

You should be able to find a remedy for most complaints you are presented with from the standard 28 remedies. The additional 14 remedies in the 42 remedy kit or expansion pack will extend your choice.

Remember to match the characteristic mental/emotional picture (where indicated) of the remedy to your patient, before you try to look for the illness you are treating. There are many remedies for a cold, but not so many for a patient who is clingy and whiny with yellow, green mucous.

Only a few conditions are listed under each remedy. If your particular complaint is not listed but the picture looks right, try the remedy anyway.

This leaflet is not a definitive list of conditions or remedies. If you use remedies a lot, I recommend buying a good home prescribing reference. I have a variety of books in stock starting from \$12.95.

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

## NOTES

- Homeopathic remedies are safe to give to baby, no matter what age & to use during pregnancy.
- Remedies do not interact with other forms of medication and can safely be used alongside Panadol and other drugs.
- If you cannot choose between 2 remedies, alternate them rather than give together.
- In the case of a fever or other acute illness, give the remedies a chance to work before you try the 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, crush 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.
- For animals and birds, remedies can be made up as above and if unable to give by mouth, drop on the beak, top of the head or other area where the remedy can contact the skin.
- 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.

## Dose

- The dose for remedies in the kit is 2 pilules as required until improvement is felt.
- If the situation is intense take 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.
- 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 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.

## HOMEOPATHY Medicine for the 21st Century

Safe, Effective Health Care for You  
& Your Family



## Home Remedy Kit

The 28 remedies in the **Home Remedy Kit** have been selected as those most useful for a variety of applications. We have chosen to dispense them in the 30c potency which is a good mid-range potency to deal with physical, as well as mental/emotional ailments.

Rescue Remedy and HyperCal Cream are included in this selection as two items no kit should be without.

**The Expansion Pack** includes a further 14 home prescriber remedies, building your kit to 42 remedies (including one cream).

If your first purchase was a **Birthing Kit** and you now want to build up to a Home Remedy Kit for your family, we offer the **Birthing Kit Expansion Pack**. This includes 18 remedies to bring your kit up to our Home Remedy Kit content.

This leaflet lists all 42 remedies with a brief description of their uses. (E) indicates the remedy is in the Home Remedy Kit Expansion Pack.

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**(E) indicates the remedy is in the Expansion Pack**

1. **Aconite 30c** Symptoms are sudden, acute, intense & painful, often with great fear (sometimes of dying) & restlessness. Very high fever with dry burning heat or drenching sweat with thirst. Cause: after exposure to cold dry wind, heat of sun, injury, shock. Useful at first sign of cold, cough, earache etc. *Better* open air. *Worse* around midnight.
2. **Allium Cepa 30c (E)** Made from the onion, colds begin with sneezing, watery eyes which burn and are light sensitive. Nose runs profusely and nasal discharge burns. Nose is blocked up despite running, no sense of smell. Burning tickling throat with hacking cough, worse from inspiring cold air. Catarrhal headache, mostly in the forehead. Generally better in open air. Allergies with symptoms similar to above usually worse summer.
3. **Anas Barb (Oscillo) 200c** strong anti-viral and anti-bacterial action. If taken at the first sign of cold, flu or other viral symptoms, can prevent a bad bout. Can also be taken 2 or 4 weekly during winter as a preventative. Works like a flu shot only safely! Great for kids in childcare. (See Winter Ailments leaflet).
4. **Antimonium Tartaricum 30c (E)** Rattling mucous in the chest with very little expectoration, especially in small babies. Nursing infants cannot breathe and cry as if out of breath. Feels as if would suffocate, coughing and gasping. Drowsiness. Tongue coated, pasty, thick white. Bronchitis, pneumonia. Pustular eruptions, such as in chicken pox.
5. **Apis Mellifica 30c** Fidgety, fussy & hard to please. Puffy swellings anywhere, esp under eyes. Shiny, rosy red skin. Pains come on suddenly, cry out in pain. Severe allergic reaction to stings, certain foods or medicines. Tonsillitis, water retention, cystitis, nettle rash, shingles. *Worse* heat, touch. *Better* Cool drinks/packs.
6. **Argentum Nitricum 30c (E)** Anticipation, apprehension, fear resulting in diarrhea and flatulence. Nervous, impulsive thoughts, hurried. Worse from too much sugar, but strong craving it. Belching with most gastric ailments. Eye symptoms with profuse green discharge. Worse for warmth, sugar, sweets, ice cream, cold food. Better from cool air, cold bathing.
7. **Arnica 30c** First remedy after accident or injury, to reduce shock, hemorrhage and bruising. Don't want to be touched or assisted Very restless. For shock, trauma, violence to mind or body, bleeding of small wounds. Sprains, strains, over-exertion. Sore, bruised, aching pain. *Worse* Touch. *Better* Lying down.
8. **Arsenicum Album 30c** Extremely anxious and restless. Fears being alone, anxiety about health, fussy & difficult to please. Very thirsty for frequent sips. Burning pains & discharges - catarrh, diarrhoea, throat, etc. Food poisoning, colds, headaches, sinus, insomnia. *Worse* midnight to 2am, cold food & drink, weekends when relaxing. *Better* heat, hot drinks & food, company, fresh air (headaches).
9. **Belladonna 30c** Throbbing pains, burning heat, bright redness, restlessness, usually no thirst with fever. Lethargic or hyper, delirious, barking cough, strawberry tongue. Fevers, croup, earache, flu, sunstroke, sore throats, earache. *Worse* touch, light, noise, being jarred, draughts to head, night. *Better* bending back, warmth.
10. **Bryonia 30c** Irritable, better alone. Dryness characteristic. Any movement aggravates, even talking. Sitting up can bring on vomiting. Symptoms come on slowly. Bronchitis, colds which descend to chest, stiff neck, dry cough, constipation. *Worse* deep breathing, hot room, dry weather, movement, touch. *Better* pressure & lying on painful part.
11. **Calcarea Carbonicum 30c** A great remedy for kids when teething or other development is slow. May resolve a cold or chesty cough when Pulsatilla fails. Prone to constipation, although don't feel worse for it. Slow, chubby, clammy babies who may be anxious when left. If thin and unsettled or irritable, try Calc Phos in a tissue salt (available on the website).
12. **Calendula 30c (E)** A useful remedy for treatment of wounds, abrasions, incisions. Works as an antiseptic or to prevent serious infection when used topically. Will often control bleeding from wounds of any sort—cuts, incisions, dental. May also soothe wound pain. HyperCal cream may help avoid the use of cortisone ointments. Promotes healthy healing of wounds, ulcers, parts that will not heal, and resolves scar tissue. Apply topically (HyperCal cream) or take internally in potency.
13. **Cantharis 30c** Cystitis, painful urination with burning & great urgency. Burning especially intense during urination, more than before or after. Urine feels like scalding water. Removes the severe pain following a burn and helps promote healing. Burns and sunburn with blistering, insect bites. Burning pain in the affected area. *Worse* Urination, movement, drinking *Better* Lying down, warmth
14. **Carbo Vegetabilis 30c (E)** Known as the 'corpse reviver' this remedy acts upon the venous circulation, assisting with oxygenation of the blood. Useful in collapse states, where the patient is almost lifeless (acute illness, newborn babies, drowning, pneumonia) the face may be blue and the patient weak. Cough with burning in chest, blueness around mouth or of face, asthma. Wants to be fanned. Blood nose with pale face. Slow digestion with much belching or flatulence, heaviness, fullness, sleepiness. Useful in convalescence where a person has never fully recovered or where the vitality becomes low from loss of vital fluids. Worse from warmth, exhausting disease, cold night air, frosty weather. Better from belching, being fanned, elevating the feet.
15. **Chamomilla 30c** Angry, can't bear anything/anyone, pain is unbearable, demand things & then doesn't want them. Children want to be carried. Symptoms may come on after anger. Teething diarrhoea like chopped egg & spinach. Teething pain, cramp, cough, croup, earache, tearfulness, menstrual pain. *Worse* pain, touch, being looked at, teething, coffee, 9pm. *Better* being carried.

- 16. China 30c (E)** Ill effects of dehydration, loss of vital fluids, blood loss, food poisoning. Gall bladder disorders, gout. Post operative gas pains. Wind and bloating of abdomen generally, not better from belching. Frequent rumbling, belching and wind. Gallbladder colic. Asthma or similar in the autumn. Drenching sweats at night, flu with debility, periodic fevers. Insomnia from excited thoughts and fantasies. Patient is very weak after illness. Worse in foggy or cold damp weather, autumn, from touch. Aversion to touch. Better from hard pressure.
- 17. Coccululs 30c (E)** Main remedy for ailments from loss of sleep or nursing loved ones! Major remedy for motion sickness. Exhausted and sick from lack of sleep. Vertigo and dizziness with nausea and vomiting. True vertigo where the world seems to spin. Vertigo from watching moving objects.
- 18. Drosera 30c (E)** Coughs predominate. Violent paroxysms, sometimes so severe patient cannot catch the breath or becomes cyanotic (blue around mouth). Vomiting from cough, worse for eating, painful. Whooping cough.
- 19. Gelsemium 30c** Heaviness, weakness, drowsy with drooping eyelids. Trembling, chills and heat up & down spine. Nervous excitement with frequent urination or diarrhoea. Symptoms after shock or fright. Flu, measles, events such as public speaking, exams. *Worse* anticipation, humid weather, surprises, *Better* urination, sweating.
- 20. Hepar Sulph 30c** Over-sensitive is a keynote on all levels. Angry, irritable, speedy - very difficult when sick. Very chilly. Good for inflammation which is slow to resolve - ear infections, wounds, chest colds, abscesses. Sweat easily, but not better for it. Sore throats with pain spreading to ear, splinter-like pain (anywhere), as if swallowed a fish bone or pin. *Better* warmth of bed, heat, wrapping up. *Worse* getting cold, being in a draught, cold dry weather, fresh air, at night, touch, pressure.
- 21. HyperCal Cream** Hypericum & Calendula tinctures in a natural vitamin E base which is soothing for rashes, burns, eczema, wounds, nappy rash, etc.
- 22. Hypericum 30c** "Arnica for the Nerves" Shooting pain, nerve pain, numbness or tingling. Injury to coccyx, surgical pain, forceps delivery, dental work. Cuts, injury to fingers & toes (slammed in doors etc). Bites or stings with shooting pain.
- 23. Ignatia 30c** Acute emotions after death of relative or friend, stillbirth, ending relationship or disappointment. Either hysteria or silent suffering with sighing, trembling or tears. Spasmodic & cramping pain, changeable symptoms. *Worse* cigarette smoke, coffee, worry. *Better* eating, keeping busy.
- 24. Ipecac 30c** Persistent nausea and/or vomiting on its own or with other conditions. Migraine headache with severe nausea and vomiting. Clean tongue despite constant nausea. Vomiting does not relieve. Morning or travel sickness. Asthma, bronchitis or coughs (rattly or dry, hoarse) especially in children.
- Bleeding, especially uterine hemorrhage or heavy periods. *Worse* Food, smell of food. *Better* Warmth, lying with eyes closed.
- 25. Kali Bich 30c (E)** Sinusitis with discharge (nasal or post-nasal) which is thick, sticky, stringy, usually yellow. Pressure & fullness at the root of the nose and through the sinuses. Thick crusts in the nose which adhere and bleed if removed. Hawks thick mucous from the throat. Asthmatic-type productive cough with thick or stringy green expectoration.
- 26. Kali Mur/Ferrum Phos 6x** a useful remedy when you suspect something is brewing but you're not sure what remedy to use. Great for beginning of colds, coughs, fever. Use if for all the family - you may need nothing else.
- 27. Lachesis 30c (E)** Throat pain, worse swallowing especially liquids, but better swallowing solid food. Throat pain radiating to ears on swallowing. Sensation of a lump in the throat. Premenstrual syndrome—irritable, jealousy, depressed, headaches, flushes of heat. Hot patients, feel worse from heat. Worse on waking, sleep into an illness, worse before the period or at menopause. Left sided symptoms, or start on left and move to right. Asthma after jealousy or strong emotions. Palpitations, worse lying on left side.
- 28. Ledum 30c** (anti-tetanus remedy). Feel intensely cold, as does injured part, but better by cold applications. Affinity for capillaries (bloodshot, bruised or black eyes). Parts become blue, purple & puffy. Weakness, numbness or twitching of part. Puncture wounds, eg rusty nails, insect stings, animal bites, bruises, eye injuries. *Worse* warmth *Better* cold applications.
- 29. Lycopodium 30c (E)** These people generally lack confidence and suffer anticipatory anxiety, but puff themselves up to get through life and do it very well! Digestive remedy with loud rumbling in abdomen, bloated and distended, better by passing wind, worse eating even small amounts of food. Ravenous appetite. Heartburn. Stool begins hard or constipation, then becomes soft or liquid. Symptoms may be brought on by anticipation, eg public speaking. Craves sweets. *Worse* from onions, oysters, cabbage etc.
- 30. Merc Sol 30c** Like a barometer, changeable, uncertain, Weakness & trembling of limbs or tongue. Offensiveness of breath, sweat, discharges which may burn, yellowish-green. Metallic taste, profuse saliva, bleeding gums. Ulcers in mouth, throat, genitals, etc. Easily overheated/chilled. Drenching night sweats. Earache with discharge, mumps, sore throat, sinus, tonsillitis, rheumatism. *Worse* Night, temperature changes, sweating. *Better* Rest.
- 31. Nat Mur 30c (E)** We often see ailments following grief in these patients, where the initial acute symptoms have passed but they are left with a deep sadness. They are closed people, difficult to really get to know. May have fear of robbers, closed spaces, germs. Symptoms include headaches, hayfever, cold sores, cracked lips, stress incontinence and difficulty falling asleep. They crave salty food or sour, may be averse to slimy food, fatty or rich, and usually

have a strong thirst. Worse: from the sun, from the sea (or sometimes better).

- 32. Nux Vomica 30c** Over-sensitive to external stimuli. Excitable, impatient, angry, fault finding. Worn out from overwork or ill from excess coffee, alcohol, rich food, drugs. Sleep problems. Constant urge to vomit or empty bowels, but can't. Colds with one side of nose blocked & other running. Wake thinking at 3am, can't get back to sleep, then fall just before the alarm & wake grumpy. Asthma, hangovers, constipation, palpitations, insomnia. *Worse* morning, loss of sleep, noise, light. *Better* Resting, hot drinks, milk, fats
- 33. Phosphorus 30c** Affectionate, sympathetic, anxious, excitable, fearful (being alone, dark, death, storms). Wants company. Dry coughs, blood noses and bleeding generally, over-excited children, people who lack boundaries. V thirsty for cold drinks, which may be vomited. Irritable & sluggish when ill, apathetic, energy flares up & subsides to exhaustion again. *Better* after sleep, cold drinks, massage. *Worse* cold, weather change, wind.
- 34. Pulsatilla 30c** Affectionate, timid, clingy, whingy. changeable moods & symptoms. Cry easily, desire company. Chilly people but dislike heat & stuffy rooms. Usually thirstless. Lots of mucous, thick, yellow or yellow-green, bland. Coughs dry at night, loose morning. Fever, coughs, colds, breastfeeding problems, styes, thrush, varicose veins. *Worse* Rich, fatty food, getting feet wet, evening. *Better* company, fresh air, cold food & drink, after a good cry.
- 35. Rescue Remedy** A combination of Bach Flower Remedies plus Lotus 12x for shock, trauma, after accidents, or for hyper, excitable children. Use for anxiety before an event, such as going to dentist or sitting exams. Keep in handbag or change bag - great if you have no other remedies. Can be applied to bites, stings, bruises, etc. 2 drops (1 pilule) under tongue or in water as required.
- 36. Rhus Tox 30c** Good for accidents & injuries, arthritic-type symptoms. Stiffens up with rest, worse for first movement, better once gets going. Abscesses, boils, nettle rash, shingles, hot painful swelling of joints, sprains & strains to fibrous tissue, ligaments & joints. Colds & coughs. Tongue may have triangular red tip. *Worse* Cold, wet weather, before storm, getting chilled or wet after being hot, over exertion. *Better* Heat, hot baths, movement.
- 37. Ruta Grav 30c (E)** Useful in rheumatic and connective tissue problems. Horrible stiffness felt in muscles and tendons. Injuries to connective tissue, tendons and periosteum (covering of bones), from strains or twisting of joints. Acute bursitis and tendonitis, often with effusion. Chronic overuse or injury to tendons cause fibrosis, and nodular growths, especially common in the wrists. Ganglions. A good remedy for eyestrain. Patient is usually restless. *Worse* cold, damp weather. *Better* lying down.

**NB:** *If you cannot decide between Rhus Tox and Ruta, either try Rhus Tox first or alternate the two. Do not use for a prolonged period. If symptoms return when the remedy is stopped, the remedy is probably not correct and a consultation with a registered homeopath is required.*

- 38. Sepia 30c** Irritable, overwhelmed, indifferent to family & wants to run away—worse around the period. Period problems with great irritability, dragging down pain & heaviness. Headaches before or during period. Morning sickness worse at sight or smell of food. Empty feeling in stomach, not better from eating. Constipation usually without urging. Sense of a lump in rectum or prostate. Thrush with white, offensive, itching or burning discharge. Stress incontinence. *Worse* from pregnancy, miscarriage or abortion. *Better* vigorous exercise, dancing. *Desires* pickles, alcohol, sweets.
- 39. Silica 30c** A good remedy for people who catch cold easily and then have trouble recovering, ending up with thick mucous in the sinuses. Energy is often low, as is stamina and there may be problems with hair, nails, teeth and bones. Good for encouraging splinters or other foreign bodies to discharge, for blocked tear ducts, and other types of infections.
- 40. Spongia 30c** Part of the croup trio of remedies (Aconite, Hepar Sulph, Spongia). Dry, often suffocating cough like dog or seal bark. May be anxious with cough. Tickling or irritation in throat and burning, rawness and weakness in chest. *Better* warm drinks, bending forward, warm steamy room. *Worse* around midnight, dry cold wind, cold drinks.
- 41. Staphysagria 30c (E)** Very often sweet, gentle patients who cannot stand up for themselves and so suffer quiet indignation or anger about a person or situation. The underlying problem of suppression can lead to a variety of symptoms. Cystitis, urethritis, with frequent urging for urine, often worse after sex. Generally worse after sleep, especially from taking a short nap. Headaches from anger or suppressed anger, grief, emotions generally. Styes on eyelids. Craves sweets, milk or averse to milk. Abdominal colic from anger or which dates from surgery. *Worse* after surgery from indignation, shame, intervention.
- 42. Sulphur 30c** Colds with dirty yellow mucous, Loose cough, green mucous, diarrhea with offensive wind, burning pains, urgency, worse early morning Useful after antibiotics for upset tummy, thrush or nappy rash. Big skin remedy (eczema, psoriasis) but do not self-prescribe! Can be laid back, untidy & sometimes smelly (bad wind, bad breath!). Warm blooded - don't like wearing shoes. *Worse* bathing, not eating, heat. *Better* open air.