

Homeopathy for Common Ailments

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About Me

- ▶ 1st Step Family Wellness- St. Louis, MO
 - ▶ 10 years
 - ▶ My husband and 3 Associates (1 full time, 2 part time)
 - ▶ Holistic Wellness Care- Pregnancy, Pediatrics, Gut Health, Neurodevelopment
- ▶ Mom of 3 Children- 8y, 5y, 2y

What is Homeopathy

- ▶ A healing modality that involved using highly diluted substances to stimulate the body's natural healing processes.
- ▶ It is based on the principle of “like cures like,” meaning that a substance that causes symptoms in a healthy person can be used to treat similar symptoms in a sick person

Types of Homeopathy

- ▶ Classical
- ▶ Clinical
- ▶ Complex/ Combination
- ▶ Isopathy
- ▶ Cell Salts
- ▶ Series Therapy
- ▶ Miasms

What is Classical Homeopathy

- ▶ A form of homeopathy that involves individualized treatment based on a detailed assessment of a person's physical, mental, and emotional symptoms.
- ▶ The goal of classical homeopathy is to find a remedy that matches the person's unique symptoms and overall constitution rather than simply treating specific diseases or conditions.
- ▶ A single remedy is prescribed

What is Complex Homeopathy

- ▶ A form of homeopathy that involved using combinations of remedies to treat specific conditions.
- ▶ A remedy is chosen based on the specific symptoms of the condition and the overall constitution of the person being treated.

Isopathy

- ▶ A form of homeopathy that involved using remedies made from the same substance that is causing the symptoms

What are Cell Salts

- ▶ Cell salt, also known as tissue salts or mineral salts, are a form of homeopathic remedy that are made from minerals found in the human body.
- ▶ These minerals are believed to be essential for proper cell function and health.
- ▶ Cell salts are prepared like other homeopathic remedies

What is Series Therapy

- ▶ Involves the sequential administration of a series of remedies to address a range of symptoms.
- ▶ The remedies are given in a specific order and at specific intervals
- ▶ The goal is to address underlying imbalances and promote health
- ▶ Each remedy in the series is believed to address a specific layer of the person's health
- ▶ Often used to treat chronic health conditions

What are Miasms

- ▶ A concept in homeopathy that refers to underlying imbalances or conditions that can lead to the development of various symptoms and illnesses.
- ▶ Inherited predispositions to tendencies towards certain types of illnesses or health conditions
- ▶ 3 types
 - ▶ Psora- chronic skin and respiratory issues; weakness in vital force
 - ▶ Sycosis- chronic infections; weakness in elimination systems
 - ▶ Syphilis- chronic degenerative conditions like arthritis or dementia; imbalance in the immune system

How Are Homeopathics made

- ▶ Remedies are made through a process of dilution and potentization, in which natural substances are diluted in a series of steps to create highly diluted remedies
- ▶ The process involves:
 - ▶ Preparation- start with a plant, mineral, or animal product, then it is washed and ground into a fine powder or liquid extract
 - ▶ Dilution- the substance is diluted in a series of steps using water or alcohol; each dilution involved a specific number of successions or shaking, which activated the healing properties
 - ▶ Potentization- after each dilution the substance is energized by shaking or rubbing or grinding
 - ▶ Final Preparation- the final remedy is made by highly diluting the potentized substance in water or alcohol where there is only trace amounts of the original substance

How to Dose

- ▶ Most Common Suggestion
 - ▶ Severe- every 30 minutes
 - ▶ Mild- every 3 hours
 - ▶ Improvement- STOP and give again if symptoms return
- ▶ As needed- give remedy every time symptom is noticed. It should space out if the correct remedy
- ▶ Start with a lower potency in general like 30C then if you have improvement with the symptoms, but hit a plateau move up to higher potency like 200C
- ▶ To clear between different remedies as you are finding the right one- give a dose of Thuja

Example of Dilutions

1. 6C dilution: This is a dilution of 1 part of the original substance to 99 parts of the solvent, repeated 6 times.
 2. 30C dilution: This is a dilution of 1 part of the original substance to 99 parts of the solvent, repeated 30 times.
 3. 200C dilution: This is a dilution of 1 part of the original substance to 99 parts of the solvent, repeated 200 times.
 4. 1M dilution: This is a dilution of 1 part of the original substance to 999 parts of the solvent, repeated 1,000 times.
 5. 10M dilution: This is a dilution of 1 part of the original substance to 999 parts of the solvent, repeated 10,000 times.
 6. 50M dilution: This is a dilution of 1 part of the original substance to 999 parts of the solvent, repeated 50,000 times.
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- ▶ X remedies are diluted by a factor of 10. Ex) 6X final dilution is 1:1,000,000
 - ▶ C remedies are diluted by a factor of 100. Ex) 6C final dilution is 1:1,000,000,000,000

Contraindications of Homeopathy

1. Emergency Situations..... Homeopathy won't sow a limb back on
2. Seriously not really any contraindications. The worst that can happen is that it doesn't work and you need to choose a different remedy

Homeopathy in Pregnancy

- ▶ Nausea
 - ▶ Constant- Nux Vomica, Ipecac
 - ▶ Intermittent- Antimonium Tart, Sepia
 - ▶ Constant. Violent, belches, worse after acidic or starchy foods-Antimonium Crud
- ▶ Vomiting- Antimonium Crud, Nux Vomica, Sepia
- ▶ Heartburn- Bryonia, Calc Carb, Nux Vomica
 - ▶ Worse at night- Merc Sol
- ▶ Swelling- Apis, Calc Carb, Pulsatilla, Rhus Tox, Lycopodium, Ferrum Metallicum, Nat Mur
- ▶ Breech- Pulsatilla 200- 5 pellets every 15min for 1st hr, then 1x per hour for 4 hrs, then every 4 hrs until baby flips
- ▶ Vaginal Bleeding in Pregnancy with Anxiety- Aconite
 - ▶ Sudden gushes of blood, flow is dark red with clots with shooting pains that come and go suddenly
- ▶ Insomnia in pregnancy- restless, anxious, vivid dreams
- ▶ Cravings for non food items- Alumina
- ▶ Breathlessness in pregnancy- Arsenicum Album, Ferrum Metallicum (better after exercise)
- ▶ Braxton Hicks- Belladonna, Chamomilla, Gelsemium
- ▶ Anemia in pregnancy- lips pale with exhaustion- Ferrum Metallicum
- ▶ Hair loss in pregnancy- Lachesis
- ▶ Faintness in pregnancy- Pulsatilla
- ▶ Group B Strep- Carbo Ani 200- 1 dose at night if confirmed. Streptococcium 200 prophylactically

Homeopathy in Pregnancy

- ▶ Pubic Symphysis pain- Sepia
- ▶ Carpal tunnel- Calc Carb, Lycopodium, Rhus tox, Sepia
- ▶ Sciatica better with gentle movement or slow walking- Ferrum metallicum
 - ▶ Mag Phos- better with heat, worse with cold
 - ▶ Phus Tox- better with movement and heat, worse with cold or beginning to move
- ▶ Cramps at night- Calc Carb
- ▶ Restless Legs- Sulphur

Homeopathy for Headaches

- ▶ Burning bursting, throbbing- Aconite
- ▶ Head feels full, hot, pain is stabbing and sudden- Apis
- ▶ Better when binging up head or pressure- Argentum Nitricum
- ▶ Pain burning, throbbing in forehead, reoccurring at regular intervals, better with fresh air or cold, worse with heat- Arsenicum Album
- ▶ Pain in the back of the head; in eyes; in forehead; in temples; bursting; hammering; pulsating; throbbing; violent, starts and stops suddenly, better lying in a dark room, with pressure; worse bending down, with cold, with heat, with light, worse with exposure to the sun, worse when hair up, worse with walking- Belladonna
- ▶ Pain behind eyeballs, in forehead, bursting, violent; better with cold and pressure; worse with coughing or getting up; breastfeeding brings it on or weather change, cold, damp, over sun exposure. Headaches that last all day
- ▶ Headache from mental exhaustion or anemia- Calc Phos
- ▶ Headache in the back of head, heavy, pressing- Carbo vegetabilis
- ▶ Scalp sensitive- China officinalis
- ▶ One sided pain, worse with noise- Coffea

Homeopathy in Labor and Birth

- ▶ Premature Labor- Nat Mur, Nux vomica
- ▶ Late with Fear- Aconite
 - ▶ Severe Pains- short, sharp, violent pains or Labor too fast
 - ▶ Shock (mom or baby after labor) Arnica may be indicated too
- ▶ Long Labor- Arnica
- ▶ Stalled Labor- Caulophyllum used to establish effective contractions in labor
- ▶ Late, slow, distressing labor, cervix doesn't soften- Caulophyllum
- ▶ Exhaustion during labor or Pregnancy- Alumina
- ▶ Labor pains in the back- Chamomilla (with exhaustion), Coffea
 - ▶ Back labor due to posterior baby- Gelsemium
 - ▶ Pains with nausea- Ipecac
- ▶ Baby positioning
- ▶ Perineum- massage Calendula oil to soften during labor
- ▶ Retained Placenta- Arnica, Palsatilla (weepy)
- ▶ Retention of urine after labor- Arsenicum Album
- ▶ Hemorrhage
 - ▶ Sudden gushes of blood, flow is dark red with clots with shooting pains that come and go suddenly
 - ▶ Bright red- Ipecac (with nausea), phosphorus
- ▶ Afterpains- Painful unbearable, worse when baby nurses- Chamomilla
 - ▶ With headache, forceps delivery, pain in hips or lower back- Hypericum
 - ▶ Kali Carb- shooting pain down into the butt, hips, and legs
- ▶ Tailbone injury during labor- hypericum
- ▶ Shock- Arnica, Ignatia (emotional trauma), phosphorus

Homeopathy in Postpartum

- ▶ Anxiety
- ▶ Hemorrhoids- Hamamelis Virginiana 200 and Arnica 3c 2x/d or emuaid (Argentum Metallicum)
- ▶ Sex Drive- Sepia 200
 - ▶ Or to regulate female cycle, or hormonal headaches
 - ▶ Mother exhaustion or uterine prolapse
- ▶ Vaginal yeast- sepia 30
- ▶ Incontinence (in pregnancy too)- Arsenicum Album
- ▶ Hair loss PP- Lycopodium, Nat Mur, Sepia
- ▶ Lochia- scanty, milky, and returns after almost stopping- Pulsatilla

Homeopathy for Nursing

- ▶ Sore/Cracked Nipples- Phytolacca OR calendula cream, Castor Equi, Causticum, Sepia (with itching), Sulphur (Itchy/burn)
- ▶ Clogged Ducts- Phytolacca
- ▶ Mastitis- Belladonna, Bryonia, Hepar Sulph 200
- ▶ Pain during nursing or aching after feeding- Borax
 - ▶ Pain in breast opposite to the one baby is nursing on or pain afterwards when breasts are empty- Borax
- ▶ Infant cries with pain while feeding or refuses breast altogether. Baby's mouth feels hot to mother's nipple- Borax
- ▶ Overabundant milk supply- Belladonna, Pulsatilla
- ▶ Breasts engorged, hard, hot, inflamed, painful with red streaks, throbbing pain- Belladonna
- ▶ Breasts engorged, hard, hot, inflamed, pale, painful. Oversupply , worse with movement. May be accompanied by fever and depression
- ▶ Oversupply and breast large and uncomfortable- Calc Carb
- ▶ Hard time establishing good milk supply- Causticum
- ▶ Low supply in chilly women- Dulcamara, Lac Defloratum
- ▶ Weaning, to dry up milk supply- Lac Caninum, Pulsatilla
- ▶ Painful breast abscess- Merc Sol
- ▶ Inverted Nipples- Sarsaparilla * if no other remedy indicated, this can help to establish breastfeeding

Homeopathy for Newborns

- ▶ Breathing Difficulties after birth- Antimonium Tart
- ▶ Inflammation of the naval- Hepar Sulph. If this doesn't help within 48 hours use Silica
- ▶ Jaundice- Chelidonium, Nat Sulph(long and difficult birth, possibly forceps), Lycopodium
- ▶ Brachial Plexus Injury- Hypericum, Causticum, Plumbum Add Arnica for pain
- ▶ Snuffly newborns with no discharge- Sambucus

Homeopathy for Babies

- ▶ Constipation- lycopodium 200 AND plumbum 200
 - ▶ Mucous in the stool- aloe vera 200
 - ▶ Small pellets- Nat Nur
- ▶ Bloating, burning, gurgling related to food intolerance- lycopodium 200 with Arsenicum album 3c 2x/d
- ▶ Colic- abdomen feels bloated, pain unbearable, anger, baby cries out when passing stool, may have green stools- Chamomilla
 - ▶ Bloated, gas, pains in waves, diarrhea, baby pulls legs up to abdomen and screams- colocynthis
- ▶ Reflux- vomiting curdled milk or angry and refuse the breast next feed- Antimonium Crud
- ▶ Milk Intolerance/dairy allergy- Aethusa 200
- ▶ Food intolerances- Bovista 200 EOD take for weeks to months
- ▶ Hiccups after feeds- Borax
- ▶ Cradle Cap- Antimonium Crud, Calc Carb
- ▶ Thrush- Borax 30
- ▶ Goes to Sleep fine but wakes around midnight- Aconite
- ▶ Angry Babies- Antimonium crud
- ▶ Clogged Tear Duct- Argentum Nitricum, Silica
- ▶ Umbilical Hernia- Bryonia, Calc Carb
- ▶ Undescended Testicles- Aurum Met 200 1x/wk AND Rhododendrum 6c 1x/d OR Thyreoidenum 30 1x/d with Calc Phos

Homeopathy for Teething

- ▶ Aconite- Painful teething with fever with sweating and thirst. Cheeks are hot and red. Children toss and turn in their sleep, bite their fists, and scream
- ▶ Belladonna- painful teething with fever with no sweating and no thirst. Cheeks are red and swollen. Children are agitated, angry, with the pains, and thrash about in their sleep. Restless Sleep
- ▶ Calc Carb- slow, difficult, painful teething with cold and coughs. The child is easy going with a stubborn streak, and on the large or plump side.
- ▶ Calc Phos- slow, difficult, painful teething with green diarrhea. The child is peevish and discontented and on the skinny side.
- ▶ Chamomilla- slow, difficult, painful teething with green diarrhea. There's one red cheek or a red patch on the cheek. The child is angry and capricious with the unbearable pains- screaming for things that he or she then hurls away.
- ▶ Kreosotum- very difficult, painful teething with coughs/ bronchitis. The child is very angry with the pains
- ▶ Mag Mur- painful teething with colic and green diarrhea. The child sensitive and anxious, and doesn't tolerate milk
- ▶ Mag Phos- painful teething that is better from pressure (rubbing or holding the cheek) and from heat- for example, lying on a hot water bottle
- ▶ Phytolacca- painful teething in babies who have an irresistible urge to bite their teeth or gums together- on anything and everything
- ▶ Pulsatilla- painful teething in pathetic, whiny babies, who want to be carried all the time and who are much better when out in the fresh air
- ▶ Rheum- Painful teething with colic and sour, pasty diarrhea. Children are sour and irritable
- ▶ Silica- Slow, difficult, painful teething with colds, coughs, and diarrhea. The child is skinny, shy, and chilly

Homeopathy for Common Cold/Flu

- ▶ Within 24Hours of onset- Aconite 200 and Bryonia 200
- ▶ Fever- (over 104) Belladonna if no improvement use Aconite if early or Ferrum Phos
 - ▶ Body aches with Fever- Rhus Tox
 - ▶ Below 104- Ferrum Phos
- ▶ Clear Runny Nose- Allium Sepa
- ▶ Stuck Nasal Congestion- Kali Bich
 - ▶ Persistent stuffiness- Sambucus
- ▶ Ear Congestion and can have reduced hearing- Kali Mur
- ▶ Pneumonia- Kali Carb 200 2x/d
 - ▶ Aconite Napellus 200 and Bryonia 30 with Chelidonium majus 6
 - ▶ Kali iodatum 6 as needed for wheezing
- ▶ Flu- Influenzinum or oscillociccinum (good for prevention if exposed too)
- ▶ Sad & needy of attention during illness OR cold that progresses to thicker mucous- Pulsatilla

Homeopathy for Coughs

- ▶ Bryonia- dry cough, if mucous present hard to cough out, might be rust colored, severe chest pains during coughing, relieved by rest and worse with motion. Cough seems painful
- ▶ Kali Bich- wet cough due to post nasal drip, tickle cough
- ▶ Phosphorus- hard and dry cough, cough brought on by laughing or talking, tightness or heaviness in the chest with pain, bloodstained mucous, craves cold drinks
- ▶ Antimonium Tart- worrisome sounding wet cough, mucous rattles in chest, but doesn't cough out. Must sit up to breath
- ▶ Spongia Tosta- dry, hard, barky croupy cough with a hoarse voice. Sounds like a seal. Cough better with eating, drinking, or nursing
- ▶ Ipecac- constant cough with rattling mucous, gagging or vomiting with the cough, mucous in the throat causes loose gagging cough, loud bubbles hear in chest on breathing
- ▶ Kali Carb- dry cough with extreme pain, bending over relieves it and makes it easier to breath. Wakes at 2-3am with a cough
- ▶ Sulphur- suffocative attacks
- ▶ Drosera- Barking, deep, dry at night, in violent fits, hacking, irritating, suffocative. Breathing may be difficult, holds chest when coughs
- ▶ Euphrasia- cough only in the daytime, copius mucous, better when laying down, worse in the morning
- ▶ Cuprum Metallicum- spasmodic coughing with painful restriction in the chest, cough improved with cold water and worse in hot weather
- ▶ Sambucus- Hollow dry cough with sudden suffocative, gasping spells or asthma that resemble croup. The child awakens nearly suffocated and gasping for air. Laying down bring it back on.

Homeopathy for Wheezing/ Asthma

- ▶ Kali Carb- wheezing with cough and stitching pains in the chest, relieved by leaning forward
- ▶ Antimonium Tart- wheezing with mucous rattling and little expectoration
- ▶ Spongia Tosta- dry cough with wheezing, dry air passages, short and difficult respiration
- ▶ Argentum Nitricum-
- ▶ Lobelia Inflata- wheezing with great constriction of the chest, short, dry cough
- ▶ Nat Sulph- humid asthma with rattling in the chest at 4-5am
- ▶ Sambucus- for kids that wake up in the night and sits up due to suffocation, unable to breath out, may turn blue, whistling sound in the chest, hoarseness
- ▶ Bromium- wheezing cough with pain behind the sternum
- ▶ Arsenicum Album- wheezing during respiration and dry cough after midnight, restlessness and unable to lay down due to fear of suffocation
- ▶ Ipecac- wheezing cough with a yearly attack of SOB, rattling cough with rattling in the chest, loud bubbles heard in the chest on breathing

Homeopathy for Sore Throat

- ▶ Aconite- symptoms come on suddenly, burning, red, dry, swollen throat
- ▶ Apis- red, shiny, inflamed throat with swollen tonsils, throat, and uvula, aggravated by warm, relieved by cold, throat hurts when not swallowing, constrictive feeling, dryness with burning stinging pain, difficulty swallowing
- ▶ Arsenicum- burning pain relieved by warm and aggravated by cold, may begin with a nasal discharge, pain worse on the right, dryness in the mouth with frequent thirst
- ▶ Belladonna- acute tonsillitis, give early in other sore throats, tonsils scarlet red, burning pain and constant desire to swallow despite it hurting, constriction feeling difficult swallowing water, tickling in the larynx, high fever
- ▶ Ferrum phos- acute, non-violent tonsillitis, does not begin suddenly, pain is not severe, throat red and swollen upon waking, pain on swallowing, burning pain, better from cold, hoarseness, sore throat from singing a lot
- ▶ Hepar Sulph- sensation like a stick in the throat, sore throat that comes on after a exposure to cold, enlarged tonsils and throbbing pains, radiating pain to the ears on swallowing, hot drinks provide relief, hypersensitive and irritated by cold and touch
- ▶ Ignatia- sore throat relieved by swallowing food and painful with empty swallowing, lump in throat related to strong emotion, lose of voice or hoarseness, takes deep breaths and sighs often indicating emotional state
- ▶ Lachesis- worse on the left, left gland more swollen, left throat more red and sometimes purplish, constant tickle or feeling like something is stuck, worse with empty swallowing
- ▶ Lycopodium- sore throat worse on the right or started on the right and moved to the left, relieved by warm liquids, choking sensation
- ▶ Mercurius- colds settle in the throat, choking sensation on swallowing, raw burning pain, dry throat despite copious saliva, bad breath
- ▶ Phytolacca- shooting pain from the throat to the ears and pain at the root of the tongue when sticks tongue out, raw and rough feeling more on the right, long term swollen tonsils
- ▶ Rhus Tox- pain on initial swallowing, but experience relief the more often they swallow
- ▶ Sulphur- Burning pain relieved by cold and aggravated by warm drinks

Homeopathy for Childhood Illness

- ▶ Hand Foot Mouth- Merc Sol 200, Antimonium Crud 7
- ▶ Chicken Pox- Rhus Tox, Antimonium Crud
- ▶ Strep- Hepar Sulph 200 (any infection) every 2-3 hrs then 2x/d
 - ▶ Mercurius cyb 200- bad taste, sores in the mouth, copias saliva
 - ▶ Belladonna 6 for severe pain as needed even every 15min
- ▶ Molluscum contagiosum- antimonium crud 6c EOD, if no change after a few weeks switch to Thuja 30C 2x/d
- ▶ Whooping Cough- spongia tosta, Drosera
- ▶ RSV/Croup (See Cough and Common Cold)
 - ▶ Croup- worse in the early morning 3am, recurrent, cold air or uncovering causes coughing, chokes, wheezes, and rattles, but bringing up mucous difficult- Hepar Sulph
 - ▶ Worse in the evening and starts just after midnight- Aconite
 - ▶ Spongia Tosta- around 2am and talking makes it worse
- ▶ Pink Eye- Euphrasia for clear watery tears that burn to green discharge and Sandy
 - ▶ Hepar Sulph 30 or 200
 - ▶ Pulsatilla- itchy with thick yellow/green discharge, wants cool
 - ▶ Belladonna- Intense redness comes on quickly with high fever, intense pain and heat
- ▶ Roseola- onset sudden with fever- Aconite
- ▶ Appendicitis- Belladonna early, Bryonia- pain with movement, Hepar Sulph, Nat Sulph
 - ▶ Lycopodium 200 plus Belladonna 3C 1 dose every 3 hours, after relief 2 doses daily. Belladonna 3c in water every 15min until pain stops
 - ▶ Sulphur 200 1 dose of 2 pills 1x/wk
- ▶ MRSA
 - ▶ Hepar Sulph 200- 1 dose EOD
 - ▶ Hypericum 200 AND Arseniucm Album 200 1 dose 3x/d
 - ▶ OR Aurum Arsenicum 6c 3-4x/d

Homeopathy for Ear Infection

- ▶ Ear Infection- Hepar Sulph 200, Chamomilla
- ▶ Acute Ear Infection with needy disposition- Pulsatilla
- ▶ Kali mur- middle ear effusion, stuffy ears with white or greenish yellow nasal discharge, enlarged tonsils
- ▶ Kali Sulph- middle ear effusion with discharge that is thin, yellow, sticky with hearing loss; noises in the ear, itchy ears, and evening pain
- ▶ Mercurius dulcis- middle ear effusion with thickened, retracted ear drums with more scarring and granular tonsils and can have diarrhea and greenish stools
- ▶ Reoccurring Ear Infections (or other illnesses)- Camphora 200 1 dose for 1 day (antidotes previous drugs) with Calc Carb 200 every other day for at least 3 months to aid in the immunity problems
- ▶ Swimmers Ear with sudden onset with fever and pain that wakes the child from sleep, anxious and irritable, worse after exposure to dry cool winds or getting chilled, may be thirsty for cold drinks- Aconite
 - ▶ Belladonna- Earache comes on suddenly and strong and may spread down the neck, red body part, noises in the ear, worse on the right, may have fever, radiating heat
 - ▶ Hepar Sulph- ear sensitive to touch and to cold, but does well with applying heat. Pain feels stitching and may be accompanied by smelly discharge, ear pains are worse at night
 - ▶ Pulsatilla- sensitive to heat and the ear may be hot and painful when touched while cheeks are pale. The ears feel blocked. Smelly thick yellow discharge may accompany, worse at night

Homeopathy for GI Distress

- ▶ Arsenicum Album- vomiting starting in the night. Any GI bug
- ▶ Podophyllum- profuse, watery, smelly stools that fill the diaper. Noisy spluttering explosive diarrhea. When GI symptoms have been present for a few days
- ▶ Veratum Album- child who have become exhausted from the diarrhea and appear cold and sweaty; stools are profuse and watery and may have painful cramping and vomiting
- ▶ Gas and Bloating after Antibiotic treatment leads to Dysbiosis. This protocol can help heal.
 - ▶ Camphora 200 1 dose
 - ▶ Calc Carb 200 EOD for at least 3 months to aid te immune system
 - ▶ Lycopodium 200 2x/d for about 2 months
- ▶ Inflammation in the ICV region- Kali mur or Mag Phos, Ferrum Phos

Homeopathy for Kids

- ▶ Bumps/Bruises, sore muscles, sprains and strains- Arnica
- ▶ Neuro Tics- hyoscayamus niger 6c
- ▶ Parasite- Cina 6c 2x/d for 6-8 weeks
- ▶ Eczema- Camphora 200 (1 dose) then Antimonium Crud 200 and Arsenicum Album 200 (2 pellets of each 2x/d)
 - ▶ Antimonium Crud 6 or 200 mixed with Arsenicum 200 2x/d and Bovista 200 EOD for a month and Hepar Sulph 30 EOD
- ▶ Broken Bones- Symphytum 200 + Calc Phos 6 at the same time 2x/d
 - ▶ For pain- hypericum 200 and Arnica 200 (Alternate remedies every dose)
 - ▶ Slow to mend- Silica
- ▶ Strabismus- Argentum Nitricum for overall anxious personality OR Cuprum Metallicum- prone to muscle spasm anywhere in the body
- ▶ Food poisoning- Arsenicum Album 30
- ▶ Reaction to chemicals- Nat mur or nux vomica
- ▶ Warts- Thuja
- ▶ Splinters- Silica

Homeopathy for kids

- ▶ Bee Sting- Apis Mellifica or Urtica Urens
 - ▶ Bites or stings with inflammation, shooting pain, nerve pathways- Hypericum
- ▶ Anaphylactic Shock or hives- Apis Mellifica
- ▶ Concussion or fall/bang to the head- Arnica
- ▶ Sun Stroke- Belladonna

Homeopathy for Sleep

- ▶ Coffea cruda 30- cant fall asleep, wired at night, wide awake. The person feels amped up and is bothered by slight noises and may be someone who indulges in coffee. Excited or just got good news, teething, sleeps until 3am, sleep disturbed by dreams or itching anus (4x/d for 4 days then once a week for a month)
- ▶ Nux vomica 30- when cant stay asleep, wakefulness between 2-4am, then awake til morning, accompanied by thoughts of the day such as duties. Someone who tends to over eat or drink, is sedentary, has digestive problems (4x/d for 4 days then once a week for a month)
- ▶ Arsenicum Album- Fearful to be alone at night, sleeplessness caused by anxiety or fear. Has difficulty falling asleep when overtired. Restlessness before bed and waking after midnight
- ▶ Chamomilla- factious (exaggerating symptoms) and irritable, in physical pain, weak nervous women, quiets irritability and emotional excitement. Dreams are fanciful, vivid, and anxious. Hot and thirsty, moaning in sleep, weeping in sleep, tossing about
- ▶ Arnica 6c- feels like the bed is too hard. For someone who gets car sick easily, over exertion, weariness of the mind and body. Day sleepiness, but can't sleep. Dreams of death, anxious, and terrible, awakens in terror. Give 2x/d every day until improvement
- ▶ Opium- stupefying and unrefreshing sleep. Sleepy, but can't sleep. Acute hearing of little sounds around. Loss of breath on falling asleep, bed feels so hot they cannot lie on it, uncovered, and moves a lot
- ▶ Ambra grisea- arising from worryment of the mind. Before midnight sleeplessness. Frequent waking in the night, at 2am uneasiness in the whole body, especially occiput, wakes up at night with a headache, but goes away in the morning. Coldness of the body and twitching limbs
- ▶ Hyoscyamus Niger- sleeplessness from nervous excitement. In children who twitch or cry out frightened and tremble. From over worked mind

Homeopathy for Sleep cont.

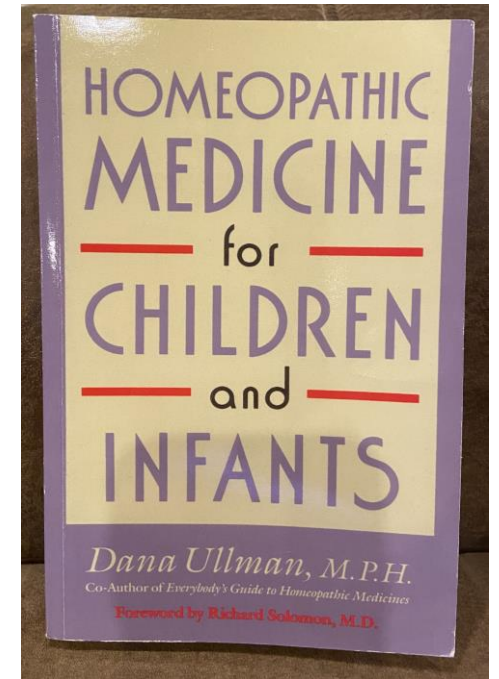
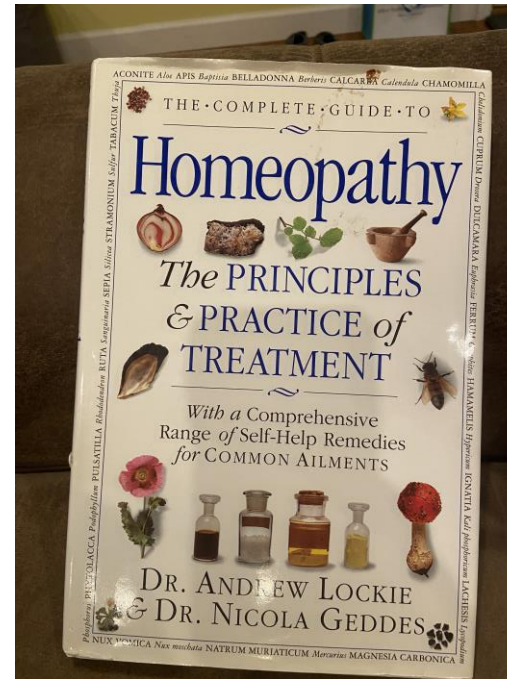
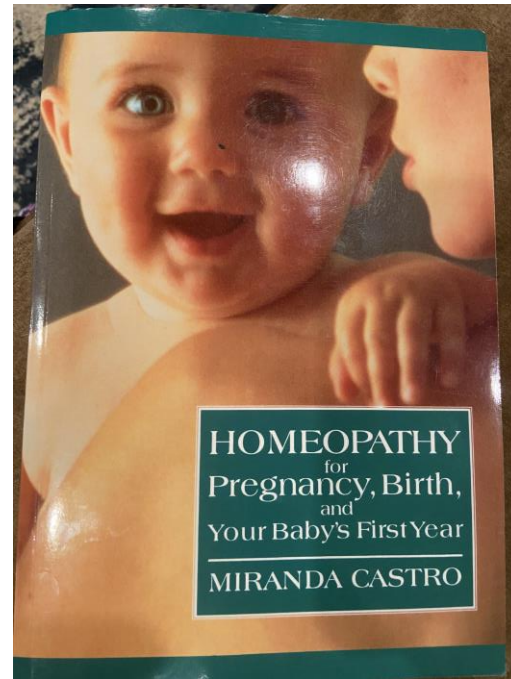
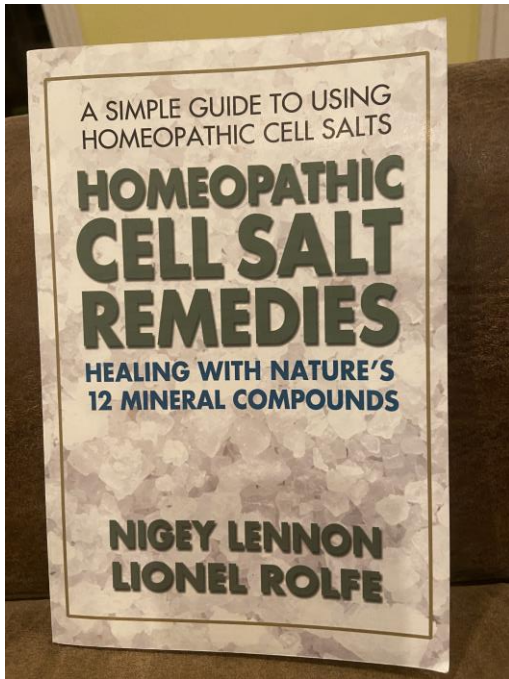
- ▶ Sulphur- nervous excitement, cutaneous irritations and external heat. Sleeps in cat naps and wakes frequently. Long but unrefreshing sleep. Nightly jerks or twitching. Nightmares. Singing in sleep. Cannot sleep between 2-5am
- ▶ Belladonna- sleepless because of congestion. Frightful images appear upon closing eyes. Children who awake from sleep frightened. Throbbing in the brain that prevents sleep. Frightful dreams that constantly awaken person. Restless sleep during dentition
- ▶ Argentum Nitricum- sleepless from fantasies. Dreams of serpents with horror, activity of mind
- ▶ Gelsemium- business women worrying and awake early. Alternate excitement and depression, emotional disturbances. Goes to be tired, but immediately wakeful
- ▶ Ignatia- sleeps really light. Insomnia due to grief, sadness, or anxious thoughts. Dream of the same subject all night. Child wakes with piercing cries and trembles
- ▶ Mag Carb- oppression in the abdomen from gas. cutting teeth, exhaustion, unrefreshed sleep and feeling tired in the morning. Dreams of fires, robbers, fights, money, pleasure, misfortune, dead people
- ▶ Cocculus indicus- light haired timid nervous bookwork type. Sleeplessness due to night watching tv, nursing with worry or anxiety, thinking about day prevents sleep, spasmodic yawning, mental or physical exhaustion.
- ▶ Aconite- anxiety, restlessness, anguish, fear, child tosses feverishly. Starts after midnight

Homeopathy for.....

- ▶ Allergies
 - ▶ Itchy watery eyes Euphrasia
 - ▶ Calc Carb
- ▶ Eye irritation after getting something in it- Euphrasia
- ▶ Skin issues/Rashes- Antimonium Crud
- ▶ Hoarseness/Loss of voice- Phosphorus
- ▶ Tick Bites- Ledum 200 2/4 pellets 2x/d for 1 week
- ▶ Cysts, abscesses- Hepar Sulph 200
- ▶ Canker Sores- Merc Sol
- ▶ Shooting Nerve Pain or Injury when nerves have been damaged- Hypericum
- ▶ Ligament Injury (Sprains)- Rhus tox once swelling has gone down using Arnica
- ▶ Car Sickness- Borax or Nux Vomica
- ▶ Dry cracked hands- Petroleum 200 4 pellets 2x/d EOD
- ▶ Stye- Pulsatilla
- ▶ Sunburn- Belladonna 30 and Cantharis 30

Homeopathy for Dental

- ▶ Toothache
 - ▶ Aggravated by Hot- Pulsatilla
 - ▶ Cold food and drinks help- Coffea Cruda
 - ▶ Throbbing- Belladonna
 - ▶ Clenching Alleviates- Staphysagria
 - ▶ Shooting pain and better with warmth- Mag Phos
 - ▶ Pain Following trauma or braces- Arnica
 - ▶ Wisdom tooth pain- Chamomilla
- ▶ Dead Tooth (if caught early enough)- Cell Salt #1 and #2
- ▶ Pain From Dental Work- Arnica 1M



Book Suggestions