



HOMEOPATHY

for ACUTE FAMILY CARE



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Rebecca Bermeister 2022

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Acute Family Care

This booklet is for parents treating themselves and their families for acute conditions, at home, using homeopathy. There are hundreds of remedies from the plant, animal, and mineral kingdoms, and it can be very overwhelming in the moment, to try find the correct remedy while your child is hopping around on one foot, screaming in pain from a sting or throwing up yesterday's dinner. This simple guide is a quick reference guide, which will make finding the correct remedy easy, so keep it near your kit.

Common remedies have been repeated (throughout the book) for convenience and to encourage you to become familiar with their many uses. Some of the remedies, like Sulphur and Calc-carb are too vast to cover in this small handbook, so I have limited their descriptions to the relevant conditions. For your interest you can read a little more about the essence of the BIG REMEDIES, in the last chapter. Please remember we are prescribing for **acute illness** and not for personality.

On the back pages you will find some charts listing the remedies. Underneath those that appear more than once, I have added + categories. This may help you build your family kits to suit your needs. Where possible, I have also given a simple word or two which describes the essential action of the remedy. This will help you remember the remedies more easily.

As you embark on your journey as a caretaker and healer, you will find yourself becoming a lay practitioner to your own family. I hope this little booklet will help you as homeopathy becomes an integral part of your families healing toolbox.



Dosing Instructions for Acutes

Generally, acute diseases, which are short in duration and do not penetrate too deeply, respond well to the correct remedy, but may need more frequent dosing. You may also need a sequence of remedies as the condition changes. What starts off as a Gelsemium *collapsed state* at the beginning of a cold, may develop into a Belladonna fever and both remedies may be needed as the acute develops. Watch closely and **select the remedy which best fits the current symptoms**. Homeopathy should not be given lightly, so only treat when necessary, and not simply because you or your child is having a normal and healthy response to a pathogen, bite, sting, or fall, or because you recognize a symptom of their behavior in a remedy description. Keep in mind, that **we treat pathology, we don't treat personality**.

A fever is a healthy response to a pathogen. Inflammation is a healthy response to a bite, scratch, or sting. Inflammation occurs when your body produces white blood cells to fight invasion. If you support yourself during this time, with rest, a stable external temperature, fluids, nutrients, and time to heal, your body will naturally restore its own balance. However sometimes, we do need to help the organism, and homeopathy is the perfect agent with which to do that. Homeopathic remedies support the action of the body towards healing.

Only use low potencies - 12c, 30c or 200c. The lower the potency, the more often you may repeat it.

Always bang the closed remedy bottle against the palm of your other hand, or against a hard book or table x10 each time you give a remedy. In a water dose you can stir the remedy x10 before repeating. This slightly increases the potency so you are never giving a stagnant potency.

I recommend patients **start with a single dry dose under the tongue**, and **follow with 3 wet (water) doses**. (Small children and infants will need a water dose as they cannot keep the pills under their tongue). I suggest this because children like the little sugar pills, and often the sugar is enough to stop their hysterical crying or sidetrack them from the shock, and more importantly, because often you need to start immediate treatment. This method gives you have time to make up the water dose for subsequent dosing.

How to get the remedy pills out: Tip the closed plastic remedy bottle upside down and twist the bottle. 1-2 pills should fall out into the plastic lid.

DRY DOSE

Without touching the pills, drop 1 or 2 pills (the amount is not crucial), under the tongue and allow them to dissolve. Then give 1 pill every 15 minutes. Total of 4 doses over 1 hour.

WET DOSE

Without touching the pills, drop 1 or 2 pills into a quarter of a glass of filtered or spring water and allow them to dissolve. Give 1 x 5ml teaspoon every fifteen minutes. Total of 4 doses over 1 hour.

Now **wait and watch**. If you observe any change in the condition between doses, stop and allow the remedy to continue acting. You may need to repeat the cycle later if the fever or swelling returns, but always check the symptoms are the same as they were when you first decided on the remedy.

Healing takes time and the organism needs time to come into balance. If you see no change after 4 doses of the remedy (one round), and you are certain it is the correct remedy, you can go up in potency. If you are having doubts, change remedies. But try not to use too many remedies. Rather wait until you have a clear change of symptoms and a clear remedy picture before treating.

The symbols < and > are frequently used in homeopathic material

- < **worse for** - the patient or the condition is worse with or from...
- > **better for** - the patient or the condition is better with or from....

For example: the patient or condition needing Phosphorus

is *worse from*

< cold, exertion, lying on left side, warm foods, getting warm in warm weather (overheating).

And is *better from*

>warmth, cold foods, after eating, open air, cold shower, sleep.

HOMEOPATHIC TERMINOLOGY

Materia Medica is the list of remedies and their symptoms.

Repertory is a list of symptoms and their remedies.

Succuss means to vigorously shake. Homeopathic succussions are specific to a formula.

An Aggravation is a response to a remedy when the remedy exaggerates a previous existing symptom or when it creates a superficial (new) symptom that may not have been present before. Don't panic, it will pass. The expression indicates that it was an underlying symptom of the organism. Don't rush to treat it, it should settle in a few hours or days. If it doesn't, contact your homeopath.

Similimum means most similar.

Miasm is a hereditary predisposition of a transmittable disease.

Acutes are fast and often strong, responses by an organism (body) to a pathogen (viral, bacterial, fungal), injury, disturbance, imbalance or disease that creates a response such as swelling, fever, heat, rash, vomiting, diarrhea, headache, mucus, sweating, shivering, pain, etc.

Chronic disorders or disturbances are long term, ongoing and are often the result of suppression of acute responses over time. They should be treated professionally.

If you are under **constitutional or chronic care** and you get sick or suffer an injury, even though it seems unrelated, do not treat it without first checking in with your homeopath. An acute, during chronic treatment may mean something important and should not be suppressed by homeopathic or allopathic treatments unless necessary.

Note: remedies are not limited to stages, or infections. Any remedy may be used during any stage of any illness when symptoms agree. Most of the remedies have much broader applications, this is a small guide to their use in acute situations.

BURNS

First-degree burns affect the outer layer of the skin with redness and swelling. They can be extremely painful. You can offer some relief by putting the affected area into cold, salted water. Second-degree burns penetrate deeper layers of the skin and blisters may form. Third- and fourth-degree burns must be treated **immediately** at an **emergency care center or hospital**.



ARSENICUM ALBUM - (arsenic trioxide)- burning pains

Feeling of coals burning on the skin, which feels better with warmth or heat. The patient is restless and does not want to be left alone. They are exhausted and anxious. Thirsty for small sips.

CALENDULA - (marigold) - homeopathic antiseptic

Calendula is useful for all wounds. It protects burns and wounds from infection. Excessive pain, open cuts, injury to muscles and tendons and lacerated wounds. Apply topically to external wound or take in homeopathic potencies for both external and internal injuries such as those to eyes or muscles/tendons.

CANTHARIS - (Spanish fly) - rapid inflammation

Sunburn, burn from a hot vessel, dry burns, hot liquid and chemical burns. Cantharis is *an intense remedy*. The pain is intense, the inflammation is intense. Burning pains, smarting pains, red and inflamed. Burns and scalds before blisters form. Unquenchable thirst, though the patient may not want to drink. The patient may be short-tempered, angry, and full of rage and very sensitive to pain. Cantharis has an affinity with the urogenital system and may be used to treat urinary tract infections with intense burning pains. Medical treatment should be sought if pains continue for more than a few days and if lower back pain and fever accompany the UTI.

< touch

> cold

CAUSTICUM - (potassium hydrate) - raw and sore

Sunburn, burn from a hot vessel, dry burns, hot liquid and chemical burn. Causticum will help speed up burns which are slow to heal. Old burn wounds may reappear and old injuries may reopen. Pain in areas of previous burns. The pain feels as if the skin is raw, exposed. *There is a feeling of no protection.*

Generally these are sensitive patients, both emotionally and physically. They will often take on a cause, such as veganism, because they feel injustice so deeply.

<cold and cold dry weather, draft.

>damp, warmth.

HEPAR SULPH - (calcium sulfide) - infection with puss

Wounds/burns which puss and are very sensitive to touch. Deep infections which have established themselves and settled in to the organism or on the skin. Hypersensitive to touch and cold. Bronchitis, laryngitis, pneumonia. Recurring hives. Unhealthy skin, every pimple erupts. Burning sore throats with splinter like pains or a sharp sting in the throat which feels like razors will be helped with this remedy. The Hepar-sulph patient is short-tempered and very sensitive to pain and cold. They may be quite defensive, as if they are under attack, which, during infectious disease states, they are. When in pain, they may be aggressive and lash out. Irritable, oversensitive, impulsive patients.

> touch, cold air, change of temp, draft, cold drinks.

> warmth, warm drinks wet weather, after food.

HYPERICUM – (St. John's Wort) - nerve pain

A 1% solution of hypericum may be used topically.

URTICA URENS (stinging nettle) - stinging and burning pains

Skin irritations with violent itching, swelling and burning. Stinging pains from stings and burns. Effects the mucus membranes. Mottled blotches on skin from exposure to heat - from a hot water bottle, or heat pad. Hive like eruptions on the skin. Will help the flow of suppressed mother's milk. A remedy for kidney/bladder symptoms. Suppression of urine. Gout inflammation of joints from excess uric acid.

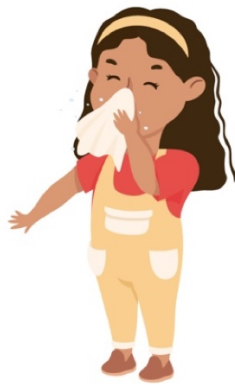
Hives. *Chickenpox.*

<touch, water, cold air.

sting> after sleep.

COLDS & UPPER RESPIRATORY

Colds and viral infections such as the flu, generally attack us in stages. During the first stage, we may feel more tired than usual and a little light-headed, we are preparing for battle. We may have a niggling sore throat for a few days and a strong headache which appears suddenly. This is the time to dose up on vitamin C, rest and not overload the digestive system. Increase probiotics too as much of the immune system resides in the digestive tract. Drink kombucha, eat home fermented sauerkraut, clear broths, plenty of warm fluids and herb teas to which you can add fresh ginger, fresh turmeric, and cinnamon.



The second or active stage may start with intense sneezing, lethargy, and muscle weakness before the fever finally builds and then breaks. The burning nasal passages and throat become congested and fill with mucus. And after a few days, it moves down into the bronchial tubes and digestive tract causing coughing, nausea, loss of appetite, and aches and pains felt deep in the bones. This is a good time to take a warm Epsom salt bath. The calf muscles may ache indicating a need for some potassium, try a banana or potassium rich foods. Try not to treat the fever, rather let it run its course. Drink plenty of clear fluids, sleep, read, rest and surrender. The fact that you or your child, can mount an immune response with a strong fever indicates a healthy immune system.

Finally, as we recover, the mucus starts to thicken and dry up and you may be left feeling like you've run a marathon. Sit in the sun, rest, drink plenty of clear fluids and give yourself time to recover. Listen to your body. You may want juicy fruits, or you may want warming soups. Eat simple and easy-to-digest foods, like basmati rice, apple puree, broths and vegetable soups. Avoid dairy products which encourage mucus production. Keep tired children home from school for a few more days to recover. They may be a bit more challenging than when they were sick, this is a good sign that their vital force has returned.

FIRST STAGE

ACONITE - (queen of poison) - shock

Sudden onset of any symptoms following exposure to cold, cold water, cold wind or shock. Increased heart rate and rapid pulse. Anxiety, thirst, dry mouth, fever, sudden congestion, restlessness, sharp ear pains, hot red ears. The patient is anxious and fears they will die. Aconite is the remedy for *panic attacks*. Often Aconite will halt further development. During fever state, the patient is dry, hot and very thirsty and may worry about their impending death, one cheek may be red, the other pale.

< cold, dry winds.

> after sleep.

BELLADONNA - (deadly nightshade) - furious fever state

Intense high fever with *red, hot, throbbing picture. Cerebral inflammation*. Burning heat with ice-cold hands and/or feet, jamming headache. Photophobia - eyes are very sensitive to light. The pupils may be dilated, and the child looks besotted. Nightmares in a fever state, delirium. Belladonna has violence about it. Jarring movements disturb. Nose bleeds, ulcerated sore throat, inflammation in ears with pain extending down to the neck and teeth. Red, swollen tonsils, swollen glands.

< after 3 pm and midnight, draft, jarring, noise, light.

> sitting half raised, being covered.

CALCARICA CARBONICA - (calcium) - sluggish metabolism

Cold patients, chronic sore throats, disposition to catching colds. Enlarged glands, frequent sore throats, tendency to infected tonsils, and middle ear infections. Red ulcers in the throat, inflamed tonsils, sore tongue, dry hacking cough, choking feeling in the pharynx. Coughing fits with dry cough at night, loose and rattling in the morning. Swollen uvula and red, inflamed tonsils, tendency to swollen glands. Very sore throat on swallowing, dry, choking feeling. Sensitive to cold and damp and to changes in the weather. The patient needing calc-carb is generally weak, with a sluggish metabolism and cold feet. Tendency towards constipation. Worse from exposure to cold air, better for warm drinks. Thick discharges from ears, nasal discharge, much *perspiration, especially at the back of the head* and at night. The little one's pillow is wet in the morning. Craves eggs, carbohydrates, and sweet foods. Slow in movement, clammy, obstinate. Better for warmth.

< cold, damp, change of weather, full moon, morning, physical exertion.

> warmth, eating breakfast, dry warm weather.

GELSEMIUM - (yellow Jasmine) - great weakness

Tired, lethargic, collapsed with general weakness, *tired muscles*, heavy eyes that just want to close, no energy. Chills and flushes of heat, weak and shaky. Sneezing from tickling sensation in nose with watery discharge. Pain in head and sinuses causing headache. Inflamed tonsils, pain extending to the ears. When recovery is slow, and the patient is weak. The patient needing Gelsemium may also have performance anxiety which affects the stomach - making him run to the toilet. Mostly thirstless.

< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

FERRUM-PHOS - (phosphate of iron) - slow onset fever with upper respiratory symptoms

The first stage of inflammation and fever, slow onset (not as intense as Belladonna). The first stage of a head cold, flushed face with hot, sore cheeks. Ulcerated, sore throat. The first stage of ear inflammation. Acute ear infection when Belladonna has failed to help. Congestion of lungs, short, tickling, painful cough. Laryngitis or bronchitis in children.

Rapid pulse, stiff neck. Throbbing headache from too much sun. Headache with sensitive scalp and hot red face. May vomit after eating. Lack of vital heat, cold hands and feet, desire to lie down.

< night, early morning, touch, jar, movement.

> cold applications - cool cloth on the head, ice pack, etc.

EUPATORIUM PERFOLIATUM - (boneset) - bone pain

Eup-perf - pains deep in the muscles and bones from high fever and flu. Bruised feeling all over the body. The patient moans and groans and is restless. They feel like they have been hit by a truck - sore and bruised and battered all over. Throbbing head pain.

< movement.

> cold drinks

ACTIVE STAGE

ARSENICUM - (arsenic trioxide) - burning pains - feel poisoned

Very chilly, can't get warm. Headache with stitching pains in muscles. Dry, burning heat with great anxiety. *Great thirst for small sips*. Restless. (When the little patient moves from the sofa to the bed, from one bed to another, and back, following you around the house). Burning pains in the sinuses, throat, urethra, and chest. Aggravated by cold, wants warm applications, a hot water bottle, hot tea. In

gastric complaints, they feel like they've been poisoned. Anxiety about their condition. They feel they might die. Fear of death is worse at night. Desire for company, for the sake of reassurance.

< cold, becoming cold, being alone.

> warm applications, warmth in general, company.

BRYONIA - worse for movement

The Bryonia patient says, *do not disturb me*. Slow onset of symptoms. All worse for movement. Wants to be left alone. Very thirsty for small sips. Dry, burning heat with great weakness. Painful chest with cough, he holds his chest because it hurts. Dry mucous membranes from the lips to the rectum - constipation. The stool feels very large and hard. There is no energy to push it out. The stomach feels like a stone. Nausea and burning in the abdomen, worse from pressure. Pain in the bones with fever. Toothache, headache, nausea, dizziness, everything is better for being still and remaining quiet. Aversion to company does not want to be disturbed. Anxious, irritable, depressed.

< too warm, movement, 2am aggravation.

> being still, rest, cool air, being left alone, warm drinks.

HEPAR SULPH - (calcium sulfide) - infection with puss

The Hepar-sulph patient is *short-tempered and very sensitive to pain and cold*. They may be quite defensive, as if they are under attack, which, during infectious disease states, they are. When in pain, they may be aggressive and lash out. Wounds which puss are very sensitive to touch. *Burning sore throats with splinter like pains or a sharp sting* in the throat which feels like razors will be helped with this remedy. Deep infections which have established themselves and settled in to the organism. Recurring hives, hypersensitive to touch and cold. Irritable, oversensitive, impulsive patients. Unhealthy skin, every pimple erupts.

< touch, cold air, change of temp, draft, cold drinks.

> warmth, warm drinks wet weather, after food.

NATRUM MURIATICUM - (sodium chloride, salt) - protective

Throbbing, blinding, hammering headache. Violent cold/flu starts with much sneezing. Thin, watery discharge, like egg whites. Loss of smell and taste. Sore, dry nose. Watery eyes. Shortness of breath. Back pain. Thirst increased with fever - general dryness of mucus membranes. Chilly, loss of appetite, sweating. Swollen tonsils, dry throat. Generally, those who benefit deeply from nat-mur like salt.

A strong desire for salt is a keynote of the remedy.

< warmth, high carb foods, too much time in the sun.

> perspiration, being cool, sweating. Aversion to slimy or fatty foods.

PHOSPHORUS - open disposition, burning pains

Respiratory infections with a painful chest. Cough from the larynx, with perspiration, during sleep. Pain on coughing, feeling of constriction in chest. Cough triggered by change in temperature, tickling in throat. Fast breathing with a rattling sound from the chest. Worse on a deep breath, worse on exhalation. Dizziness from loss of fluids. Painful, burning throat, prevents him from speaking, raw larynx. *Laryngitis*. Weeping ears with bloody discharge. Tendency to bleed, nosebleeds. *Great thirst for cold water*, which may be vomited as soon as it hits the stomach. Nausea. Burning hot, and chilly. Desire for company. Social people, open, friendly, extroverted with clairvoyant tendencies. Open personality. Desires to be rubbed (massaged). Must eat often and at strange times.

< cold, exertion, lying on left side, warm foods, getting wet in hot weather.

> warmth, cold foods, after eating, open air, cold shower, sleep.

Desires cold foods, ice cream, salt.

PULSATILLA - weepy discharges

Dry cough, worse in the morning after lying down all night. Weepy, clingy patients, mild in temperament with a need for attention and tendency towards being dramatic because they are so sensitive.

Symptoms change. Hot patients who must have the window open, better outside or with fresh air.

Yellow to green mucus in many complaint - *conjunctivitis*, sticky eyes, weepy ears, nasal mucus. Thick nasal obstruction, watery eyes, ear inflammation, and infections with weepy, yellow discharge. Throat painful, scratchy, swollen glands. Wondering pains above the eyes. Hot feet, which she sticks out the covers. In *mumps*, the breasts, testicles and ovaries are very sensitive and painful, The cough may be dry at night but phlegmy in the morning. Difficult to expel.

Thirstless patients who cry easily is a keynote.

< rich, fatty foods, warmth, evening/night, lying on back.

> cool air, cold applications, cold foods, and drinks, sitting up.

RECOVERY

We have been conditioned to believe that we should suppress our discomfort with painkillers and anti-inflammatories and that we should bounce right back into our demanding lives immediately after being ill. Some are healthy enough to do so, and some need a little extra support to recover their energy.

Please don't rush your little ones back into their busy lives too quickly. The stress on little ones is enormous, they are taking in so much new information every day. Rather give them the extra few days to gain their strength back and enjoy your precious time with them.

See page 63 for more [post viral remedies](#)

GELSEMIUM - (yellow Jasmine) - great weakness

Tired, lethargic, collapsed with general weakness, tired muscles, heavy eyes that just want to close, no energy. Chills and flushes of heat, weak and shaky. Sneezing from tickling sensation in nose with watery discharge. Pain in head and sinuses causing headache. Inflamed tonsils, pain extending to the ears.

When recovery is slow, and the patient is weak. The patient needing Gelsemium may also have performance anxiety which affects the stomach - making him run to the toilet. Mostly thirstless.

< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

CALCARICA CARBONICA - (calcium) - sluggish metabolism

Cold patients, chronic sore throats with disposition to catching colds. Enlarged glands, tendency to infected tonsils and middle ear infections. Red ulcers in the throat, inflamed tonsils, sore tongue, dry hacking cough, choking feeling in the pharynx. Coughing fits with dry cough at night, loose and rattling in the morning. Swollen uvula, swollen glands. Very sore throat on swallowing, dry, choking feeling.

Sensitive to cold, damp and to changes in the weather. Thick discharges from ears, nasal discharge, much *perspiration, especially at the back of the head* and at night. The pillow is wet in the morning.

Craves eggs, carbohydrates, and sweet foods. Slow in movement, clammy, obstinate. Better for warmth.

< cold, damp, change of weather, full moon, morning, physical exertion.

> warmth, eating breakfast, dry warm weather.

CHINA - (Peruvian bark) - periodicity

Depletion and exhaustion following disease. Long recovery, exhaustion from loss of fluids. Irritated nervous system. Sensitive to touch. Periodic headache, diarrhea, fever, etc. Abdominal bloating. Gastric complaints. Sensitive to drafts. Chronic, ongoing complaints following diseases. Anemia, nosebleeds, broken down, weak, labored. Unrefreshed sleep. Despondent, gloomy, no vital life force.

< touch, draughts, loss of fluids, periodically.

> hard pressure, open-air, warmth.

PHOSPHORIC ACID

Ailments from exhaustion, which usually start in the emotional body from grief or loss. Ailments from loss of body fluids (heavy flow of menstrual blood, diarrhea, vomiting, sweating). Indifference, from grief. Sunken eyes, sickly complexion. *Craves juicy and refreshing fruits and drinks.* In children and young people who grow too fast-growing pains.

< perspiration, cooling down, eating. > sleep, movement, walking.

CONJUNCTIVITIS

Itchy, watery eyes, inflammation of the conjunctiva caused by allergies or viral infections. Often called 'pink eye', conjunctivitis may be easily spread, if viral or bacterial. Keep hands clean and rinse the eyes with saline drops often. After wiping the eyes gently, discard tissues. This is a good time for children to listen to music or a story with eyes closed, so they can rest. Infants can be treated with a few drops of breast milk. And as, always, an increase in vitamin C is called for as conjunctivitis indicates your child is run down and in need of some rest and tender love and care.



ACONITE (queen of poison) - shock

Sudden onset of symptoms. Following exposure to cold air, cold winds, cold waters. Irritation of conjunctiva.

< cold, cold air, cold winds, cold waters.

> sleep.

APIS – (honeybee)

Swelling of lid, intense. Puffy fluid filled bags under the eye. Stinging, burning pains. Teary discharge from eyes is watery and hot, smarting.

< heat of any kind.

> cold, open air.

ARSENICUM - (arsenic trioxide) - burning pains

Burning pains, thin, burning, acrid tears. Swelling mostly under eye. Red eyes, very sensitive to the light. Thirsty patients, anxious, chilly, restless. When conjunctivitis comes with a cold.

< cold.

> heat, desires heat, hot applications, hot drinks.

EUPHRASIA - (eyebright)

Runny watery eyes, profuse, acidic, burning. Red eyes, very sensitive to the light. Feeling of sand in the eyes. Following exposure to cold wind. Sticky discharge in the morning glues eyelids together. Lots of blinking, itching and irritation.

< wind, sun, night.

> open air, washing the eyes.

NUX -VOMICA - (strychnine tree) - exhaustion of nervous system

Dry eyes, inflammation in the inner corner (nose side, inner canthi). Accompanying cold.

Dry, itching, red, swollen with much discharge. Irritable patients, chilly.

<becoming cold, dry.

> humid, weather, warmth, after a good nap.

PULSATILLA - weepy discharges

Thick, profuse, bland discharge from eyes. Itching and burning. Eyes stick together from sticky discharges. Sensitive to light. Better for cold applications and open air. Styes mostly on upper lid. Yellow or green discharge from eyes. Weepy patient. **Generally thirstless is a keynote of this remedy.**

< heat, evening, warmth, towards evening.

> cold applications, open air, cool air.

SULPHUR - (brimstone) - volcanic

Burning, itching eyes, which feel like they have sand in them. Eyelids stick together.

< warm applications, washing.

> cold, cold applications.

CONSTIPATION

During periods of constipation, eat soft foods and drink plenty of clear fluids. Foods that help move the bowels include cooked beetroot, grated apple and pear, lacto-fermented foods, kiwi fruit, blackberries, raspberries, and grapes. Healthy adults can do water fasts to give the digestive system a break. Often, when babies transition from breast milk to formula or when they start on solids, they experience a very difficult first stool. Make sure they are well hydrated before they start solids, and start on fruits high in digestive enzymes, such as ripe papaya. Grains should be avoided. Diluted prune or diluted apple juice may help. Formula fed babies, need a little extra water from 4 months, especially in warmer climates. Offer water after a feed so they don't fill up before eating. Gentle tummy rubs, tummy time, and exercise help move the bowels. You can also gently massage the acupressure point between the thumb and the forefinger.



ALUMINA - (aluminum oxide) dry mucus membranes

Even a soft stool passes with great difficulty. Knotty, sheep like dung. Inactivity of the rectum in the elderly and infants, stool may have to be removed manually. Dryness and paralysis, severe constipation. Dryness of the mucus membranes. Slowing down of all faculties. Mental confusion.

<potatoes.

>open air, warm drinks.

BRYONIA - worse for movement

The Bryonia patient says, *do not disturb me*. Slow onset of symptoms. All worse for movement. Wants to be left alone. Very thirsty for small sips. Dry, burning heat with great weakness. Painful chest with cough, he holds his chest because it hurts. Dry mucous membranes from the lips to the rectum -

constipation. Pain in the bones with fever. Toothache, headache, nausea, dizziness, everything is better for being still and remaining quiet. Aversion to company does not want to be disturbed. Anxious, irritable, depressed.

The stool feels very large and hard. There is no energy to push it out. The stomach feels like a stone. Nausea and burning in the abdomen, worse from pressure.

< too warm, movement, 2am aggravation

> being still, rest, cool air, being left alone, warm drinks.

CALCARICA CARBONICA - (calcium) - sluggish metabolism

Cold patients, chronic sore throats, disposition to catching colds. Enlarged glands, frequent sore throats, tendency to infected tonsils, and middle ear infections. Red ulcers in the throat, inflamed tonsils, sore tongue, dry hacking cough, choking feeling in the pharynx. Coughing fits with dry cough at night, loose and rattling in the morning. Swollen uvula and red, inflamed tonsils, tendency to swollen glands. Very sore throat on swallowing, dry, choking feeling. Sensitive to cold and damp and to changes in the weather. The patient needing calc-carb is generally weak, with a sluggish metabolism and cold feet.

Tendency towards constipation. Worse from exposure to cold air, better for warm drinks. Thick discharges from ears, nasal discharge, much *perspiration, especially at the back of the head* and at night. The little one's pillow is wet in the morning. Craves eggs, carbohydrates, and sweet foods. Slow in movement, clammy, obstinate. Better for warmth.

< cold, damp, change of weather, full moon, morning, physical exertion.

> warmth, eating breakfast, dry warm weather.

GRAPHITES (black lead) - sluggish, chilly, constipated

Burning in stomach, relieved by eating. Acidity and gatsric issues. Constipation for days, no desire to pass stool for days and then passes large, knotted, offensive stool. Painful to pass. Unhealthy skin, sluggish metabolism, eczema around the anus. Sticky skin eruptions, knotty stool.

LYCOPodium – (clubmoss) - cowardly

Difficult stool, bloating, with gas. Feels hungry but fills after eating a small amount. Gas in lower abdomen. Feels bloated. No stool for many days, then passed with great difficulty. Acid stomach with burning in the stomach, pharynx, and throat. Everything tastes sour, heartburn and sour vomiting.

4pm-8pm aggravation

< heat, but >warm drinks.

>Movement, cooling down.

MAGNESIUM MURIATICUM - (magnesium chloride) - cramps

Infants and children - constipation with teething, knotty stool. Crumbling, dry stools. Intolerance for milk. Unrefreshed sleep. A liver remedy. Worse after eating. Menstrual cramps. Pacifists, avoid confrontation.

< lying on the right side, after eating.

> pressure, movement, open air.

NUX- VOMICA - (strychnine tree) - exhaustion of nervous system

Irritable impatient, quarrelsome, perfectionist. Wants things done his way. Oversensitive to noise, smell, light, etc. The nervous system is oversensitive. Abdominal gas and bloating. Pressure in the stomach after eating little. Colic causes nausea. Sharp rectal pain after stool. Frequent, ineffectual desire to pass stool. Small pieces pass, incomplete evacuation. Craves rich, spicy foods which make him sick. Cough causes bursting headaches. Cough on waking, from irritation in the larynx. Symptoms are intense and come on suddenly. Sneezing with a raw throat, scraping in the larynx. Cough better from warm drinks. Loose nasal discharge during the day, stopped up at night. Fever with gastric complaints, pain in the back.

< being uncovered, after eating, thinking too much, cold and dry weather.

> wet weather, warm room after stool, from a complete nap.

SILICA - (silicic acid, quartz) - lack of grit

Undernourished, lack of assimilation, easily annoyed, fixed. Lacks stamina and confidence. Too tired to stick to any task. Overworked and depleted. Violent headaches. Very painful and sensitive hemorrhoids. Not enough strength to push out stool, lack of grit, of energy. The stool recedes and slips back. Stools are hard and dry. Sweating with offensive sweat on feet. Very chilly patients, can't get warm.

< cold air, change in temp from wet to dry, thunderstorms, pressure, menstruation, full and new moon.

> being wrapped up, hot applications, lying down

COUGHS

We all recognize that lingering cough that remains, often for weeks after other symptoms have cleared, keeping everyone up at night. Give plenty of warm fluids, especially those high in vitamin C, such as blackcurrant, elderberry, pineapple and cranberry juice. Generally, increase vitamin C intake until the cough clears.

You can also help by gently pounding the back gently, either side of the spine, to loosen phlegm. High doses of vitamin C will be as effective as antibiotics in generally healthy children, and they won't cost your child their gut health which can take months to re-establish.

Foods which increase mucus production include all dairy foods, wheat-based bread, pasta and cereals, peanuts, bananas, soy products, soda, coffee and tea and deep-fried foods. Try avoiding these as much as possible while recovering from respiratory illnesses.



ANTIMONIUM TARTARICUM (Ant-tart) - rattling cough

Great weakness and tiredness. Very mucousy, rattling cough. The patient may not have the strength to cough up phlegm. Mucus accumulates. Pale, sunken face. Children are clingy and don't want to be touched or looked at. Bronchitis. Even though patients are cold, they feel better with cool air. Wheezing in children and babies. Cough worse when the child is angry. Lack of thirst.

A desire for fruit is a strong keynote.

BRYONIA - worse for movement

The Bryonia patient says, *do not disturb me*. Slow onset of symptoms. All worse for movement. Wants to be left alone. Very thirsty for small sips. Dry, burning heat with great weakness. Painful chest with cough, he holds his chest to cough because it hurts. Dry mucous membranes from the lips to the rectum. Pain in the bones with fever. Toothache, headache, nausea, dizziness, everything is better for being still and remaining quiet. Aversion to company does not want to be disturbed. Anxious, irritable, depressed.

< too warm, movement, 2am aggravation.

> being still, rest, cool air, being left alone, warm drinks.

COCCUS CACTI - (cochineal) - spasmodic cough

Rattling, choking cough. Much phlegm causes gagging and vomiting. Uvula enlarged. Spasmodic cough. Thick mucus, painful, tight chest on coughing. Tickling in the throat. The patient has trouble coughing up phlegm. The chest burns from breathing in air. Feeling of a plug in the back of the throat. Nausea. Sore throat worse for warm drinks, better for cold. Obstruction of nose with thick yellow mucus. Very thirsty.

< warm.

> cold drinks.

DROSERA - (the sundews) - suffocating coughing fits

Coughing fits in rapid progression with no time to breathe in between. Vomiting from cough. Attacks after midnight. The patient holds their chest because it hurts to cough. A crawling feeling in the larynx sets the cough off. Deep, hoarse, spasmodic cough, worse at night. The patient feels like they are suffocating from the cough, which is worse from lying down, talking, laughing, and the warmth of the bed. Violent, spasmodic cough.

< night, lying down, talking, the warmth of bed.

> Open air, walking, pressure.

HEPAR SULPH - (calcium sulfide) - infection with puss

The Hepar-sulph patient is short-tempered and very sensitive to pain and cold. They may be quite defensive, as if they are under attack, which, during infectious disease states, they are. When in pain, they may be aggressive and lash out. Wounds which puss are very sensitive to touch. Burning sore throats with splinter like pains or a sharp sting in the throat which feels like razors will be helped with this remedy. *Deep infections which have established themselves and settled in to the organism.*

Bronchitis, laryngitis, pneumonia. Recurring hives, hypersensitive to touch and cold. Irritable, oversensitive, impulsive patients. Unhealthy skin, every pimple erupts.

< touch, cold air, change of temp, draft, cold drinks.

> warmth, warm drinks wet weather, after food.

IPECACUANHA - leading nausea remedy

Coughing fits with vomiting. Rattling and bronchitis in children. Spasmodic, or asthmatic cough. Dry cough with nausea, gagging and choking. The child becomes rigid and turns blue. Constriction of chest. Persistent nausea. Irritable patients. In measles the rash appears slowly.

< smell of food, movement, 7pm, heat.

> cold drinks, coughing up phlegm, cold drinks.

KALI-CARBONICA - (potassium carbonate) - productive cough

Wet, productive cough, bronchitis in children. Worse 2-4 am. Yellow phlegm. Hard, dry cough with stitching pains and sore chest. Cough wakes the child at night. Babies or small children may sleep in 'pose of the child' position with feet tucked under their abdomen. Worse for exposure to cold air. The soles of the feet are sensitive. *Swelling over the upper eyelid is a keynote.*

< 2am -4am, drafts, getting cold.

> leaning forward, bending over, warmth, movement.

KALI-SULPHURICUM - (potassium sulphate) - rattling cough

Wheezing and rattling in the chest. *Whooping cough*. Yellow or yellow-green phlegm. The patient has trouble coughing up the phlegm. The tongue may be coated and yellow. Tendency to allergies - rhinitis, asthma, bronchitis. Warm-blooded.

< closed room, >open air

PHOSPHORUS - open disposition, burning pains

Respiratory infections with a painful chest. Cough from the larynx, cough with perspiration during sleep. Pain on coughing, feeling of constriction in chest. Cough triggered by change in temperature, tickling in throat. Fast breathing with a rattling sound from the chest. Worse on a deep breath, worse going out. Dizziness from loss of fluids. Painful, burning throat, prevents him from speaking, raw larynx. *Laryngitis*. Weeping ears with bloody discharge. Tendency to bleed, nosebleeds. *Great thirst for cold water*, which may be vomited as soon as it hits the stomach. Nausea. Burning hot, and chilly. Desire for company. Social people, open, friendly, extroverted with clairvoyant tendencies. Open personality. Desires to be rubbed. Must eat often and at strange times.

< cold, exertion, lying on left side, warm foods, getting wet in hot weather.

> warmth, cold foods, after eating, open air, cold shower, sleep.

Desires cold foods, ice cream, salt.

PULSATILLA - weepy discharges

Dry cough, worse in the morning after lying down all night. Weepy, clingy patients, mild in temperament with a need for attention and tendency towards being dramatic because they are so sensitive.

Symptoms change. Hot patients who must have the window open, better outside or with fresh air.

Yellow to green mucus in many complaint - *conjunctivitis*, sticky eyes, weepy ears, nasal mucus. Thick nasal obstruction, watery eyes, ear inflammation, and infections with weepy, yellow discharge. Throat painful, scratchy, swollen glands. Wandering pains above the eyes. Hot feet, which she sticks out the covers. In *mumps*, the breasts, testicles and ovaries are very sensitive and painful, The cough may be dry at night but phlegmy in the morning. Difficult to expel.

Thirstless patients who cry easily is a keynote.

< rich, fatty foods, warmth, evening/night, lying on back.

> cool air, cold applications, cold foods, and drinks, sitting up.

SPONGIA TOSTA - (sea sponge) - rough cough

A rough cough that sounds like a wood saw. Loud cough. The patient feels like something is stuck in their larynx. Hoarse, dry, burning in larynx. Croupy cough. Anxiety and fear with trouble breathing.

Exhausted from slightest exertion. They can be very hungry. Tea or warm drinks and sucking candy bring relief. A tickling sensation in the throat sets off the cough. Worse for talking, singing, and swallowing.

Wake feeling like they are suffocating.

< in cold wind, becoming cold, before midnight, sweets.

> eating warm food and drinks.

RECOVERY

KALI-BICHRONIUM (Kali-bic, potassium bichromate) - stringy mucus

Stringy, ropey, mucus. Discharge from the eyes, thick and yellow. Pressure in the root of the nose. Loss of smell. Hacking cough with long strands of ropey mucus. Rattling cough, full of mucus. Wandering pains. Headache over eyebrows - sinus pain, much stringy mucus from sinuses. Postnasal drip, thick and ropey. Cough worse 1-2 am. Pain in the sternum, pain on taking a deep breath.

< hot weather, 2am-3am, being uncovered.

> heat, walking, pressure.

NUX- VOMICA - (strychnine tree) - exhaustion of nervous system

Cough causes bursting headaches. Cough on waking, from irritation in the larynx. Symptoms are intense and come on suddenly. Sneezing with a raw throat, scraping in the larynx. Cough better from warm drinks. Irritable impatient, quarrelsome, perfectionist. Wants things done his way. Oversensitive to noise, smell, light, etc. The nervous system is oversensitive. Loose nasal discharge during the day, stopped up at night. Fever with gastric complaints, pain in the back. Abdominal gas and bloating. Pressure in the stomach after eating little. Colic causes nausea. Sharp rectal pain after stool. Frequent, ineffectual desire to pass stool. Small pieces pass, incomplete evacuation. Craves rich, spicy foods which make him sick.

< being uncovered, after eating, thinking too much, cold and dry weather.

> wet weather, warm room after stool, from a complete nap.

STANUM METALICUM -(tin) - exhaustion

Extreme weakness felt in the chest. The end stages of serious respiratory infection. Sweats at night. Holds the chest to cough. Breathless from least exertion. Complete depletion of life force. Leading remedy for exhaustion. Physical weakness and exhaustion following respiratory illness. Hopeless, despondent, no energy to talk. Morning headaches. Too tired to get dressed. Recurring fever with chills and night sweats.

See page 63 for more [post viral fatigue remedies](#)

FEVERS

A fever is a necessary and effective acute response to an infection invasion and pathogen and is best left to run its course. Keep children well rested during fever states and offer sips of water, but don't force anything. Keep the temperature of their local environment stable, and create a calm, healing atmosphere so they can rest. Focus more on the child than the number on the thermometer. If they are uncomfortable, you can treat with homeopathic remedies or old-school methods such as; a tepid to warm bath, cabbage leaves or vinegar on the soles of the feet, or a cool cloth behind the neck and on the forehead. The ability to raise an effective fever is an indication of a healthy immune system and should not frighten parents. If your child is calm, responsive, and hydrated there is no need to interfere.



ACONITE - (queen of poison) - shock

Sudden onset of any symptoms following exposure to cold, cold water, cold wind or shock. Increased heart rate and rapid pulse. Anxiety, thirst, dry mouth, fever, sudden congestion, restlessness, sharp ear pains, hot red ears. The patient is anxious and fears they will die. Aconite is the remedy for *panic attacks*. Often Aconite will halt further development. During fever state, the patient is dry, hot and very thirsty and may worry about their impending death, one cheek may be red, the other pale.

< cold, dry winds.

> after sleep.

BELLADONNA - (deadly nightshade) - furious fever state

Intense high fever with red, hot, throbbing picture. *Cerebral inflammation*. Burning heat with ice-cold hands and/or feet, jamming headache. Photophobia - eyes are very sensitive to light. The pupils may be dilated, and the child looks besotted. Nightmares in a fever state, Belladonna has violence to it. Jarring

movements disturb. Nose bleeds ulcerated sore throat, inflammation in ears with pain extending down to the neck, teeth. Red, swollen tonsils, swollen glands.

< after 3 pm and midnight, draft, jarring, noise, light.

> sitting raised, being covered.

CHAMOMILLA - sensitive, irritable -teething

Very sensitive to pain, angry, cranky babies who demand something (food or a toy) and then throw it down. They cannot be satisfied, and they won't let their parents put them down. Nappy rash which is red hot and burning. Especially if the rash comes with teething. *During fever state, one cheek may be red, the other pale.* Intense, stitching ear pains which makes the little Chamomilla patient scream.

Laryngitis with cough during teething. *Ailments from anger.* Offensive diarrhea like chopped spinach during teething. Thirsty, snappish, violent at midnight.

<touch, pressure, movement.

>being carried.

FERRUM - PHOS - (phosphate of iron) - slow onset fever with upper respiratory

The first stage of fever/inflammation, slow onset (not as intense as Belladonna), with upper respiratory symptoms. The first stage of a head cold, flushed face with hot, sore cheeks. Ulcerated, sore throat. The first stage of ear inflammation. The second stage of ear inflammation or infection, when Belladonna has failed to help. Congestion of lungs, short, tickling, painful cough. Rapid pulse, stiff neck.

< night, 4am-6am, touch, sudden movement, motion.

> cold applications.

GELSEMIUM - (yellow Jasmine) - great weakness

Tired, lethargic, collapsed with general weakness, tired muscles, heavy eyes that just want to close, no energy. Chills and flushes of heat, weak and shaky. Sneezing from tickling sensation in nose with watery discharge. Pain in head and sinuses causing headache. Inflamed tonsils, pain extending to the ears.

When recovery is slow, and the patient is weak. The patient needing Gelsemium may also have performance anxiety which affects the stomach - making him run to the toilet. Mostly thirstless.

< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

GASTRIC

In gastric infections, fluids are most important so that children don't dehydrate. Offer children sips of water, diluted fruit juices, ice cubes to suck on, ice popsicles or warm herb teas. You can add a natural sweetener as they need a little glucose for energy. You may also add a pinch of good quality, mineral rich salt to their juice or apple sauce, for electrolytes. If you are nursing, feed as much as you can but don't forget to keep your own fluids up too. Don't worry about older children not eating for a day or two as long as they are drinking. When they are well, they will catch up.

Follow the BRAT diet - banana, rice, apple, and toast. You can put a little vegemite, marmite, or miso paste on toast to get some salts into them.



FIRST STAGE

ACONITE - (queen of poison) - shock

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< cold, dry winds.

> after sleep.

ANTIMONIUM-CRUDUM (Ant-crud) -stomach troubles

Nausea and vomiting from eating too much, from soured milk (mother's milk), overheating. Indigestion. Everything is felt in the stomach. Irritable children who don't want to be looked at, moaning and dissatisfied. Loss of appetite. Tongue white and coated. Stomach pain and headache alternating. Bloating, burping.

Skin - thick formation of honey-coloured scabs, very sensitive to touch, mostly around the mouth. Lips, face. Yellow Green discharge

<From being overheated, sun, acidic foods, wine, washing, cold damp.

>Rest, warm damp, open air.

GELSEMIUM - (yellow Jasmine) - great weakness

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< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

IPECACUANHA - leading nausea remedy

Coughing fits with vomiting. Rattling and bronchitis in children. Spasmodic, or asthmatic cough. Dry cough with nausea, gagging and choking. The child becomes rigid and turns blue. Constriction of chest. Persistent nausea. Irritable patients. In measles the rash appears slowly.

< smell of food, movement, 7pm, heat.

> cold drinks, coughing up phlegm, cold drinks.

ACTIVE STAGE

ALOE - (aloe socotrina) - gushing stool

Abdominal bloating. Hot gas pushes down forcing the stool out. Mucus, diarrhea, *insecure bowel*, watery stool, bearing down feeling, pelvic congestion. Watery stool with lumps. Itching and burning in the rectum. A faint feeling after and during bowel movements. Diarrhea is worse in the morning, worse from standing (Sulph.), and worse after eating. Cutting, cramping pains like Nux-vom. Great exhaustion

with gushing stool and much rumbling. Affects mucus membranes of the rectum. Can be used for constipation when Nux-vomica has failed.

< eating. > cold applications.

ARSENICUM - (arsenic trioxide) - burning pains

Feel they have been poisoned

Copious diarrhea with nausea and vomiting. Burning, offensive diarrhea. The patient is chilly, wants company, and is fearful. They fear they will die. Thirsty for small sips of water. The smell of food is nauseating. Indigestion from vegetables, melons, and watery fruits. Indigestion with much acidity and burning up the back of the throat.

< cold foods and drinks, cold air, wet, after midnight, 1-3 am.

> warmth.

CALCARICA CARBONICA - (calcium) - sluggish metabolism

Children's diarrhea. Sour smell. Children slow in movement, a little sluggish in metabolism, but bright, with a strong desire for eggs and sweet foods. Sweaty children who wet the pillow with nightly sweat from the back of the head. Cold, sensitive to sad stories, fearful. Glandular remedy.

< cold, damp, change of weather, full moon, morning, physical exertion.

> warmth, eating breakfast, dry warm weather.

LYCOPODIUM – (clubmoss) – cowardly -bloated

Difficult stool, bloating, with gas. Feels hungry but fills after eating a small amount. Gas in lower abdomen. Feels bloated. No stool for many days, then passed with great difficulty. Acid stomach with burning in the stomach, pharynx, and throat. Everything tastes sour, heartburn and sour vomiting.

4pm-8pm aggravation.

< heat, but >warm drinks.

>Movement, cooling down.

PHOSPHORUS - vomits as soon as water reaches the stomach

Burning in stomach. Nausea with anxiety. Great thirst for *cold water, which may be vomited as soon as it hits the stomach*. Burning hot, and chilly. Desire for company. Social people, open, friendly, extroverted with clairvoyant tendencies. Open personality. Desires to be rubbed. Must eat often and at strange times.

< cold, exertion, lying on left side, warm foods, getting wet in hot weather.

> warmth, cold foods, after eating, open air, cold shower, sleep.

Desires cold foods, ice cream, salt.

PODOPHYLLUM - (may apple)

Everything taken to the stomach turns sour. KENT

Offensive stool, gushing diarrhea which causes faintness. Abdominal gurgling. Pain better after stool. Explosive diarrhea, offensive smell, yellow spluttering. Thin, liquid, involuntary stool. Jelly-like stool with lumps. Gastric colicky pains. Distention and bloating with weakness. Morning painless diarrhea. Thirst for large quantities. Vomits milk. Nausea. Doubles over from abdominal cramps. Teething.

< 4am, drinking, before stool, teething.

> being warm, pressure, moving, stretching.

SULPHUR – (brimstone) - volcanic and smelly

Diarrhea with an offensive smell, like *rotten eggs*. Explosive and offensive. Offensive discharges. Rectum burns - burning and stinging pains with itching. Morning diarrhea drives him out of bed. Aversion to bathing, and washing. Sulfur is generally a hot patient. Look for heat that comes off the crown of the head. They often stick their feet out the covers, they are so hot. Red, dirty, hot, and smelly.

< standing, acidic foods, heat.

> cold applications.

VERATUM ALBUM - (white hellebore) - dramatic expulsion

Collapsed, extremely cold, with profuse vomiting and diarrhea. Dramatic expulsion of fluids, as if forced out of the body. A tremendous loss of fluids and involuntary bowel motion which is acrid and green. Cutting abdominal pains. The patient wants to be still, not left alone. Cold sweat, cold to touch, thirsty for cold water which is vomited as soon as it hits the stomach (Phos.). Wants juicy foods, fruit, and salt.

A strong desire for lemon is a keynote.

>for cold applications.

RECOVERY

ARNICA

Bruised feeling, tender to touch from overuse of abdominal muscles. Internal feeling of being bruised.

<slightest touch, movement, damp and cold.

>lying down with head low.

CHINA - (Cinchona -Peruvian bark) - periodicity

Loss of fluids, emaciation, faintness, stomach pains, gas, periodic headaches, and general ailments from loss of fluids. Swollen liver or spleen. Sluggish digestion, loss of taste, loss of appetite, night sweats.

Nervous, anxious, anemic, and weak. A sensitive nervous system, sensitive to touch, broken down. Aggravation at night. Chilly patient. The diarrhea returns. The patient may be indifferent, gloomy.

< light touch and pressure, fruit, milk.

> hard pressure.

NATRUM MURIATICUM - (sodium chloride, salt) - protective

Sinking sensation. Great hunger but grows weak. Nausea, acidity, heartburn, indigestion. Nausea and vomiting with pain in the head. Fluttering palpitations. The back feels broken. Slow digestion, great thirst, sweats while eating. Distention (bloating) Aversion to fat. Craves SALT - a strong desire for salt is a keynote of the remedy.

< warmth, high carb foods, too much time in the sun.

> perspiration, being cool, sweating.

Aversion to slimy or fatty foods.

NUX VOM - (strychnine tree) – Exhaustion of nervous system disordered stomach

Oversensitivity of the nervous system. Spasms and chilliness. Easily offended, controlling, and domineering. Overindulgence from foods that are too rich and/or spicy. Mistakes in the diet - too much pizza and birthday cake. Nausea after eating. Nausea after a meal. Flatulence and colic. An ineffectual desire for stool, straining, even with diarrhea. Spastic colon. Workaholics, ulcers. Abdominal gas and bloating. Pressure in the stomach after eating little. Colic causes nausea. Sharp rectal pain after stool. Frequent, ineffectual desire to pass stool. Small pieces pass, incomplete evacuation. Craves rich, spicy foods which make him sick.

< cold, mental work, after eating, stimulants, dry weather.

> wet weather, after a good nap.

PICRIC ACID

Brain fag, too tired to think. Lack of willpower. Nausea in the morning. Great weakness after stool. Headache in students from mental exhaustion. Burning along the spine, weariness, from fatigue to paralysis of muscles and limbs.

< study, motion, any mental exertion

> cold air, cold water

See page 63 for post viral fatigue remedies.

INJURIES

Muscles, bones, ligaments & tendons



ARNICA - blunt instrument wounds - bruising and pain

Superficial bruising from sports injuries. Fear of being touched. Bruises from blunt instrument injuries. Contraindicated in open wounds as it promotes blood flow. Following traumatic injury and shock, concussion or surgical trauma. Immediately following a fracture. Fear of being hurt. The bed seems too hard to lie on. Sensitive to pain, bruised feeling all over. Aversion to approach or touch.

In fever states, the face or head is hot, the body is cool. Meningitis following traumatic injury.

< slightest touch, movement, damp and cold.

> lying down with head low.

BELLIS PERENIS - (woundwort) - deep tissue bruising

Deep tissue injury following surgery. Sprains and bruises. Soreness of the abdominal walls and uterus. Inability to walk during pregnancy - abdomen feels squeezed. Bruised and sore head, scalp. Varicose veins in pregnancy. Engorged breasts and uterus.

A princely remedy for old laborers, especially gardeners - BOERICKE

< cold wind, hot or cold bath, before a storm.

BRYONIA - worse for slightest movement

Sprains

< movement, heat, effort, touch.

> rest and quiet.

CALCARICA-CARBONICA - (calcium) - sluggish metabolism

Recurrent ankle sprains/ weak ankles. Tearing in muscles. Night sweats especially the back of the head during sleep. Desire eggs. Children wet their pillow with nightly sweats at the back of the head. Many fears, heights, insects, dogs.

< cold, damp, change of weather, full moon, morning, physical exertion.

> warmth, eating breakfast, being rubbed, dry warm weather.

CALENDULA - the homeopathic antiseptic

All open cuts and wounds. Injuries to the muscles and tendons. Wounds to the eyes, the scalp. Lacerated wounds. Tooth extraction. The patient is chilled and weak after the injury. Promotes healing.

Injured part <movement, damp weather.

>being still.

CUPRUM - (copper) - leading cramp remedy

Muscle spasms and cramps. Violent contractions of the muscles. Convulsions. Lower limb cramps - the soles of the feet and the calf muscles. Spasms in fingers and toes. Abdominal cramps. Menstrual cramps. Mental and physical exhaustion from lack of sleep or overexertion. Clenched fists. Metallic copper taste in the mouth. Whooping cough, spasmodic cough.

< before period, vomiting.

> drinking cold water, sweating.

HYPERICUM - (St John's wort) - nerve pain

Crushed fingers and toes. Injuries to nerve-rich parts. Puncture wounds. Toothache, nerve pain from *shingles*.

<cold, damp, touch.

RHUS -TOX - (poison ivy) - better for movement

Injuries and strains to the ligaments and joints. All better for movement. Stiffness sets in on being still. Restless, stiff muscles and joints, better on movement. Burning at night. The patient is restless, impatient, and despondent. Rhus tox patients are generally better once they have warmed up. They like a hot bath or warm applications, warm coverings, and a cozy environment. They don't respond well to becoming cold or cold and wet.

<cold, wet weather, damp.

>movement, warming up the body, warmth.

RUTA - (rue) - Injuries to tendons and joints

Sprains and strains to tendons. RSI - repetitive strain injury. Sports injuries - knees, elbows, wrist, hand, where the bone is close to the surface. Tennis elbow. Injury where bones and tendons meet.

<cold.

>heat, being wrapped.

SYMPHITUM - (comfrey) -broken bones

Only give after bones have been set in place to encourage the bones to knit together. Broken and fractured bones which are slow to heal. Blunt injury wounds to the eye - [for traumatic injuries of the eyes, no remedy equals this - Boericke](#). Tendon injuries, knee pain.

SKIN-

Rashes, bites & stings

The skin is our boundary. It protects us from all sorts of toxins and poisons from the natural and unnatural world. Healthy skin will react to allergens or toxin from both within and without. We should not suppress a skin reaction by using topical steroid based ointments. Rashes and outbreaks can be treated with oat-milk or chamomile baths which sooth the skin. Aloe juice, (from inside the leaf), can be used topically too where the skin is hot and angry or burnt by the sun. Keep patients cool and indoors till the skin settles. Eczema, dermatitis, and fungal outbreaks should not be treated as acutes.

To encourage healthy and strong immunity, expose children to the dirt, to gardens, to grass, to the beach, oceans, rivers and creeks and to a multitude of different natural environments. Let them walk barefoot on the grass, on pebbled surfaces and in creeks, where safe and possible. A too sterile home environment serves only the manufacturers of sterile, toxic products.



APIS - (honeybee)

Stinging and burning from insect bites and stings. Allergic reactions. Great swelling. Red hot, throbbing pains. The patient may be fearful, irritable, and indifferent. Aggravation from heat. A sense of panic. Puffy eyes general swelling - Apis has an affinity with the kidneys. Swollen feet or hands. In first stage of fever for *Slapped Cheek Syndrome*, where the face looks like it's been slapped, with stinging, burning heat, and sore throat. The rash may be very red, sensitive to touch, swollen and dry. Children may be very busy and can be quite jealous. Thirstless during fever. Cerebrospinal meningitis, brain cry.

<heat, pressure, after sleep.

>cold, movement, open air.

ARNICA - bruising and pain

Superficial bruising from sports injuries. Fear of being touched. Bruises from blunt instrument injuries. Contraindicated in open wounds as it promotes blood flow. Following traumatic injury and shock, concussion or surgical trauma. Immediately following a fracture. Fear of being hurt. The bed seems too hard to lie on. Sensitive to pain, bruised feeling all over. *Aversion to approach or touch. Boils - painful, sore, burning.* In fever states, the face or head is hot, the body is cool. Meningitis following traumatic injury.

< slightest touch, movement, damp and cold.

> lying down with head low, cold bathing.

CALCARICA-SULPHURICA - Infection with puss

Moist eruptions which discharge puss - acne. Itching, burning eruptions, dry cracked skin. Wounds which heal slowly. Boils and hives with itchy and burning pains. Crawling and itching from heat of bed. Painful ulcers and skin sores.

CHAMOMILLA - sensitive, irritable

Very sensitive to pain, angry, cranky babies who demand something (food, a toy) and then throw it down. They *cannot be satisfied*, and they won't let their parents put them down. Nappy rash which is red hot and burning. Especially if the rash comes with teething. During fever state, one cheek may be red, the other pale. Intense, stitching ear pains which make little one's scream. Laryngitis with cough during teething. Ailments from anger. Offensive diarrhea like chopped spinach during teething. Thirsty, snappish, violent at midnight.

< touch, pressure, movement.

> being carried.

CALENDULA - homeopathic antiseptic

All open cuts and wounds. Injuries to the muscles and tendons. Wounds to the eyes, the scalp. Lacerated wounds. Tooth extraction. The patient is chilled and weak after the injury. Promotes healing. Protects burns from discharges which puss, and from infection. It is useful for all wounds. Excessive pain. Apply topically to external wound or take in homeopathic potencies for internal injuries such as those to eyes or muscles/tendons.

< movement, damp weather.

> being still.

GRAPHITES (black lead) - sluggish, chilly, constipated

Cracked fingertips, unhealthy skin, deep cracks. Dandruff, Constipation, earaches. Thick eruptions, oozing. Cold but craves fresh air. Eruptions behind ears. Scaly crusty eyelids.

<warmth.

>in dark, being wrapped up.

HEPAR SULPH - (calcium sulfide) - infection with puss

The Hepar-sulph patient is short-tempered and very sensitive to pain and cold. They may be quite defensive, as if they are under attack, which, during infectious disease states, they are. When in pain, they may be aggressive and lash out. Wounds which puss are very sensitive to touch. Burning sore throats with splinter like pains or a sharp sting in the throat which feels like razors will be helped with this remedy. Deep infections which have established themselves and settled in to the organism.

Bronchitis, laryngitis, pneumonia. Recurring hives, hypersensitive to touch and cold. Irritable, oversensitive, impulsive patients. Unhealthy skin, every pimple erupts.

> touch, cold air, change of temp, draft, cold drinks.

> warmth, warm drinks wet weather, after food.

LEDUM - (wild rosemary) - puncture wounds

Wounds from sharp instruments, insect stings and bites, when the wound feels cold to touch. Crushed fingers or toes, with lacerating pains which travel up along the nerve.

<night, heat of bed. >cold

RHUS-TOX -(poison ivy) - better for movement

Skin eruptions, eruptions from *chickenpox* and *shingles* with burning and stinging pains. Fluid filled blisters, sore to touch, worse at night. Red, irritated, sore and itchy. Itching and tingling. Urticaria - hives (HEP SULPH), viral skin eruptions. Red rash not better from scratching. Effects of Poison hemlock, ivy, oak. Restless, stiff muscles and joints, better on movement. Burning at night. The patient is restless, impatient, and despondent. Rhus tox patients are generally better once they have warmed up. They like a hot bath or warm applications, warm coverings, and a cozy environment. They don't respond well to becoming cold. **Keynote: the tip of the tongue is red.**

<cold, wet weather.

>movement, warming up the body.

URTCA URENS- (stinging nettle)

Skin irritations with violent itching, swelling and burning. Stinging pains from stings and burns. Effects the mucus membranes. Mottled blotches on skin from exposure to heat - from a hot water bottle, or heat pad. Hive like eruptions on the skin. Will help flow of suppressed mother's milk. A remedy for kidney/bladder symptoms. Suppression of urine. Gout inflammation of joints from excess uric acid.

Hives. *Chickenpox*.

<touch, water, cold air.

sting> after sleep.



DENTAL

Dental pain in children and adults can be helped with Arnica, and Hypericum may help with nerve sensitivity. Teething babies and children can present with a variety of different symptoms, including an increase in saliva, excessive phlegm, low fevers, colds, congestion, and diarrhea. Some get through without much fuss, but others are extremely sensitive to the teeth as they cut through gums. Babies can be demanding, and difficult during these times. Feeding babies may demand extra feeds for comfort and older children may find some relief sucking on frozen orange slices and iced juices. Remember two-year-old molars, and twelve-year-old molars, which often catch us by surprise! The shock of losing milk teeth may be helped with a few drops of Rescue Remedy.



ARNICA - blunt instrument wounds - bruising and pain

Superficial bruising from sports or dental injuries. Fear of being touched. Bruises from blunt instrument injuries. Contraindicated in open wounds as it promotes blood flow - give following dental work. Following traumatic injury and shock, concussion or surgical trauma. Immediately following a fracture. Fear of being hurt. The bed seems too hard to lie on. Sensitive to pain, bruised feeling all over. Aversion to approach or touch.

In fever states, the face or head is hot, the body is cool. Meningitis following traumatic injury.

< slightest touch, movement, damp and cold.

> lying down with head low.

BELLADONNA - (deadly nightshade) - furious fever state

Intense red, sore, swollen gums with teething. Intense high fever with red, hot, throbbing pulse.

Cerebral inflammation. Burning heat with ice-cold hands and/or feet, jamming headache. Photophobia - eyes are very sensitive to light. The pupils may be dilated, and the child looks besotted. Red tongue with white spots. Nightmares in a fever state, delirium. Belladonna has violence about it. Jarring movements

disturb. Nose bleeds, ulcerated sore throat, inflammation in ears with pain extending down to the neck and teeth. Red, swollen tonsils, swollen glands. Rash - hot and itchy with red spots, dry and burning sensation. The patient may be thirstless but may want lemonade.

< after 3 pm and midnight, draft, jarring, noise, light.

> sitting half raised, being covered.

CALCARICA-CARBONICA - (calcium) - sluggish metabolism

Teething with swollen gums, soft floppy babies. Difficult teething, babies seem to be teething forever before the teeth finally break through.

Cold patients, chronic sore throats, disposition to catching colds. Enlarged glands, frequent sore throats, tendency to infected tonsils, and middle ear infections. Red ulcers in the throat, inflamed tonsils, sore tongue, dry hacking cough, choking feeling in the pharynx. Coughing fits with dry cough at night, loose and rattling in the morning. Swollen uvula and red, inflamed tonsils, tendency to swollen glands. Very sore throat on swallowing, dry, choking feeling. Sensitive to cold and damp and to changes in the weather. The patient needing calc-carb is generally weak, with a sluggish metabolism and cold feet. Worse from exposure to cold air, better for warm drinks. Thick discharges from ears, nasal discharge, much *perspiration, especially at the back of the head* and at night. The little one's pillow is wet in the morning. Craves eggs, carbohydrates, and sweet foods. Slow in movement, clammy, obstinate. Better for warmth.

< cold, damp, change of weather, full moon, morning, physical exertion.

> warmth, eating breakfast, dry warm weather.

CHAMOMILLA - sensitive, irritable -teething

Very sensitive to pain, angry, cranky babies who demand something (food, a toy) and then throw it down. They cannot be satisfied, and they won't let their parents put them down. Nappy rash which is red hot and burning. Especially if the rash comes with teething. *During fever or teething, one cheek may be red, the other pale.* Intense, stitching ear pains which makes the little Chamomilla patient scream. Laryngitis with cough during teething. Ailments from anger. Offensive diarrhea like chopped spinach during teething. Thirsty, snappish, violent at midnight.

<touch, pressure, movement.

>being carried.

HYPERICUM – (St. John's Wort) - nerve pain

Injuries to nerve-rich parts. Crushed fingers and toes. Puncture wounds. Toothache, nerve pain from *shingles*. <cold, damp, touch.

MERC-SOL -(mercury - quicksilver)

Mucous membranes infected with burning sores - on the mouth, inside the mouth, on the gums, inner cheek etc. Very sensitive and tender to touch, with much salivation. Inflamed sores which burn and may feel acidic to the tongue. Excessive saliva. Tendency to ulceration.

On the skin, eruptions are worse from touch, burn and erupt with a clear, thin, smelly fluid. There may also be blood-stained puss. Sores are further irritated after scratching. Merc Sol also has an affinity for glandular swelling. Worse on right side. The pains shoot towards the ears. Painful inflammation of ears with offensive discharge There is much sweat and again, salivation. There may be ulcers in the mouth, and a smell of infection. The tongue is thick, offensive and white and the imprint of the teeth can be seen. There is a constant desire to swallow. The patient does not do well in extremes of temperature and may be very lethargic. *Mumps, diphtheria, tonsillitis.*

<pains worse at night, perspiration, hot/cold.

>sleep, cold.

Desires bread and butter.

PULSATILLA - weepy discharges

When Pulsatilla symptoms accompany teething -

Dry cough, worse in the morning after lying down all night. Weepy, clingy patients, mild in temperament with a need for attention and tendency towards being dramatic because they are so sensitive.

Symptoms change. Hot patients who must have the window open, better outside or with fresh air.

Yellow to green mucus in many complaint - *conjunctivitis*, sticky eyes, weepy ears, nasal mucus. Thick nasal obstruction, watery eyes, ear inflammation, and infections with weepy, yellow discharge. Throat painful, scratchy, swollen glands. Wondering pains above the eyes. Hot feet, which she sticks out the covers. In *mumps*, the breasts, testicles and ovaries are very sensitive and painful, The cough may be dry at night but phlegmy in the morning. Difficult to expel.

Thirstless patients who cry easily is a keynote.

<rich, fatty foods, warmth, evening/night, lying on back.

> cool air, cold applications, cold foods, and drinks, sitting up.

SILICA - (silicic acid, quartz) - lack of grit

Slow teething in sensitive babies who catch colds easily and often. Silica children are refined and delicate. They are irritated easily and very sensitive to cold. They lack confidence, are a little timid, and lack stamina. The gums are painful and sensitive to cold. They tend to be constipated with hard stools which they don't have the strength to push out. Complaints of *wisdom teeth in adults.*

<cold, during menstruation, thunderstorms, new and full moon.

>quiet, dry air, warmth, lying down.

COMMON CHILDHOOD INFECTIONS



Treat common childhood infections as you would any acutes, keeping in mind that the fever is an important part of the immune response and should not be suppressed.

The most intense and frequently occurring symptoms should be treated first. Your child is likely to get quite sick with a high fever, terrible mucus production, an intensely sore throat, ear pain, a dry, hard and then lose phlegmy cough which may last months, shivers and chills, bright red, hot, dry cheeks, intense dry heat, and many different viral rashes, from oozing spots to prickling, itchy rashes. We have been spared exposure to many childhood illnesses and often they come as a shock. But if you are prepared, you will be able to nurse your children through.

During outbreaks, vitamin supplements and trace minerals should be increased while the diseases run it's course. Keep children well hydrated, rested and in a stable temperature, with soft lighting and not too much stimulation or stress, and let them be sick. Expect recovery to take three to four weeks.

Offer warm broths and simple foods such as seasonal fruits in the warmer months and soft easy to digest baked vegetables or soups in the cooler months. Allow plenty of rest time, and encourage gentle activities to reserve energy for healing. Keep their feet warm and discourage walking or sitting on cold tiles. This is the time for puzzles, books, building toys, painting, lap time, cuddles, drawing and story time. Avoid overstimulating and violent games and screen time.

These illnesses are generally mild during childhood, though the first few days can be frightening for parents who are not used to seeing their children ill. Remember that they are creating lifelong immunity for themselves, and in females, immunity for their future infants.

CHICKENPOX & SHINGLES

Varicella zoster virus - Herpes family

A very common childhood virus which presents with blisters that look like itchy bites, but after a few days they fill with fluid and others appear, moving from the chest and back to the face, arms, and legs. They may be very mild in younger children. During outbreaks supplement well with **vitamins A and D**. Make an oat pack using crushed oats placed in a sock or cheesecloth bag, tied closed so the milk weeps through the cloth into the bath water to sooth the sores.

ANTIMONIUM TARTARICUM - rattling cough

Much mucus in the chest, with difficulty expelling. Burning in the throat and chest. Great weakness. Vomiting from cough. Breathless from cough with fast, labored breathing. The patient is so tired, they sleep between coughing fits. Child is anxious, clings to the mother, doesn't want to be looked at or touched. Cough excited by pain in larynx.

APIS – (the honeybee)

Stinging and burning from insect bites and stings or skin eruptions. Great swelling. Red hot, throbbing pains. The patient may be fearful, irritable, and indifferent. Aggravation from heat. A sense of panic. Puffy eyes general swelling - Apis has an affinity with the kidneys. Swollen feet or hands, oedema. In first stage of fever for *Slapped Cheek Syndrome*, where the face looks like it's been slapped, with stinging, burning heat, and sore throat. The rash may be very red, sensitive to touch, swollen and dry. Children may be very busy and can be quite jealous. Thirstless during fever. Cerebrospinal meningitis, brain cry.
<heat, pressure, after sleep.
>cold, movement, open air.

BELLADONNA - (deadly nightshade) - furious fever state

Intense high fever with red, hot, throbbing picture. *Cerebral inflammation*. Burning heat with ice-cold hands and/or feet, jamming headache. Photophobia - eyes are very sensitive to light. The pupils may be dilated, and the child looks besotted. Red tongue with white spots. Nightmares in a fever state, delirium. Belladonna has violence about it. Jarring movements disturb. Nose bleeds, ulcerated sore throat, inflammation in ears with pain extending down to the neck and teeth. Red, swollen tonsils, swollen glands. Rash - hot and itchy with red spots, dry and burning sensation. The patient may be thirstless but may want lemonade.
< after 3 pm and midnight, draft, jarring, noise, light.
> sitting half raised, being covered.

FERRUM - PHOS - (phosphate of iron) - slow onset fever with upper respiratory

The first stage of fever/inflammation, slow onset (not as intense as Belladonna), with upper respiratory symptoms. The first stage of a head cold, flushed face with hot, sore cheeks. Ulcerated, sore throat. The first stage of ear inflammation. The second stage of ear inflammation or infection, when Belladonna has failed to help. Congestion of lungs, short, tickling, painful cough. Rapid pulse, stiff neck.

< night, 4am-6am, touch, sudden movement, motion.

> cold applications.

GELSEMIUM - (yellow Jasmine) - great weakness

Tired, lethargic, collapsed with general weakness, tired muscles, heavy eyes that just want to close, no energy. Chills and flushes of heat, weak and shaky. Sneezing from tickling sensation in nose with watery discharge. Pain in head and sinuses causing headache. Inflamed tonsils, pain extending to the ears.

When recovery is slow, and the patient is weak. The patient needing Gelsemium may also have performance anxiety which affects the stomach - making him run to the toilet. Mostly thirstless.

< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

HYPERICUM - (St. John's Wort) - nerve pain

Injuries to nerve-rich parts. Crushed fingers and toes. Puncture wounds. Toothache, nerve pain from *shingles*. < cold, damp, touch.

RHUS-TOX – (poison ivy) - better for movement

Skin eruptions, eruptions from *chickenpox and shingles* with burning and stinging pains. Fluid filled blisters, sore to touch, worse at night. Red, irritated, sore and itchy. Itching and tingling. Urticaria - hives (HEP SULPH), viral skin eruptions. Red rash not better from scratching. Effects of Poison hemlock, ivy, oak. Restless, stiff muscles and joints, better on movement. Burning at night. The patient is restless, impatient, and despondent. Rhus tox patients are generally better once they have warmed up. They like a hot bath or warm applications, warm coverings, and a cozy environment. They don't respond well to becoming cold.

Keynote: the tip of the tongue is red.

< cold, wet weather

> movement, warming up the body.

MERC-SOL – (quicksilver)

Mucous membranes infected with burning sores - on the mouth, inside the mouth, on the gums, inner cheek etc. Very sensitive and tender to touch, with much salivation. Inflamed sores which burn and may feel acidic to the tongue. Excessive saliva. Tendency to ulceration.

On the skin, eruptions are worse from touch, burn and erupt with a clear, thin, smelly fluid. There may also be blood-stained puss. Sores are further irritated after scratching.

Merc Sol also has an affinity for glandular swelling. Worse on right side. The pains shoot towards the ears. Painful inflammation of ears with offensive discharge. There is much sweat and again, salivation. There may be ulcers in the mouth, and a smell of infection. The tongue is thick, offensive and white and the imprint of the teeth can be seen. There is a constant desire to swallow. The patient does not do well in extremes of temperature and may be very lethargic. Mumps, diphtheria, tonsillitis.

< pains worse at night, perspiration, hot/cold.

> sleep, cold

Desires bread and butter.

MEZEREUM – (daphne mezereum, spurge olive)

Thick crusty honey like scabs, often around the mouth and on the face. Thick yellow puss discharge, itchy and scabby. The child, who is very irritable and restless, picks at the scabs.

Sinus pain, ear pain, headaches. Stiffness, chilly. Eruptions after vaccination.

PULSATILLA - weepy discharges

Dry cough, worse in the morning after lying down all night. Weepy, clingy patients, mild in temperament with a need for attention and tendency towards being dramatic because they are so sensitive.

Symptoms change. Hot patients who must have the window open, better outside or with fresh air.

Yellow to green mucus in many complaint - *conjunctivitis*, sticky eyes, weepy ears, nasal mucus. Thick nasal obstruction, watery eyes, ear inflammation, and infections with weepy, yellow discharge. Throat painful, scratchy, swollen glands. Wondering pains above the eyes. Hot feet, which she sticks out the covers. In *mumps*, the breasts, testicles and ovaries are very sensitive and painful, The cough may be dry at night but phlegmy in the morning. Difficult to expel.

Thirstless patients who cry easily is a keynote.

< rich, fatty foods, warmth, evening/night, lying on back.

> cool air, cold applications, cold foods, and drinks, sitting up.

SULPHUR – (brimstone) - volcanic eruptions

Burning, congestion, hot feet, red lips, burning hot ears. Itching, burning and blisters on skin, worse for bathing and worse from heat of bed. *Tonsillitis* with hot, red, (purple) inflamed tonsils, offensive odors. Thirsty, desire for sweets. Worse for bathing. Rash appears slowly and is slightly purple in color. Fever may present after rash in *Measles or viral rashes*. Congestion of all or any parts. Intense itching. Small wounds suppurate.

< heat.

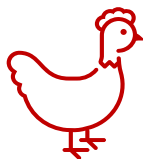
> cold drinks and cold applications.

URTICA URENS- (stinging nettle)

Burning, itching, swelling, stinging pains from stings or burns. Will help flow of suppressed mother's milk. A remedy for kidney/bladder symptoms. Suppression of urine. Gout inflammation of joints from excess uric acid. *Chickenpox*. Erythema (rash), with burning and stinging.

<touch, water, cold air.

sting> after sleep.



HAND FOOT AND MOUTH

Coxsackie or enterovirus

A spotty outbreak, often accompanied by a fever, which appears on the hands, the feet, in and around the mouth, (gums, tongue, inner cheek), as well as on the buttock. It's usually mild and quite contagious.

BORAX

Effects the mucus membranes. Bleeding sores or mouth ulcers, with dry throat and mouth. Salivation. Bitter taste in the mouth.

HEPAR SULPH - (calcium sulfide) - infection with puss

Wounds which puss are very sensitive to touch. Burning sore throats with splinter like pains or a sharp sting in the throat which feels like razors will be helped with this remedy. Deep infections which have established themselves and settled in to the organism. Recurring hives, hypersensitive to touch and cold. Irritable, oversensitive, impulsive patients. Unhealthy skin, every pimple erupts.

The Hepar-sulph patient may be short-tempered and very sensitive to pain and cold. They may be quite defensive, as if they are under attack, which, during infectious disease states, they are. When in pain, they may be aggressive and lash out.

> touch, cold air, change of temp, draft, cold drinks.

> warmth, warm drinks wet weather, after food.

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On the skin, eruptions are worse from touch, burn and erupt with a clear, thin, smelly fluid. There may also be blood-stained puss. Sores are further irritated after scratching.

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<pains worse at night, perspiration, hot/cold,

>sleep, cold

Desires bread and butter

NATRUM MURIATICUM - (salt) - protective

Fluid filled sores around the mouth and upper lip, and under the nose. Sores burn, open and scab. Fever blisters around lips, herpes.

Craves SALT - a strong desire for salt is a keynote of the remedy.

< warmth, high carb foods, too much time in the sun.

> perspiration, being cool, sweating.

Aversion to slimy or fatty foods.

RHUS-TOX - (poison ivy) - better for movement

Skin eruptions, eruptions from chickenpox and shingles with burning and stinging pains. Fluid filled blisters, sore to touch, worse at night. Red, irritated, sore and itchy. Itching and tingling. Urticaria - hives (HEP SULPH), viral skin eruptions. Red rash not better from scratching. Effects of Poison hemlock, ivy, oak. Restless, stiff muscles and joints, better on movement. Burning at night. The patient is restless, impatient, and despondent. Rhus tox patients are generally better once they have warmed up. They like a hot bath or warm applications, warm coverings, and a cozy environment. They don't respond well to becoming cold.

Keynote: the tip of the tongue is red.

< cold, wet weather, damp

> movement, warming up the body, warmth

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Burning, congestion, hot feet, red lips, burning hot ears. Itching, burning and blisters on skin, worse for bathing and worse from heat of bed. *Tonsillitis* with hot, red, (purple) inflamed tonsils, offensive odors. Thirsty, desire for sweets. Worse for bathing. Rash appears slowly and is slightly purple in color. Fever may present after rash in *Measles or viral rashes*. Congestion of all or any parts. Intense itching. Small wounds suppurate.

< heat.

> cold drinks and cold applications.

IMPETIGO

Staphylococcus bacteria or Streptococcus pyogenes (Group A strep)

A bacterial infection with crusty sores that may be weepy, itchy, yellow, and sore to touch.

ANTIMONIUM-CRUDUM (Ant-crud)

Thick formation of honey-coloured scabs, very sensitive to touch, mostly around the mouth. Lips, face. .
Yellow Green discharge

HEPAR SULPH - (calcium sulfide) - infection with puss

The Hepar-sulph patient is short-tempered and very sensitive to pain and cold. They may be quite defensive, as if they are under attack, which, during infectious disease states, they are. When in pain, they may be aggressive and lash out. Wounds which puss are very sensitive to touch. Blood-stained puss may weep out of the sores. Burning sore throats with splinter like pains or a sharp sting in the throat which feels like razors will be helped with this remedy. Deep infections which have established themselves and settled in to the organism. Recurring hives, hypersensitive to touch and cold. Irritable, oversensitive, impulsive patients. Unhealthy skin, every pimple erupts.

> touch, cold air, change of temp, draft, cold drinks.

> warmth, warm drinks wet weather, after food.

MEZEREUM - (Daphne)

Thick crust formation, honey like scabs, often around the mouth and on the face. Thick yellow puss discharge, itchy and scabby. The child, who is very irritable and restless, picks at the scabs.

MERC-SOL - (quicksilver)

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<pains worse at night, perspiration, hot/cold,
>sleep, cold
Desires bread and butter

NATRUM MURIATICUM - (salt) - protective

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Craves SALT - a strong desire for salt is a keynote of the remedy.

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> perspiration, being cool, sweating.

Aversion to slimy or fatty foods.

RHUS-TOX - (poison ivy) - better for movement

Skin eruptions, eruptions from *chickenpox* and *shingles* with burning and stinging pains. Fluid filled blisters yellow and watery, sore to touch, itchy, worse at night. Red, irritated, sore, and itchy. Itching and tingling feeling on skin. Thick crusts form and yellow fluid comes out. Urticaria - hives (HEP SULPH), viral skin eruptions. Red rash not better from scratching. Effects of Poison hemlock, ivy, oak. Restless, stiff muscles and joints, better on movement. Burning at night. The patient is restless, impatient, and despondent. Rhus tox patients are generally better once they have warmed up. They like a hot bath or warm applications, warm coverings, and a cozy environment. They don't respond well to becoming cold.

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< heat.

> cold drinks and cold applications.

MEASLES

Morbillivirus

Measles looks like the milky way. The fine rash starts around the ears and on the face and then moves down the torso and onto the arms and legs. Children may get quite ill, with weepy eyes, sore throats, burning nasal discharge, a phlegmy, wet cough and fevers which can run quite high. The eyes are very sensitive, and light should be kept down. It is highly contagious. Supplement with high doses of **vitamin C** and **vitamin A** during outbreaks.

ACONITE - shock

High fever with sudden onset, red tongue, eyes sensitive to light, dry cough. Sudden onset of any symptoms following exposure to cold, cold water or cold wind. Increased heart rate, panicky and shaky. Anxiety, thirst, dry mouth, fever, sudden congestion, restlessness, sharp ear pains, hot red ears. The patient is anxious and fears they will die. Panic attacks. Often Aconite will halt further development. During fever state, the patient is dry, hot and very thirsty and speaks or worries about their impending death, one cheek may be red, the other pale.

< cold, dry winds.

> after sleep.

BELLADONNA – (deadly nightshade) - furious fever state

Intense high fever with red, hot, throbbing picture. *Cerebral inflammation*. Burning heat with ice-cold hands and/or feet, jamming headache. Photophobia - eyes are very sensitive to light. The pupils may be dilated, and the child looks besotted. Red tongue with white spots. Nightmares in a fever state, delirium. Belladonna has violence about it. Jarring movements disturb. Nose bleeds, ulcerated sore throat, inflammation in ears with pain extending down to the neck and teeth. Red, swollen tonsils, swollen glands. Rash - hot and itchy with red spots, dry and burning sensation. The patient may be thirstless but may want lemonade.

< after 3 pm and midnight, draft, jarring, noise, light.

> sitting half raised, being covered.

DROSERA - spasmodic cough

This first remedy to think of for *pertussis -whooping cough*, when symptoms match. Respiratory affections. Coughing fits which lead to shortness of breath. Fast deterioration - emaciation. Coughing attacks, dry and ongoing, easily triggered by talking or laughing. Painful chest, cough with nosebleeds and vomiting. Face turns blue from coughing. Better in open air and walking.

< lying down, lying on the back, warm room.
> open air, walking

EUPHRASEA

Acidic tears, weepy eyes. Copious discharge from eyes and nose. Sticky eyes, conjunctivitis, headache with light sensitivity. Slow onset of rash.

FERRUM - PHOS - (phosphate of iron) - slow onset fever with upper respiratory

The first stage of fever/inflammation, slow onset (not as intense as Belladonna), with upper respiratory symptoms. The first stage of a head cold, flushed face with hot, sore cheeks. Ulcerated, sore throat. The first stage of ear inflammation. The second stage of ear inflammation or infection, when Belladonna has failed to help. Congestion of lungs, short, tickling, painful cough. Rapid pulse, stiff neck.

< night, 4am-6am, touch, sudden movement, motion.
> cold applications.

GELSEMIUM – (yellow jasmine) - great weakness

Tired, lethargic, collapsed with general weakness, tired muscles, heavy eyes that just want to close, no energy. Chills and flushes of heat, weak and shaky. Sneezing from tickling sensation in nose with watery discharge. Pain in head and sinuses causing headache. Inflamed tonsils, pain extending to the ears. When recovery is slow, and the patient is weak. The patient needing Gelsemium may also have performance anxiety which affects the stomach - making him run to the toilet. Mostly thirstless.

< excitement, hearing bad news, before performing, before a storm.
> continued motion, urination.

IPECACUANHA - leading nausea remedy

Coughing fits with vomiting. Rattling and bronchitis in children. Spasmodic, or asthmatic cough. Dry cough with nausea, gagging and choking. The child becomes rigid and turns blue. Constriction of chest. Persistent nausea. Irritable patients. In *measles* the rash appears slowly.

< smell of food, movement, 7pm, heat.
> cold drinks, coughing up phlegm, cold drinks.

KALI-BICHRONIUM (Kali-bic) - stringy mucus

Stringy, ropey, mucus causing blocked ears and stubborn nasal blockage. Discharge from the eyes, thick and yellow. Pressure in the root of the nose. Loss of smell. Hacking cough with long strands of ropey mucus. Rattling cough, full of mucus. Swollen glands and sore ears from buildup of stubborn mucus. Wondering pains. Headache over eyebrows - sinus pain, much stringy mucus from sinuses. Postnasal drip, thick and ropey. Cough worse 1-2 am. Pain in the sternum, pain on taking a deep breath.

< hot weather, 2am-3am, being uncovered.

> heat, walking, pressure.

PULSATILLA - weepy discharges

Dry cough, worse in the morning after lying down all night. Weepy, clingy patients, mild in temperament with a need for attention and tendency towards being dramatic because they are so sensitive.

Symptoms change. Hot patients who must have the window open, better outside or with fresh air.

Yellow to green mucus in many complaint - *conjunctivitis*, sticky eyes, weepy ears, nasal mucus. Thick nasal obstruction, watery eyes, ear inflammation, and infections with weepy, yellow discharge. Throat painful, scratchy, swollen glands. Wondering pains above the eyes. Hot feet, which she sticks out the covers. In *mumps*, the breasts, testicles and ovaries are very sensitive and painful, The cough may be dry at night but phlegmy in the morning. Difficult to expel.

Thirstless patients who cry easily is a keynote.

< rich, fatty foods, warmth, evening/night, lying on back.

> cool air, cold applications, cold foods, and drinks, sitting up.

SULPHUR – (brimstone) - volcanic eruptions

Burning, congestion, hot feet, red lips, burning hot ears. Itching, burning and blisters on skin, worse for bathing and worse from heat of bed. Tonsillitis with hot, red, (purple) inflamed tonsils, offensive odors.

Thirsty, desire for sweets. Worse for bathing. Rash appears slowly and is slightly purple in color. Fever may present after rash in *Measles or viral rashes*. Congestion of all or any parts. Intense itching. Small wounds suppurate.

< heat.

> cold drinks and cold applications.

MUMPS

Increase intake of **vitamin B** during a mumps outbreak

LACHESIS - (snake venom)

Great sensitivity of the throat, feeling of constriction. Difficulty swallowing. Sensation of lump in throat with constant desire to swallow. Empty swallowing painful, can swallow solids. Septic state. Tearing pains in ear with sore throat. Lump in throat - feel like they must swallow. Sensation of suffocation. Left side worse. Worse for touch, pressure, warm drinks. Swollen tonsils, dark uvula. Face, purple, mottled, swollen. Swelling with suppuration. Dry throat without thirst. *Tonsilitis, diphtheria, mumps*. Thick, ropey mucus in the morning which must be coughed up. *Bronchitis, pneumonia, asthma*. Dark red, mottled skin, purple tinge. Boils, skin eruptions, ulcers. The patient wakes into an aggravation of symptoms. <left side, touch, pressure, warm drinks, heat, sleep. >discharge.

MERC-SOL - (quicksilver)

Mucous membranes infected with burning sores - on the mouth, inside the mouth, on the gums, inner cheek etc. Very sensitive and tender to touch, with much salivation. Inflamed sores which burn and may feel acidic to the tongue. Excessive saliva. Tendency to ulceration. On the skin, eruptions are worse from touch, burn and erupt with a clear, thin, smelly fluid. There may also be blood-stained puss. Sores are further irritated after scratching. Merc Sol also has an affinity for glandular swelling. Worse on right side. The pains shoot towards the ears. Painful inflammation of ears with offensive discharge There is much sweat and again, salivation. There may be ulcers in the mouth, and a smell of infection. The tongue is thick, offensive and white and the imprint of the teeth can be seen. There is a constant desire to swallow. The patient does not do well in extremes of temperature and may be very lethargic. *Mumps, diphtheria, tonsilitis*.

<pains worse at night, perspiration, hot/cold.

>sleep, cold. Desires bread and butter.

PHYTOLACCA – (American pokeweed)

Glandular remedy. Glandular swelling with heat and inflammation. Swollen tonsils (right side worse). Glands become sore and hard. Thick mucus accumulates in throat. Infection in throat. Ulcerated, sore throat, shooting pains extend to ears. Burning pains in tonsils, patient can't even swallow water or stick out their tongue. Burning heat in throat like hot coals. Tip of tongue red. Copious sweating and salivation. Children are lethargic and weepy. Submaxillary and parotid glands are affected. Pain in nipples which spreads out to the rest of the body. *Mastitis*.

<wet, cold, night, sleep. >open air, clenching teeth

ROSEOLA

Herpes virus 6 or Human herpes virus 7

By the time you've identified the rash, most of the symptoms will have passed. Keep babies well hydrated and cool in warm climates.

BELLADONNA – (deadly nightshade) - furious fever state

Intense high fever with red, hot, throbbing picture. *Cerebral inflammation*. Burning heat with ice-cold hands and/or feet, jamming headache. Photophobia - eyes are very sensitive to light. The pupils may be dilated, and the child looks besotted. Red tongue with white spots. Nightmares in a fever state, delirium. Belladonna has violence about it. Jarring movements disturb. Nose bleeds, ulcerated sore throat, inflammation in ears with pain extending down to the neck and teeth. Red, swollen tonsils, swollen glands. Thirstless but may want lemonade.

< after 3 pm and midnight, draft, jarring, noise, light.

> sitting half raised, being covered.

FERRUM - PHOS - (phosphate of iron) - slow onset fever with upper respiratory

The first stage of fever/inflammation, slow onset (not as intense as Belladonna), with upper respiratory symptoms. The first stage of a head cold, flushed face with hot, sore cheeks. Ulcerated, sore throat. The first stage of ear inflammation. The second stage of ear inflammation or infection, when Belladonna has failed to help. Congestion of lungs, short, tickling, painful cough. Rapid pulse, stiff neck.

< night, 4am-6am, touch, sudden movement, motion.

> cold applications.

GELSEMIUM - (yellow Jasmin) - great weakness

Tired, lethargic, collapsed with general weakness, tired muscles, heavy eyes that just want to close, no energy. Chills and flushes of heat, weak and shaky. Sneezing from tickling sensation in nose with watery discharge. Pain in head and sinuses causing headache. Inflamed tonsils, pain extending to the ears. When recovery is slow, and the patient is weak. The patient needing Gelsemium may also have performance anxiety which affects the stomach - making him run to the toilet. Mostly thirstless.

< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

SCARLET FEVER

Streptococcus bacteria

Dose up well on **vitamin A and vitamin C** during outbreaks.

ACONITE - shock

High fever with sudden onset, red tongue, eyes sensitive to light, dry cough. Sudden onset of any symptoms following exposure to cold, cold water or cold wind. Increased heart rate, panicky and shaky. Anxiety, thirst, dry mouth, fever, sudden congestion, restlessness, sharp ear pains, hot red ears. The patient is anxious and fears they will die. Panic attacks. Often Aconite will halt further development. During fever state, the patient is dry, hot and very thirsty and speaks or worries about their impending death, one cheek may be red, the other pale.

< cold, dry winds.

> after sleep.

APIS – (the honeybee)

Stinging and burning from insect bites and stings. Great swelling. Red hot, throbbing pains. The patient may be fearful, irritable, and indifferent. Aggravation from heat. A sense of panic. Puffy eyes general swelling. Apis has an affinity with the kidneys. Swollen feet or hands. In first stage of fever for *Slapped Cheek Syndrome*, where the face looks like it's been slapped, with stinging, burning heat, and sore throat. The rash may be very red, sensitive to touch, swollen and dry. Children may be very busy and can be quite jealous. Thirstless during fever. *Cerebrospinal meningitis*, brain cry.

< heat, pressure, after sleep.

> cold, movement, open air.

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> sitting half raised, being covered.

CALCARICA-CARBONICA - (calcium) - sluggish metabolism

Cold patients, chronic sore throats, disposition to catching colds. Enlarged glands, frequent sore throats, tendency to infected tonsils, and middle ear infections. Red ulcers in the throat, inflamed tonsils, sore tongue, dry hacking cough, choking feeling in the pharynx. Coughing fits with dry cough at night, loose and rattling in the morning. Swollen uvula and red, inflamed tonsils, tendency to swollen glands. Very sore throat on swallowing, dry, choking feeling. Sensitive to cold and damp and to changes in the weather. The patient needing calc-carb is generally weak, with a sluggish metabolism and cold feet. Worse from exposure to cold air, better for warm drinks. Thick discharges from ears, nasal discharge, much perspiration, especially at the back of the head and at night. The little one's pillow is wet in the morning. Craves eggs, carbohydrates, and sweet foods. Slow in movement, clammy, obstinate. Better for warmth.

< cold, damp, change of weather, full moon, morning, physical exertion.

> warmth, eating breakfast, being rubbed, dry warm weather.

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< night, 4am-6am, touch, sudden movement, motion.

> cold applications.

GELSEMIUM – (yellow Jasmin) - great weakness

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< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

RHUS-TOX - (poison ivy) - better for movement

Skin eruptions, eruptions from *chickenpox and shingles* with burning and stinging pains. Fluid filled blisters yellow and watery, sore to touch, itchy, worse at night. Red, irritated, sore, and itchy. Itching and tingling feeling on skin. Thick crusts form and yellow fluid comes out. Urticaria - hives (HEP SULPH), viral

skin eruptions. Red rash not better from scratching. Effects of Poison hemlock, ivy, oak. Restless, stiff muscles and joints, better on movement. Burning at night. The patient is restless, impatient, and despondent. Rhus tox patients are generally better once they have warmed up. They like a hot bath or warm applications, warm coverings, and a cozy environment. They don't respond well to becoming cold.

<cold, wet weather, damp

>movement, warming up the body, warmth

Keynote: the tip of the tongue is red.

ZINCUM METALICUM

When the rash has been suppressed or the expression of the rash is limited or incomplete and the child becomes very lethargic. Restlessness, restless legs, worse in bed at night, headaches better for pressure. Children frighten easily.

SLAPPED CHEEK SYNDROME

Parvovirus B19, Fifth disease

By the time the red cheeks (that look like they've been slapped) appear, most of the symptoms have passed and the rash may spread to the trunk, arms, and legs. Your child may have a fever, sore throat, muscle aches and pains, a sensitive stomach, and a headache, with coughing and sneezing. Generally, it is a mild and common childhood disease.

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<heat, pressure, after sleep.

>cold, movement, open air.

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< after 3 pm and midnight, draft, jarring, noise, light.

> sitting half raised, being covered.

CALENDULA - the homeopathic antiseptic

All open cuts and wounds. Injuries to the muscles and tendons. Wounds to the eyes, the scalp. Lacerated wounds. Tooth extraction. The patient is chilled and weak after the injury. Promotes healing.

Injured part <movement,damp weather.

>being still.

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< night, 4am-6am, touch, sudden movement, motion.

> cold applications.

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Keynote: the tip of the tongue is red.

<cold, wet weather, damp

>movement, warming up the body, warmth.

WHOOPIING COUGH

Bordetella pertussis bacteria

Whooping cough is the most exhausting of childhood illnesses because the cough can last for up to ten weeks. The upper respiratory symptoms are usually mild, and pass quickly, with a running nose, watery eyes, nasal congestion, and a fever. Supplement with high doses of [vitamin C during outbreaks](#).

ANTIMONIUM TARTARICUM - (Ant-tart) - rattling cough

Much mucus, with great difficulty to expell. Burning in the throat and chest. Great weakness. Vomiting from cough. Breathless from cough with fast, labored breathing. The patient is so tired, they sleep between coughing fits. Child is anxious, clings to the mother, doesn't want to be looked at or touched. Cough excited by pain in larynx.

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< after 3 pm and midnight, draft, jarring, noise, light.

> sitting half raised, being covered.

COCCUS CACTI - spasmodic cough

Rattling, choking cough. Much phlegm, causes gagging and vomiting. Uvula enlarged. Spasmodic cough. Thick mucus, painful, tight chest on coughing. Tickling in the throat. The patient has trouble coughing up phlegm. The chest burns from breathing in air. Feeling of a plug in the back of the throat. Nausea. Sore throat worse for warm drinks, better for cold. Obstruction of nose with thick yellow mucus. Very thirsty.

DROSERA - spasmodic cough

This first remedy to think of for *pertussis -whooping cough*, when symptoms match. Respiratory affections. Coughing fits which lead to shortness of breath. Fast deterioration - emaciation. Coughing attacks, dry and ongoing, easily triggered by talking or laughing. Painful chest, cough with nosebleeds and vomiting. Face turns blue from coughing. Better in open air and walking.

< lying down, lying on the back, warm room. > open air, walking.

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< night, 4am-6am, touch, sudden movement, motion.

> cold applications.

KALI-SULPH - rattling

Wheezing and rattling in the chest. *Whooping cough*, tickling. Yellow or yellow-green phlegm. The patient has trouble coughing up the phlegm. The tongue may be coated and yellow. Tendency to *allergies - rhinitis, asthma, bronchitis*. Warm-blooded.

< closed room.

> open air.

See **COUGH remedies** p21 for more.

POST VIRAL FATIGUE

CALC-PHOS

Those requiring Calc-phos, may be very irritable and hard to please, they moan and groan, and may be pale and anemic. They have no energy in the morning. Emaciation. Desire smoked meat.

< cold, wet, draft

> summer, dry warm

CARBO VEGETABILIS

Effects from exhausting illness and loss of vital fluids. Cold with imperfect oxygenation. Feels faint. Cold perspiration. Difficulty breathing, pain in chest, great weakness in chest, total collapse. Weak digestion, nothing agrees. Nosebleeds, headaches alternating with nasal congestion. Irritable, angry, discouraged, feels like life is leaving him.

CHINA – (Cinchona - Peruvian bark) - periodicity

Loss of fluids, emaciation, faintness, stomach pains, gas, periodic headaches, and general ailments from loss of fluids. Swollen liver or spleen. Sluggish digestion, loss of taste, loss of appetite, night sweats. Nervous, anxious, anemic, and weak. A sensitive nervous system, sensitive to touch, broken down. Aggravation at night. Chilly patient. The diarrhea returns. The patient may be indifferent, gloomy.

< light touch and pressure, fruit, milk.

> hard pressure.

GELSEMIUM – (yellow Jasmin) - great weakness

Tired, lethargic, collapsed with general weakness, tired muscles. When recovery is slow, and the patient is weak. The patient needing Gelsemium may also have performance anxiety which affects the stomach - making him run to the toilet. Mostly thirstless.

< excitement, hearing bad news, before performing, before a storm.

> continued motion, urination.

STANUM METALICUM -(tin) - exhaustion

Extreme weakness with breathlessness, following an infection that has impacted the respiratory system. The patient has trouble breathing, is tired easily, and can barely speak they are so tired. The chest feels weak, empty, and sore.

< exerting any energy, talking. > resting in a warm bed.

PICRIC ACID

Brain fag, too tired to think. Lack of willpower. Nausea in the morning. Great weakness after stool. Headache in students from mental exhaustion. Burning along the spine, weariness, from fatigue to paralysis of muscles and limbs.

< study, motion, any mental exertion

> cold air, cold water

PHOSPHORIC ACID

Ailments from exhaustion, which usually start in the emotional body from grief or loss. Ailments from loss of body fluids (heavy flow of menstrual blood, diarrhea, vomiting, sweating). Indifference, from grief. Sunken eyes, sickly complexion. *Craves juicy and refreshing fruits and drinks.* In children and young people who grow too fast-growing pains.

< perspiration, cooling down, eating. > sleep, movement, walking.

THE BIG REMEDIES

Some remedies have a specific affinity to certain organs or systems, some resonate more with emotional or psychological expressions, and some are all encompassing. Along with physical symptoms, the big remedies often have an *essential nature*, or an emotional and mental picture. But we shouldn't get stuck in this because sometimes it may not be the nature of the person that matches, but rather the nature of the disease. For example, a very calm and easy baby may have *explosive* bowel motions which match Sulphur. Or an open, communicative child may have a *protective* response to a virus, resulting in and Nat-mur could be the best remedy choice. The descriptions below are merely a guide and a way to help you associate the remedy with an image or idea so you can better remember it. Generally, the best remedy will be one which matches *both the symptoms and the general nature of the patient*, but when treating acutes, we look to match presenting symptoms first and foremost.

ARSENICUM - anxious expression

Patients needing Arsenicum tend to be chilly, restless, and insecure. They may be well accomplished but still, there is a great fear of death and a restlessness which makes them quite anxious about their illness. They think and worry about death more than most. They want someone around so they will be taken care of. They can be pedantic about order which makes them feel secure in a chaotic world. They tend to be hypochondriacs running from doctor to doctor in search of a diagnosis. This deep insecurity is rarely expressed, unlike *Lycopodium*, rather it comes out as an anxiety about their health.

CALCARICA -CARBONICA - sluggish expression

Patient requiring calc-carb tend to have a sluggish metabolism. They are slow in action but mentally bright. They require time to adapt to their environment but once they settle in, they are quietly confident and solid types who are responsible, dependable, and hard working. They can be quite stubborn and can dig their heels in when pushed to move too fast and small children can have tantrums when rushed or when they don't have their needs met. They have many fears and worry about the future. Sweating at the back of the head during sleep, a love for deserts and eggs are keynotes of the remedy. They tend to be chilly.

LYCOPODIUM - insecure expression

The little Lycopodium can be a tyrant at home, tormenting his younger siblings, but when he enters school or a social environment he becomes cowardly and loses confidence. There is an underlying fear and lack of confidence which is covered over by a bravado. Lycopodium has self-esteem issues Lycopodium can have many fears, including ghosts, the dark and being alone and because they don't believe in their own abilities to accomplish tasks, they rarely take them on. They are very concerned

about the opinions of others and seek approval. It is a strong liver remedy with gastric issues, much bloating, and gas. Lycopodium can be starving, eat a little and feel full. Mistakes are made in speaking and writing and the memory is weak.

MERCURIUS - volatile expression

Patients needing Mercurius will show a lack of reaction, a lack of power, as if the defense system is worn down. The patient is very oversensitive, especially to extremes of temperature or changes in weather. But generally, there is an oversensitivity to change in environment, food and weather. This sensitivity brings with it a volatility. Emotions can run hot and cold, moods can swing, there is a kind of instability. The mind is slow, comprehension is difficult. They may be hurried in their manner but not necessarily productive and often unable to maintain focus. Mercurius effects the mucus membranes. There may be ulcers in the mouth, sore or loose teeth, excess salivation, sores in the corners of the mouth. Trembling and weakness, ulcers that bleed, profuse perspiration, and an offensive smell from the mouth.

NATRUM MURIATICUM (Nat mur) - protective expression

Patients needing Nat-mur are often emotionally protective. They have some deep wounds which remain well protected. They feel deeply but don't express their pain easily. The patient needing nat-mur will have a deep fear of being humiliated or shamed and will often find it difficult to urinate in public. Think of pouring *salt in a wound*, and you will get the idea of the sensitivity and protective nature of this remedy type. They crave salt, they tend to get headaches, especially from too much sun and have a marked aversion to eating fat. They are very sensitive, but closed, guarded. They can be perfectionists, expecting others to respect time bound commitments as they do. Nat-mur is a hot and thirsty remedy.

NUX-VOMICA - dominant expression

Patients needing Nux-vomica may be bullying, dominant, overactive and over-reactive with a sensitive nervous system. They are over-achievers, who believe they know best and are too easily frustrated by those who don't follow their direction. They are fast to act, controlling and often rely on stimulants. They like the good life, spicy and tasty foods, but have a sensitive nervous system and a delicate digestion. They are chilly and can be aggressive in their manner.

PHOSPHORUS - open expression

Types needing Phosphorus are sympathetic and open. They have porous boundaries and are easily magnetized (naïve), and magnetizing. This also makes them tire easily as they get pulled into the needs and interests of those around them. They bleed easily, they express themselves easily, they are open by nature and in conversation. They are social, warm and friendly and generally liked by most. They are very thirty and hot. They like both sweet and salty, but mostly cold foods like ice-cream.

PULSATILLA - weepy expression

Pulsatilla is a hot remedy. Those who do well on it need open and cool air. It is generally a *female* remedy, for soft, yielding, emotional types, who cry easily, and are in touch with their feelings. Young children needing Pulsatilla may be soft, almost too soft for the world and they seek protection. They like attention, which they seek out and can even become manipulative to get it. They are vulnerable and drift easily from one thing to the next, and their disease expression is changeable too, wondering pains, changing menstruation, bowel motion etc. They can become angry and irritable when their needs are overlooked but they are gentle in nature, so they do not remain fixed once the drama has passed. They cannot tolerate fatty or rich foods and are usually thirstless. Like Sulphur, they may also stick their feet out of the covers at night to cool themselves down.

SULPHUR - volcanic expression

The patient who does well on Sulphur is volcanic - hot and smelly. Of course, not all Sulphur types are smelly, but there may be a small patch of skin which is dirty looking, or their desk may be stacked up with papers and books. Sulphur is the archetype of the rugged philosopher. The mind is usually brilliant, and she gets lost in thought, pulling apart the world as she explores how everything fits together. They are also often self-serving and have a hard time standing for lengths of time. They get hungry mid-morning and they must eat. Sulphur types tend to be hot from the soles of the feet to the top of the head and often stick their hot feet out of the bed at night. Sulphur children are fiercely independent and don't care that their sox don't match or that their dress is on backwards. They do have some anxieties, but they also rush forward to embrace life with enthusiasm and curiosity. Meltdowns are not uncommon - they can be very headstrong and demanding children who drive their parents to exhaustion.



BURNS	COLDS & UPPER RES RESP	CONJUNCTIVITIS	CONSTIPATION	COUGH
ARSENICUM - burning pains +colds +conjunctivitis +gastric	ACONITE - shock +fevers +conjunctivitis +gastric	ACONITE - shock +colds +fevers +gastric	ALUMINA -dry	ANT-TART - rattling mucus
CALENDULA- antiseptic +injuries +skin	ARSENICUM - burning pains +gastric +conjunctivitis	APIS- bee +skin	BRYONIA - worse movement +cold +cough +injuries	BRYONIA- worse movement +constipation +colds +injuries
CANTHARIS - rapid inflammation	BELLADONNA - intense inflammation +fevers +dental	ARSENICUM - burning pains +colds +gastric +burns	CALC-CARB - slow metabolism +injuries +colds +dental +gastric +post viral	COCCUS CACTI - spasmodic cough
CAUSTICUM - raw wounds	BRYONIA - worse movement +cough +constipation +injuries	EUPHRASEA - burning tears	GRAPHITES +skin	DROSERA - suffocating cough
HEPAR-SULPH - infection +cough +colds +skin	CALC-CARB - slow metabolism +injuries +dental +gastric + constipation +post viral	PULSATILLA - weepy discharges +colds +cough +dental	LYCOPODIUM weak digestion	HEPAR-SULPH - infection +burns +colds +skin
	EUP-PERF - bone pain			
	GELSEMIUM - weakness +gastric +fevers +post viral			
HYPERICUM -nerve rich parts +dental +injuries	FERRUM-PHOS - slow onset +fevers	NUX-VOM - exhaustion of nervous system +gastric +cough +constipation	MAG-MUR -muscles	IPECACUANHA - nausea
URTICA-URENS - stinging +skin		SULPHUR - hot and smelly +gastric	NUX-VOM - exhaustion of nervous system +gastric +conjunctivitis +cough	KALI-CARB - productive mucus
			SILICA - lack stamina +dental	KALI-SULPH - wheezing in children
	HEPAR-SULPH - infection +burns +coughs +skin			PHOSPHORUS - open +colds +gastric
	NAT-MUR - protective +gastric			PULSATILLA - weepy discharges +colds +conjunctivitis +dental
	PHOSPHORUS - open +gastric +cough			SPONGIA - saw like cough +colds
	PULSATILLA - weepy discharges +cough +conjunctivitis +dental			KALI-BIC - stringy discharges

BURNS	COLDS & UPPER RES RESP	CONJUNCTIVITIS	CONSTIPATION	COUGH
	CHINA - recurrent +gastric +post viral			NUX-VOM - exhaustion of nervous system +gastric +conjunctivitis +constipation
	PHOS-ACID - exhaustion exhaustion			STANUM- exhaustion

FEVERS	GASTRIC	INJURIES	SKIN	DENTAL	POST VIRAL
ACONITE - shock +colds +conjunctivitis +gastric	ACONITE - shock +colds +conjunctivitis +fevers	ARNICA - bruised +gastric (recovery) +skin	APIS - bee (stings) +conjunctivitis	BELLADONNA -intense inflammation +colds +fevers	
BELLADONNA - intense inflammation +colds +dental	ALOE - gushing	BELLIS- deep tissue	ARNICA - blunt bruising +injuries +gastric (recovery)	CALC-CARB - slow metabolism +colds +injuries +gastric	
CHAMOMILLA - sensitive, irritable +skin +dental	ANT-CRUD -sensitive stomach	BRYONIA - worse for movement +cough +constipation +colds	CALC-SULPH -infection	CHAMOMILLA- sensitive, irritable +skin +fever	
FERRUM-PHOS - slow onset +colds	ARNICA -bruised +injuries +skin	CALC-CARB -slow metabolism +colds +dental +gastric +constipation +post viral	CHAMOMILLA - sensitive, irritable +fevers +dental	HYPERICUM - nerve rich parts +burns +injuries	
GELSEMIUM- weak +colds +gastric +post viral	ARSENICUM - burning pains +colds +conjunctivitis +burns	CALENDULA - antiseptic +burns +skin	CALENDULA - antiseptic +burns +injuries	MERC-SOL	
	CALC-CARB - slow metabolism +injuries +colds +dental +constipation +post viral	CUPRUM - cramps	GRAPHITES +constipation	PULSATILLA- weepy discharges +cold +cough +conjunctivitis	
	GELSEMIUM- weak +colds +fevers	HYPERICUM - nerve rich parts +dental +burns	HEPAR-SULPH infection +burns +colds +cough	SILICA - lack stamina +constipation	
	PHOSPHORUS - open +cold +cough	RHUS-TOX - better for movement	LEDUM- cold wounds		
	PODOPHYLLUM - sour	RUTA - ligaments + tendons	RHUS-TOX - better for movement		
	SULPHUR - volcanic +conjunctivitis	SYMPHYTOM - bones	URTICA-URENS - stinging +burns		
	VERATRUM - overactivity				
	ARNICA -bruised +skin +injuries				
	CHINA - recurrent +colds				
	NAT-MUR - protective +colds				
	NUX-VOM- exhaustion of nervous system +conjunctivitis +constipation +cough				
	PICRIC-ACID - extreme weakness				

CHILDHOOD INFECTIONS

CHICKENPOX	HAND FOOT & MOUTH	IMPETIGO	MEASLES	MUMPS	ROSEOLA	SCARLET FEVER	SLAPPED CHEEK	WHOOPING COUGH
			Aconite			Aconite		
		Ant-crud						
Ant-tart								Ant-tart
Apis						Apis	Apis	
Belladonna			Belladonna		Belladonna	Belladonna	Belladonna	Belladonna
						Calc-carb		
							Calendula	
								Coccus cacti
	Borax							
			Drosera					Drosera
Gelsemium			Gelsemium		Gelsemium	Gelsemium	Gelsemium	
Ferrum-phos			Ferrum-phos		Ferrum-phos	Ferrum-phos	Ferrum-phos	Ferrum - phos
	Hepar- sulph	Hepar-sulph						
Hypericum								
			Ipecacuanha					
				Lachesis				
			Kali-Bic					
								Kali-sulph
Rhus-tox								
Merc-sol	Merc-sol	Merc-sol		Merc-sol				
	Nat-mur	Nat-mur						
Mezerium		Mezerinum						
Pulsatilla			Pulsatilla					
				Phytolacca				
	Rhus-tox	Rhus-tox				Rhus-tox	Rhus-tox	
Sulphur	Sulphur	Sulphur	Sulphur					
Urtica Urens								
						Zincum		

MATERIA MEDICA - the remedies and their symptoms

Most remedies have a broad application and many uses. For the sake of quick reference, this list only includes those categories and infections referred to in this book.

PLANT, MINERAL and ANIMAL

ALOE	Gastric
ANT-TART	Cough, Chickenpox, Whooping cough
ANT-CRUD	Impetigo, gastric
ARSENICUM	Colds, conjunctivitis, gastric, burns
ARNICA	Injuries, skin, gastric recovery
APIS	Conjunctivitis, skin, Chickenpox, Slapped Cheek, Scarlet Fever
ACONITE	Colds, conjunctivitis, fever, gastric. Measles, Scarlet Fever
ALUMINA	Constipation
BELLADONNA	Colds, fever, dental, Chickenpox, Slapped Cheek, Measles, Roseola, Scarlet Fever, Whooping cough
BELLIS PERENIS	Injuries
BRYONIA	Colds, constipation, cough, injuries
BORAX	HFM
CALC- CARB	Colds, constipation, dental, gastric, injuries, Scarlet Fever
CALC-SULPH	Skin
CALC-PHOS	Post Viral
CARBO-VEG	Post Viral
CHAMOMILLA	Fever, dental, skin
CHINA	Post Viral, colds recovery
CALENDULA	Burns, injuries, skin, Slapped Cheek.
CATHARIS	Burns
CAUSTICUM	Burns
COCCUS CACTI	Cough
DROSERA	Cough, Measles

EUPHRASEA	Conjunctivitis, Measles
EUP-PERF	Flu - colds
GELSEMIUM	Colds and recovery, gastric, Measles, Scarlet Fever (strep), Post viral
GRAPHITES	Constipation, skin
FERRUM-PHOS	Colds, fever
HEPAR-SULPH	Burns, colds, cough, skin, HFM, Impetigo
HYPERICUM	Burns, dental, injuries, Chickenpox/Shingles
IPECACUANHA	Cough, gastric, Measles
KALI -BIC	Cough, Measles
KALI-CARB	Cough
KALI-SULPH	Cough
LEDUM	Skin
LACHESIS	Mumps
LYCOPODIUM	Constipation, gastric
MAG-MUR	Constipation, menstrual cramps
MERC-SOL	Chickenpox, HFM, Impetigo, Mumps
MEZERIUM	Chickenpox, Impetigo,
NAT-MUR	Colds, HFM, Impetigo
NUX-VOMICA	Conjunctivitis, constipation, cough, gastric
PICRIC ACID	Gastric recovery,
PHOSPHORUS	Colds, cough, gastric
PHOS- ACID	Recovery
PHYTOLACCA	Mumps, mastitis
PODOPHYLLUM	Gastric
PULSATILLA	Colds, conjunctivitis, cough, dental, Chickenpox, Measles
RHUS-TOX	Skin, Chickenpox/Shingles, Slapped Cheek, HFM, Impetigo, Scarlet Fever
RUTA	Injuries
SPONGIA TOSTA	Cough
STANUM	Recovery, cough, Post viral

SULPHUR	Conjunctivitis, gastric, Chickenpox, HFM, Impetigo, Measles
SYMPHITUM	Injuries
SILICA	Constipation, dental
URTICA URENS	Burns, skin, Chickenpox
VERATRUM ALBUM	Gastric
ZINCUM	Scarlet Fever



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