

15. Gastro Combo - Use for the acute stage of mild diarrhea, vomiting, pain and wind and also for recovery from a gastric complaint. A good remedy to include in a kit if you are travelling to countries such as Bali or India. Will usually act relatively rapidly if a few doses are given close together, eg 5 doses 10 minutes apart.

16. Immune Boost - Includes powerful immune boosting homeopathics in a form that is easy to take. *We recommend taking daily for 3 weeks, then take a week off OR 5 days on, then 2 days off as a general immune tonic during the winter.* If unwell increase to 3 times daily alongside your selected remedies.

NB: Extended use of these remedies can cause the immune system to become lazy.

17. Ouchy Combo – A combination of all the remedies most useful for wounds, injuries, accidents. Useful if you feel you need to give more than one remedy for an event. Also available as a cream.

18. RRA (Rhus Tox, Ruta, Arnica) – useful for anything related to an injury if you feel like you need to give all 3 remedies and don't know where to start. Also available as a cream.

19. 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.

20. Get Prepped (relative to current year) - a general support remedy to take weekly, may also be used as part of a management protocol (three times a day for first three days) along with other indicated remedies. Each year this remedy is "tweaked" to match what's going on out there!

No doubt there may be other useful remedies which you might wish to add to your kit. You will work this out as you use your kit, but this pack of 20 remedies should be a good starting point.

Dose

- Dose for remedies is 1 or 2 pilules or 4 drops (babies 0-6 months 1 drop; 6-12 months 2 drops; 4 drops other ages).
- 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 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.
- 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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Homeopathics for Sports People & Athletes

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.

This pack contains a selection of remedies which are broadly indicated for accidents, injuries and other minor issues experienced by sports people, athletes and anyone who is actively engaged in their lives. This would also include people such as gardeners and others who have a physically demanding day job.

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

For additional 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 sports bag or backpack.

If symptoms persist see your health care practitioner or go to the Emergency Department. Always seek medical assistance in an emergency.

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1. Apis 30c – This is a useful remedy where there is swelling, fluid around a joint or retained elsewhere, heat, tightness, and burning and stinging pains. The cause is usually inflammation and could be from an acute injury, from arthritis, synovitis or even following a surgery. There might be a constricted feeling because of the swelling, and symptoms are usually better for cold applications. Allergic reaction to stings, certain foods or medicines. Tonsillitis, water retention, cystitis, nettle rash, shingles. *Worse* heat, touch. *Better* Cool drinks/packs.

2. Arnica 30c - First remedy for accidents, injuries, aches, pains and strains and its main affinity is for shock and trauma. It's also often the first choice for arthritic/rheumatic pain that has come on from overdoing it; so maybe too much gardening, too much walking or standing, or even just sitting too long in the same position. There is usually a bruised, sore feeling and people might comment that the bed feels too hard. They often say they feel like they've been run over by a bus and they generally don't want to be touched or examined. The classic statement is "I'm ok", even when it's evident they are not!! *Worse* touch. *Better* lying down.

3. Bellis Perennis 30c – Deep muscle injuries where Arnica has not finished the job. Lameness of joints as if sprained. Issues with veins, including varicose veins, and circulation. *Better* continued motion, pressure, cold application. *Worse* hot bath, warmth of bed. *Worse* becoming chilled when hot, but also can be worse for cold.

4. Bryonia 30c - Pain which is sharp, stabbing, tearing and excruciating. It is much worse for moving and can be better from bandaging or pressure on the painful part, because it immobilises the limb. There may be inflammation with hot, red and swollen joints and again any movement can be agony. Usually the patient is pretty irritable with the pain and may also be very thirsty. Severe pain following a broken bone may be experienced, as well as complaints from over-lifting and back injuries in general. This can be a good remedy to use with Hypericum for prolapsed discs with the patient experiencing sharp pains, stiffness and nerve pain. Pains in joints and limbs are better for warmth and better for lying down, and worse for standing or sitting. *Worse* deep breathing, hot room, dry weather, movement, touch. *Better* pressure & lying on painful part.

5. Calendula 30c – Is known traditionally for its antiseptic properties. Useful for treatment of wounds, abrasions, incisions. May help control bleeding from wounds of any sort—cuts, incisions, dental. May also soothe wound pain. Promotes healthy healing of wounds, ulcers, parts that will not heal and helps to resolve scar tissue. *Better* warmth. *Worse* in damp, chill, evening.

6. Carbo Veg 30c - Known as the 'corpse reviver' this remedy acts upon the venous circulation, assisting with oxygenation of the blood. Cough with burning in chest, blueness around mouth or of face, asthma. Wants to be fanned. Blood nose with pale face. Slow digestion with belching or flatulence, heaviness, fullness, sleepiness. Useful in convalescence where recovery is slow or where the vitality becomes low from loss of vital fluids. *Worse* from warmth, exhausting disease, cold night air, fats, alcohol. *Better* from belching, being fanned, elevating the feet, loosening clothing.

7. China 30c - Ill effects of dehydration, loss of vital fluids, blood loss, food poisoning. Post operative gas pains. Patient is very weak after illness. Wind & bloating of abdomen generally, not better from belching. Insomnia from excited thoughts & imaginations. *Worse* in foggy or cold damp weather, autumn, from touch. Aversion to touch. *Better* from hard pressure.

8. 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.

9. 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.

10. Nat Sulph 30c - Is known traditionally as a remedy for head injury, such as after a fall or accident. Use after Arnica if symptoms still present

relative to the event, eg headaches. Useful for respiratory and other conditions worse from damp weather, with rattling chest. May be useful for joint issues which are worse damp. *Better* from open air, warm, dry air. *Worse* damp weather, night air.

11. Phosphorus 30c - Useful remedy for blood noses and bleeding generally and for chesty coughs. Very thirsty for cold drinks, which may be vomited. Irritable and sluggish when ill, apathetic, energy flares up and subsides to exhaustion again. Over-excited, high strung people, who lack boundaries. Desire company. *Better* after sleep, cold drinks, massage, company. *Worse* cold, weather change, thunder-storms, being alone.

12. 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.

13. Ruta Grav 30c - Useful in rheumatic and connective tissue problems. Horrible stiffness felt in muscles and tendons. Injuries to connective tissue, tendons and periosteum (covering of bones), from strains or twisting of joints. Acute bursitis and tendonitis, often with effusion. Chronic overuse or injury to tendons cause fibrosis and nodular growths, especially common in the wrists. Ganglions. A good remedy for eyestrain. Patient is usually restless. *Worse* over-exertion, touch, cold, damp weather. *Better* lying down, warmth, motion.

14. Broken & Bones & Fractures – A combination of remedies traditionally used to help bones knit and tissue regenerate. The combination can be useful not just for accidents and injuries but following surgery where bone tissue has been compromised. **Caution:** Check with your healthcare provider that the bone is correctly aligned before taking this combination.