

# Home Remedy Notes

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It encourages the body's own healing mechanism to work harder to bring about a return to health. It is useful for treating minor accidents, injuries and acute illness, alongside conventional medical treatments if required, and a few remedies can serve a wide range of situations. If applied according to traditional principles and indications, it will often work very quickly. For more information look at our website and sign up for our newsletter and blog.

We offer a range of homeopathic remedy kits to suit most needs, plus a selection of single remedies and combinations for a variety of acute situations.

The remedies in the **28 remedy home kit** have been selected as those most useful for a variety of applications. Our **46 remedy kit** caters for those wanting a wider range and our **home kit in a 21 remedy zip around** is supplied in a handy pouch, useful also for travel or bush walking.

You can easily and economically make up your own kit with one of our **pick your own packs**.

We dispense most of our kits in the 30c which is a good mid-range potency covering mental, emotional and physical, remedies can assist with a range of minor ailments.

This leaflet lists all 46 remedies with a brief description of their uses, plus our range of combinations remedies and Tissue Salts to address most minor situations you are likely to experience in the home.

**(e)** indicates the remedy is in the **46 remedy home kit**.

\* Current at February 2022

## How to use your homeopathics

Below are general instructions for administering remedies for acute ailments and accidents.

Always seek medical advice in an emergency or where remedies are not bringing improvement in a reasonable amount of time. Remedies are not suitable for home treatment of chronic, ongoing or serious conditions or diseases

### Dose

- Babies under 6 months 1 pilule or 1 drop.
- Babies 6-12 months 1 pilule or 4 drops.
- Children over 12 months through to adults 1 pilule or 4 drops.
- There is no difference between the action of drops and pilules.
- If the situation is intense give a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly & 4 hourly as improvement is seen over a few days.
- The remedy may need to be changed if the symptoms no longer fit the remedy or improvement ceases.
- For less intense situations, we suggest taking the remedies 3 or times a day for 3 days, then reduce as improvement is seen. Doses can be increased to more frequently again if required.
- If there is no improvement after 5 doses or symptoms appear to worsen, change your remedy or seek advice from your homeopath, GP or emergency department.
- Always seek medical care for fever in a child under 6 months.
- See over for notes on giving to a baby and dispensing in water.

## Care of your remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop in mouth.
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 or a fever) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated. Pour boiling water over a dropper which has touched the mouth.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances such as mobile phones and microwaves. Do not store in the fridge.

Also see Notes on page 2

### Important

*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 derived from the approved homeopathic materia medica for traditional use longer than 75 years.*

*If in doubt as to their appropriateness to a particular situation, consult your health care practitioner. The Health Department recommends you always seek advice for fever in a baby under six months old.*

## Notes

- If in doubt as to whether remedies are appropriate in your particular situation, consult your homeopath or healthcare professional.
- *Babies under 6 months with a fever should be seen by a GP or at the ED. See the two articles on fever under Articles on the website. One is useful advice from a Royal Children's Hospital, Melbourne.*
- If you are anxious about giving pilules whole to a baby, crush 1 pilule between two clean teaspoons and tap into baby's mouth.
- If you find pilules difficult to administer, put a pilule or the drops in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose.
- If you are concerned about giving alcohol, you can also do as above, This should work just as well as undiluted.
- Remedies may be added to a child's water bottle so they can have their doses at school or childcare. Dosage is as above.
- When remedies are made up in liquid do be aware that they will not last as long and can be easily contaminated if the mouth or fingers touch the dropper. Rinse in boiling water if this happens.

## Home Remedy Notes

We have listed some of the keynotes of each remedy to help you recognise when the remedy is required. This is only a snapshot and you will find that more information will help you make a better prescription and understand the remedies more fully.

As per homeopathic principles, remember to match the characteristic mental/emotional picture (where indicated) of the remedy to your patient, before you try to look for the physical symptoms. There are many remedies for a cold, but not so many for a patient who is clingy and whiny with yellow, green mucous. By matching the mental/emotional picture as well as the physical symptoms you will often get a closer match and therefore better results.

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. These notes do not include a definitive list of remedies.

If you use remedies a lot, we recommend purchasing a good home prescribing reference.

[View on the website.](#)

**(e) indicates the remedy is in the 46 remedy home kit**

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. Useful at first sign of cold, cough, earache etc. *Cause:* after exposure to cold dry wind, heat of sun, injury, shock, fright. *Better* open air. *Worse* around midnight.
2. **Allium Cepa 30c (e)** Made from the onion, colds begin with onion-like symptoms - sneezing, watery eyes which burn & are light sensitive. Nose runs profusely & nasal discharge burns. Allergies with symptoms similar to above usually worse summer. Generally *better* in open air.
3. **Anas Barb (Oscillo) 200c** Anti-viral & anti-bacterial action. If taken at first sign of cold, flu or other viral symptoms, may prevent a bad bout. Use as part of your treatment for colds & flu with indicated remedies. Can also be taken every one or two weeks during winter as a preventative! Useful for kids in childcare or new to school who pick up everything going.
4. **Antimonium Tartaricum 30c (e)** Rattly, wet, chesty breathing with very little expectoration, especially in small babies. Nursing infants cannot breathe & cry as if out of breath. Feels/sounds as if would suffocate, coughing & gasping. Drowsiness. Tongue coated, pasty, thick white. Pustular eruptions, such as in chicken pox.
5. **Apis Mellifica 30c** Fidgety, fussy & hard to please. Puffy, fluid filled swellings anywhere with stinging pains. Shiny, rosy red skin. Pains come on suddenly, patient cries out with pain. 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, anxiety, apprehension, fear often resulting in diarrhea & flatulence. Nervous, impulsive thoughts, hurried. *Worse* from sugar, but strong craving for it. Belching with most gastric ailments. Eye symptoms with profuse green discharge. *Worse* for warmth, sugar, sweets. *Better* from cool air, cold bathing.
7. **Arnica 30c** First remedy after accident or injury, to reduce shock, bleeding & bruising. Don't want to be touched or assisted. Very restless. Feeling of 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 & restless. Fear when alone, anxiety about health, fussy & difficult to please. Very thirsty for frequent sips. Burning pains & discharges - mucous, diarrhoea, throat, etc. Food poisoning, colds, headaches, sinus, insomnia. *Worse* midnight to 2am, for cold food & drink, being alone, weekends when relaxing. *Better* heat, hot drinks & food, company, fresh air (headaches).
9. **Belladonna 30c** Throbbing pains, burning radiating heat, bright red, restless, usually no thirst with fever. Lethargic or hyper, delirious, barking cough, strawberry tongue. Fevers, earache, flu, sunstroke, sore throats, earache. *Worse* touch, light, noise, being jarred, draughts to head, night. *Better* bending back, warmth, pressure
10. **Bryonia 30c** Very irritable, better alone. Dryness is characteristic. Any movement aggravates, even talking or just moving the eyes. Sitting up can bring on vomiting. Symptoms come on slowly. Bronchitis, colds which descend to chest, stiff neck, dry cough, constipation. Very thirsty for cold drinks. *Worse* deep breathing, hot room, dry weather, movement, touch. *Better* pressure & lying on painful part.
11. **Calc Carb 30c** A great remedy for kids when teething or other development is slow or difficult. May resolve a cold or chesty cough when Pulsatilla fails. Prone to constipation, although don't feel worse for it. Slow, chubby (but not always), clammy babies who may be anxious when left. If thin & unsettled or irritable, try Calc Phos.
12. **Calc Phos 30c (e)** Fits the picture of the irritable, whingy, discontented child commonly with poor appetite & digestion. Often the school age child will suffer tummy aches & headaches & it's a major remedy for painful joints & broken bones. Desires bacon, smoked meat, fish, indigestible things. *Worse* Teething, puberty, changes in weather & humidity. *Better* Warm weather, lying down, after supper.
13. **Calendula 30c (e)** Useful for treatment of wounds, abrasions, incisions. Works as an antiseptic or to help prevent infection. May help control bleeding from wounds of any sort—cuts, incisions, dental. May also soothe the wound pain. Promotes healthy healing of wounds, ulcers, parts that will not heal & helps to resolve scar tissue.
14. **Cantharis 30c** Cystitis, painful urination with burning & great urgency. Burning especially intense during urination, more than before or after. Urine feels like scalding water. May remove the severe pain following a burn & helps promote healing. Burns & sunburn with blistering, insect bites. Burning pain in the affected area, eg sore throats, cold sores. *Worse* urination, movement, drinking. *Better* lying down, warmth, night.

15. **Carbo Veg 30c (e)** Known as the 'corpse reviver' this remedy acts upon the venous circulation, assisting with oxygenation of the blood. Cough with burning in chest, blueness around mouth or of face, asthma. Wants to be fanned. Blood nose with pale face. Slow digestion with belching or flatulence, heaviness, fullness, sleepiness. Useful in convalescence where recovery is slow or where the vitality becomes low from loss of vital fluids. *Worse* from warmth, exhausting disease, cold night air, fats, alcohol. *Better* from belching, being fanned, elevating the feet, loosening clothing.
16. **Chamomilla 30c** Angry, can't bear anything/anyone, pain is unbearable, demands 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* anger, pain, touch, being looked at, teething, coffee, 9am & 9pm. *Better* being carried.
17. **China 30c (e)** Ill effects of dehydration, loss of vital fluids, blood loss, food poisoning. Post operative gas pains. Patient is very weak after illness. Wind & bloating of abdomen generally, not better from belching. Drenching sweats at night, flu with debility, periodic fevers. Insomnia from excited thoughts & imaginations. *Worse* in foggy or cold damp weather, autumn, from touch. Aversion to touch. *Better* from hard pressure.
18. **Coccululs 30c (e)** Main remedy for ailments from loss of sleep or nursing loved ones! Major remedy for motion sickness. Exhausted & sick from lack of sleep. Vertigo & dizziness with nausea & vomiting. True vertigo where the world seems to spin. *Better* lying down quietly, warm room, sleep. *Worse* travel, loss of sleep, smell or thought of food.
19. **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.
20. **Eupatorium Perforatum 30c (e)** Classic flu remedy, similar to Bryonia with sore, bruised pains in the bones (as opposed to muscles - Gelsemium). Unquenchable thirst for cold drinks.
21. **Ferrum Phos 30c** First remedy to think of in beginning of any acute ailment where there is inflammation/heat eg fever, ear infection, or just for general unwellness. *Keynote is that there are no keynotes!* Symptoms are vague. Patients take cold easily & are susceptible to chest troubles. Can be helpful in anaemia as it increases the haemoglobin. Helpful in bleeding & vein problems. (TS Acutes - can be useful in small children for beginnings of ailments with runny nose).
22. **Gelsemium 30c** Heaviness, weakness, drowsiness with drooping eyelids. Trembling, chills & heat up & down spine, flu symptoms with aching muscles (see Eup Per). Nervous excitement & paralysis before events such as public speaking, exams with frequent urination or diarrhoea. Symptoms after shock or fright. *Worse* anticipation, humid weather, surprises, *Better* urination, sweating.
23. **Hepar Sulph 30c** Over-sensitivity is a keynote. Angry, irritable - very difficult when sick. Very chilly. Good for inflammation which is slow to resolve - ear infections, wounds, chest colds, abscesses. Sore throats with pain spreading to ear, splinter-like pain (anywhere), like a fish bone or pin. *Better* warmth, wrapping up. *Worse* getting cold, being in a draught, cold dry weather, fresh air, at night, touch, pressure.
24. **Hypericum 30c** "Arnica for the Nerves" Shooting pain, nerve pain, sciatica, 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.
25. **Ignatia 30c** Acute emotions after death of relative or friend, stillbirth, ending relationship, disappointment, etc. Either hysteria or silent suffering with sighing, trembling or tears. Contradictory, changeable symptoms. Spasmodic & cramping pain. *Worse* cigarette smoke, coffee, guilt, worry. *Better* eating, keeping busy, walking.
26. **Ipecac 30c** Persistent nausea and/or vomiting on its own or with other conditions. Migraine headache with severe nausea & vomiting. Clean tongue. Vomiting does not relieve. Morning or travel sickness. Asthma, bronchitis or coughs (rattly or dry, hoarse) especially in children (compare Ant Tart). Bleeding, especially uterine or heavy periods. *Worse* Food, smell of food, cold. *Better* Warmth, lying with eyes closed.
27. **Kali Bich 30c (e)** Sinusitis with discharge (nasal or post-nasal) which is thick, sticky, stringy, usually yellow. Pressure & fullness at root of nose & through sinuses. Hawks thick mucous from the throat. Asthmatic-type productive cough with thick or stringy green expectoration. *Worse* cold, damp, mornings on waking, 2-5am. *Better* warmth, motion, steam inhalations.
28. **Lachesis 30c (e)** Throat pain, worse swallowing especially liquids, but better swallowing solid food. Pain radiating to ears on swallowing. Sensation of a lump in the throat. PMS—irritable, jealous, depressed, headaches, flushes of heat. Hot patients, feel worse from heat. *Worse* on waking, before the period or at menopause. Left sided symptoms or start on left & move to right. Asthma after jealousy or strong emotions. Palpitations, worse lying on left side.
29. **Ledum 30c** (known as the "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.
30. **Lycopodium 30c (e)** These people generally lack confidence & suffer anxiety, but puff themselves up to get through life & do it very well! Digestive remedy with loud rumbling in abdomen, bloated & distended, better by passing wind, worse eating even small amounts of food. Often indicated in colicky babies. Ravenous appetite. Heartburn. Stool begins hard then becomes soft or liquid. Symptoms may be brought on by anticipation, eg public speaking. Craves sweets. *Worse* from onions, oysters, cabbage.
31. **Merc Sol 30c** Like a barometer, changeable, uncertain. Offensive breath, sweat, discharges, which may burn. Yellowish-green, burning discharges. 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.
32. **Nat Mur 30c (e)** Ailments following grief are a keynote, where the initial acute symptoms have passed but they are left with a deep sadness. Very closed people, difficult to get to know. Fear of robbers, closed spaces, germs. Headaches, hay-fever, cold sores, cracked lips, stress incontinence & difficulty falling asleep. Crave salty, fatty or sour food, may be averse to slimy food, fatty or rich. Strong thirst. *Worse* from the sun, from the sea (or sometimes better), fatty food, consolation, 10-11am. *Better* cold, rest, deep breathing, fasting.
33. **Nux Vomica 30c** Over-sensitive to external stimuli. Excitable, impatient, angry, fault finding, Type A personalities. Worn out and irritable from overwork or ill from excess coffee, alcohol, rich food, drugs. Sleep problems. Constant urge to vomit or empty bowels, but can't. Wake thinking at 3am, can't get back to sleep. Asthma, hangovers, constipation, palpitations, insomnia. *Worse* morning, loss of sleep, stimulants, noise, light, 3-5am. *Better* Resting, hot drinks, milk, fats.
34. **Phosphorus 30c** Affectionate, sympathetic, anxious, excitable, fearful (being alone, dark, death, storms). Over-excited people who lack boundaries. Desires company. Coughs, blood noses & bleeding generally. Very 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, company. *Worse* cold, weather change, thunderstorms, being alone.
35. **Pulsatilla 30c** Affectionate, timid, clingy, whingy. Suffer 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, ear aches, upset tummies. 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 crying.
36. **Rhus Tox 30c** Sprains & strains to fibrous tissue, ligaments & joints, rheumatic symptoms. Stiffens up with rest, worse for first movement, better once gets going. Abscesses, boils, nettle rash, cold sores, shingles, hot painful swelling of joints. Colds & coughs. Tongue may have triangular red tip. *Worse* Cold, wet weather, before storm, night, getting chilled or wet after being hot, over exertion. *Better* Heat, hot baths, movement.



37. **Ruta Grav 30c (e)** Useful in rheumatic & connective tissue problems. Horrible stiffness felt in muscles & tendons. Injuries to connective tissue, tendons & periosteum (covering of bones), from strains or twisting of joints. Acute bursitis & tendonitis, often with effusion. Chronic overuse or injury to tendons cause fibrosis & nodular growths, especially common in the wrists. Ganglions. A good remedy for eyestrain. Patient is usually restless. *Worse* over-exertion, touch, cold, damp weather. *Better* lying down, warmth, motion.
38. **Sepia 30c** PMS, pregnancy, menopause, post-natal. Irritable, overwhelmed, indifferent to family, wants to run away—worse around the period. Dragging down pain & heaviness. Headaches before or during period. Morning sickness worse at sight or smell of food. Constipation usually without urging. Thrush with white, itching or burning discharge. Stress incontinence. *Worse* pregnancy, menses, menopause, miscarriage or abortion, noise, smells, consolation, touch. *Better* vigorous exercise such as dancing or running, warmth.
39. **Silica 30c** Shy, timid, but strong willed types. Often slim/fine boned and small. Good for people who catch cold easily & then have trouble recovering, ending up with thick mucous in the sinuses. Energy & stamina are often low & there may be problems with hair, nails, teeth & bones. Encourages splinters or other foreign bodies to discharge, for blocked tear ducts & other types of infections. *Worse* open air, vaccination. *Better* warmth, summer.
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 & burning, rawness & weakness in chest. *Better* warm drinks, bending forward, warm steamy room. *Worse* midnight, dry cold wind, cold drinks.
41. **Staphysagria 30c (e)** Very often sweet, gentle patients who cannot stand up for themselves & suffer quiet indignation or anger about a person or situation. Emotional suppression is a cause. Cystitis, urethritis, with frequent urging for urine, often worse after sex. Generally worse after sleep, especially from a short nap. Headaches from anger, grief, emotions generally. Styes on eyelids. Abdominal colic from anger or which dates from surgery. *Worse* after surgery from indignation, shame, intervention.
42. **Sulphur 30c** Colds with dirty yellow or green mucous, Loose cough, 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! Will usually be warm with red nose, ears, lips. *Worse* heat, bathing, hunger. *Better* open air, sitting, leaning, free drainage of discharges.
43. **Thuja 30c (e)** Fungal infections, tinea, warts, corns, weak distorted nails. Problems following vaccination. *Worse* damp, humidity, cold, at 3am & 3pm *Better* warmth of the bed, vigorous exercise, for sweating, for sleep *Caution: Thuja is a deep acting remedy. If treating warts or similar use once or twice a day for two weeks maximum then wait two weeks. If no change seek professional help.* *Worse* damp, humidity, cold, at 3am and 3pm *Better* warmth of the bed, vigorous exercise, for sweating, for sleep.
44. **Veratrum Album 30c (e)** Coldness is a keynote symptom - breath, tongue & skin, etc with icy cold sweat. Increased salivation with great thirst. Use for severe vomiting and/or diarrhea. Cold drinks may be vomited immediately after taking. Collapse after diarrhea with exhaustion. *Worse* after eating fruit, exertion, drinking. *Better* warmth, hot food.
45. **S.O.S. (Save Our Sanity)** This is our own version of *Rescue Remedy*, created for the times we live in & more appropriate for the experiences of the 21st century. Useful for shock, trauma, after accidents or for hyper, excitable children. Anxiety before an event, such as the dentist or exams. Apply to bites, stings, bruises, etc.
46. **TS Acutes** See under *Tissue Salts*.

## Our HomeoCombinations

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 combinations - based on the homeopathic remedies most commonly indicated for a particular situation. It will generally be only one remedy in that combination which does the job. These combinations, many of which have been used in our clinic for more than a decade, aim to address a broad range 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.

*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.*

[View on the website.](#)

**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 other minor childhood ailments. Sometimes it's hard to decide which single remedy to use individually, so this a good all purpose remedy. *Always seek assistance for fever in babies under six months old.*

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

**Anticipation & Anxiety:** For fear, anxiety with paralysis, palpitations, nausea, etc & all those situations where you are frozen or paralysed with emotion or fear. Good for travel, before visits to the dentist, etc.

**Contains:** SVR 16 (Aconite 30c, Gelsemium 30c, Arsenicum Album 30c, Copper Beech 200x, Frankincense 200x, Moldovite 200x, Wyldwood Essence Honesty)

**Bad Head (Headaches!):** May assist with mild, annoying & infrequent headaches from tiredness, eyestrain, hangover, sinus or with acute illness, & may help with the beginnings of a migraine-type headache.

**Contains:** SVR14 Bad Head (Bryonia 30c, Gelsemium 30c, Glonoine 30c, Kali Bich 30c, Kali Phos 6x, Nux Vomica 30c, Sepia 30c)

**Beautiful Birthing:** Not technically a homeocombination, but an essence we created for those wanting to nurture the connection between themselves and their baby. Helps to ground, centre, purify and energise, preparing you for the moment of your little one's incarnation.

**Bites & Stings:** To assist with symptoms of itching, swelling, stinging & rashes from a variety of animals & 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)

**BBF (Broken Bones & Fractures):** A combination of remedies traditionally used to help bones knit and tissue regenerate. The combination can be useful not just for accidents and injuries but following surgery where bone tissue has been compromised.

**Caution:** Check with your healthcare provider that the bone is correctly aligned before taking this combination.

**Contains:** SVR32 BB&F (Arnica 30c, Calc Phos 6x, Calc F 6x, Ruta Grav 30c, Symphytum 30c, Silica 6x).

**Bugg Off:** - to help prevent bites from and build resistance to mosquitoes and other critters. This does not protect against mosquito-borne disease - please contact us if you require.

**Contains:** SVR46 Bugg Off (Caladium 6c, Ledum 6c, Sulphur 6c, Tabacum 6c)

**Cold & Flu:** For early & common symptoms of a head cold including runny nose, sneezing, nasal congestion & minor sore throats. Use alongside *Anas Barb 200c* or *Winter Prep* to assist recovery & reduce intensity of symptoms.

**Contains:** SVR05 Cold & Flu (Aconite 30c, Allium Cepa 6c, Anas Barb 200c, Arsenicum Album 30c, Bryonia 30c, Gelsemium 30c, Eupatorium 30c, Influenzinum 200c, Nat Mur 6x, Nux Vomica 30c, Pulsatilla 30c)

**Cold Sores:** includes the remedies traditionally used for the early relief of cold sores (herpes simplex), which may arise during stress, with a cold or around the period.

**Contains:** SVR01 Cold Sores (Apis 30c, Cantharis 30c, Natrum mur 6c, Rhus tox 6c, Sepia 30c, Zincum 6x)

**Colic & Tummy Aches:** For temporary relief of sore or windy tummies & for restless & unsettled babies which may be the result of mild colic or reflux. May also help older children & adults with crampy tummies.

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

**Congestion:** To assist with lingering coughs and mucous. Symptoms may include post nasal drip, sticky, stringy, copious, persistent mucous in sinuses or on chest following a cold or flu.

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

**Constipation:** May assist those people who suffer from this uncomfortable condition from time to time. Perhaps following antibiotics, a lesser known side effect than diarrhoea, maybe during travel, through a period of stress or after surgery.

**Contains:** SVR37 Constipation (Bryonia 30c, Calc Carb 30c, Nitric Acid 30c, Nux Vomica 30c, Sepia 30c, Silica 30c)

**Cough - Chesty:** To promote recovery from minor & uncomplicated chesty or loose coughs in children & 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 & uncomplicated dry coughs in children & adults. *If symptoms do not improve see comments under Cough - Chesty.*

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

**CRUX Exposure:** To support the system during and after CT Scans, Radiation Therapy, Ultrasound, Xray.

**Contains:** SVR44 CRUX (Green 200x, Obsidian 200x, Cad Met 200c, Caust 200c, Rad Brom 200c, Xray 200c)

**Cystitis:** A combination of remedies traditionally used for short term relief of symptoms of a mild urinary tract infection.

**Contains:** SVR42 Cystitis (Apis 30c, Cantharis 30c, Chimaphila umbellata 6x, Ferrum Phos 6x, Sarsaparilla 30c, Staphysagria 30c)

**Exam/Study:** For the stresses of facing important exams with symptoms such as anxiety, irritability, "brain fog", lack of appetite, sleeplessness & exhaustion.

**Contains:** SVR49 Exam/Study Combination (Anacardium 30c, Gelsemium 30c, Kali Phos 6x, Mimosa 30c, Nux Vomica 30c, Phos Ac 6c, PicAc 30c, BFR Larch)

**Feet & Nails:** A combination of remedies traditionally used to manage minor symptoms of warts, fungal nails and tinea. Available in drops for oral use and cream for topical application. *Conditions which are long standing and/or recurrent may require individualised treatment from a homeopath to deal with the underlying issue.*

**Contains:** SVR34 Feet & Nails (Calc F 6x, Ant Crud 6c, Graphites 6c, Caust 6c, NitAc 6c, Silica 6x, Tea Tree 6x, Thuja 6c)

**Fever:** To assist fever associated with a cold, flu or other minor ailment. Babies & small children with teething issues may respond better to ABC, but this combination is also appropriate for this age group. *Always seek assistance for a fever in a child under six months old.*

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

**Food Reactions:** May assist with mild acute reactions to foods such as swelling, itching, abdominal pain, diarrhea, vomiting, mucous, etc. May be used alongside conventional treatments. *Constitutional treatment is recommended for longstanding problems.*

**Contains:** SVR43 Food Reactions (Apis 30c, Oriza Sativa 6c, Carb Ac 30c, Gaertner 30c, Histaminum 200c, Oak 200x, Okoubaka 30c, Urtica U 6c)

**Gastro:** Use for the acute stage of mild diarrhea, vomiting, pain & wind & also for recovery from a gastric complaint. A good remedy to include in a kit if you are travelling to countries such as Bali or India.

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

**Get Prepped:** Originally known as Winter Prep, GP was created as an annual support remedy, containing traditional homeopathics which relate to the illnesses seen in the northern hemisphere in the previous winter. Updated in 2022 to reflect the new and ongoing issues, we tweak this most years to reflect what is going on out there! It contains remedies to support immune function and for first stage of an acute illness.

**Contains:** SVR33V Get Prepped (Anas Barb 200c, Ars Alb 200c, Baptisia 200c, Belladonna 30c, Bryonia 200c, Eup Per 200c, Gelsemium 200c, SOS, GP Mix 22)

**Gum Health:** Use as part of your dental care as a tonic for gum health, to assist with bleeding & inflammation & to strengthen gum tissue. **Caution do not use while breastfeeding.**

**Contains:** SVR11 Gum Health (Calc Fluor 6x, Calc Phos 6x, Calc Sulph 6x, Kali P 6x, Silica 6x, Fragaria 6c, Merc Sol 6c, Myrrh 200x, Pyrogen 6c)

**Hayfever & Allergy:** To assist hayfever symptoms & covers common symptoms experienced as a result of mild allergy. Symptoms may include sneezing, itching, watery eyes & nose, swelling, fever & so on. *This is our 'go to' hayfever remedy!*

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

**Hayfever 2:** Based on a German product, this remedy may bring relief where itchy eyes and skin are a particular issue and the *Hayfever & Allergy Combination* has not helped.

**Contains:** SVR15a Hayfever 2 Combx (Sinapis Nigra 6x, Aralia Racemosa 6x, Cepa Dil 6x, Sabadilla 6x, Ailanthus 6x)

**Hemorrhoids:** This combination contains remedies traditionally indicated for soothing and supporting the digestive system and assisting with symptoms of hemorrhoids and fissures.

**Contains:** SVR38 Hemorrhoids (Aesculus 6c, Arnica 6c, Calc Fluor 6x, Ferrum Phos 6x, Hamamelis 6c, Nitric Acid 6c, Nux Vomica 6c, Sulphur 6c)

**Immune Boost:** Includes powerful immune boosting homeopathics in a form that is easy for children to take as the dose is small & 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:** SVR18 Immune Boost (Astragalus 30c, Echinacea 30c, Hydrastis 30c, Olive Leaf Extract 30c)

**Indigestion:** May be used to manage symptoms of heartburn, reflux, burping and minor digestive issues especially following eating.

**Contains:** SVR35 Indigestion (Carbo Veg 6c, Lycopodium 6c, Nat Phos 6x, Nux Vomica 6c, Pulsatilla 6c, Sepia 6c)

**Kalm Kids:** To help calm babies & 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 & 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 remedies for bruising, bleeding, healing, exhaustion & pain, as well as remedies for the strong emotions which can arise during labour. Can be used throughout the labour & until after-pains subside. Follow with Arnica 30c for a few days & other remedies from the *Birthing Kit* as required.

**Contains:** SVR17 Labour (*Homeopathics* - Arnica 30c, Kali Phos 6x, Mag Phos 6c, *Essences* - S.O.S., Bay Leaf, Chalice Well Water, Rose)

**Lactation Support:** Contains remedies most indicated to support & enhance milk supply & quality. May help with oversupply & during weaning.

**Contains:** SVR21 Lactation Support (Alfalfa 6c, Asafoetida 6c, Belladonna 6c, Calc Carb 6c, Lac Deffloratum 6c, Phytolacca 6c, Phos Ac 6c, Pulsatilla 6c, Silica 6x, Urtica Urens 6c)

**Mastitis Support:** Includes three traditionally used remedies which are most often indicated for mild mastitis/breast inflammation during breastfeeding.

**Contains:** (Belladonna 30c, Bryonia 30c, Phytolacca 30c)

**Menopause - Peri & Post:** To assist symptoms of dryness, congestion, ongoing flushes and other niggly problems associated with menopause. May also help balance emotions and assist with passing from motherhood to the next phase of womanhood. *alice W*

**Contains:** SVR114 Menopause (Hazel, Clay, Rose, Chell Water, Holly, Sea Salt, Sycamore Seed all in 200x potency)



**Morning Sickness:** To assist mild symptoms of nausea and vomiting during pregnancy from a range of causes. Includes S.O.S. to assist with anxiety.

**Contains:** SVR23a Morning Sickness Combination (Cocculus 30c, Nux Vomica 30c, Tabacum 30c, Petroleum 30c, Sepia 30c, Symphoricarpos Racemosus 30c, S.O.S.)

**Motion Sickness:** Similar to Morning Sickness, may assist symptoms of motion sickness while travelling with nausea, vertigo & vomiting. Useful for insomnia due to crossing time zones.

**Contains:** SVR23 Motion Sickness Combination (Cocculus 30c, Nux Vomica 30c, Tabacum 30c, Petroleum 30c, S.O.S.)

**Mouth Ulcers:** To assist with minor cases of mouth ulcers on tongue or gums and sore mouth generally.

**Contains:** SVR39 Mouth ulcers (Ars Alb 6c, Borax 6c, Merc Cor 6c, Merc Sol 6c, Nat Mur 6x, NitAc 6c, Phosphorus 6c, Silica 6x).

**Ouchy Combx:** Bumps, bruises, scratches & other minor wounds & injuries sometimes need more than just Arnica. Keep this in the cupboard to help with minor wounds. Also available as a cream.

**Contains:** SVR20 Ouchy (Arnica 30c, Calendula 30c, Hepar Sulph 6c, Ledum 30c, Hypericum 30c, Pyrogen 6c, Silica 30c)

**PMS Combination:** A combination of those remedies indicated for symptoms of pain (abdominal & back), headache & anger/irritability sometimes associated with the menstrual cycle. *Ongoing problems may require advice from a registered homeopath.*

**Contains:** SVR24 PMS (Homeopathics Chamomilla 30c, Mag Phos 6x, Pulsatilla 30c, Red 30c, Sepia 30c *Vibrational essences* Selenite, Snowdrop)

**Probiotic Kefir:** Prepared as a homeopathic remedy, balances and helps recolonise gut flora. Use alongside good quality organic yoghurt, fermented foods or probiotics for enhanced results.

**Contains:** Probiotic Kefir 6x

**Recovery (Respiratory):** If slow to recover from a respiratory illness this may assist. Remedies are selected to brace up the system, improve the appetite, resolve lingering cough.

**Contains:** SVR30 Recovery (Avena Sativa 6x, Carbo Veg 30c, Gelsemium 30c, Phos Ac 6c, Silica 30c, Sulphur 30c, Tub Av 30c)

**R.R.A. (Rhus Tox, Ruta, Arnica 30c):** To assist with sprains, strains & other aches & pains resulting from an accident, injury or surgery. Has an affinity for ligaments, tendons & muscles.

**Contains:** SVR48 RRA (Arnica 30c, Rhus Tox 30c, Ruta 30c)

**Safe Vacc Combination:** If you are worried about the side effects of immunising your baby or small child, this remedy aims to give some level of support to the immune system before, during and after the vaccination process.

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

**S.O.S.:** Our own version of Rescue Remedy addresses our reaction to many of the things we are experiencing in the 21st Century. It covers all the same emotional & 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 & so on.  
**Contains:** SVR28 S.O.S.

**Sleep Combx:** These remedies have been selected to cover a range of different situations & to help relax children & adults who may have trouble falling asleep or staying asleep.

**Contains:** SVR51 Sleep (Avena Sativa 6x, Cocculus 6c, Coffea 6c, Cotton 6c, Mag Carb 6c, Nux Vomica 6c, Passiflora 6x, Silver Birch 6c, Sulphur 6c, S.O.S.)

**Surgery:** To promote recovery after any type of surgery (including caesarean). Remedies have an affinity for bruising, bleeding, trauma & healing & help to keep the recovery process on track. Also contains remedies to assist with the occasional side effects of anaesthetic. Helpful for other types of wounds & for dental surgery.

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

**Teething:** Derives from those homeopathics traditionally know to assist with the symptoms of teething such as sleeplessness,

restlessness, pain, fever, diarrhea or constipation & differs from the combinations of remedies found in some other products.

**Contains:** SVR11 Teething (Aconite 6c, Belladonna 6c, Calc Carb 30c, Chamomilla 30c, Coffea 6c, Mag Mur 6c, Nux Vomica 30c, Phytolacca 6c, Rheum 6c)

**Throat Sootha:** To assist with sore throats or mild tonsillitis alone or associated with a cold or similar illness. If cold symptoms are stronger than the sore throat symptoms try *Cold & Flu Combx* which also covers throat symptoms of a minor nature, but has a broader sphere of action. *If sore throats or tonsillitis are an ongoing problem consult your healthcare practitioner.*

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

**Thrush:** Indicated for short term relief of symptoms of mild thrush such as after a course of antibiotics or during pregnancy. The remedy could be used alongside conventional treatments. *Always seek advice for vaginal discharge in little girls.*

**Contains:** SVR40 Thrush (Borax 6c, Candida Nosode 7c, Merc Sol 6c, Nat phos 6x, Probiotic Kefir 6x, Pulsatilla 6c, Sepia 6c, Sulphur 6c)

**Travel/Jet Lag Combination:** To aid symptoms normally associated with jet lag, travel stress, exposure to radiation & change of environment. May also help support the immune system against picking up illness from airconditioning on planes & in hotels. *Arnica* is included and is also traditionally used to help protect against DVT on long trips.

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

**Travel Prep - Immune Support for Travel:** This is the same remedy as our very popular Winter Prep and is a good support for travel involving planes and trains, change of environment, any time of year.

**Varicose Veins:** For soothing and healing acute inflammation of varicose veins. This may be due to pregnancy or a flare up of a chronic condition.

**Contains:** SVR41 Varicose Veins (Apis Mel 6c, Calc Fluor 6x, Ferr Phos 6x, Hamamelis 6c, Lachesis 6c, Mag Phos 6x, Pulsatilla 6c)

**Worming Support (Family):** Our Worming Support combination has been around for more than a decade. It can be used to manage the common symptoms of worm/parasite infestation in adults and children.

**Contains:** SVR27 Worming (Cade Oil 6x, Cina 6c, Cina 200c, BFR Crab Apple, Gaertner 30c, Naptha 6c, Nat Mur 6x, Nat Phos 6x, Sulphur 6c, Teucrium 6c)

## Tissue Salts

Tissue salts support and enhance assimilation and uptake of food and other nutrients, rather than supplementing the diet. They work on the cells and tissues of the body and are generally taken 2 or 3 times a day for at least one month or as required. Single tissue salts are available on the website. Our combinations are easy to use in situations where more than one tissue salt may be required.

[View on the website.](#)

**TS Acutes:** Use at the start of colds & similar with sneezing, runny nose, possibly mild fever & general unwellness. Good when you think something is brewing but you have no symptoms to pin a remedy on.

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

**TS Calcium:** Problems with low calcium levels & calcium absorption may be helped by this combination. Useful for healing broken bones & problems with bones & teeth in children & adults. Can be taken with supplements like calcium, magnesium, Vit D to enhance their uptake.

**Contains:** Calc Fluor 6x, Calc Phos 6x, Nat Phos 6x, Silica 6x

**TS Circulation:** For assistance with circulatory problems such as swelling, inflammation, arthritis.

**Contains:** Calc Fluor 6x, Cupr Ars 6x, Ferrum Phos 6x, Mang S 6x, Nat Mur 6x

**TS Elasticity:** Haemorrhoids (piles), loss of elasticity, backache & similar conditions may be assisted by this combination.

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

**TS Fatigue:** Can be useful for low energy following an illness, through nervous exhaustion or during a period of stress.

**Contains:** Calc P 6x, Ferrum P 6x, Kali P 6x, Mang S 6x, Zinc M 6x

**TS General Tonic:** May be used as an overall tonic & can be helpful to promote recovery after an acute illness or during chronic illness.

**Contains:** Calc Fluor 6x, Calc Phos 6x, Calc Sulph 6x, Ferrum Phos 6x, Kali Mur 6x, Kali Phos 6x, Kali Sulph 6x, Mag Phos 6x, Nat Mur 6x, Nat Phos 6x, Nat Sulph 6x, Silica 6x, Mang 6x, Zinc 6x

**TS Growing Pains:** Aching feet & legs, growing pains, cramps & poor calcium assimilation may be assisted by this combination.

**Contains:** Calc Fluor 6x, Calc Phos 6x, Kali Phos 6x, Mag Phos 6x

**TS Hair & Nails:** Useful for weak nails and falling, dull hair or dandruff.

**Contains:** Calc Phos 6x, Ferrum Phos 6x, Kali Phos 6x, Kali Sulph 6x, Nat Mur 6x, Silica 6x, Zinc Mur 6x

**TS Nerves & Vitality:** Useful for an overactive nervous system, stress and lack of vitality. Can be helpful during convalescence after illness, during high stress and following surgery or childbirth.

**Contains:** Calc P 6x, Ferrum Ps 6x, Kali P 6x, Mag P 6x, Nat P 6x, Zinc M 6x

**TS PAIN:** (Pain, Aches, Inflammation, Nerve Pain) may help with a variety of musculoskeletal issues such as back pain, injuries, cramps, inflammation and healing.

**Contains:** Calc F 6x, Calc P 6x, Ferrum P 6x, Kali M 6x, Kali S 6x, Mag P 6x, Nat Mur 6x, Nat P 6x, Nat S 6x, Zinc M 6x

**TS Period Pain:** May assist with period pain and general discomfort.

**Contains:** Calc P 6x, Kali M 6x, Kali P 6x, Mag P 6x, Zinc M 6x

**TS Sinusitis:** A traditional tissue salts combination for minor sinus problems and mucous. *Also see our Congestion remedy.*

**TS Skin:** For treatment and support of minor skin ailments, scalp eruptions, eczema, acne, scaly skin and similar.

**Contains:** Ars I 6x, Calc S 6x, Kali Mur 6x, Kali S 6x, Silica 6x, Zinc M 6x

**TS Stress:** (Calc Phos 6x, Ferrum Phos 6x, Kali Phos 6x, Mag Phos 6x, Nat Phos 6x)

**Contains:** Ferrum Phos 6x, Kali Mur 6x, Kali Sulph 6x, Nat Mur 6x

**TS Water Balance & Acidity:** May assist with fluid retention or assimilation, acidity and cramps and/or headaches from dehydration.

**Contains:** Calc Phos 6x, Mag Phos 6x, Nat Bi 6x, Nat Mur 6x, Nat Phos 6x, Nat Sulph 6x, Zinc Mur 6x

## Homeopathic Creams

We hand-make a range of homeopathic creams. Please [check our website](#) for full details of the naturopathic base ingredients:

**HyperCal** - a general purpose cream for soothing and healing, and for rashes and wounds.

**Arnica** - for bumps, bruises, sports injuries and overexertion in the garden or similar.

**Bites & Stings** - bites, stings, itching, swelling, rash after bites or contact with an insect or animal

**Feet & Nails** - for minor cases of warts, tinea and fungal nails. Use with Feet & Nails drops for best results.

**Red Cream** - for sore, red, rashy problems like mild eczema and nappy rash.

**Ouchy Cream** - the topical version of our very popular Ouchy remedy. See under HomeoCombinations.

**RRA Cream** - Rhus Tox, Ruta, Arnica. Useful for sports injuries, sprains, strains, aches and pains, etc.

**Scarring Cream** - to assist resolution of scarring and scar tissue following accident, injury or surgery. **Caution:** do not use until 4 weeks post event to allow internal healing to occur first.

**Thuja Cream** - is used traditionally for fungal conditions including tinea and warts.

## Homeopathic Kits

We have a range of kits to suit most needs or you can select your own remedies with a **Pick Your Own Pack**.

Check out the full range [on the website](#) or contact us if you need some help making your selection.