

swelling, insect and animal bites, needle stick injury, other puncture wounds. Part may be white around wound and feel cold to touch. Worse: warmth, moving injured part. Better: cold applications
If wound is to nerve rich tissue with sharp, shooting, tingling pain or numbness, consider Hypericum.

Choose a Remedy

Accidents - Arnica
Allergy - Apis
Back injury - Arnica, Hypericum
Bee stings - Apis, Ledum
Bites; animal - Ledum, Hypericum
Bleeding - Arnica
Bruising - Arnica
Burns & burning pains - Cantharis
Cystitis - Cantharis
Falls - Arnica
Heat rash - Belladonna
Heart attack - Aconite
Hives - Apis
Itchy rash - Apis, Cantharis
Jellyfish stings - Apis
Needle stick injury - Ledum, Hypericum
Nerve pain - Hypericum
Puncture wound - Ledum, Hypericum
Rashes - Apis
Allergy - Apis
Shock - Aconite, Arnica
Stroke - Aconite
Sunburn - Belladonna
Sun stroke - Belladonna
Wounds - Arnica, Hypericum

DOSE

1 or 2 pilules: tip into lid of bottle & into mouth to dissolve. If unable to do so drop 1 pilule into a little water, stir vigorously, sip or wet lips.

This method can be used to treat a large number of people - put 1 or 2 pilules in a bottle or jug of water, shake or stir vigorously & dose as required.

If situation is severe take one dose every 10-15 minutes then spread out to hourly as symptoms improve.

If no better after five doses select another or consult a homoeopath.

CARE OF YOUR REMEDIES

1. Do not touch pilules with hands. Discard pilules which are dropped as they may be contaminated.
2. Store in a cool dark place away from strong smells & electrical appliances (not in the fridge). Do not store in car during summer.

MELANIE CREEDY

Dip Hom BSH UK, MAHA, ARoH
Registered Homeopath
Tel: 0409 089965
www.elementsofhealth.com.au



Our mini first aid kit contains seven homeopathic remedies selected to help in first aid situations from bush to beach to barbecue.

These are first stage remedies, useful in acute situations. Other remedies may be required at some stage. The remedies can safely be taken alongside conventional treatments.

The remedies offer quick & effective treatment for bites, stings, burns, accidents, injuries & wounds. Treat bleeding, bruises, sunburn & heat stroke on the spot. In a sturdy zip around kit, it's small enough to keep in your handbag or pop in backpack.

Contains

Aconite 30c • Arnica 30c •
Apis 30c • Belladonna 30c •
Cantharis 30c • Hypericum 30c
Ledum 30c

NB: This kit does not replace conventional medical treatment when required, but is used as an adjunct.

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Aconite: Symptoms appear suddenly and progress quickly. Intense and unbearable pain. Shock, fright, fear, anxiety are prominent - may fear/feel they will die. Panic attacks after fright. Palpitations.

For heart attack or stroke, give while waiting for ambulance to reduce damage to cardiac system and calm patient. Will be needed in first aid situations for shock with anxiety/fear. Symptoms which come on after exposure to cold dry wind - ear ache, fever, colds. V thirsty for cold drinks.

Apis: Sting of bees, wasps, jellyfish, etc, with much heat, stinging and swelling, may appear red and shiny.

Allergies, hives and inflammation. Cystitis, shingles, puffy or red eyes, earache or tonsillitis, fluid retention - all with much swelling, heat, stinging.

Fearful, tearful, excitable, touchy. May not want to be touched - esp children.

Aversion to drinking. Worse for heat of any kind, touch or pressure.

Better for cool air or cool bathing.

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Arnica: Shock and physical trauma following accident or injury. Less acute than Aconite & will often say they feel fine, despite quite bad injuries. Don't want to be touched.

Bruises, hemorrhage, swelling, soreness, broken bones (follow with Symphytum), slipped disc, spinal injury (follow with Hypericum). For fish hooks & similar wounds (with Hypericum) especially those which require stitching.

During and after labour, threatened abortion from fall, soreness of body during pregnancy.

Once stroke patient is stabilised, give Arnica to break down blood clots.

Worse: touch, jarring Better: lying down, open air, cold bathing

If in doubt, always give Arnica as your initial first aid remedy.

Belladonna: Sudden onset with burning, heat, dryness, bright redness. Dilated pupils, hot body parts. Throbbing, sharp, cutting, shooting pains. May be delirious, excited, noisy, restless, biting, striking.

Sunburn, heat stroke with headache & fever, minor burns. Headaches which are hammering, bursting & from too much sun.

First stage of ear infection with red,

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First stage of ear infection with red,

hot ear, sore throats, fever. Usually no thirst.

(Aconite - more anxious and fearful of death, more thirsty).

Cantharis: Mainly for burns - any injury or symptom where burning pains are strong and the onset was very rapid like Aconite & Belladonna. May be greatly irritable or angry with pain.

Relieves the severe pain following a burn & helps to promote healing. For severe sunburn with blistering. Severe burning pain from cystitis. Watery rash with itching and much burning.

Hypericum: For any injury to nerve-rich areas such as fingers or toes, with great pain. Pains are shooting, tingling or burning. and there may be numbness.

Falls on spine or coccyx, concussion, forceps delivery, episiotomy. Animals bites, wounds caused by nail or splinter with pain as above. Recovery from surgery to spine or epidural. May desire hot milk.

Worse: movement, touch, cold air

Ledum: Can prevent tetanus if taken immediately after a puncture wound. Injuries to skin or joints with

hot ear, sore throats, fever. Usually no thirst.

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