anxious about giving pilules whole to a baby, crush 1 pilule between two clean teaspoons and tap a little into baby's mouth.
- If you find pilules difficult to administer, put 1 pilule in 1/4 glass of water. Stir vigorously and give 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 and can be easily contaminated if the mouth touches the dropper.

*Use only as directed.*

*Always read the label or information supplied.*

*If symptoms persist see your health care practitioner.*

*Our kits and remedies contain homeopathic medicines selected for use in minor ailments and injuries only.*

*They are not suitable for home treatment of chronic, ongoing or serious conditions or diseases.*

*Homeopathy is deemed to be low risk by the Therapeutic Goods Administration.*

*The remedies are effective when used in accordance with the homeopathic indications. The indications given in this flyer are as per the approved homeopathic texts.*

*If in doubt as to their appropriateness to a particular situation, consult your health care practitioner.*

## melanie creedy

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registered homeopath



Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for treating minor accidents, injuries and acute illness and a few remedies can serve a wide range of situations. If applied correctly it will often work very quickly and effectively.

While we believe that homeopathy generally works best when a single individualised remedy is administered, we long ago recognised that sometimes the concept of homeopathy is a bit tricky for newcomers.

We have created a range of homeocombinations - based on the homeopathic remedies most commonly indicated for a particular situation. They aim to address many of the niggly little problems experienced at home, which don't always require a visit to the GP or which we know usually resolve well with homeopathy.

We've listed our combinations\* in this flyer for your reference with some suggestions on how best to use them.

If your choice of remedy does not bring relief it is likely that the required remedy is not included in our combination and professional assistance may be required to choose a more appropriate remedy.

\* Current at 1 February 2012

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### **A.B.C. (Aconite, Belladonna, Chamomilla 30c):**

Unsettled, irritable or unhappy babies due to teething or just generally off color. Fevers related to teeth or minor ailments. Sometimes it's hard to decide which single remedy to use individually, so this a good all purpose remedy.

**Contains:** Aconite 30c, Belladonna 30c, Chamomilla 30c

**Bites & Stings Combination:** To assist with symptoms of itching, swelling, stinging and rashes from a variety of animals and insects. May also help symptoms of cystitis as symptoms can be similar.

**Contains:** SVR36 Bites & Stings (Aconite 30c, Apis 200c, Arnica 30c, Cantharis 30c, Ledum 30c)

**Cold & Flu Combination:** To assist the early and common symptoms of a head cold including runny nose, sneezing, nasal congestion and minor sore throats. Use alongside Anas Barb (Oscillo) 200c to assist recovery and reduce intensity of symptoms.

**Contains:** SVR05 Cold & Flu (Aconite 6c, Allium Cepa 6c, Arsenicum Album 6c, Bryonia 6c, Gelsemium 6c, Eupatorium 6c, Nat Mur 6x, Nux Vom 6c, Pulsatilla 6c)

**Colic:** For temporary relief of sore or windy tummies, and for restless and unsettled babies which may be the result of mild colic. May help older children and adults.

**Contains:** SVR06 Colic (Chamomilla 6c, Colocynthis 6c, Mag Phos 6c, Lycopodium 6c, Nux Vomica 6c)

**Combination K:** (formerly known as Kali Mur/Ferrum Phos/Nat Mur 6x) Tissue salt combination recommended for the beginnings of colds and similar ailments with sneezing, runny nose, possibly mild fever and general unwellness. Useful for small children when you suspect something may be brewing but you have no symptoms to pin a remedy on. A favourite of mine!

**Contains:** Kali Mur 6x, Ferrum Phos 6x, Natrum Mur 6x

**Congestion Combination:** To assist recovery from lingering coughs, sinus congestion and mucous following a cold or flu. Symptoms may include sticky, stringy, copious, persistent mucous in sinuses or on chest following a cold.

**Contains:** SVR08 Congestion (Ferrum Phos 6x, Kali Bich 30c, Hydrastis 30c, Pulsatilla 30c, Silica 6x)

**Convalescence:** If slow to recover from a respiratory illness despite using Immune Boost, Congestion

Combination and similar, this may assist. Remedies are selected to brace up the system and improve the appetite.

**Contains:** SVR30 Convalescence (Avena S 6x, Carbo Veg 30c, Gelsemium 30c, Phos Ac 6c, Sulphur 30c, Tub A 30c)

**Cough - Chesty:** To promote recovery from minor and uncomplicated chesty or loose coughs in children and adults. *If symptoms do not improve within a few days, see your homeopath as constitutional treatment may be required for stubborn or recurrent coughs.*

**Contains:** SVR09 Cough - Chesty (Ant Tart 30c, Hepar Sulph 30c, Kali Bich 30c, Phosphorus 30c, Pulsatilla 30c, Sulphur 30c)

**Cough - Dry:** To promote recovery from minor and uncomplicated dry coughs in children and adults. *If symptoms do not improve within a few days, see your homeopath as constitutional treatment may be required for stubborn or recurrent coughs.*

**Contains:** SVR09a Cough - Dry (Aconite 30c, Bryonia 30c, Chamomilla 30c, Drosera 30c, Phosphorus 30c, Spongia 30c)

**Fever Combination:** To assist the common symptoms of a fever associated with a cold or other minor ailment. Babies and small children with teething issues may respond better to ABC, but this combination is also appropriate for this age group.

**Contains:** SVR10 Fever Combination (Aconite 30c, Arsenicum Album 30c, Belladonna 30c, Bryonia 30c, Ferrum Phos 30c, Gelsemium 30c)

**Gastro Combination:** Use for the acute stage of mild diarrhea, vomiting, pain and wind, and also for the recovery from a gastric complaint. This is a good remedy to include in a kit if you are visiting countries such as Bali or India on your travels.

**Contains:** SVR12 Gastro Combination (Arsenicum Album 6c, Carbo Veg 30c, Merc Sol 30c, Podophyllum 30c, Veratrum Album 30c)

**Hayfever & Allergy:** To assist hayfever symptoms and covers common symptoms experienced as a result of mild allergy. Symptoms may include sneezing, itching, watery eyes and nose, swelling, fever and so on. *If you have no improvement after using twice a day for a week, consult a homeopath for an individualized treatment which may bring better results over the longer term.*

**Contains:** SVR15 Hayfever & Allergy Combination (Allium Cepa 6c, Arsenicum Album 30c, Arundo 30c, Histaminum 200c, Nat Mur 6c, Phleum 6c, Sabadilla 6c)

**Immune Boost:** Includes powerful immune boosting homeopathics in a form that is easy for children to take as the dose is small and the taste not unpleasant. *We recommend taking daily for 3 weeks, then take a week off OR 5 days on, then 2 days off as a general immune tonic during the winter.* If unwell increase to 3 times daily alongside your selected remedies.

*NB: Extended use of these remedies can cause the immune system to become lazy.*

**Contains:** SVR 18 Immune Boost (Astragalus 30c, Echinacea 30c, Hydrastis 30c, Olive Leaf Extract 6x)

**Kalm Kids:** To help calm babies and children on a day-to-day basis, during travel or if anxious or over-excited. Similar to S.O.S. but created specifically for small children who become a little unmanageable in certain situations! Great for pets and big kids too!

**Contains:** SVR19 Kalm Kids (Aconite 6c, Avena Sativa 6x, Chamomilla 6c, Coffea 30c, Passiflora 6x, S.O.S.)

**Labour Drops:** This is a great remedy to use during labour if you don't have a birthing partner familiar with homeopathy. Includes Arnica for bruising, soreness, bleeding and healing, Kali Phos for exhaustion, Mag Phos

aimed at the pain and S.O.S. Can be used throughout the labour until after-pains subside. Follow with Arnica 30c for a few days and other remedies from the Birthing Kit as required.

**Contains:** Arnica 30c, Kali Phos 6x, Mag Phos 6c, S.O.S.  
**Nausea Combination:** To assist symptoms of motion sickness, morning sickness and other forms of mild nausea. Includes S.O.S. to assist with associated anxiety.  
**Contains:** SVR 23 Nausea Combination (Cocculus 30c, Petroleum 30c, Tabacum 30c, Sepia 30c, S.O.S.)

**Recovery Combination:** To promote recovery after any type of surgery (including caesarean). The remedies are known for their affinity for bruising, bleeding, trauma, healing and help to keep the recovery process on track. It also contains remedies to assist with the occasional side effects of anaesthetic. Would also be helpful for other types of wounds and for dental surgery. Commence twice a day on the day before surgery and continue 3 or 4 times a day for up to a week after or as required.

**Contains:** SVR25 Recovery Combination (Arnica 30c, Bellis Perennis 30c, Calendula 30c, Carbo Veg 30c, Hypericum 30c, Phosphorus 30c)

**R.R.A.:** Containing Rhus Tox, Ruta and Arnica, this combination aims to assist with sprains, strains, and other aches and pains perhaps resulting from an accident or injury. Has an affinity for ligaments, tendons and muscles.  
**Contains:** SVR48 RRA (Arnica, Rhus Tox, Ruta 30c)

**S.O.S.:** This new and important remedy (similar to Rescue Remedy) addresses our reaction to many of the things we are experiencing in the 21st Century. It covers all the same emotional and emergency situations in which you could use Rescue Remedy, but with more depth for the times we live in. Use for any situation where emotions run high, for unsettled or overexcited children, travel sickness, anticipatory anxiety and so on.

**Contains:** SVR28 S.O.S.

**Safe Vacc Combination:** aims to give some level of support to the immune system before, during and after the vaccination process. *We also suggest you consider the use of high dose vitamin C powder with this combination. Check with your pharmacy or healthcare practitioner for dosage*

**Contains:** SVR22 Safe Vacc (Aconite 30c, Apis 30c, Arnica 30c, Hypericum 30c, Ledum 30c, Thuja 30c)

**Throat Sootha:** To assist with sore throats or mild tonsillitis alone or associated with a cold or similar illness. Use Belladonna, Aconite, Ferrum Phos or Comb K for the early stages but if symptoms progress use Throat Sootha. If cold symptoms are stronger than the sore throat symptoms try Cold Comfort which also covers throat symptoms of a minor nature.

**Contains:** SVR26 Throat Sootha (Apis 30c, Baptisia 30c, Hepar Sulph 30c, Lachesis 30c, Merc S 30c, Phytolacca 30c, Strep Nos 30c)

*If sore throats or tonsillitis are an ongoing problem and do not respond to home prescribing, consult your healthcare practitioner.*