

Dose

- The dose for remedies is 1 or 2 pilules or 1-4 drops (1 drop up to 6 months old, 2 drops up to 12 months old).
- 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 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.

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.

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 as per homeopathic traditional use.

If in doubt as to their appropriateness to a particular situation, consult your health care practitioner.

Notes

Remember to match the characteristic mental/emotional picture (where indicated) of the remedy to your patient, before you try to look for the situation you are treating. This still applies to first aid prescribing. There are many remedies for a cold, but not so many for a patient who is clingy and whiny with yellow, green mucous.

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. This leaflet is not a definitive list of remedies. If you use remedies a lot, I recommend purchasing a good home prescribing reference.

- Homeopathic remedies can be given to baby, no matter what age and can be used during pregnancy. If in doubt as to the appropriateness of a remedy, consult your healthcare practitioner or homeopath.
- Remedies are unlikely to interact with other forms of medication and can be used alongside Panadol and other medicines, however, check with your healthcare provider if you are unsure.
- In the case of a fever or other acute illness, give the remedies a chance to work before you try Panadol etc. It is better to let the fever break without suppressing it, as this gives the best outcome and strengthens the immune system. If in doubt consult your homeopath or healthcare practitioner.
- If you are anxious about giving pilules whole to a baby, crush 1 pilule between two clean teaspoons and tap a little into baby's mouth.
- If you find pilules difficult to administer, put 1 pilule in 1/4 glass of water. Stir vigorously and give 1 teaspoon as the dose.
- Remedies can also be made up in liquid. Please ask when remedies are dispensed, but be aware that remedies will not last as long when made up in liquid and can be easily contaminated if the mouth touches the dropper.

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Mini Kits; First Aid & Family

Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action.

It can be useful for managing minor accidents, injuries and acute illness, and a few remedies can serve a wide range of situations. If applied correctly it will often work very quickly and efficiently.

The remedies in this flyer relate to our mini kits - **First Aid (FA)** and **Family (F)**.

More information is contained in the **Homeopathy for the Home Prescriber** book available on our website.

Always seek medical advice for fever in a child under 6 months old.

The Remedies

Aconite 30c (FA/F) Symptoms are sudden, acute, intense & painful. Shock and fright are prominent, panic attacks after fright, palpitations. Intense fear, especially of dying & restlessness. Very high fever with dry burning heat or drenching sweat with thirst. Useful at first sign of cold, cough, earache, etc especially after exposure to cold dry wind. V thirsty for cold drinks. For heart attack or stroke, may give while waiting for medical aid to reduce effects on cardiac system and to calm patient.

Cause: after exposure to cold dry wind, heat of sun, injury, shock. *Better* open air. *Worse* around midnight.

Anas Barb (Oscillo) 200c (F) strong anti-viral and anti-bacterial affinity. If taken at the first sign of cold, flu or other viral symptoms may reduce symptoms and duration. Can also be taken every one or two weeks during winter as a preventative. Useful for kids in childcare. (See also Winter Prep in the online store).

* V09/21


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Apis Mel 30c (FA/F) Sting of bees, wasps, jellyfish, etc, with much heat, stinging and swelling. Skin may appear rosy red and shiny. Allergies, reactions to stings, certain foods or medicines, hives and inflammation. Cystitis, shingles, puffy or red eyes, earache or tonsillitis, fluid retention - all with much swelling, heat, stinging. Fearful, tearful, excitable, touchy. May not want to be touched - especially in children. Aversion to drinking. *Worse* heat, touch, pressure. *Better* Cool drinks/packs.

Arnica 30c (FA/F) First remedy after physical accident or injury, to reduce shock, and to help reduce bleeding and bruising. Useful for swelling, soreness, broken bones (follow with Calc Phos 6x), slipped disc, spinal injury (follow with Hypericum). For shock, trauma, violence to mind or body, bleeding of small wounds. Sprains, strains, over-exertion. Sore, bruised, aching pain. Don't want to be touched or assisted. Will often say they feel fine despite serious injury. Very restless. For fish hooks & similar wounds (with Hypericum) especially those which require stitching. During and after labour, threatened abortion from fall, soreness of body during pregnancy.

Worse Touch, being jarred. *Better* Lying down. **If in doubt, always use Arnica as your initial first aid remedy.**

Arsenicum Album 30c (FA) Extremely anxious and restless. Fears being alone, anxiety about health, fussy & difficult to please. Very thirsty for frequent sips. Burning, cramping pains & discharges - catarrh, diarrhoea, throat, etc. Food poisoning, colds, headaches, sinus, insomnia.

Worse midnight to 2am, cold food & drink, weekends when relaxing. *Better* heat, hot drinks & food, company, fresh air (headaches).

Belladonna 30c (FA/F) Sudden onset with throbbing, sharp, cutting or shooting pains, burning heat, bright redness, restlessness and dilated pupils. Usually no thirst with fever. Lethargic or hyper, delirious, striking and biting. Barking cough, strawberry tongue. Fevers, croup, earache, flu, sore throats. Sunburn, heat stroke with headache & fever, minor burns. Headaches which are hammering, bursting, from too much sun. First stage of ear infection with red, hot ear, sore throats, fever. Usually no thirst. (**Aconite** - more anxious, restless and fearful of death, more thirsty). *Worse* touch, light, noise, being jarred, draughts to head, night. *Better* warmth

Calcarea Carbonicum 30c (F) A great remedy for kids when teething or milestones are slow. May resolve a cold or chesty cough in all ages when Pulsatilla fails. Prone to constipation, although don't feel worse for it. Slow, chubby, clammy babies/children/people who tend to be quite anxious.

Cantharis 30c (FA) - Useful for burns, wscalds and sunburn with blistering, burning and stinging. Can be helpful for minor symptoms of cystitis.

Chamomilla 30c (F) Angry, can't bear anything/anyone, pain is unbearable, demand 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* pain, touch, being looked at, teething, coffee, 9pm. *Better* being carried.

Hepar Sulph 30c (FA) Over-sensitivity is key. Angry, irritable, very difficult when sick. Very chilly. Good for inflammation which is slow to resolve - ear infections, wounds, colds, abscesses, chesty coughs. Sore throats with pain spreading to ear, splinter-like pain (anywhere), as if swallowed a fish bone or pin.

Better warmth, wrapping up. *Worse* getting cold, being in a draught, cold dry weather, at night, touch, pressure.

Hypericum 30c (FA) "Arnica for the Nerves" Shooting pain, nerve pain, numbness or tingling. Injury to coccyx, surgical pain, forceps delivery, dental work. Cuts, injury to fingers & toes (slammed in doors etc). Falls on spine or coccyx, concussion, forceps delivery, episiotomy. Bites or stings, wounds caused by nail or splinter with pains as above. Recovery from surgery to spine or epidural. May desire hot milk.

Worse: movement, touch, cold air

Ledum 30c (FA) Traditional affinity for infection/inflammation, especially puncture wounds, eg rusty nails, insect stings, animal bites, bruises, eye injuries. Parts become blue, purple & puffy. Feel intensely cold, as does injured part, but better by cold applications. Affinity for capillaries (bloodshot, bruised or black eyes). Weakness, numbness or twitching of part. If wound is to nerve rich tissue with sharp, shooting, tingling pain or numbness, consider Hypericum.

Worse warmth *Better* cold applications.

Phosphorus 30c (F) Affectionate, sympathetic, anxious, excitable, fearful (being alone, dark, death, storms). Wants company; over-excited children, people who lack boundaries. Irritable & sluggish when ill, apathetic, energy flares up & subsides to exhaustion again. Dry coughs, blood noses and bleeding generally, V thirsty for cold drinks, which may be vomited. *Better* after sleep, cold drinks, massage. *Worse* cold, weather change.

Pulsatilla 30c (F) Affectionate, timid, clingy, whingy. 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. 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.

S.O.S. (FA/F) Our own version of Rescue Remedy 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.

Choose a Remedy

This is a brief list of first aid applications. You may find that more than one remedy is required from this list. Either alternate the remedies or add your selection to a water bottle, shake and take a sip as the dose.

Accidents - Arnica
Allergy - Apis
Anxiety - SOS
Back injury - Arnica, Hyper
Bee stings - Apis, Ledum
Bites; animal - Ledum, Hyper
Bleeding - Arnica, Phos
Bruising - Arnica
Burning pains - Apis
Burns - Aconite, Belladonna
Cuts - Hyper
Cystitis with burning - Apis
Diarrhea - Ars Alb
Falls - Arnica
Food poisoning - Ars Alb
Heat rash - Belladonna
Heart attack - Aconite
Hives - Apis
Inflammation, infection - Hep S
Itchy rash - Apis
Jellyfish stings - Apis
Needle stick injury - Ledum, Hyper
Nerve pain - Hypericum
Puncture wound - Ledum, Hyper
Rashes - Apis
Shock - Aconite, Arnica, SOS
Sore throat - Hep S
Spinal Injury - Arnica, Hyper
Stroke - Aconite
Sunburn - Bell
Sun stroke - Bell
Wounds - Arnica, Hypericum, Ledum

Combination Remedies

Combination remedies can often be a quick and easy solution for those unexpected events, meaning you don't have to sit down and work out what is required. While single remedies are a homeopathic gold standard, experience also tells us that combinations are simpler if you're new to homeopathy. Check out **Combination Remedies** on the website or have a look at our great little kits including Children's Combination Kit; Winter Remedies Kit; Travel Kit - Mini Mixed; Home Remedy Kit - 10 Combinations or use our Pick Your Own Pack option.

<https://www.elementsofhealth.com.au/product-category/homeopathic-kits/>