

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, 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.

19. 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.

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, vaccination.

21. S.O.S. 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.

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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Registered Homeopath



Homeopathy is a system of natural medicine which is gentle and low risk, but dynamic in its action. It is useful for managing 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 the remedies most likely indicated for the situations you may commonly experience.

These remedies may provide a support while waiting for an ambulance or on the way to hospital (*consider whether "nil by mouth" may be a consideration*). Homeopathy does not interact with other medicines or modalities.

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 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. 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 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.

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 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).

6. 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

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 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.

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 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.

11. 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.

12. 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.

13. 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.

14. Ledum 30c Puncture wounds, eg rusty nails, insect stings, animal bites, bruises, eye injuries. May reduce local reaction to insect bites. May feel intensely 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 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.

16. 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.