



FLU!!

Gelsemium - Fever with shivering, coughs, colds and sleepiness or dullness - you slowly feel yourself getting worse and worse; like a

slow paralysis.

Rhus toxicodendron - Muscular aches and pains - feels stiff and needs to move around to feel better. Also needs to be warm to feel better. Poison Ivy rash and rheumatic pains!



Bryonia - Coughs, aches and pains all over the body; mucous membranes are dry causing much pain - feels better when at rest or lying around. Often patients are concerned with running their businesses or concerned about their jobs.

Pyrogenium - The worst of the flu often acting like an antibiotic; septic and debilitated state with palpitations and high fevers!



Ignatia amara - Dry spasmodic coughing with possible tonsillitis. Very helpful when there has been a loss or emotional shock -

will help calm the nerves.

ALLERGIES!!!

Alium cepa - Allergies involving watery eyes that feel acrid and itch and runny nose! All worse in a warm room!

Natrum muriaticum

Anxiety or grief over insults - causes you to feel upset and creates a kind of block from moving forward in life. Can also be helpful with colds that have a lot of thin mucus output or sneezing.



Are there side effects?

Homeopathic remedies use an energetic imprint to reach the energetic vitality of the person being treated.

The human body was created to be healthy and this energy is used to give the body a little nudge to start to heal itself naturally. Sometimes if the nudge is a little too strong, the body tries to push out the disease too quickly - thus causing a slight "aggravation" of existing symptoms. This "side effect" or discomfort is not life threatening or disabling like many conventional medicines and usually last for a very short span of time!

Aggravations can be handled in a quick and safe fashion when taken under the care of a trained Homeopath. An "aggravation" from a remedy is never life threatening.

How do I take a remedy?

Most remedies are taken in 30C potencies.

Depending on how severe the acute illness is, the rule of thumb is usually to take the lower potency remedy, 12C or less, as often, sometimes even 15 minutes apart, and for as long as you don't feel an improvement. Once improvement is felt, take the remedy as needed or when symptoms come back. For more frequently occurring forms of illness, it is best to see a Homeopath as this is an indication of a chronic ailment that is in need of a constitutional remedy.

Can I take my other medication(s)?

Most Homeopathic remedies are compatible with all conventional medications so you can be confident that neither will interact nor counteract each other. In some cases, it is best to time the taking of a remedy with the allopathic medication.

Be smart and be aware of your situation at all times!

For more information on how Homeopathy can help you, contact me at hasinajhai@gmail.com
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Homeopathic First Aid Kit for the Family



What is Homeopathy?

Homeopathy is a system of healing that relies on the age old Hahnemannian principle of "Like Cures Like". It is a unique form of treatment that uses the smallest amounts of pharmaceutically prepared substances to gently touch the core vitality of the patient.

There are no adverse side effects to a Homeopathic remedy and can be taken by adults, children, babies and even your pets.

Why a Homeopathic kit?

Everyone should have a Homeopathic Kit nearby to prevent a simple emergency from becoming a serious casualty. Homeopathic remedies provide a safe and gentle way to treat illness and are less costly than the many drugs that have many side effects, of which many are life threatening.

A kit that is stored in a cool and dark place can last indefinitely and becomes a lifelong investment to your health!

Remember, for all illnesses and injuries, make sure to assess if the situation requires a trip to your doctor or the hospital.

The following are a few of the remedies one should have in a basic Homeopathic Kit for treating the more day to day ailments and injuries. Remember to always consult with your doctor when you feel it is a serious ailment. A remedy can always be taken on the way to your physician or hospital or while being treated by the Physician to help start the healing process.

Aconitum Napellis

Sudden injury or shock that causes anxiety and often a fear of death - this remedy will help to calm the nerves. From sports injuries to shocking news or a car accident that can cause a variety of symptoms or emotional aggravations such as fear and anxiety are just examples of uses.



Bellis perennis

Muscular pains – soreness or lameness of the extremities; Mechanical injuries affecting the deeper tissues of the body such as surgeries, sprains that reach the deeper parts of the body and are aggravated by cold baths or compresses!



Ipecachuana

Great for when you feel nauseous and vomiting does not help!

Petroleum – Extremely dry skin that can bleed and crack! Also great for nausea that goes away when eating. Often a long lasting complaint where you feel cold and as if death was just around the corner.

Arsenicum album

Extremely valuable for exhausting diarrhea often caused by food poisoning; can often be accompanied by coldness in parts of the body with restlessness and anxiety; burning pains in the stomach and rectum.



Arnica Montana



Great for trauma to the body such as injuries or blows, or even excessive exercising or straining! Arnica is used often in many hospitals to address potential infection and anxiety due to surgery and is often used as a preventive measure for the patient to recover faster.

Hypericum

“Bites” or “Stings” or ailments that touch the “raw nerve”– The nerves are mostly affected and there can be severe nerve pain such as toothaches where the nerves are affected.



Ledum

Puncture wounds, be they insects, bites, nails, stabbings – will help reduce swelling and minimize potential risk of infection. Remember this is not a substitute for professional care so get proper medical attention!



Symphytum

Bone injuries, fractures – will help fuse the fracture sooner once it's been set with a cast; Wounds in the eye that appear bruised, like a black eye, are healed faster.



Glonoinum - Great for headaches that feel like they are going to explode accompanied by flushes of heat to the face! Also great for heat stroke or sun stroke with dizziness and rapid pulse.



Apis Mellifica



Swelling is the key symptom... inflammation, allergies where body parts swell, insect bites that swell and feel hot to the touch. Even after a long car drive or flight when the body swells up due to fluid retention, this remedy can help.

Calendula cream

Great for burns, scrapes and boils! Works like magic when treated immediately.



Nux vomica



Over indulgence – the hangover remedy! When you are not doing too well after a night of overdoing a good thing! You feel irritable, often feel cold and want to vomit but can't. Also very good when there are symptoms of indigestion and bloating.



Chamomilla - Great for babies that are teething and are irritable!



Belladonna - Sudden high fevers with red-hot-flushed skin, no thirst even in fever and hysterical visions that terrify – look for the tell tale cold hands and feet but heat elsewhere!

Coffea cruda – When sleep is impossible because you have too many thoughts running through your head, take a dose of Coffea!