

# NZ Homœopathic Society

## Winter illnesses - Top tips for managing family health at home

By Janine Gawn RC Hom

Here are a few suggested options for **homeopathic kits and books** depending on your budget to assist you to manage your health at home and / or with the support of your homeopath during winter. When you are sick or in isolation, it is not an ideal time to wait for remedies to arrive by courier! It is also easier for your homeopath to support those that have kits at home as remedies can be taken without delay.

**Note:** NZD prices current as of June 2022 but please check with suppliers as prices may change.

### Homeopathic pharmacies

Refer to this link for contact information for the various pharmacies mentioned in this article:

<https://www.homeopathy.ac.nz/pharmacy/>

### Liquid, spray, pills, pillules, granules – what should I choose?

It does not matter whether you buy your remedies in liquid, spray, pills, pillules – choose what suits you or your family best. Homeopathic pills, pillules and tablets dissolve in the mouth and are easy to take, as are the spray and liquid. Taste is mild or slightly sweet. If you are unsure of what homeopathic tablets, pills, pillules or granules look like have a look at this handy diagram:

<https://www.hsconline.co.uk/collections/tablets>

### Which homeopathic potency/strength should I choose?

Over-the-counter remedies tend to come in 30c potencies, and this is recommended for home use.

### Which kit should I choose?

If you are new to using homeopathy, consider starting with 1 or 2 remedies or a small kit. As you build your confidence and experience you can add to your collection or upgrade to buy a bigger more comprehensive kit. Add in a book or eBook to assist you and learn more about homeopathic remedies, dosage, uses and philosophy.

### Check out these videos on homeopathy to learn more

<https://www.homeopathy.ac.nz/videos/>

### **Option no. 1 – Buy 1 or 2 single remedies 30c**

Price range around \$17-27 - large bottle with either liquid, spray, or tablets

We recommend having a few single remedies on hand such as the remedy Aconite for example. Aconite is useful to nip illness in the bud, used in the initial stages of acutes that come on suddenly - colds, fevers, ears, throat, dry coughs, croup

Purchase from Naturopharm online:

<https://www.naturopharm.co.nz/aconite>

**Note:** You can also purchase any of the remedies listed below from Naturo Pharm online as single remedies.

### **Option no. 2 – A basic homeopathic kit with 6 or 12 remedies 30c**

Prices range from \$20-40 - 6 or 12 small plastic vials with pillules

These affordable specialised Selene homeopathics “Eureka! Range” Mini Kits homeopathic kits come with a basic instruction leaflet on the remedies and uses. There is a wide range of kits available.

**Flu Kit 30c** contains: Aconite, Anas barb, Bryonia, Eupatorium perf, Gelsemium, Rhus tox

**Cough Kit 30c** contains: Antimonium tart, Drosera, Ipecacuanha, Phosphorus, Rumex, Spongia

**Starter kit 30c** contains: Aconite, Apis, Arnica, Belladonna, Chamomilla, Gelsemium, Hypericum, Ignatia, Ledum, Nux vomica, Pulsatilla, Rhus tox

Purchase from Selene via phone or email

<http://www.selene.co.nz/catalogue-prices/>

### **Option no. 3 – 24 remedy leather homeopathic kit 30c**

Price \$145 - 24 mini vials with granules

If you want a more comprehensive kit to begin with or are already familiar with using homeopathy at home and would like a wider range of remedies, this 24-remedy kit From Simillimum is perfect. It is a convenient leather zip pouch which easily fits in your handbag or travel bag with a pocket guide on how to use the remedies.

**24 Basic Homeopathic Remedy Kit 30c** – refer to link below for list of remedies

Purchase from Simillimum:

<https://simillimum.co.nz/products/remedies/homeopathy/remedy-kits/24-basic-homeopathic-remedy-kit-30c>

#### **Option no. 4 – add in a home use book to use with your remedies**

Prices range from \$20-\$25

The New Zealand Homeopathic Society (NZHS) recommends the homeopathy book **Get Well Soon – A Guide to Homoeopathic First Aid by Misha Norland**, which is perfect to use with your kit. There are other informative book options to suit your needs, see link below to view or purchase. They have been written by expert homeopaths and there are clear guidelines to using homeopathy at home.

<https://www.homeopathy.ac.nz/product-category/beginners/>

**Consider joining the NZHS** – Membership is open to all, see benefits here which include a **FREE book**: Get Well Soon – A Guide to Homoeopathic First Aid by Misha Norland

<https://www.homeopathy.ac.nz/join-the-society/>

#### **Option no. 5 - Downloadable eBooks**

Price FREE

The New Zealand Homeopathic Society have been generously gifted by author Karen Johnson her **Basic Homeopathic Therapeutics book** which we are producing in free mini eBooks. The first 3 are available to download free now – COLDS, first aid for ACCIDENTS, INJURIES & SPORTS injuries, and COUGHS. Remember to check back frequently for updates!

Click on this link and go to the eBook section to download

<https://www.homeopathy.ac.nz/about-nz-homeopathy/>

#### **Can I treat myself?**

You can learn to use some homeopathic remedies at home for simple acute conditions such as colds, ear infections, flus, coughs, tummy bugs, etc. All ongoing chronic conditions require consultation with a professional homeopath. Refer to the New Zealand Council of Homeopaths professional register using the link below.

<https://homeopathy.co.nz/find-a-homeopath/>

#### **About the New Zealand Homœopathic Society**

The Homœopathic Society is run by a small team of dedicated volunteers. New volunteers are warmly welcomed. Join the Society to receive our quarterly newsletter and for up-to-date information on homeopathic news, events, and tips on remedies for common ailments. Visit our online bookstore for a comprehensive selection of books about Homeopathy. Access the 'Members Only' pages on our website where past journals are available to view or download.

Website: [www.homeopathy.ac.nz](http://www.homeopathy.ac.nz) Email: [coordinator@homeopathy.ac.nz](mailto:coordinator@homeopathy.ac.nz)

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