

17. 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.

18. Pulsatilla 30c Affectionate, timid, clingy, whiny. 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.

19. Rhus Tox 30c Best remedy for sprains and strains. Stiffens up with rest, worse for first movement, better once gets going. Boils, nettlerash allergic reactions, hot painful swelling of joints, shingles, sprains and strains to fibrous tissue, ligaments and joints. Dysentery-like symptoms of diarrhea with tearing pain down back of legs. Colds, flu and coughs with bright red tip to tongue. **Worse** Cold, wet weather, getting chilled or wet after being hot, over exertion. **Better** Heat, movement, alcohol.

20. 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, including hard plugs of wax (esp after swimming). Use for other types of infections, for beginning of colds, coughs, fever. Perspire easily. **Better** heat. **Worse** cold, damp, wet weather.

21. S.O.S. (Our own version of Rescue Remedy created for the 21st century) is a valuable addition to any kit for times of stress or after a shock or fright. This can be tucked into a handbag, wash bag, etc.

Notes

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

Dose

- Dose for remedies is 1 or 2 pilules or 1-4 drops (babies 0-6 months 1 drop; 6-12 months 2 drops; 4 drops other ages).
- 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 or 4 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 or health care provider.

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.

Always read the label or information supplied and use as directed. If symptoms persist see your health care practitioner or go to the Emergency Department. 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. If in doubt as to their appropriateness to a particular situation, consult your health care practitioner.

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Home Kit 21 Remedies

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 according to homeopathic principles it will generally work quickly and well.

Whether you want to use remedies at home, are tripping around Australia or heading to Europe or the USA, this kit contains a selection of remedies most indicated for the situations you are likely to experience.

Remember to match the characteristic picture of the remedy to the patient, before you try to look for the illness you are treating. 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.

For additional home information, we recommend Jan Owen's *Homeopathy for Home Prescribers* in addition to this flyer. It is lightweight and small enough to slip into a bag or backpack.

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1. Aconite 30c This is the major shock remedy so if you've been involved in a car accident, had your bag stolen or similar. It is also a remedy to think of for anything with palpitations, racing pulse, anxiety. Would be a good remedy for someone who is terrified of flying or going to the doctor for instance.

Symptoms come on suddenly and are acute, intense and can be painful, often with great fear (sometimes of dying) and restlessness. Also useful for the beginning of a cold which comes on suddenly, very high fever with dry burning heat or drenching sweat with thirst. **Cause:** after exposure to cold dry wind, heat of sun, injury, shock. **Better:** open air. **Worse** around midnight

2. Anas Barb 200c Anti-viral & anti-bacterial action. If taken at first sign of cold, flu or other viral symptoms, may help avoid 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 general immune support! Useful for kids in childcare or new to school who pick up everything going.

3. Apis 30c Main remedy for bites and stings and allergic reactions. Severe reaction to stings, certain foods or medicines. Tonsillitis, water retention, cystitis, nettle rash, shingles. Puffy swellings anywhere. Shiny, rosy red skin. Pains come on suddenly, patient may cry out in pain, is restless. **Worse** heat, touch. **Better** Cool drinks/packs.

4. 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.

5. Arsenicum Album 30c Good remedy for food poisoning. Can be used prophylactically against "Bali Belly" – please ask. Extremely anxious and restless, fear when alone. Very thirsty for frequent sips. Burning pains and discharges with any illness - mucous, diarrhoea, throat, etc. Extreme prostration – often out of proportion to the condition. **Worse** midnight to 2am, cold food and drink. **Better** heat, hot drinks and food, company, fresh air (headaches).

6. Belladonna 30c Throbbing pains, burning heat, rapid pulse, bright redness, restlessness, usually no thirst with fever. Eyes glassy, dilated pupils. Onset after being chilled or sunstroke, bites and stings, fevers. **Worse** touch, light, noise, being jarred.

7. 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.

8. Cantharis 30c Best remedy for burns and cystitis. Cystitis, painful urination with cutting, burning and great urgency. Burns and sunburn with blistering, insect bites. Burning pains. Burning, intense thirst but worse for drinking. **Worse** Urination, movement, touch.

9. 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.

10. Gelsemium 30c Paralysis and heaviness are key words with Gelsemium. Flu or similar states with trembling, chills and heat up and down spine. Weak, drowsy with drooping eyelids, achy muscles. Also nervous excitement with frequent urination or diarrhoea. Symptoms after shock, fright, bad news, events such as public speaking, exams. **Worse** anticipation, humid weather, emotions. **Better** urination, sweating.

11. Hepar Sulph 30c Good for inflammation which is slow to resolve, where pus is present and condition is painful - ear infections, wounds, chest colds, abscesses. Sore throats with pain spreading to ear, splinter-like pain (anywhere). Over-sensitivity is a keynote on all levels. Angry, irritable, very chilly. **Better** warmth of bed, heat, wrapping up. **Worse** getting cold, touch, pressure.

12. Hypericum 30c "Arnica for the Nerves". Shooting pain, nerve pain, numbness or tingling are key. Injuries to coccyx, surgical pain, forceps delivery, dental work. Cuts, injuries to fingers and toes (slammed in doors etc). Bites or stings with shooting pain.

13. Ipecac 30c Persistent nausea and/or vomiting alone or with other conditions. Vomiting does not relieve. Morning or travel sickness, asthma or coughs (rattly or dry, hoarse with choking/gagging), tummy upsets, bright red haemorrhage. Thirstless. Constant salivation, clean tongue. **Worse** Food. **Better** Warmth, lying with eyes closed.

14. Ledum 30c Puncture wounds, eg rusty nails, insect stings, animal bites, bruises, eye injuries. May reduce local reaction to insect bites. May feel cold, as may injured part, *but* better by cold applications. Affinity for capillaries (bloodshot, bruised or black eyes). Parts become blue, purple and puffy. Weakness, numbness or twitching of part. **Worse** warmth. **Better** cold applications.

15. Merc Sol 30c Offensiveness and ulceration are keynotes of Merc. Offensiveness of breath, sweat, discharge, which may burn, yellowish-green. Metallic taste, profuse saliva, bleeding gums. Easily over-heated/chilled. Drenching night sweats. Earache with discharge, mumps, sore throat, sinus, tonsillitis. Important for dysentery; slimy diarrhoea, may be bloody. Like a barometer, changeable on all levels. **Worse** night, temperature changes, sweating. **Better** rest.

16. Nux Vomica 30c Big hangover and indigestion remedy. Constant urge to vomit or empty bowels, but can't. Sleep problems. Wake thinking at 3am, can't get back to sleep. Excitable, impatient, angry, critical. Worn out from overwork, travel or ill from excess stimulation (eg coffee, alcohol, rich food, drugs, emotions). Travel constipation, insomnia. **Worse** morning, loss of sleep, noise, stimulants. **Better** Resting, hot drinks, milk.