

HOMEOPATHY ON HOLIDAY

POTENCY

30c for most first aid situations

200c Arnica for severe accident and shock

Remember: any potency is better than none.

THE GOLDEN RULE WHEN USING HOMEOPATHIC MEDICINE IS: Stop giving the remedy when symptoms improve and repeat doses with less frequency when symptoms return or when improvement lapses.

Give one dose according to the urgency of the situation.

One dose = 2 pills or 2 drops/sprays (if using liquid potencies)

In intense, first aid and acute situations, medicine may need repeating as per guidelines below:

1 dose can be given every 5 -15 minutes, for 5 – 6 doses if needed

Then every ½ -1 hour for 3 – 4 more doses

As symptoms improve or when dealing with less urgent situations:

Reduce dosage frequency to every 3 – 4 hours for that day.

If there is no improvement within 8 hours, it may be the wrong remedy. Reassess the symptoms and change the remedy or if unsure, seek professional advice.

Take remedy in a clean mouth not with food.

Remedy may be dissolved in a little water in a teaspoon and wet inside of lips as it is absorbed through the lining of the mouth. It is best to suck or simply let it dissolve, not swallow the pills.

FIRST AID & INTRODUCTORY HOMEOPATHIC BOOKS

Homeopathy at Home – Tineke Verkade

Get well soon – Misha Norland

FIRST AID REMEDIES

<< = Worse or aggravation

>> = Better or improved by

ACONITE Symptoms often come on after exposure to cold dry winds, hot sun, fright, fear, anxiety, tension. Presents with restlessness, thirst, < evening, night, warm room, movement

ALLIUM CEPA Hayfever, running colds

APIS insect stings, jellyfish, sun poisoning – acute sunburn with swelling, simple sunburn. Painful swollen joints

ARNICA Injury, fatigue, shock, bruises. Use 200c potency for severe injury and shock and otherwise 30c

BELLADONNA Headache, fever, sore throat, children's ailments, women's pain presents as redness, burning, throbbing, delirium often

BELLIS PERENNIS Similar to Arnica, bruised, strained feeling with general soreness of joints and muscles, as a result of physical exercise or exposure. Injury, whip-lash, muscles pulled, torn or stretched. Effects of cold drink or drenching when overheated.

CALENDULA Grazes, septic wounds,

CANTHARIS Burns, blisters, sunburn

CAUSTICUM Serious burns, severe sunburn

GLONOINUM Sunstroke, severe headache from too much sun. Other headache remedies:

HYPERICUM Injured nerves, injuries of great pain, deep cuts. cut burnt or CRUSHED fingers and toes. Spinal injury especially coccyx.

LEDUM Puncture wounds, stings, Fracture pain, deep bruising, black eye, (after Arnica) Mosquito bites 6c. Prevents tetanus

PETROLEUM Most cases of travel sickness. other remedies to suit individual's needs:

COCCULUS INDICA Air/sea/land. Morning sickness, effects of sleepless nights

NUX VOMICA Overeating or upset stomach

RHUS TOX Strains, over-exertion, over-lifting. Pains, stiffness, restlessness, < rest, > continued movement. Effects of cold, wet, chills, rheumatism << still

RUTA GRAV Bone bruising, injury to periosteum muscles detached or torn loose, eye strain, strained wrist or ankle

TABACUM deathly nausea, cold sweat, prostration, seasickness, ill on tobacco

Ø Tinctures: For external use only. Must be used diluted: 5 drops to 1 cup tepid water

Ø CALENDULA: An antiseptic, promotes healing, stops bleeding, wounds will not go septic.

Ø HYPERICUM: For wounds of great pain, for already infected areas, wounds with foreign material, lacerations, grazes. Wasp stings. Apply to skin to repel mosquitoes, sandflies

Ø ARNICA: Bruises, sprains, bee stings. Must not be applied to broken skin: Use Hypericum

Ø URTICA URENS: Scalds, minor burns. Use one part in ten of olive oil for sunburn.

Ø RHUS TOX: 1 part in 10 parts olive oil for pains of strain and simple rheumatism

CALENDULA OINTMENT: Soothing, healing
NIGHT BEFORE THE NEXT DAYS TRAVEL

NUX VOMICA for the rush and hurry, mental exertion, thinking of all the little things to remember to do. Drowsiness in morning and evening. Sleeplessness from mind crowded with thoughts. Irritable.

PULSATILLA Sleepless, planning for tomorrow calmly leaves everything to the last minute and has to rush, which is not his/her style.

TRAVEL SICKNESS

Nux Vom. Tabacum, Petroleum, Borax – See notes other side

END OF THE DAY

Nux vomica Mental exertion, overeating, irritable
Arnica Mental & physical exertion, overtired, bed feels too hard.

Bellis perennis Unfamiliar exercise, exposure
Rhus tox Sprains and strains, chills

SUNBURN Causticum, Cantharis, Urtica urens, (see notes on other side)

START OF THE DAY

Tired and loss of sleep due to:

Noise Nux vomica

Hard bed Arnica

Children kept parents awake Cocculus

Prepare for sunburn. Apply usual proprietary sun cream and screening agents. Limit the amount of sun exposure during the first days.

Add individual notes related to each person's constitutional remedy. The constitutional remedy taken is the best prophylactic for whatever acute disorder or infection may arise.

Ensure your first aid kit goes with you on holiday – it is too late to need the remedies when you are miles from civilisation.

USEFUL REMEDIES ON HOLIDAY

A.G.E. Arsenicum iodatum, Gelsemium, Eupatorium
All stages of flu or colds especially in children

ARSENICUM ALBUM Food Poisoning, especially from bad meat, sprayed foods, chemically treated water. Dysentery, chills and influenza. Fussy, restless

BAPTISIA septic fever, from infected water or poor sanitary conditions, infectious flu in alternation with **Gelsemium**. sudden onset and rapid sinking. very sick and giddy. mental confusion. Person feels scattered all over the place. Prophylactic against typhoid fever. Ptomaine poisoning: Ars. Bapt, Pyrogenium

BELLADONNA Sudden onset, violent symptoms, heat, redness, throbbing, thirstless, extremities cold, no anxiety or fever (opposite Aconite) mild sunstroke, earache, headache, fever. Complaints start head and go down (Pulsatilla go up)

CARBO VEG Rich foods, food poisoning, fits or unconsciousness where the patient is blue around lips and ears. Gas in stomach or bowel. Known as "Corpse reviver".

DULCAMARA Ailments from changeable weather hot or cold, lying on damp ground

GELSEMIUM Flu-like complaints, especially of warm, moist weather, INFLUENZA Chills, also complaints from bad or exciting news. Anticipation, sleeplessness due to excitement or anticipation of tomorrow's events.

NUX VOMICA Mental stress attending to too many things, rush and hurry, overeating loss of sleep, abuse of alcohol. Stuffy head colds which extend to the throat and chest. Anxious, irritable

PULSATILLA Effects of rich foods, thirstless, earache from water in ear, night as if something were being forced out. As if stuffed up, hearing difficult. If ear pain continues Silica 200c or if it returns Merc. cor. 6 or 30c

CHILL Aconite, Belladonna, Nux vom, Rhus tox. From coldness to single parts - Rhus or Hepar sulph

CRAMPS Cuprum met. Mag phos.

DIARRHOEA Colocynthis cramps in stomach "green apple colic" Ars alb. Aloe

FAINTNESS With heat then coldness Sepia. In closed or crowded room or car Pulsatilla, Nat mur, Phosphorus

HIVES Apis or possibly Nat Mur or Urtica Urens

HOARSENESS During heat Puls, Hepar sulph. Cold damp weather Carbo veg.

INSECT BITES: Mosquito Ledum 6, 12 or 30

TOOTHACHE Merc cor. Belladonna. Plantago Ø applied directly to the tooth. The other remedies internally.

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