

**Common Remedies for Households With Children (Or Adults):**

**Aconite**

**General:** Mental and emotional shocks. After a traumatic event; fearful or violent. Fearful, panicked, phobic, anxiety attacks. Senses are overacute. Restlessness with anxiety. Sudden onset of symptoms. After an exposure to cold wind.

**Specific:** Very thirsty. Main remedy for early stages of croup. Flushed face alternating with pale face, or one cheek red, one cheek pale. Sudden onset of fever, or chills then fever, especially after exposure to cold, dry wind. Fever after a fright or a shock. Tremendous thirst.

**Think of it for:** Croup, shock, first 24 hours of acute inflammatory diseases or fevers.

**Allium Cepa**

**Specific:** Allergy/hay fever symptoms. Runny nose with acrid nasal discharge. Profuse watery discharge; dripping “like a faucet.” May stuff tissue in nostrils out of frustration. Violent sneezing. Profuse watering eyes. Better in open air. Worse from exposure to flowers or pollen.

**Think of it for:** Allergies, hayfever.

**Antimonium Tartaricum**

**General:** Cough remedy. Patient is weak and debilitated.

**Specific:** Mucus in chest with rattling respiration on inspiration and expiration. Cough sounds wet, but is unproductive, almost no mucus comes up. Worse at night and lying down, better from being propped up.

**Think of it for:** Coughs.

**Arsenicum album**

**General:** Restless, fastidious (cleaning up even while sick!). Anxiety, or fear to be alone. Chilly. Desires warm drinks. Burning pains, discharges. Seems sicker than the illness warrants. Thirst for small sips. Worse 12 to 1 a.m., cold in any form, wet weather, drafts, cold drinks. Better from warmth.

**Specific:** This is the number one food poisoning remedy. Vomiting or diarrhea, or both simultaneously. Fear when vomiting. Anxious and restless alternates with exhausted collapse. Thirsty, but cold liquids are ejected immediately.

**Think of it for:** Food poisoning, gastroenteritis, colds, flu, sore throats, viral illness.

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### **Belladonna**

**General:** Sudden, violent onset, rapid pace. Flushed, red face. Glassy or bright eyes with dilated pupils. Intense, burning heat, high fevers. Dry burning heat without chills. **Specific:** Face and body burning hot, feet and hands icy cold. Throbbing, pulsating pains, head, throat, ear, screaming with pain. Little perspiration, little thirst, skin and mouth dry. Often confused or delirious. Pharynx and tonsils are bright red. Worse from the slightest touch of the throat, turning the head, motion, swallowing. The tongue may have a red or strawberry appearance. May desire lemonade. Worse from being knocked or jarred, temperature changes, cold drafts, noise. Better from lying down.

**Think of it for:** Fever, ear infections, throat infection, tonsillitis.

### **Borax**

**Specific:** Aphthae; Sensitive, bleeding ulcers. The nose may be affected as well. It is one of the main remedies for canker sores of children.

**Think of it for:** Canker sores, thrush.

### **Bryonia Alba**

**General:** Gradual onset. Much worse from motion, aversion to any effort or motion. Irritable, averse to answering questions. Wants to be left alone, lies on bed facing the wall. Very thirsty, wants large gulps at intervals. Better from heat, lying still. Talks of business when ill.

**Specific:** Slowly progressing influenza with severe aching. Sweats profusely with the fever. Wants to brace against movement for security (holds chest while coughing).

**Think of it for:** Influenza, coughs

### **Cantharis**

**General:** Restlessness. Extreme raw, burning, smarting pains. Pain is so great the state is mania-like.

**Specific:** Pain as if on fire. Large blisters. Extreme burning pain especially during urination.

“Voluptuous itching or pain”, which is relieved somewhat by rubbing or scratching. Blood in urine. Better from cold applications.

**Think of it for:** Extreme burns; sunburn; urinary tract infections.

### **Chamomilla**

**General:** Extreme irritability and anger. Demanding. Cries for something, then refuses it. Throws things. Wants to be carried, and is better from being carried, screams when put down. Very sensitive to pain. Hot, sweaty, thirsty. Causes exhaustion in the mother.

**Specific:** One cheek red and hot, the other pale and cold. Most important remedy for teething in children. Stool looks like chopped spinach or cut grass, may smell like rotten eggs. Exquisitely painful ear infections. Worse from touching or examining the ear.

**Think of it for:** Teething, colic, ear infection.

### **Colocynthis**

**Specific:** Acute gastritis with severe and intense cramping pains, often with restlessness. Extreme, cutting, neuralgic pains. Pain which is better from bending double or from applying hard pressure and heat. Pains arising after anger or humiliation. Pains located around the belly button, radiating downward to the pubic region. Pains followed by diarrhea.

**Think of it for:** Colic, diarrhea, abdominal cramps.

### **Eupatorium Perfoliatum**

**Specific:** High fever with severe, unbearable aching. Intense pain in the bones or back, feels “as if bones are broken.” Violent shaking with chills. Restless with pain. Chilled but wants cold drinks or food. Lack of sweat with a fever. Moaning and groaning.

**Think of it for:** Influenza

### **Euphrasia**

**Specific:** Extreme irritation, burning and itching in the eyes. Sensitive to light. Nasal discharge is bland. Intense sneezing and watery runny nose.

**Think of it for:** Allergies

### **Gelsemium**

**General:** General aggravation from anticipation, fright, bad news. Stage fright, anticipatory anxiety. Helps (acutely) the terror before a performance. Feeling of dread. Extreme weakness, weariness, debility and sleepiness.

**Specific:** Weakness and heaviness of head, limbs and eyelids. Desire to lie down, can hardly sit up. Better from lying down. Can't keep eyes open, lids at half mast. Slow onset of fever over a few days. Trembling. Chills up and down the back. Thirstless. Headache in the back of the head which may extend to the forehead. Diarrhea from fright.

**Think of it for:** Influenza, anticipatory anxiety.

### **Ignatia**

**Specific:** Ailments from grief. Hysteria from grief. Sobbing, sighing, hiccups. Spasms or twitches. Sensation of a lump in the throat.

**Think of it for:** Grief.

### **Kali bichromicum**

**Specific:** Sinus infection. Mucous is very thick, ropy, or stringy. Hawking cough. Pain and pressure at the root of the nose. Frontal headache. Voice sounds nasal. Chilly. Worse at 1-2 a.m. or from becoming cold.

**Think of it for:** Sinusitis.

### **Lachesis**

**General:** Aggravation after sleeping, upon waking up. Left sided symptoms, or begin on left and move to the right. Flushes of heat. Purple discoloration of affected tissues; tonsils, throat, etc. Intolerance to tight collars, turtlenecks, necklaces. Aggravation from heat.

**Specific:** Throat pain worse swallowing saliva, better swallowing food. Pain radiates to ears on swallowing. Lump or constricting sensation, better temporarily by swallowing. Averse to being touched on the throat. Throat pain better cold drinks.

**Think of it for:** Sore throat, tonsillitis.

### **Mercurius**

**General:** Infections. Increased perspiration and salivation, which smell putrid. Drooling while asleep, pillow is wet. Offensive breath and discharges. Chilliness, alternating with heat. Swollen glands are spongy. Pains are burning and raw. Narrow range of comfort; too hot/too cold. Worse at night.

**Specific:** Metallic taste in the mouth. Tongue is coated white or looks “dirty”, and marked with tooth imprints. Ear infections follow a cold with thick discharge. Yellow green offensive discharge from ear with difficulty hearing. Dirty looking tonsils and throat; yellow or white spots, pus on the tonsils.

**Think of it for:** Ear infections, tonsillitis, sinusitis, respiratory infection, urinary tract infection.

### **Nux Vomica**

**General:** Sensitivity to all stimuli; light, noise, odors, etc. Even skin can feel sensitive. Irritable and impatient. May be preoccupied with work, though very sick. Chilly and worse from cold. Better warmth and hot drinks.

**Specific:** High fever with rapid onset. Violent, intense chills and shaking. Chills from uncovering of from the slightest motion of air under the covers. Severe headache. Urinary tract infection with nearly constant urging, relieved for moments only on passing small quantities of urine and relieved by warm bathing. Gastritis with pains from alcohol abuse or from over-eating. Aggravation from alcoholic drinks.

**Think of it for:** Hangover, influenza, gastritis, urinary tract infection

### **Oscillococcinum**

**Specific:** First sign of flu or flu-like illness. Early in illness, symptoms are vague, and do not point to another flu remedy. General malaise, fever, aching, chills, headache.

**Preventive dosing:** ¼ vial once a week for 4 weeks, then once a month, beginning in November, ending in April.

**Think of it for:** Influenza, flu prevention.

### **Phosphorus**

**General:** Sensitive, impressionable. Anxious. Fearful; dark, something will happen. Desires company and sympathy. Tendency to bleed. Desires cold, carbonated drinks, ice cream, juicy things. Chilly. Better from cold drinks and sleep.

**Specific:** Every cold goes into chest. Burning pains. Throat pain with burning, lingering coughs. Gastritis with nausea and vomiting. Nausea and vomiting with burning in the stomach. Craves cold drinks, but vomits as soon as the liquid becomes warm in the stomach. Painless but exhausting diarrhea. Stool can be “like a fire hydrant”. Most common remedy for childhood nosebleeds. Profuse, bright red, fluid blood. Bleeding from blowing the nose. Multiple nosebleeds in one day. Spontaneous nosebleeds.

**Think of it for:** Coughs, bronchitis, pneumonia, colds, nosebleeds, gastroenteritis.

### **Podophyllum**

**Specific:** Diarrhea remedy. Painless or involuntary diarrhea. Explosive and profuse diarrhea, with spluttering. Stool sprays all around the toilet bowl, or out of the confines of the diaper! Stool is watery, profuse, offensive. Stool with undigested food in it. Main remedy for child or baby diarrhea. Nausea, uncertainty if he is to vomit or have diarrhea. Stool with undigested food in it. Can be frothy, pasty, yellow, watery.

**Think of it for:** Diarrhea, gastritis.

### **Pulsatilla**

**General:** Weepy and clingy, better from company and consolation, needs affection and caresses. Wants attention. Wants to be carried slowly. Changeable, alternating playing and sick. Discharges are bland, thick, creamy, green or yellow. Better from open window or open air. Wants the window open. Worse from heat and sun. Thirstlessness.

**Specific:** Loose rattling coughs with juicy expectoration. Night time coughs. This is the most frequently used remedy in ear infections. Painful fullness, bursting sensation in the ear. Ear stopped up with pulsing or rushing sounds. Cold with runny nose, sneezing and conjunctivitis. Cough from allergy or virus. Children with nighttime coughs, and post nasal drip. Red eyes with bland white or yellow discharge.

**Think of it for:** Ear infections, colds, sore throats, bronchitis, conjunctivitis, coughs, gastritis, sinus infection, allergies.

### **Rhus Toxicodendron**

**General:** Restlessness. Aching and stiff, with a desire to stretch. Better from movement, can't get comfortable in the bed. Much better from warmth and warm things. Worse from cold and damp. Very chilly from being uncovered or from drafts. Burning thirst.

**Specific:** Fever can originate from being chilled. Aches and sprains worse on first movement, better continued movement. Eruptions with itchy vesicles. Skin itching better from scalding hot water. Herpes, shingles, poison oak.

**Think of it for:** Sprains and strains, influenza, poison oak, arthritis.

### **Rumex**

**Specific:** Main remedy for incessant, violent, tickling coughs. Intense tickling in larynx and trachea, worse cold air. Aggravated by leaving warm house to go out into cold air. Worse from undressing or uncovering. Worse from pressing on the throat pit. Can be dry irritated coughs, also productive hard coughs.

**Think of it for:** Cough.

### **Sarsaparilla**

**Specific:** Urinary tract infection with pain at the end of urination. Burning urination and frequent urging. Unable to urinate without standing. It is, across the board, our best remedy for uncomplicated cystitis.

**Think of it for:** Urinary tract infection.

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### **Spongia**

**Specific:** Cough remedy. Dry, barking cough waking in the night with suffocating sensation. Hard, barking, ringing cough, like a seal. Cough is set off by a tickling and dryness in throat. Cough could be from allergy or infection. Coughing day and/or night. Feeling of constriction in larynx. Suffocative cough. Burning in the throat, larynx and chest with each cough. Worse cold, dry air, cold drinks. Better eating and drinking, especially warm drinks.

**Think of it for:** Croup, laryngitis, cough, bronchitis.

### **Sulphur**

**General:** Hot. Burning pains. Sweaty. Red lips. Craves spicy food & sweets. Worse from heat. Better from fresh air. General aggravation from the heat of the bed.

**Specific:** Skin eruptions usually moist, burning and itching tremendously. Itching worse heat, worse heat of bed, worse night, worse bathing, worse wool. Eczema, psoriasis, seborrhea, poison oak.

**Think of it for:** Skin rashes.

### **Thuja**

**Specific:** The most common remedy for warts. Warts on hands, fingers, face, nose. Painful plantar warts.

**Think of it for:** Warts