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HOMEOPATHY – KINESIOLOGY – BABY MASSAGE

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Home Remedies Kit

A.B.C 200CH – Aconite, Belladonna & Chamomilla

For initial stages of acute, such as earache, sore throat, colds etc. These remedies are used for inflammation stages of an acute such as fever and heat. Take 1 granule four times daily at the first sign of an acute – continue until symptoms have ameliorated. This remedy is especially important for teething babies. Signs include heat in the head or face, one red cheek while the other is pale and digestive/chest symptoms.

Pulsatilla 30CH – For acute – indicated when there is copious bland mucus, such as the second stage of a cold or flu. Mucus can be thick or water with little colour. For Digestion symptoms – this can also be used for indigestion after eating fatty foods and a heavy meal.

Euphrasia 30CH ; For eye symptoms – when the eyes are running and the discharge is acrid. For colds which have a lot of eye symptoms along with a runny nose. For the first symptoms of a sty or conjunctivitis.

Drosera 30CH – For coughs which sound dry in the chest. Expectorant is difficult so there may be coughing fits, similar to the whooping cough picture.

Hepar Sulph 30CH – Also known as the homeopathic antibiotic, this can be used for infection acutes such as sore throat, mucus chest, sinus infection. Signs of infection are coloured discharge either green or yellow and or a bad smell to the patient's breath. A marked throat symptom is sensation as if a fish bone is caught or swallowed a fish bone.

Nux Vomica 30CH – This can be used for colds, runny noses, constipation and headaches. For a cold, symptoms include clear watery mucus during the day but blocked at night, also open air makes symptoms better. Constipation symptoms include desire for stool but ineffectual urging leading to difficult stool. This remedy can help the transition for soft to solid food. Headache symptoms include heavy fuzzy head as if from rich foods.

Oscilloccinum 30CH – Very popular in France, as a preventative for viruses. Initial remedy for first signs of a virus. Take in conjunction with A.B.C.

Sulphur 30CH – 1 granule daily for three days once symptoms of acute have alleviated and are passing to help 'get over' the acute. Also used for discharges such as a blocked nose, where the mucus is thick.

Arnica 200CH ; Bruising, accidents back ache and overstraining of muscles. 1 granule every two hours.

How to take the Remedies; Remedies can be repeated 1 granule under the tongue every 30mins – 2hrs depending on the severity of the symptoms. Once there is amelioration reduce the frequency. Otherwise, place 1 granule into an average size bottle of water, shake and sip every 30min, this is especially good for headaches.

Remedy Reactions; In homeopathy, symptoms can get worse before they get better – this is a positive sign and usually the duration of an aggravation is short lived. Positive signs – feeling tired as the remedy works, especially for colds and flu viruses. Sleepiness is good, as the body needs rest to recover.

THE ANTIBES PRACTICE
5 AV. GUILLABERT, 06600 ANTIBES

THE OSTEOPATHIC PRACTICE
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