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## Homeopathic "First Aid"

### How to Use Homeopathic Remedies

Homeopathic remedies, are safe, non-toxic and energetically prepared. Unlike herbal medicines, homeopathics do not interact with conventional medicines because they do not contain physical molecules of the original substances from which they are made. Homeopathic medicine was discovered by a German physician named Samuel Hahnemann who observed that cures could be brought about by giving minute doses of natural substances that would in higher doses potentially cause the symptoms being treated. For example, small doses of the plant Cinchona were used to treat malaria in Africa, while poisonings caused by taking large doses of Cinchona produced malaria-like symptoms, such as fever and prostration. Hahnemann experimented with smaller and smaller doses of medicines to elicit their ability to stimulate the natural ability of the body to heal itself, while eliminating safety concerns.

Today, homeopathic medicine is one of the safest systems of medicine and is used worldwide by physicians, homeopaths, naturopaths and parents at home.

You can learn to choose an effective homeopathic medicine for your or your child's minor health conditions at home. Note that these medicines are safe and cannot be "overdosed".

Condition	Symptoms	Remedy	Use
Sunburn	Stinging, pain	Cantharis	1 pellet 3-4x daily



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			Aloe gel can be applied to skin Tepid baths may relieve
Heat exhaustion	Fever, dilated pupils, red cheeks, delirium	Belladonna	1 pellet 3-4x daily until fever breaks
Injury	Bruising, swelling, pain, head injury, any physical trauma	Arnica	1 pellet 3-4x daily for a few days to help prevent sequelae or until bruising/pain/swelling resolve
Shock	Emotional upset; or following a physical injury	Arnica	1 pellet 3-4x daily for a few days to help prevent sequelae
Jet lag	During flight and on landing	Arnica	1 pellet 3-4x daily for a few days
Fever	Rapid onset fever, feel chilly, could be after exposure to cold wind, sore neck, thirsty	Aconite	1 pellet 3-4x daily at first exposure to cold wind/first sign of symptom onset
Fever	High fever, dilated pupils,	Belladonna	1 pellet 3-4x daily until fever breaks



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	red cheeks, delirious		
Fever	Slow/low fever	Ferrum phosphoricum	1 pellet 3-4x daily until fever breaks
Fear	Intense fear or anxiety; e.g. of animals, nightmares	Aconite	
Motion sickness	Nausea better closing the eyes	Cocculus	1 pellet before car travel and every 15- 20 minutes as needed during trip
Morning sickness	Nausea worse smelling or thinking of food	Sepia	1 pellet at bedtime and 3-4x daily until nausea resolves
Cough & Cold	Thick green discharge, feel better outdoors or with window open, clingy/cuddly, not very thirsty	Pulsatilla	1 pellet 3-4x daily until well
	Headache or migraine better with firm pressure, dry cough, chest pain with cough, irritable,	Bryonia	1 pellet 3-4x daily until well



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	doesn't want to be touched, prefers to lie still very thirsty for cold drinks		
	Dry cough, worse at night on lying down, cough comes in fits	Drosera	1 pellet at bedtime and on waking with cough, up to 6x daily until well
	Sinus pressure or sinusitis, discharge difficult	Kali bichromicum	1 pellet 3-4x daily until sinuses drain
	Wet cough with rattling chest	Antimonium tartaricum	1 pellet 3-4x daily until cough resolves
Sore throat	Sharp throat pain, radiates to ear	Hepar sulfuricum	1 pellet 3-4x daily until throat pain resolves
	Sore throat, thirst for cold drinks	Phosphorus	1 pellet 3-4x daily until throat pain resolves
	Lump in throat, especially after upset	Ignatia	1 pellet 3-4x daily until throat pain resolves
Stomach pain	Colic or crampy pain, better extending	Colocynthis	1 pellet 3-4x daily



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	back, especially after upset		
	Colic or crampy pain, better bending forward, heat or pressure	Magnesium phosphoricum	1 pellet 3-4x daily
	Bloating, belching, prefers to be fanned/cool air	Carbo vegetabilis	1 pellet 3-4x daily
Food poisoning/ "Stomach Flu"	Nausea, vomiting and/or diarrhea; thirst for sips	Arsenicum	1 pellet 3-4x daily
Flu	Achey, chilly, better hot shower, may fear as if has been poisoned	Rhus toxicodendron	1 pellet 3-4x daily
	Dull, droopy, drowsy, just wants to sleep; dark circles under eyes, pale; achey behind eyes	Gelsemium	1 pellet 3-4x daily
	Headache	Bryonia	1 pellet 3-4x daily



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	better with pressure, irritable, dry painful cough, very thirsty for cold drinks		
Insect stings/bites	Mosquito bites	Ledum	1 pellet 3-4x daily as preventative in mosquito areas; as treatment for severe/multiple
	Bee/wasp or other hot, red stings	Apis	1 pellet 3-4x daily
	Any bite/sting with rash	Histaminum	1 pellet 3-4x daily
Puncture wounds	e.g. stepped on thorn or metal; swelling after injection	Ledum	1 pellet 3-4x daily until swelling, pain resolve. Report to emergency if hot, red or purple or red swellings extend from site. Note tetanus immunization status.
Parasites	Itchy rectum often at night, worms in stool, dark circles, irritable/anxious	Cina	1 pellet 3x daily for 3 weeks following onset or recurrence of symptoms or positive parasite



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	behaviour, fatigue		test/treatment
PMS	Irritability (esp. with partner and/or children), breast tenderness, better vigorous exercise	Sepia	1 pellet 3x daily each cycle as needed from onset of symptoms until resolve
Anxiety	Anticipatory anxiety, often with diarrhea	Gelsemium	1 pellet 3-4x daily
	General situational anxiety or insomnia	Rescue Remedy (Bach flower remedy)	3-4 drops on tongue every 15 minutes until calm
Grief	Overwhelming grief, upset, hysteria, lump in throat, can't stop crying	Ignatia	1 pellet 3-4x daily
	Suppressed, silent or stored-inside grief	Natrum muriaticum	1 pellet 3-4x daily



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## **How Homeopathic Remedies Work**

Homeopathic medicines may interact with the body's innate healing energy by interacting with the body's water – when they come into contact with the mucus membranes such as the inside of the mouth. The human body is comprised of 70% water. When homeopathic remedy is placed into water, photographs taken at a molecular level show the water molecules aligning in different patterns with different remedies. Although science has not been able to yet fully explain how homeopathics work, this is also true for hundreds of pharmaceutical drugs! And we do know from 200 years of observation, research and solved cases that homeopathic remedies, when chosen correctly for the person, do work as well in infants, children and animals as they do in adults (who are most susceptible to placebo effects).

## **Dosing**

In homeopathic medicine, the effect of the remedy is intensified by the frequency of dosing and not the volume of medicine given. This is why taking an entire vial of a homeopathic remedy (e.g. 140 pellets or granules) at once is considered one dose, while taking 1 pellet, 3 times daily constitutes 3 doses.

Typical dosing regimens for acute symptoms like colds, flu or injuries are 3-4 x daily for as long as the symptoms are present. Once the person is well or the issue has resolved, you can discontinue dosing the remedy. "Dry dosing" means to melt 1 pellet on or under the tongue (sublingually). "Water dosing" means to stir 1 pellet into water (used



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boiled, cooled water if giving to an infant) and give ½-1tsp of the water by mouth.

Homeopathic remedies should be given at least 5 minutes away from food or drinks other than water. i.e. a "clean palate".

### **Redosing**

If the person is doing well and symptoms resolve for a time, then return or relapse, try the same remedy at the same dosing regimen last used.

For example, a child with a dry cough on lying down in bed is given the remedy Drosera 30CH before bed, and any time she wakes with the cough. She is better that night and the following two days and nights. On the fourth night the cough returns. She can be given the same remedy and dosing regimen and good results expected.

In another example, you take the remedy Ignatia 200CH because you are experiencing overwhelming grief, upset and sadness. After a couple of days taking the remedy 3 times daily you are feeling better. You are moving more easily through the grief or sadness and you are not feeling like you're getting "stuck" in it. In a few weeks, your overwhelming feelings return, similarly to how you felt before first starting this remedy. You can redose with this same regimen and you may notice you feel better after only 1-2 doses this time.



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## **Potency**

The strength of the remedy is called the remedy's potency. Usual potencies for first aid/home care use are 30CH and 200CH. The number refers to the number of times the remedy was diluted and the higher number represents a stronger potency. The "C" refers to the "centissimal" scale of dilution (1 in 100 drops, repeated a certain number of times) and the "H" refers to the "Hahnemannian" method of manufacturing.

## **Storage**

Stored properly, homeopathic remedies do not expire. (The expiry date on the bottle is for regulatory obligations only). Keep your remedies in a cool, dry environment. Although they are not toxic, they are often tempting for children as they are sweet so should be kept out of reach of little hands. Store remedies away from perfumes, moisture, heat and sunlight.

## **Travel**

Homeopathic remedies may be weakened by radiation such as that from microwaves, cell phones and security scanners. When travelling with homeopathics keep them in a separate Ziploc bag or container in your carry on and ask that as they are medicines that they not pass through the scanner (they will be individually checked by staff and passed around to you), or, pack them in your checked luggage as this is not x-rayed.



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## Where to Find

Common homeopathic remedies can be found in health food stores, natural pharmacies and the health section at larger grocery stores. Other remedies will need to be ordered through your naturopathic doctor or online at sites such as [abchomeopathy.com](http://abchomeopathy.com).

To order your personalized homeopathic kit, visit [www.tworivershealth.ca/order](http://www.tworivershealth.ca/order) and let us know which remedies (and potencies) you'd like to order.

To discuss which remedies are ideal for your family, please visit [www.tworivershealth.ca](http://www.tworivershealth.ca) to book an appointment with your naturopathic doctor.

## Questions

If symptoms are worsening, not resolving or you are not comfortable for any reason with self-care approach to treatment, contact your health care practitioner or urgent care centre.

Symptoms Indicating Medical Care:

Fever in Infant <6 Months

Lack of wet diapers or watery stools in infants

Breathing difficulty

Blue lips

Blue under fingernails

Unresponsiveness



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Emergency: 911

Local Emergency: \_\_\_\_\_

Family Doctor: \_\_\_\_\_

Pediatrician: \_\_\_\_\_

Telehealth Ontario: 1 (866) 797-0000

Ontario Poison Centre: 1 (800) 268-9017

Naturopathic Doctor:

Dr. Elizabeth Cherevaty ND, RAc

Dr. Antoinette Falco, ND

Two Rivers Health: (519)265-6963