

## **Homoepathic First Aid Kit**

### **Swine Flu:**

This virus H1N1, was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes. Scientists call this a “quadruple reassortant” virus.

The virus is contagious and can spread from human to human. Symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

There are antiviral medicines you can take to prevent or treat swine flu. There is no vaccine available right now to protect against swine flu.

If you have the symptoms of a flu, or feeling like you are coming down with something, then homeopathy can help you.

### **Symptoms for flu:**

1. headache
2. runny nose
3. sore throat
4. fever
5. cough
6. nausea
7. vomiting
8. diarrhoea
9. loss of appetite
10. body aches
11. lethargic

### **How flu spreads:**

1. Coughing
2. sneezing
3. kissing
4. touching infected areas and passing it to the nose, mouth or eyes

***if you don't feel like you are dying then you probably only have a cold !***



### **Aconitum Napellus ( Aconite)**

**Useful for:** chills, colds, croup (any condition of the larynx or trachea characterized by a hoarse cough and difficult breathing.), Anxiety, Fears, Effects of Frights, Heart attack (call emergency services), Influenza, Nervousness, Nightmares, Palpitations, Panic attacks, Shock – mental and emotional, Traumatic fever, Urine retention due to shock.

**Caused by:** Exposure to dry, cold weather or winds. Physical and mental restless caused by shock, fear or anxiety, acute, sudden and violent illness with high fever, Influenza and colds, complaints from very hot weather, tingling, coldness and numbness.

**Dosage:** Potency 30C - one dose especially at night, just before bed. However can be given up to 3 doses a day.

### **Allium Cepa**

**Useful for:** Allergies (hay fever), colds, tickling in throat, Eyes burning, sensitive to light, tearing eyes,

**Caused by:** Damp cold weather, pollen, worse in a warm room

**Dosage:** Potency 30C – one dose as and when needed. Up to three doses a day.

### **Antimonium Tartaricum**

**Useful for:** Gasping for air, Suffocation, Pneumonia, Bronchitis, Coughs – rattling of mucus with little expectoration. Great accumulation of mucus.

**Caused by:** Worse from warmth

**Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Apis mellifica**

- Useful for:** Allergies from bee stings, Hives, nettle rash, allergic edema of face, eyelids.
- Caused by:** stinging pains, swelling or puffing up , bee sting, insect bites
- Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Argentum Nitricum**

- Useful for:** Anxiety due to anticipation, fears, panic attacks , fear of flying in airplanes, fear of having a panic attack, diarrhoea from emotions, diarrhoea from anticipation, sore throat- sensation as if splinter in throat
- Caused by:** anticipation
- Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Arnica Montana: *arnica should NOT be applied where there is blood.***

- Useful for:** Body aches especially after exercises or workouts. Black eyes. Blows. Bruises and bruised feelings. Falls, Head injury – bumps. Sprains. Swellings.
- Caused by:** Over lifting, over working, falling down
- Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Arsenicum Album:**

**Useful for:** Allergies, diarrhoea, vomiting (mainly caused by food – food poisoning). Colds. Sneezing, Hay fever, runny nose, skin allergies, backache, asthma with tightness of chest with great anxiety and restlessness. Cough with great exhaustion, nervous irritability, cough after drinking. Burning in eyes with hot, acrid lachrymation. Sleeplessness from anxiety, nervous exhaustion, restlessness. Worse midnight to 2am.

**Caused by:** burning pains, burning tears, dust, restlessness- changes places continuously, thirst- sips little at a time, anxiety about health, fastidious,

**Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Belladonna**

**Useful for:** Boils, Ear aches. High fever without thirst, throbbing headaches (migraines) especially in afternoon, Tickling, short, dry cough, worse at night, Red, dry hot throat, toothache.

**Caused by:** Throbbing pains, violent sudden attacks, hot, red skin, flushed face, dilated pupils, burning heat, sensitive to noise, light, jarring. Right sided symptoms mainly.

**Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Bryonia Alba**

**Useful for:** Arthritis, Backache, Coughs-, mucous membranes all dry. rusty phlegm, Headaches – bursting ,splitting - also good for migraine, Influenza, Knee or joints pain, Pneumonia, chest pains

**Caused by:** Excessive thirst, dry hacking and painful coughs, hold chest while coughing, pains are bursting, tearing, worse by motion and better by rest., mind excessively irritable, complaints from taking cold drinks in hot weather, ill effects of anger, coming into warm room excites cough, better by pressure, better by lying on painful side, better by quiet,

**Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Carbo Veg**

**Useful for:** Flatulence especially after dinner, cold extremities, bloated abdomen

**Caused by:** meals – rich food, poor circulation,

**Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Chamomilla**

**Useful for:** Dysmenorrhoea, Ear aches, Colic, Toothache, cross and uncivil, quarrelsome, irritable when spoken to during menses, sleeplessness due to pain, teething, colic, ear infection

**Caused by:** people who are highly emotional, temperamental and oversensitive, irritable, very cross, ill effects of anger, teething pain, worse by coffee, worse from cold wind, worse at night,

**Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

### **Gelsemium : best remedy for influenza**

**Useful for:** Stage fright, fear of doctors and dentists, nervous dread of appearing in public,, headache: sensation as if band around head with occipital headache, nervous headaches from emotional excitement, diarrhoea after sudden emotions such as grief, fright or bad news. Diarrhoea from anticipation of an unusual ordeal., butterflies in stomach from anticipation of exams, toothache with nervous excitement., throat pain from throat to ear, feeling of a painful lump in throat, trembling, influenza, tremors, viral infection, thirst less, coryza with influenza, ***influenza with chills, muscular soreness, great prostration and headache. Chills up and down the back, want to hug the fire to keep warm***, wants to be held because he shakes so much, nervous chills

**Caused by:** emotions or excitement, from anticipation, worse from humid weather

**Dosage:** Potency 30 C – one dose as and when needed. Up to three doses a day.

**Hypericum Ointment – has anti- septic, anti- bacterial ,anti viral and anti- fungal properties**

**Useful for:** Cuts, nerve pains, bites, bites of animals and insects,

**Caused by:** knives, sharp objects, crushed fingers, toes from say door frames etc

**Dosage:** apply thinly as and when needed

**Calendular Ointment – a great anti septic ointment**

**Useful for:** nappy rash, cuts, burns, knife wounds

**Caused by:**

**Dosage:** apply thinly as and when needed

**Arnica Ointment**

**Useful for:** Bruises, Bumps

**Caused by:** hitting, falling and knocking head etc

**Dosage:** apply thinly as and when needed

## **What is Homoeopathy?**

Homeopathy ('homoeos' means 'similar' and 'pathos' means 'suffering') is a form of therapy based on a definite law 'Similia Similibus Curantur' which means 'like cures like'. What this means is that the remedy used to cure the patient is one that is capable of producing similar symptoms.

Homoeopathy is a holistic form of treatment. Therefore it treats you as a whole person, rather than just your illness. The reason we get diseases (dis-ease) is because our body is out of alignment. Once our body is restored (ease), we are well again.

It was founded by a German doctor, Dr Samuel Hahnemann. He believed that the methods used by doctors during his time, to treat patients (mainly by draining blood of out them) was not the way to treat a patient. He believed that *“the physician’s high and only mission is to restore the sick to health, to cure. The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable and most harmless way, on easily comprehensive principles”*.(Organon para 1-2)

Dr Hahnemann was born on the 10<sup>th</sup> April 1755 and in 1796 introduced Homoeopathy to the world. It came to the UK in 1835. He died on the 2<sup>nd</sup> of July 1843

Many prominent people use homoeopathy , the most famous being the Royal Family. The Prince of Wales, Prince Charles is a very strong believer of homoeopathy. Homoeopathy has been in used since the Queen Victoria era.

## **How do we do treat patients?**

Well, basically we discuss with you, just like a counsellor would, to find out what is troubling you, understand you as a person, what you like, dislike etc and then find the right remedy to treat you. This process can take up to an hour. You then keep in regular touch with the homoeopath so that he/ she can assess your progress and decide what the next step should be for you.

As you may have gathered from this, there is no one remedy in homoeopathy for say, sleeplessness. It all depends on the individual and his/ her circumstances.

Someone who has difficulty sleeping, would generally be prescribed sleeping tablets by allopathic doctors, to “help” them sleep. In homoeopathy we don’t have sleeping tablets but we can certainly cure you of your sleeplessness by finding the cause of your sleeplessness and treating that.

Homoeopathy is very safe to take. There are no side effects, no overdose issues at all.

### **How does it work:**

Well put simply, it re-balances your body. When your body is well balanced, then you are in good health. The body is at ease. It is when we go off balance, that we fall ill (disease). Because everyone is different, for example take two brothers, even though they are from the same parents, both males, they still have different likes and dislikes. This is what makes them unique. Homoeopathy understands that and respects you as an individual. Hence the reason why homoeopathic remedies are not necessarily the same for each person exhibiting similar symptoms.

### **How can homoeopathy help me?**

Well depending on your symptoms, homoeopathy can help you better yourself. Homoeopathy is very good for people experiencing anxiety, fear, phobia, loss of confidence, addiction, sleep disorders, irritable bowel syndrome (IBS), eczema, asthma, exam fear etc.. Knowing that there are no side effects, it might be a good idea to see if homoeopathy is right for you !

If you want to find out if homoeopathy can help you, why not try **our free online consultation at:**

<http://ukhomoeopathy.co.uk/Contact-Us.php>

**or call us on 020 8941 9122**