



Homeopathy

Descriptions of the most common remedies. Taken from my Homeopathic class notes.

GENERAL INSTRUCTIONS FOR TAKING HOMEOPATHIC MEDICINES

The homeopathic remedies are the finest preparations available. In order to experience optimal results, please follow the instructions carefully.

1. Do not touch the remedies with your hands. Open container and put 4 tablets (adults) or 2 tablets (children) in the cap and drop under tongue.
2. Hold the remedies in your mouth for two minutes, or until dissolved. This will allow absorption to take place through the membranes in the oral cavity.
3. Take all homeopathics at least 20 to 30 minutes before or after eating. This will give them a chance to be fully absorbed. Wait 15 minutes before drinking water.
4. If you have more than one bottle of any particular homeopathic remedy, please be sure to take the lowest potency first.
5. The odor of garlic, onions and peppermint have a neutralizing effect on homeopathics. Please refrain from these items for at least 30 minutes before or after taking the remedies. These items need not be eliminated from your diet, however.
6. Avoid using products containing camphor, such as Vicks Vapor Rub, Ben Gay, Camphophenique, and Mentholatum. Camphor also has a neutralizing effect on homeopathics.
7. Wait at least 30 minutes before or after brushing teeth before taking a remedy. A non-mint toothpaste or Homeodent is preferable.
8. Avoid coffee, tea, or any soft drinks with caffeine. Caffeine has been shown to have a neutralizing effect on homeopathics. Try a coffee substitute such as Postum, Caffix, Pero, grain beverages or herbal tea.
9. Drink 6 to 8 glasses of water a day while taking remedies.

STORAGE INSTRUCTIONS

1. Store your remedies in a cool place away from sunlight. It is important that they are not exposed to heat. Room temperature is okay. Refrigeration is not necessary.
2. Store away from strong odors such as camphor.
3. Remedies must remain a minimum of five feet away from television sets, microwave ovens, magnets and electrical outlets.

DESCRIPTIONS OF THE 29 Most common REMEDIES

HOMEOPATHIC HOUSEHOLD KIT

ACONITE:

Early stages of inflammation or fever. Aconite should be considered in the early stages of an earache, sore throat, urinary tract infection, or any illness that is marked by violent onset and the general symptoms of the remedy. These are: *ANXIETY. FEAR.* Restlessness. Person is mentally hyperalert and panicky, very thirsty, High fevers, flushed face that alternates with paleness, or one cheek pale and the other red. Extreme thirst for cold water. An illness that comes on shortly after exposure to cold wind or getting wet. Asthma attacks. Symptoms come on suddenly, violently and intensely. Give immediately after the shock of injury or surgery. After effects of a fearful event. Panic attacks. Restless sleep, wakes thinking they will die. Acute panicky fear and anguished restlessness.

ALLIUM CEPA:

Made from the red onion. Beginning cold - looks like been peeling onions - harsh sneezing - watery eyes - clear burning nasal discharge that irritates the nostrils and upper lip. Profuse non-irritative tearing of the eyes, although the eyes may be red and bum. Person is worse in a warm room, indoors and in the evening. Better in open air. May have frequent HARSH sneezing. Laryngitis, tickling in larynx with dry painful cough, may grasp throat while coughing. Raw feeling. Raw sensation extends to chest. Thirsty.

ANTIMONIUM TART:

Rattling cough with a chest full of mucous. Bronchitis, asthma, wheezing cough, mucous in chest as if person were drowning. Usually given in the later stages of a progressively worsening cough. Pale, cold sweat. Tired, looks sick. Person unable to cough strong enough to raise the mucous from their chest. Natural expectorant.

APIS MELLIFICA:

Insect bites. *BEE STINGS.* Jelly fish stings. Styes, hives and other rosy, red spots with stinging pains. Stinging pains relieved by cold. Styes look like a red bag of water. Swellings have a puffy, water-filled appearance. Allergic reactions. Any acute inflammation may call for Apis if there is much stinging, burning, marked redness and swelling. The inflamed part is sensitive to any form of heat Worse with heat, better with cold application. With allergy to bee stings use higher potency. Also indicated for sore throats and conjunctivitis. Sore throat is very red and swollen, worse with warm drinks, better with cold. Person is usually not thirsty but may crave milk.

ARNICA MONTANA:

Arnica is one of the two most frequently used remedies in this country (other is Natrum Mur). With any injury Arnica should be the first remedy given. It is very effective in treating the initial reactions to the trauma, both local and general. Bruising, swelling and tenderness of the injured area, along with a dazed mental state are the characteristic symptoms. Arnica relieves pain, reduces swelling and speeds healing of injuries. Bruises. Person feels *BRUISED AND SORE*. Injury, sports injury. For head injuries give Arnica first, follow later with NATRUM SULPH. Give before and after surgery or dental work. After childbirth to mother and baby. Give Arnica anytime blood leaves a vessel. Can be used for shock of injuries. Use amicated oil on shin splints. Do not use arnica lotions or oils externally on open wounds.

Problems from overuse of muscles, example laryngitis from talking or singing too much.

Arnica can also be used for the flu if the person FEELS bruised and sore.

ARSENICUM ALBUM:

The general symptoms of Arsenicum include: restlessness, fear, severe weakness and exhaustion, intense chilliness, burning pains, all symptoms worse at night, especially between 12am and 2am. Difficulty sleeping because of restlessness and symptoms are worse at night. May fear their illness is deadly. May be upset that their house is a mess because they've been sick. May be thirsty for frequent sips, may crave warm or cold drinks, including milk. Feels very cold despite burning pains. Stomach upsets - vomiting, diarrhea, food poisoning and "tourista." Take prophylactically after eating bad food. Asthma. Flu. Hayfever. *BURNING PAINS*, especially eyes, throat and stomach. Colds with restlessness and restless sleep, worse after midnight. Key remedy for postnasal drip cough (also Hepar Sulph). **Burning** sore throat relieved by warm drinks.

BELLADONNA:

Symptoms come on fast like Aconite, but with Belladonna they are BRUTAL. Sudden onset. Person is *FLUSHED*, *HOT*, AND RESTLESS. Skin is bright red and dry. **REDNESS**. Eyes are glassy and glaring, pupils are dilated. Person looks feverish, dull or as if in a stupor. Generally used for early stages of inflammation, sore throat, dry cough, headache and earache characterized by high fever and severe pain. With fever person may be delirious, confused and less aware of surroundings. Intense heat, throbbing, swelling. Fingers retain heat after touching skin. Dry heat. Symptoms come and go rapidly. Mastitis with redness and heat. Painful premenstrual cramps. Primarily a right-sided remedy. Infection remedy. Dry cough, worse lying down, better with head semi-erect. Colds with sleeplessness and restlessness. *GRINDING OF TEETH*, especially at night.

BRYONIA:

The *GRUMPY BEAR*, Very irritable and easily angered, resents being questioned, prefers to be left alone. Better lying still, worse with movement. Very thirsty. Flu, headaches (especially *SINUS HEADACHES*) - even moving the eyes may be intolerable. All symptoms are worse with any movement. A deep breath may bring on a coughing spell along with sharp chest pain. Person wants to lie completely still. Symptoms may be better with firm pressure on painful part and by lying on painful side. Eating aggravates headache, cough and abdominal pain. General muscular soreness, worse during motion, commonly accompanies colds and flu. Person feels better in cool or open air and with cool applications. Is worse in heat, warm rooms and in summer, bronchitis, mastitis. Dry lips, mouth, tongue, throat. Stools are hard, dry, burnt looking and difficult to expel.

CALCERA PHOS:

Aids in the healing of bones, fractures (where bones do not unite or are slow to do so), teething. Beneficial effects on tonsils, swollen neck glands and children's headaches. Pains in joints and bones, "growing pains." Anemia. Effects of prolonged breastfeeding and poor nutrition. Delayed or difficult teething in children, rapid decay of teeth. Delayed closure of fontanelles in top of child's head. Craving for ham, bacon, smoked or salted meats. Promotes milk flow in breastfeeding mothers when other symptoms agree. Frequent colds during winter.

CANTHARIS:

Frequent painful urination, burning pain. Intolerable constant urge to urinate. Use at onset of urinary, symptoms. *BURNS AND SCALDS*, with rawness and smarting, relieved by cold applications. Cantharis aids healing and takes away the burning sensation. Bad effects of drinking coffee. Sunburn. Useful during labor or after surgery if unable to urinate. Burning pain after exposure to acids. Symptoms are worse from drinking coffee and cold water, touch and urination.

CARBO VEG:

The great reviver. *COLLAPSE*. Sudden collapse from any cause. Chilliness. Low vitality. Weakness after an illness. Gas pains. All foods disagree, turn to gas, especially fats. Gas is worse lying down. Burning in the stomach with sour belching, flatulence and regurgitation of food, heartburn. Indigestion and sleeplessness due to indigestion (also Nux Vomica).

CHAMOMILLA:

Chamomilla is probable the most irritable among the homeopathic remedy types. Used most often in children. Nothing pleases the Chamomilla child and everything seems to irritate. He/she cries for something, then when it is given, refuses it. *TEETHING PAIN*. Very cranky and irritable. *WILD WITH PAIN*. Oversensitive to pain. Child wants to be carried. The only thing that will calm a Chamomilla child is to be carried and rocked. May fall asleep from being rocked but then wake again when rocking is stopped. *CRAMPS AND COLIC*. One cheek red, the other pale. Pain of *EARACHES*. For parent of Chamomilla child, give Aconite. In adults use when pain is severe.

FERRUM PHOS:

Early stages of head colds, earaches, coughs, bronchitis and inflammations. Symptoms are similar to those of Aconite and Belladonna but they do not come on as rapidly or as violently. Ferrum Phos is used when there are not clear distinguishing symptoms to indicate another remedy. The person needing Ferrum Phos for a fever is flushed and hot, there is a well-defined, circular redness on the cheeks (Belladonna had the entire face flushed). Illness may come on after overexertion, there may be a tendency to bleed easily. Bright red blood may come from the nose or gums at the onset of an illness with fever, or a dry cough blood tinged mucous. Chief remedy for *ANEMIA*. Inflammations. If you don't know which remedy to give, start giving Ferrum Phos until you do. Promotes healing by increasing the oxygen supply to the blood. Can be given alternately with any other remedy.

GELSEMIUM:

Drowsiness and mental and physical weakness are the distinguishing symptoms. Mental apathy. Dull listless, heavy-lidded. Body feels tired and heavy, especially extremities. Aching and chills. *FLU* - achy all over, stiffness of neck and upper back, headache starting in the neck and back of head. May feel chills running up and down the back. Head colds. Not thirsty. *TENSION HEADACHES* - band feeling around head. Feels better after urinating, perspiring. Complaints brought on by anticipatory anxiety or fear. Shock of bad news. Stage fright, nervousness before an exam.

HEPAR SULPH:

General symptoms include physical hypersensitivity and mental irritability. The person is impatient, cross and easily angered. May have sudden violent impulses. The person is very sensitive to touch, cold and pain. There is commonly an offensive or sour smell. Discharges are of a profuse and thick, yellow or cheesy character. The infected part is extremely tender to touch, the slightest pressure causing sharp pain. The person needing Hepar Sulph is so sensitive to cold that even a hand or foot sticking out of the covers will bring on symptoms. Localized inflammation (as in bring a boil to a head). Suppuration with pricking pain. Head colds, sore throat (as if a splinter caught in throat, worse swallowing), laryngitis. *POST NASAL DRIP COUGH* (also Arsenicum). *CROUP* (also Spongia). Pickles, vinegar, sour foods, spices and strong-tasting foods are loved. May dislike fats. Thirst is increased during illness. Hepar Sulph is worse in dry weather, at night, uncovering. It is better with warm, moist air, *HOT* applications.

HYPERICUM:

Heals injured parts rich in nerve endings (fingertips). Smashed fingers and toes. Use for deep or painful cuts, hypersensitive to touch. Wound pain. Injuries with *SHOOTING* pains. Hypericum lessens pain and speeds healing. Before and after surgery and dental work. Coccyx injury and pain from a fall, pain radiates up spine and down extremities, "Quite supersedes the use of Morphine after operations."

IGNATIA:

The *GRIEF* remedy. Disappointment, anger, very emotional, person sighs. Conditions that are preceded by grief, fear, anger, embarrassment or scolding. Sensitive to coffee and cigarette smoke. *MIGRAINES*. Headache as if a nail were driven out through the side. Congestive headaches following anger or grief, worse smoking or smelling tobacco. *SLEEPLESSNESS*, inability to sleep due to emotional upset, feeling of a lump in the throat that cannot be swallowed. Complaints that come on after a grief. Contradictory symptoms: Nausea better from eating, increased hunger from eating, simple fruits cause indigestion, heavier foods agree, may want to be uncovered when cold, or thirstless during a fever.

IPECAC:

PERSISTENT NAUSEA AND VOMITING. Nausea with persistent vomiting, that does not relieve the nausea. Tongue is clean and pale. All complaints are accompanied by nausea, and often shuddering, yawning and malaise. Nosebleeds, bleeding with nausea. Asthma. Cough incessant and violent with every breath.

LEDUM PAL:

PUNCTURE WOUNDS. Stings, animal bites. Alternate with Hypericum for puncture wounds. ^E injuries, especially black eyes or bruising around the eye. Easily sprained ankles. Ledum Ts and important remedy for injuries caused by sharp pointed instruments and for stings and bites, especially when these are followed by great sensitivity to touch and relief from cold. Wounds that feel cold and are relieved by cold (always give Ledum for puncture wounds even if this symptom is not present). Aids in the elimination of splinters. Helpful after Arnica in wounds where there is a delay in the absorption of blood that has flowed into tissue area.

MAG PHOS:

The homeopathic *ASPIRIN*. Spasmodic pain, relieved by pressure and warmth. Leg cramps, colic, writers cramps, menstrual cramps. Colic pains that cause person to double over. Pains are violent, shoot like lightning, cramping, boring, maddening and prostrating. They may be so severe as to cause retching. Neuralgic pains. Pain may come on after overuse or prolonged use of particular muscles, occupational cramps. Symptoms tend to be right-sided and occur periodically.

MERCURIUS VIVICUS:

General symptoms include heavy perspiration that may make a person feel worse; foul smelling perspiration, breath and body; salivation, may wet the pillow; all symptoms worse "after sunset. Acute conditions with marked inflammation of the skin and mucous membranes along with pus formation. Yellow discharges. Eye infections discharging thick pus. Tonsillitis. Sore throats with much pain, pus formation and open sores; stitches into ear on swallowing and swollen neck glands. Aphthous ulcers in mouth, especially in children. Abscessed ears. Boils. Gum disease and bleeding. Swollen tongue, indentation of teeth on sides. Salivation and drooling. Thirsty for cold drinks. Person smells sick, bad odor from mouth. Sensitive to temperature changes. Persons needing Mercury are made worse by most environmental influences.

NUX VOMICA:

Hangover remedy. Early pregnancy nausea. The “*STOP AND GO*” remedy. Wants to but can't: urination, constipation, diarrhea, vomiting. Indigestion from excesses in food, coffee and alcohol. Indigestion, heartburn, nausea, fullness and bloating, gas, constipation and diarrhea may be present in any combination. Sleeplessness from indigestion. “*OVERWORKED BUSINESSPERSON*,” irritable, quick-tempered persons who get sick from overeating, indulging in drugs or alcohol, or from too much mental work. Very demanding, impatient and averse to questioning. These indicators will confirm Nux Vomica for use in an acute condition. Difficulty sleeping due to overactive mind or sensitivity to noise. May wake at 3am, unable to get back to sleep until 4am or 5am, feels unrefreshed in morning. Irritable upon waking from sleep or nap. Head colds with sneezing, clear mucous (also Nat mur but mucous is like egg white). Nose **stuffiness at night, runs during the day**. Fevers are accompanied by severe chills, can't get warm.

PHOSPHORUS:

Laryngitis, chest colds, pneumonia, Colds in the head and tend to attack the throat and involve the chest. The throat is very sensitive to touch and cold air, feels dry or velvety. Hoarseness or loss of voice are common, constant desire to clear the throat. Coughs are hard and dry from a persistent tickle, worse from first lying down at night, if lying on the left side. Cough may improve while propped up with head inclined backwards. Sense of weight on chest or tightness, relieved by heat. Hemorrhages - bleeding gums, frequent nosebleeds, profuse and prolonged menstrual periods with *BRIGHT RED BLOOD*. Give before surgery to help prevent nausea and bleeding complications. Post operative vomiting. Vomiting after drinks become warm in stomach. Phosphorus loves ice and ice cold drinks, also ice cream.

PULSATILLA:

Ripe head colds with creamy or yellow green mucous. Better in open air. Not thirsty or hungry. Whiny, irritable, child wants to be held or carried - feels better then. No. 1 remedy for children's earaches. Ears feel “stuffed up” Heat, redness, swelling and throbbing pain, especially right side. Can give 30x once per day during a head cold if child is prone to ear infections. Conjunctivitis, thick yellow discharge with sticking of lids in the morning. Burning and itching of eyes with a constant desire to rub them. Styes on the lower lids. Yeast infections with creamy discharge. Changeable moods and symptoms. Diminished sphincter control resulting in a leaky bladder, especially when coughing or sneezing. Bladder symptoms during pregnancy.

RHUS TOX:

“The creaky Gate” Arthritis better with heat and movement, worse after sitting for a while. Sprains or strains of joints, muscles, tendons, or ligaments. Blistering, itching, burning and swelling of skin. Such as poison oak/ivy, hives. Number one remedy for *CHICKEN POX*. Itching intense, especially after scratching, at night and from the warmth of the bed. Allergic reactions to medications producing blistering red bumps with itching. Flu with achy pains better with heat and motion. Thirsty for cold drinks (which may aggravate) or milk. Person is restless and anxious, not comfortable unless moving about. Tosses and turns in bed, difficult sleep. Hoarseness on attempting to sing, repeated attempts results in improvement. *TMJ*, cracking in jaw while chewing.

RUTA GRAVEOLENS:

Shinbone injury and sprains. Lower back pain, relieved by lying on the back. Sciatic pain associated with a desire to walk up and down for relief, the pain worse when sitting or lying. Muscle tenderness or tenderness at the point of tendon insertion into the periosteum. This often a result of repeated occupational strain rather than of a single injury, (ex. tennis elbow). Painful wrists, knuckles, knees and ankles with or without associated swelling. Joints feel weak and knees tend to give on rising from sitting or while going up and down steps. Muscle strain. Ligament pain. Carpal Tunnel Syndrom, use for bruises and injuries if arnica fails.

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SPONGIA:

Wheezing cough. Cough is constant, croupy, worse before midnight and on inspiration. Cough feels and sounds deep. Child goes to sleep with a little cough, wakes later with heat, anxiety and coughing. *CROUP*. Asthma. Wakes from sleep with a feeling of suffocation, anxious and fearful. Chest feels hot to the touch. Worse before midnight. Better lying with head low. Anxiety and difficult breathing. Awakes in a fright and feels as if suffocating. Larynx dry, bums. Voice hoarse with throat constricted. Stuffy cold with dry mucous membranes. Thirsty and hungry. Swollen glands. Sore throat - dry tickling causes constant cough, clears throat constantly. Worse after eating sweets, cough also worse after sweets.

SULPHUR:

Used most often in chronic diseases. *SKIN PROBLEMS*^ Dry, itchy skin worse with water, bathing. Head is hot, feet hot, must stick out from covers at night. RED orifices. Diarrhea that drives person out of bed in the morning. Give to clear colds or injuries that are slow to resolve. *BURNING PAINS*. Person may be unkempt, messy. Always start with a 6x or 12x when giving Sulphur.

VERATRUM ALBUM:

Simultaneous diarrhea and vomiting. Person is in a cold sweat, feels faint. Tourista. Face is pale, bluish and cold. Post operative shock. Cold perspiration on forehead. Vomiting, diarrhea and cramps in extremities. Painful menstrual cramps.

RECOMMENDED ADDITIONS**CALCERA CARBONICA:**

Great children’s remedy. Slow and difficult dentition. Frequent colds. Tendency to sweat easily. Head often perspires during sleep, usually shortly after falling asleep. Perspiration, discharges and stools often smell sour. Strong craving for eggs. Thirsty for cold or iced drinks. Children are slow in learning to walk.

NATRUM SULPH: Head injuries (after Arnica).

NATRUM MUR: Colds that begin with sneezing (use 30X). Nasal discharge is like egg white. Sinus headaches. Headaches from exposure to sun. Migraines. Headaches with eye pain and light sensitivity. Water retention. Allergies - frequent sneezing with egg white type discharge.

SEPIA: Hormone balancer. Number one remedy for sterility. PMS symptoms, Feeling of being *OVERWHELMED*^ worn out, overworked, wife and mother. Complaints that come on after childbirth.

SILICEA: Pustules. Colds that hang on. Aids in removal of splinters. Wounds that are slow to heal. Constipation, too weak to expel stool, stool recedes into rectum. Most frequently indicated remedy for children with chronic ear infections.

NOTE: Purchase of a homeopathic household kit is recommended. With a kit you will have the most commonly used remedies available when you need them. It is inconvenient to have to purchase a remedy when you are sick or injured. It is important to be prepared. There are many kits on the market.

DOSAGE INSTRUCTIONS

6X to 12X - Acute conditions. Dose every fifteen minutes to two hours depending on severity of symptoms. Up to six doses in one day. As symptoms improve, decrease doses.

30X - For acute conditions give every 30 minutes to two hours, depending on severity of symptoms, up to four doses per day.
For chronic conditions, give one dose per day, generally.

200X - This potency and higher are for constitutional care by a qualified practitioner. They should not be used by persons without adequate knowledge.

It does not matter how many tablets you take. One bottle taken at one time is one dose. It is the same as taking four tablets. Before giving a second dose you must wait five minutes after the first dose for it to be a separate dose.

Give the lowest potency and least number of doses necessary for improvement of symptoms. If symptoms are improving, do not repeat the remedy. When symptoms worsen or return, then repeat the remedy. When your symptoms are gone, stop the remedy.

CAUTION:

The proper role of homeopathy for home use is in the treatment of mild to moderate acute conditions. Acute conditions are those that are self-limiting accidents or illnesses - they will resolve themselves in time without intervention, they are of short duration, and have a predictable course. Acute conditions do not require the immediate care of a physician. Acute conditions generally do not require complex medical diagnosis or monitoring. Some acute conditions require trained medical supervision for which homeopathic self-care is not a substitute. The descriptions of remedies sometimes include serious symptoms, which may

FIRST AID REMEDIES

APIS MELLIFICA:

Indications: Bee stings, insect bites, hives, jelly fish stings, stinging nettle rash, mosquito bite

Symptoms: Swelling, itching, redness. Pains stinging and burning. Puffy swelling - eye throat, tongue, face. Not thirsty, Better with cold applications, open air. Worse with heat, touch and pressure.

Dosage: 30X every two hours up to four doses per day.

ARNICA MONTANA:

Indications: Give immediately for any injury or accident. Bruising to soft tissues, sores muscles, shock, falls, head injuries, contused wounds, black eye, shock of bums. **Symptoms:** Soreness and bruised feeling, shock, bleeding caused by injury, muscle soreness from over exertion, and bruising. In early sprains, to promote healing. For pain of sprains, blows to the body or head, and fractures. Speeds healing of injuries.

Dosage: 30X every two hours up to four doses per day.

BRYONIA:

Indications: Sprains, joint pain.

Symptoms: Joint pain worse with movement. Better lying still. Joint near injury is swollen with pain on least movement.

Dosage: 30X every two hours up to four doses a day.

CALENDULA OFFICINALIS:

Indications: Abrasions, scratches, burns, superficial wounds, gnat bites, incised wounds. A lotion, for cleaning wounds.

Symptoms: Skin irritation or injury requiring a soothing lotion or cleansing. Protects skin and promotes healing. Prevents infection. Not to be used for puncture wounds. **Dosage:** As ointment, or tincture apply topically as needed. As lotion - 10 drops to 8 oz water - to clean wounds.

CANTHARIS

Indications: Burns Burns with blisters. Sunburn. Acid burns.

Symptoms: Burning pain, heat, redness, blistering.

Dosage: 30X every 15 minutes up to four doses. If no improvement use **CAUSTICUM**.

HEPAR SULPH:

Indications: Wounds prone to infection. Promotes suppuration.

Symptoms: Wounds that become swollen, red and tender (that become infected) with pricking pain. **Dosage:** 6X or 12X to promote suppuration every two hours up to four doses per day.

FIRST AID REMEDIES CONTEWED

HYPERICUM PERFOLIATUM:

Indications: Nerve end injuries - crushed fingertips, tailbone injuries. Puncture, incised or lacerated wounds.

Symptoms: Pain along nerve root. Coccyx pain from injury. Pains shooting up the limb or pains shooting centrally in the limb. In spinal injury, pain moves up and down the spine. Worse from touch, cold, dampness, fog. Better from bending head back.

Dosage: Topically as lotion. Internally - 30X every two hours up to four doses a day.

LEDUM PALUSTRE:

Indications: Puncture wounds from sharp objects, bee or mosquito stings, animal bites and scratches, black eye from blow, long lasting bruises. Splinters. **Symptoms:** Injured area is cold and numb, relieved by cold. Worse at night, from warm applications, and from heat of bed. Always give Ledum for puncture wounds.

Dosage: 30X every two hours for up to four doses a day.

PHOSPHORUS:

Indications: Hemorrhage. Nose bleeds. Give prophylactically before surgery to prevent bleeding complications.

Symptoms: Bright red bleeding.

Dosage: 30X every 10 minutes to every two hours depending on intensity of symptoms.

RHUS TOXICODENDREN:

Indications: Sprains or strains of joints, muscles, tendons, or ligaments. Torn ligaments and tendons. Blistering, itching, burning and swelling of skin (poison oak/ivy). Hives. Allergic reactions to medications.

Symptoms: Painful when beginning to move - better after continued motion, better from heat. Thirsty. Restless. Injured area is hot and swollen. Worse from cold, damp weather. Blistering red bumps with intense itching.

Dosage: For strains, use after Arnica. 30X every two hours up to four doses a day.

RUTA GRAVEOLENS:

Indications: Sprains close to the bone and periosteum or involving tendons or ligaments and not helped by Rhus Tox. Bruised bone, shin splints. Carpal Tunnel syndrome. **Symptoms:** Sprains. Worse from cold, lying down, wet weather, being at rest.

Dosage: After Arnica initially. 30x every two hours up to four doses a day.