

***30. NUX VOMICA:** May be useful for symptoms related to over-indulgence, overwork, sedentary habits, night watching, shift work, travel, and at times when the body clock is upset. It may provide symptomatic relief from insomnia that occurs around 3-4 am with thoughts of business in people who tend to be stressed, critical and over-sensitive. It's sometimes called the hangover remedy as it may relieve the symptoms of excesses of food, alcohol, coffee, drugs and mental stimulation.

***31. PHOSPHORUS:** May relieve symptoms associated with loose, dry, spasmodic coughs, hoarseness, vomiting and heartburn, nosebleeds. Traditionally recorded as suiting people who crave cold drinks, love company and have many fears; the dark, thunderstorms, twilight, ghosts, the unknown.

***32. PULSATILLA:** May help congestive symptoms where discharges are thick and yellow-green. The person may be clingy, moody, and weepy, desiring consolation, company and fresh air. It can help relieve symptoms of PMS, menstrual symptoms and hot flushes and for tummy aches after rich, fatty foods. It may also help manage the discomfort of rashy illnesses.

***33. RHUS TOX:** May help pain and stiffness of bone, connective tissue, joints or tendons from over-exertion when the person feels restless and stiff on beginning to move, much better from movement. It may help flu like symptoms with joint pain from getting wet while perspiring and also for skin ailments with itchy, blister like eruptions.

***34. RUTA GRAV:** Traditionally effective in treating the symptoms of sprains and strains of knees, wrists and ankles, contusion of the bone, similar to **Arnica**. It may help with stiffness and pain in the joints and limbs with bruised weakness and weariness and may be indicated after blows and fractures, surgery to bony areas and dental surgery.

***35. SEPIA:** May be helpful for menstrual symptoms with irregularity, dragging pains and heaviness or hot flushes and headaches

at menopause in women who are emotionally worn down, irritable and indifferent with aversion to consolation and a desire to be left alone. Dancing or exercise usually makes them feel better.

***36. SILICA:** A tissue salt that has traditionally been used for the relief of symptoms associated with frequent colds and earache, boils, abscesses, splinters, fragile skin when every little injury suppurates, weak nails with white spots.

***37. SPONGIA:** Consider Spongia for the relief of symptoms associated with croup and tickling in the throat where the person has a dry barking cough like a seal. This remedy may follow well after **Aconite** if they are anxious and worse around midnight.

***38. SULPHUR:** May be considered for the relief of the symptoms associated with dry, scaly skin conditions that are worse from bathing and the warmth of the bed. It can help the management of hot flushes and the discomfort of haemorrhoids. Sulphur may help the body to restore balance after illness or treatments.

***39. THUJA:** Traditionally used for wart like growths, and a tendency to corns, warts and calluses especially on feet. May help relieve symptoms of tinea and fungal infections.

***40. VERATRUM ALB:** Has a tradition of use for the symptomatic relief of violent vomiting with cramping and weakness especially where the face is pale and bluish and there is a cold sweat and cold limbs.

DOSAGE AND CARE OF REMEDIES

Low (i.e. 6c) potency remedies have a broad sphere of action and are considered low risk, they can be used for any member of the family, including pets, if the symptom pictures correspond.

A well chosen remedy where the symptom picture matches the remedy picture is understood by homoeopaths to stimulate a healing response in the body. After a few doses

you either start to see an improvement or the remedy picture may change and indicate another remedy to continue the process.

If you choose the wrong remedy then no improvement is likely to be seen in the symptom picture. This means that you will only really respond to a correct or close remedy.

- 1 dose = 2 pilules or 4-6 drops if liquid.
- Dispense 2 pilules into the lid and drop them under the tongue to dissolve (it's not a problem if children chew them)
- Try not to touch the remedy with your hands. When treating babies and animals this can be difficult, at least don't touch the pills that will remain in the vial.
- It is better not to take the remedy close to eating, drinking or brushing your teeth.
- Store remedies away from direct light and heat, strong smells (such as essential oils) and electrical appliances.

ABOUT HOMOEOPATHY

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia and to a lesser extent Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

These remedies have been prepared in a specific way by a potentising or activating process involving dilution and succussion (shaking hard) that is understood by homoeopaths to render the remedy non-toxic and free from side effects. Homoeopathic medicines are provided in either pilules or drops. The potency and dose varies depending upon each person's individual need. The remedies are considered low risk to use and are unlikely to affect or influence prescribed medicines.

Many minor problems can be treated effectively at home but for recurrent and stubborn cases Constitutional treatment by your Homoeopath may result in a deeper more sustained result.

To find a qualified local practitioner visit the AHA or ATMS websites for a list of members.

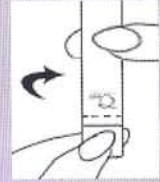
homoeopathy for the home prescriber remedy guide

**more information
& purchase of
remedies for the home
prescriber
ph: 02 42263777**

OPENING REMEDY VIALS



1. Cut around dotted line with fingernail or sharp object.



2. Invert the vial, hold the lid and twist tube to dispense 2 pilules into the lid.

3. Pour the pilules into your mouth. Let them dissolve.

It is stressed that this leaflet is intended as a guideline only and is based on remedy pictures available in traditional homoeopathic texts. It is important to consult with your health care practitioner if there is any doubt.

* ALL of the following homoeopathic remedy pictures and information are available in traditional homoeopathic texts. If a homoeopathic remedy picture matches your individual symptom picture the remedy may offer symptomatic relief. Homoeopathic principles should be applied when using any homoeopathic remedy. Always read the product label. If symptoms persist consult your health care practitioner promptly.

*1. **ACONITE**: Early stages of the inflammatory process such as fever, dry, short hacking cough, colds, influenza, earache, vomiting etc. Ailments often come on suddenly during the night after exposure to dry, windy weather or a fright.

*2. **ALLIUM CEPA**: Symptomatic relief of hay fever and colds with streaming eyes, profuse clear nasal discharge and frequent sneezing. Symptoms 'as if peeling onions'.

*3. **ANAS BARB 200c**: This remedy has a tradition of use to boost the immune system and for the symptomatic relief of early stages of colds and flu, even slight symptoms such as feeling 'off colour', in conjunction with the indicated remedy (e.g. **Aconite**, **Ferrum phos**).

*4. **ANT TART**: May provide relief for the symptoms of rattly, noisy, wheezy cough with copious mucous that may be difficult to clear. There may be a bluish tinge around the eyes and lips.

*5. **APIS**: May be helpful for symptoms related to bites and stings with redness, heat and swelling, hives, nettle rash, allergic eruptions and sore throats with stinging pains and sensation of swelling.

*6. **ARNICA**: Arnica has traditionally been used for symptoms associated with bruises, accidents and injuries. Feels 'as if bruised and beaten'. Jet lag. It may assist with repair and healing in situations such as childbirth, surgical and dental procedures.

*7. **ARSENICUM**: Symptomatic relief of tummy upsets that result in vomiting, diarrhoea and burning stomach cramps. The person may feel

restless and anxious. It may also support the body during colds that present with weakness, a runny nose, cough and wheezing. May boost immunity when travelling.

*8. **BELLADONNA**: Compare with **Aconite** for the first stage of the inflammatory process, particularly in small children. Symptoms that arise suddenly with bright redness, heat of the face or affected part and intense throbbing pain and congestion such as with earache, colds, flu, fever, sore throat, headache, toothache and mastitis.

*9. **BRYONIA**: May relieve a hard, dry cough with pain under the sternum aggravated by coughing and any movement even breathing deeply. It also has traditionally been used for headaches, abdominal pains or joint pains which are worse from movement.

*10. **CALC PHOS**: Symptoms associated with teething, poor appetite, leg cramps. Stomach pains and headaches in children who may also be tired, thin, whiny, discontented and often crave salty foods. Traditionally calcium phosphate was used in tonics and believed to have a tonic effect at times of rapid growth and improve the absorption of nutrients.

*11. **CANTHARIS**: May relieve symptoms of bladder irritation with painful urination, burning, scalding and great urgency. It has also traditionally been used to relieve sore, burning throat, burns, scalds and sunburn.

*12. **CARBO VEG**: Feeling weak, faint and about to collapse, desires fresh air and fanning. This may be accompanied by a feeling of cold sweat, clammy face and a craving for fresh air and fanning. May help a sluggish, weak digestion especially after illness or fasting.

*13. **CHAMOMILLA**: May help relieve symptoms associated with teething, colic, dry & tickling coughs and earaches when the child has one cheek red and one pale and is restless, hot, thirsty, cranky, sensitive to pain and can't be pleased.

*14. **COCCULUS**: May help symptoms related to sea sickness, travel sickness and jet lag. It

can provide symptomatic relief when a person is dizzy and exhausted by worry and lack of sleep, nursing loved ones and getting up to sleepless children.

*15. **COLOCYNTHIS**: Has traditionally been used for the symptomatic relief of all kinds of colicky, cramping and griping pains that make you double up and feel better from pressure.

*16. **EUPHRASIA**: May provide relief eye symptoms such as dry, itching, gritty feeling, acrid tears and light sensitivity.

*17. **FERRUM PHOS**: A tissue salt that has traditionally been used in the early stages of the inflammatory process and when generally 'off colour'. Conditions which may benefit include fever, earache and nose bleeds. Take on it's own or with **Aconite** or **Belladonna**.

*18. **GELSEMIUM**: May relieve flu like symptoms with aches, pains and a droopy, drowsy, heavy, listless feeling. It may also be helpful for symptoms related to anticipatory fear, stage fright and exam nerves.

*19. **HEPAR SULPH**: Traditionally used for symptoms associated with cold sores, herpes and eczema with suppuration. It may also be useful for the symptoms of croup or a barking rattly cough with yellowy mucous.

*20. **HYPERICUM**: May assist with the healing of injuries such as jammed fingers, bricks on toes, puncture wounds, splinters, bites and stings with long shooting pains. Traditionally Hypericum is known as "the **Arnica** of the nerves" and when taken after surgery including dental treatment, wounds, scratches and cuts it may support healing.

*21. **IGNATIA**: Symptoms associated with emotional upsets such as shock, grief, hysteria, emotional and mental strain, homesickness. The remedy may be helpful when there is sighing, changeable moods, disturbed sleep and eating patterns.

*22. **IPECAC**: Homoeopathic Ipecac has been used traditionally for the symptomatic relief of nausea and vomiting, morning sickness, travel sickness, gastric upset, and spasmodic cough with nausea and vomiting.

*23. **KALI BIC**: May help relieve the symptoms of sinusitis with thick, ropy, yellow, stringy discharge, or so congested that there is no discharge, catarrhal headache, difficult expectoration, and throat symptoms.

*24. **KALI MUR**: A tissue salt that may provide relief for symptoms where there is thick, white nasal discharges and catarrh, earache, stuffy head colds, sore throats and mouth ulcers.

*25. **KALI PHOS**: A tissue salt traditionally used as a nerve tonic. It may provide support during times of stress, study and over work.

*26. **LEDUM**: May be useful for symptoms associated with bites, stings and puncture wounds where the skin is swollen, pale, cold and mottled. It may also be useful after Arnica has been used for bruises.

*27. **MAG PHOS**: A tissue salt that may help relieve spasmodic pains, neuralgic pains, abdominal colic and menstrual cramps.

*28. **MERCURIUS**: May offer symptomatic relief in the management of mouth ulcers, gums that are unhealthy and bleed easily, sore throat with excessive saliva and bad breath, ear problems and glandular swellings. There may be offensive night sweats and the symptoms are generally worse at night.

*29. **NAT MUR**: A tissue salt that may be effective in reducing the symptoms of colds that start with sneezing and the nose running like a tap. Other conditions that may benefit include dry, itchy skin in the creases of a joint, PMS, menstrual symptoms and dryness of vagina at menopause often accompanied by feelings of sadness, resentment, irritability and a desire to be alone.