

# The Home Prescriber

the practical guide to  
modern homeopathy

Marcus Fernandez  
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## Disclaimer

The information within this guide is for the over-the-counter use of homeopathic remedies. It is not intended to be a substitute for the diagnosis of any health or physical disease or condition. Please seek the services of a qualified Homeopath or Healthcare Professional for chronic conditions.

# The Home Prescriber

the practical guide to  
modern Homeopathy

Marcus Fernandez  
RSHom FSHom



Healthy  
Living  
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## Introduction to The Home Prescriber

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The reason I wanted to write  
The Home Prescriber was to really  
empower people around their health  
and wellbeing, through the use of  
homeopathy.  
As a father of two young children  
I know the importance of having  
Chamomilla for teething and colic,  
Belladonna for fevers and Arnica  
at hand for those bumps and bruises!

During my early days as a Homeopath, I ran a busy Mother and Baby Clinic in North London. I discovered that the more I taught and explained to parents how to use Homeopathic remedies for themselves and their families, the more confident they became around managing their own health, which also meant they were less afraid of acute illnesses.

Over the generations we seem to have lost connection with our grandmother's wisdom of how to deal with the day-to-day illnesses or accidents that occur in the home, without the need to rush off in fear to the GP or the A&E department.

The intention of The Home Prescriber is to be a well-used, dog-eared guide kept in the kitchen ready to be on hand when needed. Make notes in it, scribble in it when you find the remedy that worked for that earache, food poisoning or after that dodgy curry.

You learn Homeopathy by giving the remedies and seeing it in action, it is not some new age fad but an effective practical healing modality.

This is a guide that will help you in using Homeopathic remedies in the home and to be used for acute ailments. For more chronic, recurring conditions or if you do experience complex, persistent or worrying symptoms then please seek the advice of a fully qualified Homeopathic practitioner.

## May The Vital Force be With You

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Best wishes

Marcus Fernandez  
LCPH RSHom FSHom





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## What is Health?

### Introduction to Homeopathy

Most people's concept of health is not being sick, but it is so much more than that.... I remember when I was young in the school holidays, I would be out all day after on my bike. I would come home, eat, sleep and leap out of bed the next morning and do the same again, with enthusiasm, a sense of adventure and zest for life. I didn't wake up in a daze with stiffness throughout my body, feeling unrefreshed and needing 3 cups of strong coffee to be able to face the day!

Health is about VITALITY, the sense of feeling alive both mentally, emotionally as well as physically. Most young kids have a strong vitality and embrace life with enthusiasm, wonder and being in the moment. Often if they are sick with some acute illness, they will have a fever or be vomiting all night and the next day they are up eating their breakfast as right as rain. This is vitality.

## What is Disease?

Health is about our ability to adapt to our environment. For example, it could be a physical adaptation such as the change of the seasons or exposure to a cold dry wind, or an emotional adaptation such as the loss of a loved one. Our resilience to succumb to illness therefore depends on the state of our vitality and our SUSCEPTIBILITY to the influencing factor. This determines whether we become sick or unwell and our ability to recover.

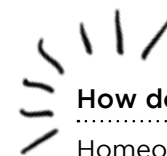
It's like a car dashboard. The oil light flashes which means there is something wrong in the engine, if we just take the bulb out there is still a problem in the engine and the car could break down three or four miles down the road. In Homeopathy we see the symptom as the oil light flashing, so we want to go into the engine and fix the cause, then the oil light is no longer required to flash, or the symptoms disappear.

Symptoms are the body's way of saying, "Hey, there is a problem here", if we don't listen to the body's whisper we will certainly listen when it screams. If we just suppress the symptoms, then we are driving the problem deeper into the body for a more chronic situation later.

Our health is dynamic. Imagine it's on a scale of one to ten. You get up in the morning and you have had a good night's sleep and it's an 8/10. You open the post, and you have a shock, you have a large utility bill that you weren't expecting, and your vitality goes down to a 6/10. You are late for work, miss the bus and must walk all the way in the heavy rain. By the time you get to work your vitality is a 4/10. Someone has a cough and a cold and as luck would have it by the end of the day you are coughing and sneezing too. You were susceptible because of a lowered vitality. Not everyone at your work goes home coughing and sneezing, just those with a low vitality and more susceptibility.

## The Homeopathic approach

Conventional or allopathic medicine works against the disease and its symptoms using "anti" drugs – you'll be familiar with vocabulary which talks about 'fighting' disease or 'killing' pain. Using Homeopathy, by contrast, we are seeing the symptoms as the body's attempt to heal itself – perhaps needing help, but of a gentle and supportive kind. Homeopathy treats an individual with a specific set of symptoms, rather than battling a disease. Put simply, it is WHY a remedy is given, not what is given.



## How does it work?

Homeopathy is a whole system of medicine that looks at the person holistically, mentally, emotionally as well as physically. It treats the individual not the symptoms, it treats the person not the disease. It's not what you have, it is how and why you have it.

For example, five people could have the diagnosis of 'influenza', but all could have different symptoms i.e., thirsty for ice cold water, thirsty for warm drinks, one person might feel hot whereas another person would be chilly, alternatively one would have headaches where another has pain in their bones. Therefore, unlike conventional medicine, not one treatment is for all, we look at the totality of the individual expression of the dis-ease in each person in order to prescribe a Homeopathic remedy. What makes it worse, what makes it better, what is the sensation? When did it start, what was going on at the time, where is the pain or symptom located? All these are incredibly useful questions and once you have this information you can identify the remedy that will help the person to get well.

A Homeopathic remedy is like a key to a lock, you choose the right key, and it turns the lock or stimulates the body to heal itself. It is good to remember that your body contains all the natural healing wisdom it is ever going to need, we just need to tap into it and remind it what it needs to do.







## The three main principles of Home Prescribing

- 1) **Like Cures Like**
- 2) **One remedy at a time**
- 3) **Minimum dose**

### **Like Cures Like.** The Law of Similars

Homeopathy works on a very simple principle of LIKE CURES LIKE. For example, if you chop up an onion your eyes water and your nose runs. In Homeopathy we use onion in a very diluted amount to treat people with colds or hay fever with the same symptoms. Therefore, WHATEVER CAN CAUSE SYMPTOMS IN A LARGE AMOUNT, IN A SMALL AMOUNT CAN CURE IT.

### **One remedy at a time**

When prescribing for acute situations we want to choose a remedy that best covers the symptoms of the person including mentally, emotionally as well as physically. It is like a game of snap. We want to get as close as we can to matching the symptoms of the remedy to the totality of the symptoms of the case presented.

### **Minimum dose**

The difference between conventional medicine and Homeopathy is made very clear when looking at the dosage of the Homeopathic remedy. The remedies are diluted to very small amounts to stimulate the body's innate healing potential. This means that you are using the least stimulus possible to restore health and wellbeing, not large material doses that come with possible side effects.



As mentioned before, the remedy is like a key and in this explanation think of a key to a car. The key in itself is not all powerful but once it turns on the ignition the engine starts. It doesn't need to be repeated unless the engine stops. It's the same with the remedy once it gently stimulates the body's own healing capability; it does not need to be repeated unless the symptoms start to return or stop improving.

### **What's in the medicines?**

Over-the-counter Homeopathic medicines are made using natural plant, mineral and, occasionally, animal substances. Prescribed remedies may also originate from biological, chemical, or synthetic sources.

Homeopathic remedies are safe and have no side effects – their active elements are in infinitesimally small quantities. Very occasionally, symptoms become worse on first taking Homeopathic medicine. This is called an 'aggravation' and is a good sign that the remedy is working. Stop taking the remedy until the aggravation has passed and only resume if necessary. Aggravations are most common with skin disorders, as the body "throws out" the disease.

### **Why are there Homeopathic remedies for specific conditions?**

Even though Homeopathy treats the individual, and not the disease, some Homeopathic remedies will successfully treat many people with the same symptoms. For example, Arnica montana is usually used for muscular bruising and Thuja for warts. These remedies have become so firmly established that they can be given without question and the condition only needs to be looked at more closely if the remedy does not work well.



Other remedies have become linked to specific illnesses because the ailment itself often follows a common pattern that is particular to that remedy. For example, Rhus tox is for pain in the joints which feels worse on first movement but better for continued movement - a symptom common to arthritis pains, and is taken by thousands of people to ease rheumatism or joint pains.

### **How should I take the medicines?**

Most Homeopathic medicines come as a small tablet, which should be allowed to dissolve or be chewed in a clean mouth, half an hour before or after eating. It is best not to handle the tablets, but to tip them into the bottle cap and then drop them in the mouth.

Homeopathic medicines can be bought over the counter at health stores and pharmacies, usually in the 6c or 30c potencies. They are suitable for self-help in time-limited conditions. Higher potencies, such as 200c, 1M, 10M should be left to qualified Homeopathic prescribers. For some people and some situations - i.e., for treating babies Homeopathic pharmacy. Ask for advice if you are not sure which remedy, or which form is best suited to you.

Low potency Homeopathic medicines can be increased in effect by simply increasing the frequency of the dose. This has the same effect as taking a higher dose of conventional medicine. Carefully read the pack to see how often and how large the dose should be.

Gradually stop taking the medicines when you notice improvement in the symptoms, by spacing out the doses to wider intervals. When there is a marked improvement, stop altogether. If the symptoms recur, resume dosage. If the symptoms change, stop dosage, and seek advice.

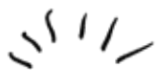
If your Homeopathic medicine was prescribed by a qualified registered Homeopathic practitioner, follow their advice.

### **Can Homeopathic medicines be taken with other drugs?**

There is no known report of any cross-reaction with conventional medical treatments, although powerful drugs such as antihistamines or steroids may slow down or negate the action of Homeopathic medicines. Additionally, the side-effects of conventional drugs can make it harder to judge whether Homeopathy is acting effectively or needs to be changed. We always advise you to tell your doctor if you are taking Homeopathic medicine together with a prescribed drug.

### **Can more than one Homeopathic medicine be taken at the same time?**

It's usually better to avoid taking more than one Homeopathic medicine at a time because it makes it harder to judge what is working. For specific situations and illnesses including Hay fever and stress, mixed remedies are formulated.



## Are Homeopathic medicines safe?

Homeopathic medicines do not have side effects because the way they work is so different from conventional medicines. Homeopathic remedies are perfectly safe in pregnancy, for babies and young children. Indeed, young children often respond better to homeopathic medicines than adults.

### Homeopathy - a trusted friend for a healthy life

The system of medicine devised by Dr Hahnemann in the 18th Century, has been trusted by millions of people since that time, with many reporting improved health, recovery, symptom reduction and relief from both acute and chronic conditions. It is a system of medicine which respects the body's power to heal itself, supporting the process with a gentle hand.



## Homeopathic remedies discussed in this guide

- |                     |                  |
|---------------------|------------------|
| 1. Aconite          | 29. Ignatia      |
| 2. Agaricus         | 30. Ipecac       |
| 3. Allium cepa      | 31. Kali phos    |
| 4. Ant crud         | 32. Lachesis     |
| 5. Ant tart         | 33. Ledum        |
| 6. Apis mel         | 34. Lycopodium   |
| 7. Argent nit       | 35. Mag phos     |
| 8. Arsen alb        | 36. Merc sol     |
| 9. Arnica montana   | 37. Mezereum     |
| 10. Belladonna      | 36. Mixed pollen |
| 11. Bellis perennis | 39. Nat mur      |
| 12. Bryonia         | 40. Nitric acid  |
| 13. Calc carb       | 41. Nux vom      |
| 14. Calc fluor      | 42. Phosphorus   |
| 15. Cantharis       | 43. Phos acid    |
| 16. Carbo veg       | 44. Phytolacca   |
| 17. Chamomilla      | 45. Podophyllum  |
| 18. Cocculus        | 46. Pulsatilla   |
| 19. Coffea crud     | 47. Rhus tox     |
| 20. Colocynth       | 48. Ruta grav    |
| 21. Drosera         | 49. Sabadilla    |
| 22. Eupatorium      | 50. Sepia        |
| 23. Euphrasia       | 51. Silica       |
| 24. Ferrum phos     | 52. Staphysagria |
| 25. Gelsemium       | 53. Sulphur      |
| 26. Graphites       | 54. Thuja        |
| 27. Hepar sulph     | 55. Urtica urens |
| 28. Hypericum       | 56. Wyethia      |



## Finding the right remedy

### Is it an Acute or Chronic problem?

The Home Prescriber guide is for the treatment of acute conditions, not chronic diseases. Acute conditions are self-limiting diseases which start quickly, follow a typical pattern, and come to a clear end – either complete recovery or death. Examples include Flu, Common Colds and Coughs, childhood diseases such as Chicken Pox and Measles, or recurring illnesses such as Tonsillitis or Earache. A chronic condition, by contrast, is a long-developing syndrome, such as Osteoporosis or Asthma. For more chronic conditions one should consult a professional qualified Homeopathic Practitioner (see Resources on page 92 for details).

### The C.L.A.M.S Method

A quick way to select an effective remedy is first to write down the abbreviations of C.L.A.M.S vertically down the side of a sheet of paper and then fill in accordingly. Once you have this information you can identify the closest matching remedy. Please see the example below -

- C - Concomitant** - a symptom that accompanies the main complaint
- L - Location** - where the pain symptom is located within the body
- A - Aetiology** - the possible cause behind the complaint
- M - Modalities** - what makes the complaint better or worse
- S - Sensation** - what is the pain like i.e., sore, shooting

**A woman has a throbbing headache in the side of her head after sitting in the sun. It is better when holding her head, worse by the noise of the radio and walking. She is flushed in the face.**

- C - red face**
- L - right side head**
- A - the sun**
- M - worse - morning, noise better - holding head**
- S - throbbing**

By going to the headache section there are 10 possible remedies each with a different remedy picture. Select the remedy that matches the symptoms on your list by looking at the characteristic symptoms you will find that Belladonna is the closest matching remedy to the symptoms described above. This will therefore be the remedy to take.

Remember you don't need all the symptoms listed under each remedy to prescribe. Just match three characteristic symptoms of the remedy (keynotes) to the person or what homeopaths call the three-legged stool.

### Prescribing remedies

After having taken down all the symptoms of the complaint carefully noting the patient's symptoms and then comparing them with the remedies under that ailment in the guide, you can now give a single dose of your chosen remedy. The 6c and 30c potency is a good choice for most acute situations.

As a guide the remedy 6c or 30c may be given 3-4 times a day until symptoms are relieved. However, if you feel much better after a dose, stop taking the remedy until the first sign that your symptoms have returned. Then repeat the remedy again.



## Symptom Finder

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### Anxiety

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Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome.

#### Aconite

Aconite for intense, sudden anxiety, panic, or fear. Great anxiety, sense of foreboding (think might die). Panic could be connected to past trauma. Symptoms of this type of panic include dry skin, dry mouth, and fast heartbeat.

#### Argent nit

This is sometimes recommended for people with anxiety that is due to uncertainty. This includes claustrophobia, hypochondria, fear of heights, or fear of everyday things. Uncertainty-based anxiety could be accompanied with digestive disturbance, like diarrhoea, and sweets cravings.

#### Arsen alb

Very fearful and difficult to reassure, don't want to be left alone and desperate for company. Very chilly, better with heat. May relieve anxiety through control or criticism of others. Often perfectionists. Anxiety and worry accompany other symptoms.

#### Gelsemium

Anxiety from anticipation or receiving bad news. People with this type of anxiety are often nervous and shaky. They may experience anxiety from anticipating an event such as public speaking or being in the spotlight. The anxiety causes avoidance such as agoraphobia, fear of crowds when they feel faint. The anticipation of Gelsemium is often accompanied with trembling feeling faint and/or diarrhoea. They often also desire solitude and avoid insistent pressure from other people.



#### Ignatia

Homeopaths recommend Ignatia for those experiencing anxiety from grief or loss. People who fit this description are often very sensitive and prone to mood swings, moving from laughter to tears. Ignatia is also recommended for feeling down.

#### Lycopodium

Like Gelsemium, Lycopodium is suggested for people who lack self-confidence and have anxiety about their own performance. Though they fear speaking in public and have stage fright, they hide it well. They might cover it up by talking loudly or too frequently.

#### Phosphorus

This is thought to be good for social people with anxiety. When anxious or vexed, their thoughts get scattered, and they have a difficult time focusing or getting things done. Their anxiety may be tied to a need for approval in social circles or from romantic partners.

#### Pulsatilla

This is for people with childlike anxiety. They may need lots of reassurance and support from others to feel better. Can be tearful and clingy to loved ones.





## Athlete's Foot

This is a fungal infection which affects mainly the skin between the toes.

### Calendula ointment/cream

Apply Calendula if skin is cracked and sore between toes twice daily.

### Graphites

Moist, crusty eruptions between toes with cracks and that ooze a thin sticky, gluey honey like discharge. Eruptions that are slow to heal, worse from heat and worse from scratching.

### Silica

Athlete's foot from suppression of foot sweat. From heavy foot sweats, foul odour and sweat that eats away at socks and shoes. Skin is unhealthy and itches and burns.

## Bites & Stings



### Apis mel

Swellings after bites and stings, with redness and stinging pains, especially bee or insect stings. Area affected is hot and swollen. Better for cool applications, worse for heat or for touch.

### Belladonna

Bright red, hot, dry, burning skin after bites. Swollen, sensitive, worse for touch. Useful at the beginning of infections.

### Cantharis

Extremely painful with a strong burning sensation and stinging pains, better for cold compress.

### Hypericum

Stings of insects, insects or animal bites with a puncture wound. More painful than they appear. Sharp pains especially in nerve rich areas, better for rubbing the affected areas. Worse from cold, damp, and touch or pressure.

### Ledum

No 1 remedy for puncture wounds from insect/animal bites or stings, the wounded part feels cold to touch, looks pale and better for cold applications. Worse for warm applications.

## Bumps & Bruises

### Arnica montana

This is the main remedy for the shock or trauma of any injury and is the first remedy prescribed in most types of injuries. It helps reduce shock, relieve pain, reduce swelling, and prevent bruising. Arnica montana is a good remedy for injuries to muscles and soft tissues especially when there is pain from overexertion.

It can be taken before or after surgery to prevent trauma and bruising as well before and after dental work, and before, during, and after labour to help the mother and infant deal with the shock and stress of birth.

Symptoms include soreness, feels as if beaten, restlessness, can't get comfortable, may move about a lot. May feel the bed is too hard and uncomfortable. Worse from touch, worse from pressure and worse when cold. Often underestimates the severity of the injury and will discourage help saying "I am alright."



### **Arnica montana ointment/cream**

For bruises, minor scrapes, and injuries. Should not be applied to broken skin.

### **Bellis perennis**

Blows to soft tissues, like Arnica montana, sore bruised feeling, better for moving and for rubbing. Worse from touch or cold. Good follow up after Arnica montana in injury where swelling remains. Good for deep trauma and injuries to the coccyx.

### **Ledum**

Useful for blows to the eyes and for black eyes. Bruised or bloodshot. Pressure behind eyeballs, as if they would be pressed out, better for cold applications such as an icepack.



## **Cuts, Grazes & Wounds**

### **Hypericum & Calendula ointment/cream (HyperCal)**

Common conditions for use: Cuts, abrasions, and wounds. With stinging and cutting pains. Promotes rapid healing and is an antiseptic.

### **Hepar sulph**

Where there is infection with yellow pus, can be accompanied by throbbing pain, redness, swelling or tenderness. Smells fetid or like old cheese.

### **Hypericum**

Used for clean cuts from surgery or knives or lacerations. Where there are rich areas of nerves that are very sensitive to touch. Sharp, shooting pains. Give after surgery/procedures affecting the spine i.e., Epidural/Lumbar punctures.

### **Staphysagria**

Intense pain after clean cuts or wounds from sharp, cutting instruments such as from a knife, glass or can in areas with very sensitive skin. Useful after surgery when pain remains after. Can have feelings of anger and humiliation.

## **Chilblains**

### **Agaricus**

Itching of toes and feet feel as if frozen. Redness and swelling. Itching changes place on scratching with burning afterwards. Worse touch and cold.

### **Pulsatilla**

The hands and fingers are hot and inflamed. There is a lot of itching, swelling and pain in the hands and fingers. The symptoms get worse on heating up or when near a fire or a hot place. The skin becomes bluish in colour.

### **Rhus tox**

The skin is dark red with inflammation and can be red, swollen and itching. Burning after scratching. Worse from getting wet and from cold. Better for heat or hot bathing.

## Cold Sores



### Nat mur

Cold sores around mouth or lips with dryness and cracked lips. Worse at the seashore or the sun. Can appear on emotional upset, a grief or loss, often don't like to express their emotions, keep them in.

### Rhus tox

Cold sores around the mouth or lips, worse in cold air or damp weather and better for being warm, dry. Neuralgic shingle-like pains and itching of cold sore with burning.

### Sepia

The skin is dark red with inflammation and can be red, swollen and itching. Burning after scratching. Worse from getting wet and from cold. Better for heat or hot bathing.

## Colic (Babies)

### Carbo veg

Distended abdomen, especially upper part. The simplest of foods distresses the stomach. Better for passing wind, worse for lying down. Cramping pain is better for bending double, or being fanned, air hunger. Better for air and worse for tight clothing around the waist, and worse from taking icy cold drinks.

### Chamomilla

Good remedy for colic in babies. They are very irritable and fretful and must be carried. Worse after feeding. Angry, restless, impatient, and difficult to please. Anger caused by the pain and has cutting cramping pains with legs drawn up to the tummy. Nappies of greenish poos can smell like eggs.

### Colocyntsis

Anger and indignation with colic and extremely irritable. Better for bending double or pressing something hard against the abdomen to get relief. Pain is worse eating or drinking the least amount. Better for warmth. Good remedy for babies especially if the colic is relieved by drawing the legs up to their chest.

### Lycopodium

Abdomen is distended and full of wind. Better for belching, once released pain is relieved. Immediately after feeding, the abdomen is bloated and full. Worse in the evening between 4-8pm.

### Nux vom

Colic with constipation. The child cries a lot, draws its feet up and kicks them out again, or arches backward. May be indicated if the mother is breastfeeding and has a diet that is too rich or stimulating such as caffeine or spicy foods. Extreme sensitivity and irritability.

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## Constipation



### Bryonia

Poos are large, dry, and hard and painful to pass with great effort. Can have burning pain in anus when passing stools. Constipation in pregnancy. Can be very thirsty and may have a dry mouth. Irritable and bad tempered.

### Calc carb

Large, hard poos and might get a prolapse or hemorrhoids from straining in constipation. Constipation that is not uncomfortable or painful, can feel better when constipated.

### Nat mur

Constipation from inactivity and emotions, after grief. Dryness of poos. Constipated away from home, due to inability to use other toilets than their own. Reserved and cautious, hates fuss and attention.

### Nux vom

Inactivity and obstinate constipation. After lots of rich food, overeating, too many laxatives. Angry, impatient, and irritable. Oversensitive and touchy. Difficulty in passing stools, lots of urging with no result. Passes a small amount and feels as if unfinished.

### Sepia

Often seen in pregnancy or around the menstrual period. Large, hard poos that cannot be passed despite straining. Can be constipated for days. Can have a sensation as if a ball in the rectum. Sharp shooting pains up the rectum. Can cause hemorrhoids in pregnancy.

### Silica

Feels like rectum is paralysed, does not have enough power to pass the stool. Straining with exhaustion. Poo starts to come out but goes back in again. Constipation that can cause anal fissures and painful hemorrhoids.

## Cystitis

### Apis mel

This remedy is indicated when there is a frequent urge to urinate, but only small quantities are passed. Stinging and burning sensations are felt (especially with the last few drops) and the person may also experience soreness in the abdomen. Heat and touch make the symptoms worse, and cold applications, cool bathing, and open-air bring relief. A lack of thirst is another indication that Apis may be needed.

### Cantharis

Constant urging to urinate but only several drops pass at a time, with a scalding sensation. Burning scalding and cutting pains on and after urination. Acute inflammation with rapid onset. May feel as if the bladder has not been emptied, with a constant urge to urinate.

### Nux vom

Irritable bladder with a constant need to urinate, passing only small amounts, Burning or cramping pain may be felt in the bladder area, with an itching sensation in the urethra while the urine passes. May feel very irritable, impatient, and chilly. Symptoms may be relieved by hot baths or other forms of warmth.

### Staphysagria

Irritable bladder with frequent urging to urinate but with difficulty in passing urine. Burning pain when not urinating. Good for “honeymoon” cystitis that comes on after intercourse. Can be due to suppressed anger and humiliation. Better for urination, worse after urination or not urinating.

## Coughs

### Aconite

Use at first signs of a cough routinely. Ailments from dry, cold winds or getting very cold. Sudden onset. Cough presents with high fever or coldness with chills and shivering. Starts or gets worse around midnight. Tossing about and restlessness. Great anxiety, sense of foreboding (think might die). Dry suffocative Cough. Croup with barking, hoarse dry cough. Cough from tickly throat. Very thirsty.

### Ant tart

Suffocative cough and great rattling of mucus but very little is expectorated. Can't raise the phlegm and seems like they are drowning. Breathing is difficult due to phlegm on the chest. Cough followed by vomiting of mucus which is thick and white. Feels like they would suffocate and has to sit up. Coarse, loose rattling cough, chest seems full of mucus. Thirsty for cold water. Can appear exhausted and drowsy. Worse being looked at, being approached and worse warm, stuffy rooms. Coughs from anger and can be very clingy, can look like Pulsatilla.

### Arsen alb

Asthmatic cough with much wheezing, burning in the chest with constriction and tightness, difficult to breathe. Feelings of exhaustion and great weakness. Restlessness with anxiety, are despairing and fear they will never recover. Very fearful and difficult to reassure, don't want to be left alone and desperate for company. Very chilly, better heat. Better sitting up to breathe. Worse around midnight. Thirsty for sips of cold water.

### Bryonia

Slow gradual onset. Hard, dry, cough causing soreness in the chest. Stitching, raw stabbing pains in the chest. Worse movement and worse breathing in. Holds the chest to keep it still to stop pain. Very thirsty drinks in big gulps. Better being still, better hard pressure. Lies on the painful side. Dryness with very little phlegm. Irritable, wants to be left alone.

### Drosera

Dry, spasmodic cough, each one follows quickly into the next one, can hardly catch their breath. Can vomit and retch from continued coughing. Cough very deep in the chest. Choking cough with hoarseness. Tickling in the throat pit. May have yellow phlegm from the cough. Worse lying down, cough starts as soon as the head hits the pillow and from the warmth of the bed. Worse towards evening and after midnight. Better for pressure and open air.

### Hepar sulph

A croup remedy along with Aconite. Noisy hoarse dry cough or loose rattling with thick yellow mucus. Foul smelling mucus, like old cheese. Might bend the head back to cough. Feels as if fish bone/splinter in the throat causing coughing. The cough is often brought on by exposure to a cold draft, after getting chilled. Feels very chilly, extremely sensitive to a draft or feeling cold worse even putting hand out of bedclothes. Very irritable, hypersensitive and don't want to be fussed over. Worse early morning after midnight.



## Phosphorous

Violent dry cough with irritation in the throat. Coughing on talking, laughing. Tight, painful chest. Lungs are congested and phlegm may be blood streaked. Anxious and fearful and wants company and sympathy. Worse for change of temperature going outside or coming in. Worse lying on the left side. Worse for twilight. Better for touch, massage

## Pulsatilla

Changeable symptoms e.g., loose in the morning, dry during the day and loose in the evening. Rattling cough with thick yellow mucus. Ailments after abandonment, or rich buttery, creamy food or getting feet wet. Thirstless. Craves affection and sympathy, Shyness, weepy and clingy. Whinging and whining. Worse in the evening, worse being left alone and worse for stuffy rooms, want fresh air.

## Chicken Pox

### Ant tart

Skin rash, slow or delayed in coming out with a rattling chesty cough (see Coughs). Can be clingy and irritable.

### Pulsatilla

Chickenpox with emotional symptoms – crying, whinging, doesn't want to be alone, looks for reassurance. Symptoms can change and the child will want fresh air and feel better for it.

### Rhus tox

Most used remedy for Chicken Pox. Eases the itch and speeds up the healing process. Eruptions are extremely itchy, prickly, and stinging. Intense itching, especially at night and from scratching. They are very restless.

## Sulphur

Eruptions will be very red and very itchy. Chickenpox is slow to heal and can fester. Itching is much worse for heat, particularly heat of bed. Skin burns when scratched. Indifferent to how they look and don't care if unwashed.

## Colds



### Aconite

Use at first signs of a cold routinely. Ailments from dry, cold winds or getting very cold. Sudden onset. High fevers or coldness with chills and shivering. Restlessness. Great anxiety, sense of foreboding (think might die). Ailments from shock or fright. Nose dry but feels blocked up. Sneezing with watery discharge. Worse at midnight and very thirsty.

### Arsen alb

Streaming cold from nose and eyes. Sneezing with runny, watery discharge. Watery discharge acrid and burns. Restlessness, tosses around or paces about. Restlessness from anxiety or burning pains. Tired, weak and exhausted. Very fearful and difficult to reassure, don't want to be left alone and desperate for company. Very chilly, difficult to get warm, Worse for cold and better for heat. Better sitting up. Thirsty for sips of water. Worse around midnight 11-2am.

### Euphrasia

Streaming from the eyes and nose and colds that affect the eyes. Tears sting and burn the eyes. Eyes can be bloodshot and dry or 'gunky' with yellow crusts. Better open air, outside. Worse indoors.

### **Ferrum phos**

Beginning stages of cold. Looks flushed, can appear healthy. Slow onset over a few days. Weary and lethargic. They tend to have chesty coughs, colds will go to the chest. Nose bleeds from the cold.

### **Gelsemium**

Gradual onset; sensation of heaviness throughout the body, drooping eyelids; great fatigue, but feels restless; chills up and down spine, worse for slightest draft. Summer cold. Sneezing and stuffed up sensation in the nose despite irritating watery nasal discharge which feels like hot water flowing from the nose. Better for sweating, urination, and open air if not chilled; worse from damp weather, anticipation (even of pleasurable events). Headache as if a band or tight sensation around the forehead.

### **Hepar sulph**

Later stage cold. Thick offensive green/yellow discharge. Smelly discharge, body odour like foul cheese. Chilly remedy, Ailments from getting cold or exposure to draft. Very sensitive to drafts, e.g., chilled by putting your hand out of the blanket.

### **Nat mur**

Streaming nose and watery eyes. Sneezing especially in sunlight. Nose starts with watery or egg-white discharge, later gets stuffed up and may develop Sinusitis with postnasal drip. Loss of smell and taste. Blinding headaches with heaviness or bursting pain. Irritable people don't want to be fussed over. Ailments from grief, disappointment, feeling let down. Worse 9-11am. Thirsty. Desires salty things.

### **Nux vom**

Violent sneezing. Runny nose when indoors and daytime, stuffed up when outdoors and at night. Blocked nose on one side. Snuffles of newborns. Hypersensitive and irritated by everything e.g., Worse for drafts, noise, lights, touch. Fear illness, hypochondriacs, very worried when ill. Better discharges, better rest, better warmth. Very chilly and shivery.

### **Pulsatilla**

Later stages. Thick yellow green mucus. One-sided symptoms, one nostril blocked up, mucus on waking in the morning. Changeable symptoms or mood. Eyes crusty with yellow, thick discharge. Weepy, clingy for affection, attention, sympathy. Worse in the evenings. Better fresh air and from company, worse when left alone. Thirstless.

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## Conjunctivitis



### Aconite

Beginning stages of conjunctivitis with a dry hot feeling in the eyes. Eyes feel as if there is sand in them. Eyelids swollen hard and red, aversion to light. Conjunctivitis after injuries, surgery, or a foreign body in the eye, or after being in dry cold winds.

### Argent nit

Smelly, yellow discharge with eyelids glued together. Eyes red and sensitive to light, better for cold or cold compress. The corners of eyes and eyelids can be red or inflamed.

### Arsen alb

Watery burning tears with inflammation of the eyelids. Eyelids feel hot, intense burning or are ulcerated. Photophobia with conjunctivitis. Restless and anxious. Thirsty for cold water but takes only in little sips.

### Calc carb

Conjunctivitis in large chubby babies that are shy and mild mannered. Might appear while teething or from a cold. Tendency to colds or sore throats. Craving for eggs, might eat indigestible things, soil, chalk.

### Euphrasia

Constant watery discharge with hot burning tears. Constantly wiping eyes or winking. Thick sticky mucus collects at the corners. Might be accompanied with a bland snotty nose. Worse in sunlight and in a warm room, better for open air.

### Hepar sulph

Thick smelly discharge, eyelids are inflamed and sensitive to least touch. Aliments from getting chilled sitting in a draft dry cold wind. Splinter-like feeling in the eyes, as if something in them like sand or grainy or scratched. Very chilly and bad tempered, over sensitive.

### Pulsatilla

Thick profuse yellow discharge with sticking of the eyelids. Generally, not painful but lids inflamed and agglutinated. Neonatal conjunctivitis in very young babies. Mild weepy disposition with changeable symptoms. Want company and sympathy. No thirst, better in open air.

### Sulphur

Burning in the eyelids and eyes with much itching. Worse for suppressed skin eruptions. Much worse for washing the eyes or getting hot, better in open air keeping cool.

## Diarrhoea

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### Argent nit

Diarrhoea from anticipation, apprehension and fear. Worse immediately after eating and drinking. Diarrhoea from eating sweets. Has bloating and gas with painful colic. Better for burping. Diarrhoea is very watery, especially at night.

### Arsen alb

Food poisoning, from dirty water, bad meat, and shellfish or after watery fruits or rotten veg. Poos are loose and watery. Diarrhoea with nausea and vomiting. Severe cramping pain in the abdomen, burning pains on passing stools. Restlessness - changes places constantly. Exhausted, wants to lie down but too restless. Marked weakness and exhaustion and is very chilly. Worse for cold, better for warm applications (even though burning pains). Anxiety and worry accompany symptoms. Fear they are seriously ill and despair that they will never recover, need company but not reassured by it. Ailments start or get worse around midnight. Thirsty for small sips of cold water. Can't bear the thought or smell of food.

### Bryonia

Diarrhoea from hot weather and from suddenly cooling down after being very hot. (Might be from eating ices when very hot). Abdomen feels sore all over and cramping pains, worse slight for movement and better if they stay still. Better for hard pressure, e.g., holding the tummy, better for lying on the pain. Very thirsty for large quantities of water. Mouth and lips are dry. Better being quiet and left alone.

### Carbo veg

Food poisoning from fish. Severe diarrhoea with extreme weakness and may collapse. Feel icy cold and especially the hands and feet. Bloating in the stomach with belching that feels better from passing. Flatulence might be extreme, and the wind will feel trapped. Wants open air and/or wants to be fanned as they may feel breathless.

### Gelsemium

Painless diarrhoea from anticipation, stage fright, emotional excitement. Also from fright and diarrhoea from bad news or shock. Thirstless. Feeling of emptiness or weakness in the stomach. Cramps in stomach better bending forwards.

### Nux vom

Cramping and painful diarrhoea, better after passing stools but only for a short time. Frequent urging for a toilet. Worse from overindulgence (rich food or alcohol) diarrhoea from rich food, alcohol, antibiotics, overuse of laxatives. Gas and distension are worse for the pressure of clothes. Gripping pains are better for passing poos. Diarrhoea with constant uneasiness, hasn't finished. Colic in babies from over stimulating food from mum. Grumpy, irritable, easily angered and oversensitive to everything, and feels worse from noise, smells, touch. Hypochondriacal. Great fear and worry at the slightest ailment. Chilly and better for heat and warmth on the abdomen.



## Phosphorus

Watery, painless diarrhoea, which is exhausting, feels very weak after passing stool Diarrhoea after a fright or after eating too much salt, Burning pains in the rectum. Very smelly poos or passing wind. Tends to be anxious, impressionable, want company and sympathy.

## Podophyllum

Profuse watery diarrhoea which is painless and gushes out. Can be green, yellow watery undigested food. Worse in the morning, better for applied heat to the abdomen and lying down on the abdomen. Has a strange desire to press their gums together on something hard which can be seen in teething children with hot glowing cheeks. Can have constant nausea with belching like rotten eggs. Worse eating and drinking.

## Pulsatilla

Ailments after eating fats, pork, creamy food, pastries, ice cream and eggs. Sensation as if stone in the stomach feels heavy. Changeable symptoms, stools are different. Watery diarrhoea worsens at twilight and continues into the night. Digestion is easily disordered. Diarrhoea after a fright. No thirst, very difficult to get them to drink. Shy and timid, emotional, and tearful. Wants affection, craves company. Children want to be held or carried. Chilly, when unwell but feels better with open air.

## Sulphur

Loose and foul-smelling, painless diarrhoea like rotten eggs. Need the bathroom urgently in the morning and this may drive a person out of bed. May cause itching or redness and burning of anus. Often it is hot, worse for being heated. Worse for milk and sweet food. Better open air.

## Earache



### Aconite

Abrupt sudden onset with pains in the ear, from dry, cold winds or getting very cold. A high fever may develop. Unbearable pains and agitation at the onset. The ear can feel as if it has water in it. The ear looks red and is hot. Restlessness, worse at night. Sensitive to noise, worse music. Ailments from shock or fright. Great anxiety, sense of foreboding (think might die).

### Belladonna

Redness of the ear or cheek at first onset and comes on suddenly with fever. Throbbing, pulsating pains in the ear, humming noises or banging sounds. Can be right sided. Swollen glands around the ear and neck. Extreme pain screams out. Ear feels hot to touch or describes it as hot inside. Can have dilated pupils.

### Chamomilla

Sharp stitching pains in the ear. Frantic from the pain which is intolerable with anger. Very cross can't be appeased, demands instant relief. Capricious doesn't know what they want. Whining, restless children that can't be consoled with an earache with soreness, heat and swelling. Very sensitive to cold winds and the ear feels blocked. Roaring in the ears like rushing water or feels as if hot water is pouring out. One cheek pale, the other red. Might be worse at night particularly at midnight, the child is better for being carried or rocked.

### **Hepar sulph**

A deeper state useful for middle ear infections and glue ear. Ailments after exposure to the cold, slightest draught, or to wind. Discharging ears of yellow pus which is foul smelling like old cheese. Ear is sensitive to touch. Deafness in the ear from accumulation of pus. Roaring noises in the ear. Very chilly and sensitive to draughts, or cold of any kind. Smelly breath. Bad tempered and hypersensitive.

### **Pulsatilla**

Earache and glue ear with a thick yellow-green discharge. Difficulty hearing feels as if the ear is blocked up. Ear may be swollen and red. Intolerance to heat wants fresh air, worse in warm rooms, stuffy rooms. Symptoms can be changeable. Worse in evening, worse if left alone. Thirstless. Ailments after abandonment. Craves affection and sympathy. Tearful and clingy.

### **Silica**

Perforated ear drum. Repeated ear infections. Don't quite resolve leaving deafness or blocked up feeling. Feels blocked up, better when yawning or swallowing. Foul discharge. Hissing noises in the ears.

## **Fevers**

### **Aconite**



Use at first signs routinely. Ailments from dry, cold winds or getting very cold. Sudden onset. Dry, burning skin. High fevers with coldness with chills and shivering. Fever and chill can alternate. Flushed face. Restlessness with tossing about. Great anxiety, sense of foreboding (think might die). Ailments from shock or fright. Worse at midnight. Very thirsty.

### **Arsen alb**

Burning fever with great restlessness in the fever. Tossing about or pacing. Exhaustion and great weakness. Very chilly. Violent chill with teeth chattering and severe shivering. The person feels very cold as if blood were ice. Intermittent fever stops and starts. Better heat, better in company worse around midnight. Anxious, despairing, fear will never recover.

### **Belladonna**

Sudden high fever with throbbing, pulsating with fever. Congestion can feel pulse bounding. Flushed red face or very pale. Dilated pupils and hallucinations and delirium with thrashing about. Swollen glands. Burning hot dry skin. Can be drowsy and limp. No thirst in fever. Worse jarring, noise, light. Feet can be cold but body burning hot.

### **Bryonia**

Slow onset over a few days with an internal heat and coldness, sweaty and shivery. Aches and pains in the muscles with the fever. All symptoms are worse for movement. Want to lie still and feel relieved only when still. Irritable and want to be left alone. Dryness of throat, mouth, lips, thirsty for large quantities of water.

### **Chamomilla**

Fever with strong pain in conditions such as teething or earache in children. Irritable and angry, hot and bothered. Capricious can't please them, they don't know what they want. One cheek red, the other pale. Peevish and demanding, better when carried and paced about the room or rocked.

### **Gelsemium**

Slow onset, Flu like fever causing aching heaviness. Limbs feel very weak and tremble. Extreme exhaustion, no energy, and answers slowly. Dizziness and drowsiness. Looks flushed and dull, eyelids heavy, droopy. Fever with chill up and down the back. Thirstless.

### **Pulsatilla**

Intolerant to heat, especially stuffy rooms, want fresh air, better for windows open or going outside. Dry heat, no sweat, some parts of the body may feel hot to touch while other areas feel cold. No thirst. Can have gastric upset with the fever. Worse in the evening, worse when left alone. Craves affection and sympathy, are also tearful and clingy.

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## **Grief**

### **Ignatia**

Grief after losing a person or objects that were very dear. Ailments from grief, much sighing and sobbing. Distressed, tearful, unhappy, highly emotional, and moody. Oversensitive and easily hurt. Insomnia from grief. Grief with a sinking feeling in the stomach and or a lump in the throat.

### **Nat mur**

A deeper Ignatia. Grief from loss, deep disappointment, rejection. Grief remains despite the passing of time and might become depressed and introverted. Dwells on the past and on past disagreeable experiences. Wanting to be alone to cry, cannot cry in front of others, worse for consolation.

### **Phos acid**

Grief with apathy, great exhaustion, and weakness. Lack of emotion, talks in a monotone way. Completely overwhelmed and traumatised by the grief and emotions. "The lights are on and nobody's home". Dullness of mind and seem spacey. Aversion to loved ones and indifferent to everything. Want to be left alone. Better for a short nap and warmth. Worse from being talked to, cold drafts.

### **Pulsatilla**

Grief from abandonment. Changeable moods, sad, tearful, highly sensitive, easily moved to tears. Weeps easily whether it's joyful or sad, can hardly talk without weeping. Feels abandoned and fears being unlovable. Craves affection, sympathy, and company. Better for being consoled and wanting to be held or hugged. Better for cool, fresh open air, worse for warm stuffy rooms. Thirstless.

## Headaches



### Aconite

After exposure to severe heat or cold weather or mental emotional shock. Hot, heavy bursting sensation, head excessively hot. Burning headache as if the brain was moved in boiling water. As if a hot band around the head. Violent squeezing or bursting in forehead. Congestive headaches with great fear and anxiety. Better in open air, being still. Worse warm room, night, with touch, or pressure.

### Belladonna

Congestive headaches with a red face with a rush of blood to the head. Throbbing, heat and hammering pain in the temples. Pain, and fullness in forehead. Head sensitive to draughts, cold air, cutting or washing hair. Headaches from sunstroke. Worse for motion, noise, light, jarring. Usually starts around late afternoon and continues into night. Better for pressure, bending head backwards, laying hand on head.

### Bryonia

Bursting, splitting headaches, worse on any movement. Pressure in head as if too full. Can have pain over the left eye going to the back of head. Worse stooping, and motion even moving eyes. Hair is very sensitive to touch. Very thirsty with dry lips. Better for pressure, lying still and cold applications. Irritable, doesn't want to talk. Want to be left alone to lie still in a dark room.

### Cocculus

Sick headache after a long journey, travelling, or loss of sleep from over studying or night nursing. Can also accompany motion sickness. Very tired from mental and physical strain. Strange sensation as if the head is hollow or a heavy head, pain in back of the head or nape of neck, worse for lying on it better for bending backwards. Unable to bear the least light and noise. Pain causes nausea and vomiting. Worse for coffee, short sleep, motion. Better for sitting.

### Gelsemium

Headache with a sensation as if a band around the head or pain at the back of head. Can come with the onset of Influenza. Dull heavy ache with heaviness of the eyelids. Nervous headache from emotional excitement, bad news, anticipation. Mental dullness with drowsiness and apathy. Better for pressure and head raised high on the pillow. Pain is better for urination. Worse for mental exertion, heat of sun, lying with head low. Desire to be left alone.

### Ignatia

Headache after shock, grief, or disappointment. Very emotional, sensitive person. Pain as if a nail was driven out through the sides. Throbbing pain, in forehead and over the eyes, worse stooping. Better for being quiet or still, pressure and being warm. Worse for tobacco smoke, strong odours, coffee, and open air.

### Nat mur

Headaches from grief, disappointed love. Bursting, blinding headache, as if a thousand little hammers were knocking on the brain. Pain over eyes and top of head with visual disturbances and sensitivity to light. Headaches from the heat of the sun and can be worse from waking, sunrise to sunset. Better for sleep, better pressure, lying with head high and sitting still.

### **Nux vom**

Headaches from toxicity, drugs, alcohol hangover headaches with great irritability. Headaches in the sunshine and from constipation. Pain in the back of head or over eyes. Frontal headache with desire to press head against something. Bruised sensation of the brain and pressing pain on the top of the head as if a nail driven in. Head feels distended and sore after great debauchery. Hypersensitive and irritated by everything, Liverish. Worse cold drafts, noise, lights, touch, rich food, alcohol. Better for discharges, better rest, and warmth. Very chilly.

### **Pulsatilla**

Headache from overloaded stomach from pastry fats and ice cream. From abuse of coffee, spirits or chamomile tea. Pain at back of head pulsating, bursting with scalding. Headaches at puberty in young girls or around the time of period. Better walking in open-air, rubbing and pressure. Pain worse for coughing, shooting pains in temples, wandering. Head seems heavy, cannot hold upright. Oversensitive to pain. Worse stuffy rooms, worse from rich foods. Thirstless. Can be emotional and tearful.

### **Silica**

Headaches since past illness, pain over one eye, sick headaches feel as if the head would burst with throbbing. Headache from fasting or not eating at proper times. Pain worse for motion, studying, noise, talking or straining at stools. Very chilly, better for wrapping up warmly and pressure. Profuse urination improves the headache.



## **Hay Fever**

### **Allium cepa**

Hay fever that predominantly affects the nose. Profuse watery, bland nasal discharge with sneezing. Discharge can burn the nose and upper lip. Sensation of rawness in the nose. Head feels dull and bunged up. Itching in the nose, at the back of the throat and roof of the mouth. Eyes are red and sensitive to light with watery profuse tears that burn. Worse from a warm room. Better for cool open air. Particularly sensitive to the skin of peaches and the odour of flowers.

### **Arsen alb**

Much burning in the eyes and nose. Nose constantly running with acrid watery discharge makes the skin around the nose sore and chapped. Excoriating discharge from the nose with itching and burning. Sneezing without relief. Asthma from hay fever wheezing and short of breath, worse in mid-summer, worse midnight, better sitting up. Worse outdoors, better indoors. Coughing and wheezing, can't lie down and must sit up. Sensitive to cold air, very chilly.

### **Euphrasia**

Hay fever that predominantly affects the eyes. Profuse watery tears eyes constantly water. Sensation as if sand in the eyes. Tears are acrid and burning but the nasal discharge is bland. (Allium cepa is opposite). Eyes water in sunlight and wind, but is better in open air, wiping the eyes, blinking. Pressive pain across the forehead, headache as if it would burst. Nose profuse running or dripping during the day but blocked up at night.



### Mixed pollen

Mixed Pollen contains a mixture of grasses, cereals, early and mid-blossom trees and weeds. Can be taken to lessen sensitivity, hay fever symptoms and or along with other remedies for specific symptoms associated with hay fever.

### Nat mur

Hay fever with much sneezing. Violent sneezing with runny nose discharge thin like egg white. Eyes water easily, itch and burn worse from direct sunlight. Photophobia and sneezing from looking at the sun. Desires salt.

### Nux vom

Hay fever with stuffed up feelings in the nose worse at night or outdoors. Much sneezing with a running nose in the daytime and stuffed up at night, or blocked nose on one side. May have wheezing that is worse from fullness in the stomach if eats too much, feels as if clothes are too tight. Irritable and impatient. Better for discharge.

### Pulsatilla

Hay fever with thick bland discharges. Nose is stuffed up, relief from being in open air or outside, worse in hot stuffy rooms. Eyes itching and burning, eyelids inflamed or eyes water, eyelashes get stuck up with thick yellow mucus. Much sneezing, might have a loss of taste and or smell.



### Sabadilla

Spasmodic, loud sneezing with a running nose. Copious, watery nasal discharge. Itching and tingling in nose and soft palate, redness burning in eyes with lots of tears, severe frontal pains. Dry mouth but thirstless. Better for a warm room and being wrapped up and being indoors. Nose blocked, changes side right to left, then left to right. Sensitive smell, coryza from the odour of flowers even thinking about them! Aggravated by newly cut grass or the smell of garlic. Worse cold air, better in open air, and heat.

### Wyethia

Itching of nose, throat and especially roof of mouth, Sneezing with runny nose, sneezing, etc. Throat feels dry and swollen with difficulty in swallowing and constant desire to clear the throat. Pricking or dry sensation in the sinuses or something in the nasal passages. Can have an irritable dry cough.

### Insomnia



### Arsen alb

Sleeplessness from anxiety, nervous exhaustion, restlessness. Gets in and out of the bed and walks around, better for motion. Wakes around midnight and can be awake until 3am. Anxiety on waking from frightful dreams. Fears of being alone and fear of death. Worse around or after midnight. Worse lying on the right side. Better for company, better for heat, warm drinks, and food.

### Cocculus

Mental or physical exhaustion due to loss of sleep, from nursing loved ones, or night shifts.

Cocculus cont'd:

Sleeplessness from business thoughts, anxiety, and restlessness. Anxious and frightening dreams. Sleeping is frequently interrupted by waking and starting. Insomnia from Jet Lag. Fear of not getting enough sleep. Intolerance to noise or any disturbing influence.

### **Coffea cruda**

Insomnia from over excitement, mental activity, and rush of ideas. Can't stop thinking! Over sensitive awakes at or hears every slightest sound. Great agitation and restlessness in bed.

### **Kali phos**

Over exertion of excessive mental work, the mind and nervous system become weak. Nervous insomnia, sleeplessness from overactive mind from worry, over study or business troubles. After mental work. Night terrors. Sleep walking. Better for warmth and rest.

### **Ignatia**

Sleeplessness from grief, disappointed love and worries of relationships. Indecision, conflicting ideas. Jerking limbs on going to sleep, sleeps very lightly, hears everything around them. Frequent change of position in bed. Dreams about grief, death of loved ones, broken relationships.

### **Nux vom**

Unable to switch off from business/work, often needs alcohol to wind down in the evening. Mental strain causes insomnia, or ideas of work or business. Awakes with fright at the slightest noise, as if someone was in the room. Awakes at 3am and lies awake with a rush of thoughts until morning. Sleeplessness from abuse of alcohol, coffee, or drugs. Dreams full of hustle and bustle, anxious. Wakes feeling unrefreshed.

## **Impetigo**

### **Ant crud**

Often appears in children. Thick, yellow, burning, spreading crusts occurring around nostrils, mouth, and chin. Tongue can be coated with a white, thick coating and can be very irritable and dislike being touched or looked at.

### **Graphites**

Moist, crusty eruptions oozing with a honey like, sticky discharge. The eruptions at first are light-coloured with itching followed by scab formation. Itching is worse at night. The itching subsides once the scabs are formed. In some cases, there may be pus and discharge of watery blood from the eruptions.

### **Mezereum**

With this remedy there is a formation of thick crusts on the skin. The eruptions most prominently appear around the mouth and ooze acrid, glue like moisture and form thick scabs. Can have cracks at the corner of the mouth. Under the scabs can have yellow, thick pus which may discharge from the sores. The eruptions are very itchy, and the person will continually scratch them and will bleed on touch. There may be a burning sensation in the eruptions. The person may also be highly irritable and restless. Worse at night, with touch, and warmth. Better in open air.

### **Rhus tox**

Dry hot burning rash that can appear in small red spots or crops of blisters around the corners of the mouth. Vesicles that weep or produce foul smelling yellow pus which are itchy but sore to touch. Once pus comes out, thick crusts form over the eruptions. Can have swollen glands and a sore throat. Restless and anxious in the evening.

## Influenza

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### **Aconite**

Use at first signs routinely or first stages. Ailments from dry, cold winds or getting very cold. Sudden onset of high fevers that come on quickly. Feel cold with chills and shivering. Tossing about. Restlessness. Great anxiety, sense of foreboding (think might die). Ailments from shock or fright. Ailments start at midnight or get worse around midnight. Very thirsty.

### **Bryonia**

Slow onset over a few days. Aches and pains in every muscle and all symptoms are worse for movement. Wants to lie still and feels relieved only when still. Better lying on the painful part, better for hard pressure. Irritable and want to be left alone. Dryness of throat, mouth, lips. Thirsty for large quantities of water.

### **Eupatorium perf**

Chill is preceded by thirst and extreme aching, deep in the bones, feels like bones will break. Very restless, the bed feels hard and has a bruised feeling over the whole body. Uncomfortable pain at the back of head after lying down, feels sore inside. Soreness of eyeballs. Hoarseness and loose cough with soreness of chest, better for getting on hands and knees and must hold chest. Very chilly and wants to be covered and better indoors. Worse for cold air, worse 7-9am, worse coughing and worse moving. Better sweating and talking.

### **Gelsemium**

Number one flu remedy. Complaints after cold damp weather, from anticipation or from bad news. Aching heavy tired limbs. Muscles feel very weak, they feel trembly. Extreme exhaustion, no energy, and answers slowly. Dizziness and drowsiness. Eyelids heavy, look droopy. Fever, with chill up and down the back. Headache with sensation as if a band is across the head, over the eyes and to the back of the head. Thirstless. Better for profuse urination, open air, reclining with head held high.

### **Nux vom**

Very chilly and shivery, must be covered up. Body is burning hot, especially the face, but cannot move or uncover without feeling chilly. Aching in limbs and back with gastric symptoms. Chill with thirst, heat without thirst. Sour sweat. Hypersensitive and irritated by everything and worse drafts, noise, lights, touch. Hypochondria, very worried when ill. Better free discharges, better with rest, hot drinks and warmth.

### **Rhus tox**

Ailments from damp cold weather. Restlessness worse in evening, in bed. Stiffness and sore, aching in the limbs worse for stillness better moving about. Discomfort when trying to rest and better stretching, changing position. High fever but feels very cold, with shivering if uncovered. Anxious, sad, worse in evening. Pain and stiffness in the lower back. Better for heat, hot baths, hot drinks, being wrapped up.



## Jet Lag

### **Arnica montana**

Good for the general physical and emotional stress on the body from long distance traveling. Over exertion. Sore or beaten-up bruised feeling all over the body.

### **Cocculus**

Useful for travellers crossing several time zones. Severe loss of sleep or sleep frequently interrupted by waking or starting. Nervous exhaustion and weakness and feel too tired to sleep.

## Morning Sickness

### **Cocculus**

Nausea with faintness and vomiting worse becoming cold. Worse with thought of or sight of food and drink. Thirst without desire to drink. Worse with loss of sleep and travelling (motion sickness). Better for sitting or lying quiet.

### **Ipecac**

Constant nausea and desire to vomit and not better for it. Immediately after vomiting they want to vomit again. Great disgust and loathing of any sort of food. Nausea from the smell of food. Stomach feels relaxed like it is hanging down. Profuse saliva in mouth during nausea. Desire for fresh open air, thirstless with nausea. Better for rest, closing eyes and cold drinks. Worse for warmth, vomiting and lying down.

### **Nux vom**

Nausea in the morning with sour taste in the mouth. Nausea and vomiting with much retching. Nausea is better if they can vomit, want to vomit but cannot. Very chilly and irritable, Worse for cold, noise, pressure of clothes at waist, better for naps, free discharges, resting.

### **Sepia**

Nausea in the morning before eating, can vomit after eating. Feels faint and weak with nausea not better with eating. Aversion to sight, cooking, smell and thought of food. Hypersensitive to smells and odours and has a delusion of odours. Can be very irritable, weepy and have an aversion to loved ones. Chilly. Worse in cold air. Nausea is worse when lying on the side. Better for warmth.



## Measles

### **Aconite**

Use at first signs when symptoms first appear such as rash and runny nose and/or inflamed eyes. Sudden onset of high fever or coldness with chills and shivering. Restlessness and anxiety in the fever. Sneezing with watery discharge, worse at midnight. Very thirsty, sense of foreboding. Constant tickly dry cough.

### **Belladonna**

Fever stage only. Sudden high fever with very flushed in the face with dilated pupils. Throbbing, pulsating sensation with fever. Photophobia from bright lights. Worse for jarring, noise, touch. Delirium in the fever.

### **Bryonia**

Slow onset over a few days. Useful when the cough appears. Dry cough is very painful, with deep stitching pains on coughing. Cough worse movement and breathing in. Desire to lie still and feel relieved only when still. Irritable and want to be left alone, want quiet. Dryness of throat, mouth, lips. Thirsty for large quantities of water.

### **Euphrasia**

For Measles that involve the eyes. Inflammation of the mucous membranes of the eyes and nose is so useful if streaming watery discharge. Tears sting and burn the eyes. Sneezing with bland discharge from the nose. Eyes can be bloodshot and dry or with a thick yellow discharge and yellow crusts. Better for open air, outside. Eyes can be worse in bright lights.

### **Gelsemium**

A hot dry itching Measles rash with catarrhal symptoms and malaise. Aching, heavy muscles feel very weak. Extreme exhaustion, no energy and answers slowly. Dizziness and drowsiness, eyelids are heavy, look droopy. Diarrhoea with symptoms. Swollen glands. Thirstless.

### **Phosphorus**

Measles with a violent dry cough. Coughing on talking, laughing, worse for change of temperature going outside or coming in. Tight painful chest. Anxious and fearful that something is creeping out of every corner. Worse at twilight. Wants company and sympathy like Pulsatilla but is thirsty.

### **Pulsatilla**

For the catarrhal stage of Measles. Has thick yellow mucus and can appear at the eyes like conjunctivitis or on the chest with a thick rattling cough or in the nose with thick yellow/green snot or in the ears where an accumulation of mucus causes congestion in the ear canal. Gastric upset with diarrhoea or stomach ache. Worse in stuffy rooms, better fresh air, worse if left alone. Craves affection and sympathy, with lots of whinging and whining. Is weepy and clingy and thirstless.

## **Mumps**

### **Aconite**

A useful remedy for mumps especially in the beginning at the sudden appearance of a fever or a chill when the person is restless, anxious, and out of sorts. Worse at midnight. Very thirsty.

### **Belladonna**

Useful due to the congested state of mumps. Heat, redness, and throbbing. It starts with a sudden high fever with giddiness or delirium. Swollen, glands inflamed and red with throbbing pulsating pains. Worse for jarring, noise, touch. Right sided.

### **Merc sol**

If the mumps were induced by a cold. The start is slow and less acute, and the noticeable things are bad breath and profuse saliva. The fever alternates heat and chills. A lot of sweating but gives no relief. Hard swelling of gland, with stiffness of jaws and difficulty of swallowing. Dark-green or slimy stools with severe tenesmus. (sensation of needing to empty bowels, when they are empty)

### **Pulsatilla**

One sided symptoms or right sided. Usually more indicated once the gland is involved. Pain is severe and can extend to the ear. A mucus discharge from the nose is thick, bland, and yellow. Thickly coated tongue, with bad taste in the morning. No thirst, worse stuffy rooms, better open air. Clingy, weepy, whinges and wants attention.



### Phytolacca

Right sided mumps. Stony hard throat glands, especially on the right side. Pain from moving the jaw or swallowing. Swollen glands with burning pains worse at night. Sharp shooting pain from the parotid gland to the ear. Desire to bite their teeth together. Pain from sticking out the tongue. Worse in cold or wet weather. Worse swallowing, especially hot drinks.

### Rhus tox

Swollen glands which are worse on the left side. Person feels worse from cold and damp. They may have cold sores on their lips. Restless at night, must turn often to find a moment's ease.

## Mouth Ulcers

### Merc sol

Ulcers are painful, often stinging, and worse to touch and eating food. Can have a metallic taste in the mouth and increased saliva. Foul smelling breath and thirst for cold drinks. Ulcers that are often on the gums and on the tongue.

### Nitric acid

Sharp, splinter-like pains from the ulcers and normally on the soft palate. They can bleed or have pimples on the side of the tongue and foul breath. Can be very angry and irritable.

## Nosebleeds



### Arnica montana

From an accident or injury to the nose.

### Aconite

Sudden nosebleed with panic, fear, and anxiety. Sensation of numbness of nose with bleeding.

### Phosphorous

Bright red bleeding or from blowing nose, especially in young children or adults.

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## Period Pain

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### **Belladonna**

Profuse, bright red bleeding, feels hot, menstrual cramps with the flow and bearing down sensation. Better for standing, worse sitting down and being heated.

### **Calc carb**

Menstrual pains before and during menstruation. Periods often come too early and last too long, sometimes with a flow of bright red blood. A general feeling of chilliness, with clammy hands and feet, and cravings for sweets and eggs. Worse for exertion and cold air. Better for lying on the painful side and rubbing.

### **Chamomilla**

Labour like period pain with brown blood and clots. Very angry, irritable, and oversensitive to pain. Painful period from anger or emotion. The pains are very strong with cutting pains and may extend up and down the inner thighs. Better for cold applications, worse for anger, and at night. Worse from coffee.

### **Colocynthis**

Violent, cutting, gripping pain, intense cramping pain. Causes the person to bend double or drawing knees up to the chest which relieves the pain. The pains can be sudden and violent and may cause the person to scream or cry out. Can vomit from the pain. Pain is also better for hard pressure which is ameliorated by bending double. Very angry and irritable with the pains which can come on from suppressed anger or emotions. Better for warmth and lying on the abdomen. Worse for, taking cold, from emotions. Lying on the painless side.

### **Mag phos**

Period pains that are better for heat such as a hot water bottle or bath, hard pressure and doubling up. Pains can be sudden. Pain before the flow starts is often worse at night. Anxiety with the pains. Better for rubbing and warmth. Worse with cold air, touch.

### **Pulsatilla**

Weeps easily before the period and craves affection and sympathy. Bearing down pains extending to the back. Chillness and paleness of face. Periods can be erratic and changeable from month to month. Diarrhoea with period. Painful periods since puberty. Worse in a warm stuffy room. Better for open air.

## Scalds & Burns

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### **Aconite**

For shock and fear after an accidental burn. There is great restlessness, panic, and fear of death.

### **Belladonna**

Sunburn with hot red burning pain and throbbing symptoms. The skin radiates heat. Better lying down in a dark room. Worse for noise, touch jarring, light-very sensitive. May have a throbbing and pulsating headache from over exposure to sun. Craves lemons.

### Cantharis

This is the most common remedy used in scalds and burns. Small vesicles coalesce to form larger blisters. Skin red, hot, and swelling. The symptoms are intense, rapid, and extremely painful, a cutting, smarting, raw burning pain. Better for cold applications, as soon as you remove it, the pain starts again.

### Phosphorus

This remedy may be useful for the pain of electrical burns, on the way to getting medical care. (When electrical burns occur, the damaged area may look small on the surface, but be more extensive underneath; they should always be examined by a healthcare professional).

### Urtica urens

Simple burns or scalds with intense burning, itching. Sunburn that is 'shiny with stinging burning pain. Pain is worse after sleep.

### HyperCal ointment/cream

Promotes rapid healing and is an antiseptic.

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## Sore Throats



### Aconite

Use at first signs routinely. Ailments from dry, cold winds or getting very cold. Sudden onset. Throat is burning, smarting or dry with a constricted feeling. May have choking and difficulty in swallowing. Sore on swallowing and appears red. Restlessness especially at night. Great anxiety, sense of foreboding (think might die). Ailments from shock or fright. Worse at midnight. Very thirsty.

### Apis mel

Stinging, redness with burning pains. Much swelling of the tonsils feels as if touching. Uvula swollen. Very difficult to swallow because of the swelling, it feels constricted. Swelling and soreness of the throat following an allergic reaction. Worse for heat, touch. Better for open, cool air, cold drinks or sucking on ice.

### Belladonna

Angry, red throat looks glossy. Comes on suddenly with fever and swelling. Throbbing, pulsating pains, right sided and can extend into the ears on swallowing. Tonsils enlarged. Throat is dry and hot and feels constricted. Swallowing is difficult but has a desire to do so. Worse with liquids, drinks in sips. Flushed red face or very pale.

### Gelsemium

Sore throat comes on slowly. Throat feels rough and burning. Feels like a lump in the throat that can't be swallowed, tonsils swollen. Pain extends to the ear on swallowing. Sore throat precedes flu or comes on with the flu. (See Influenza).





## Sprains & Strains

### Arnica montana

The first remedy to give immediately after injury occurs. Says “I am alright” after injury. Swelling, bruising inflammation of soft tissues around the joint. Soreness. Fear of touch or being examined. Worse for touch, pressure, cold, motion, jarring. Better for rest and lying down. Muscle/tendon injury after prolonged or unaccustomed exertion.

### Bryonia

Pain is worse for any movement, better for being still. Stitching or tearing pain worse from any motion. Better for cold, pressure, bandaging and lying on the painful side. Indicated in injury to the joints when Arnica montana fails and for strained and pulled muscles. Aching. Can be irritable.

### Rhus tox

Stiffness is a primary symptom. Pain and stiffness worse during first moving, but better with continued movement. The “Rusty Gate remedy.” Better for applied heat and hot bathing. Stiffness, pain, restlessness. Injuries from overuse/heavy lifting. Affects all joints more on the left-hand side.

### Ruta grav

Sore bruised pain with lameness and restlessness. Main remedy for injuries to joints, tendons, and bones. Severe sprains where the person has a torn or wrenched tendon, split ligament, or bruised periosteum (bone covering). Recent or old injuries to the knee or elbow. Tennis elbow or carpal tunnel syndrome. Also good for eye strain with headaches from reading fine print, or fine work. Worse from cold, damp, exertion and worse for lying on painful parts. Better for warmth or heat, motion and rubbing. Use after Arnica montana.

## Shock

### Aconite

Mental and emotional shocks ailments from fright, never been well since a fright or shock. Anxious and fearful, distressed, shocked – staring glassy eyes, pupils may be dilated. Physical or mental restlessness. Fear of death, thinks they will die. Worse at night, Midnight.

### Arnica montana

Shock from any injury, from physical trauma, head injury, fall, blow. Confused, drowsiness will answer questions then relapse as condition gets worse (falls asleep). Try to express themselves but cannot judge the situation, can underestimate severity. Tell you help is not needed often will say “I am alright.”

### Gelsemium

Confusion, apathy, dazed. From receiving bad news, or a fright, fear, anxiety, traumatic shock. Physical weakness with trembling or drowsiness, droopy and dull. Dilated pupils with droopy eyelids and sleepiness.

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## Styes - Blepharitis



A sty is a small, painful lump on your eyelid. Blepharitis is where the edges of your eyelids become red and swollen.

### Graphites

Dryness of eyelids, red swollen with intolerance to light. Sore and cracked. Worse for daylight, better in the dark.

### Pulsatilla

Eyelids inflamed, usually upper left lid, stuck together, worse in the morning. Recurrent styes. Burning, itching of eyes, must rub them. Thick, yellow, bland discharge.

### Staphysagria

Recurring styes, often on the left eye more than the right and upper lid more than the lower lid. The sty does not produce pus but remains a hard nodule. Eyelid itches and angles of the eyes affected, especially the inner. Dryness of eyes and very sensitive. Can be from suppressed emotions especially anger and humiliation.

### Sulphur

Recurrent in the same place, more in the upper lid and toward the inner canthi. Red margins of the lids with heat, burning, stinging, and itching. Lids are stuck together in the morning with yellow or whitish discharge.

## Tooth Abscess



A dental abscess is a build-up of pus in the tooth, gum or jaw due to a bacterial infection.

### Belladonna

Dental abscess in the early stage where pains are sudden, violent, throbbing sharp, cutting, shooting - coming and going in repeated attacks, Dryness of mouth with aversion to water. Sensation of fullness and swelling in the affected part. Can have a hot, red face.

### Hepar sulph

Very painful and sensitive abscess accompanied by pus formation. Splinter like pain, better for heat, worse for lying on painful parts, touch, and cold draught. Very chilly. Very irritable.

### Silica

Abscess at the root of the tooth, sensitive to cold water. Used to hasten the discharge when pus is draining, irritating and is an offensive discharge. Worse for touch.

## Toothache



### Belladonna

Throbbing pain tooth that's worse when pressure is applied. Pains are worse in the evening and at night. Pains are sudden, violent, throbbing sharp, cutting, shooting - coming and going in repeated attacks, Dryness of mouth with aversion to water. Sensation of fullness and swelling in the affected part. Can have a hot, red face.

### **Calc fluor**

Deficient enamel of the teeth causing decay. Toothache worse for food touching the affected tooth. Good for strengthening the enamel of the teeth.

### **Chamomilla**

Use for a toothache with intolerable pain driving to despair. Anger with the pain. Worse from warm drinks, coffee, at night. Drives to distraction. Toothache gets worse during pregnancy. Can have swelling or redness of the cheek.

### **Hypericum**

Toothache with sharp shooting pain felt along the nerve. Good remedy to take after dental work, taken along with Arnica montana. Feels like the nerve is exposed, very sensitive. Worse from touch or jarring. Better bending the head backwards, better lying quietly, better lying on the affected side.

### **Mag phos**

Toothaches are better for heat and hot liquids. Worse eating or drinking or cold things. Teeth sensitive to touch or cold air. Sudden shooting pain the person will cry out. Severe pain in decayed or filled teeth. Neuralgic pain in a filled tooth. Better for pressure or applied heat.

### **Pulsatilla**

Toothache that is relieved by holding cold water in the mouth or cool fresh air. Sharp shooting pain extends to the head, face, or eye of the affected side. Sensation as if the tooth would be forced out. Worse in the evening or coming into the warmth from outside. Can be weepy and tearful and want affection and sympathy. Thirstless.

## **Teething**

### **Belladonna**

Heat and redness of gums and intense pain in teething. Both cheeks can be red, dry, and burning hot and often the child has a high fever with dilated pupils and without thirst. Worse at night, with light and noise. Better for light covering.

### **Calc carb**

Good remedy for children with slow or delayed teething. They may be shy or reserved in new situations and will often play independently without fuss. They can sweat easily at night especially on their head which can leave the pillow wet and can have nightmares or terrors. They can often crave eggs and can have sour smelling diarrhoea when teething.

### **Chamomilla**

Highly emotional, oversensitive, temperamental, and irritable, nothing pleases. Pain is unendurable and intolerable and becomes angry with pain. Tosses about not knowing what they want. They ask for something and then throw it away. One cheek red where the tooth is coming through, the other pale. Diarrhoea with greenish stools like chopped eggs and spinach. Better for being carried and better for warmth. Worse for touch, being looked at, worse at night, worse for cold and wind.

### **Pulsatilla**

Very weepy, tearful, clingy child that wants to be held and carried everywhere, can't be put down. Whinging and whining. Thirstless and is better for open air. May have a bland yellow nasal discharge with teething.

## Warts



### Ant crud

Hard, smooth warts that often appear in groups and on soles of feet known as plantar warts. Also indicated for horny warts on soles. This remedy has a tendency to growths and rough scaly skin with horny patches. These horny patches are very tender and painful to walk on. Can have digestive issues from overeating and have a thick coated white tongue.

### Nitric acid

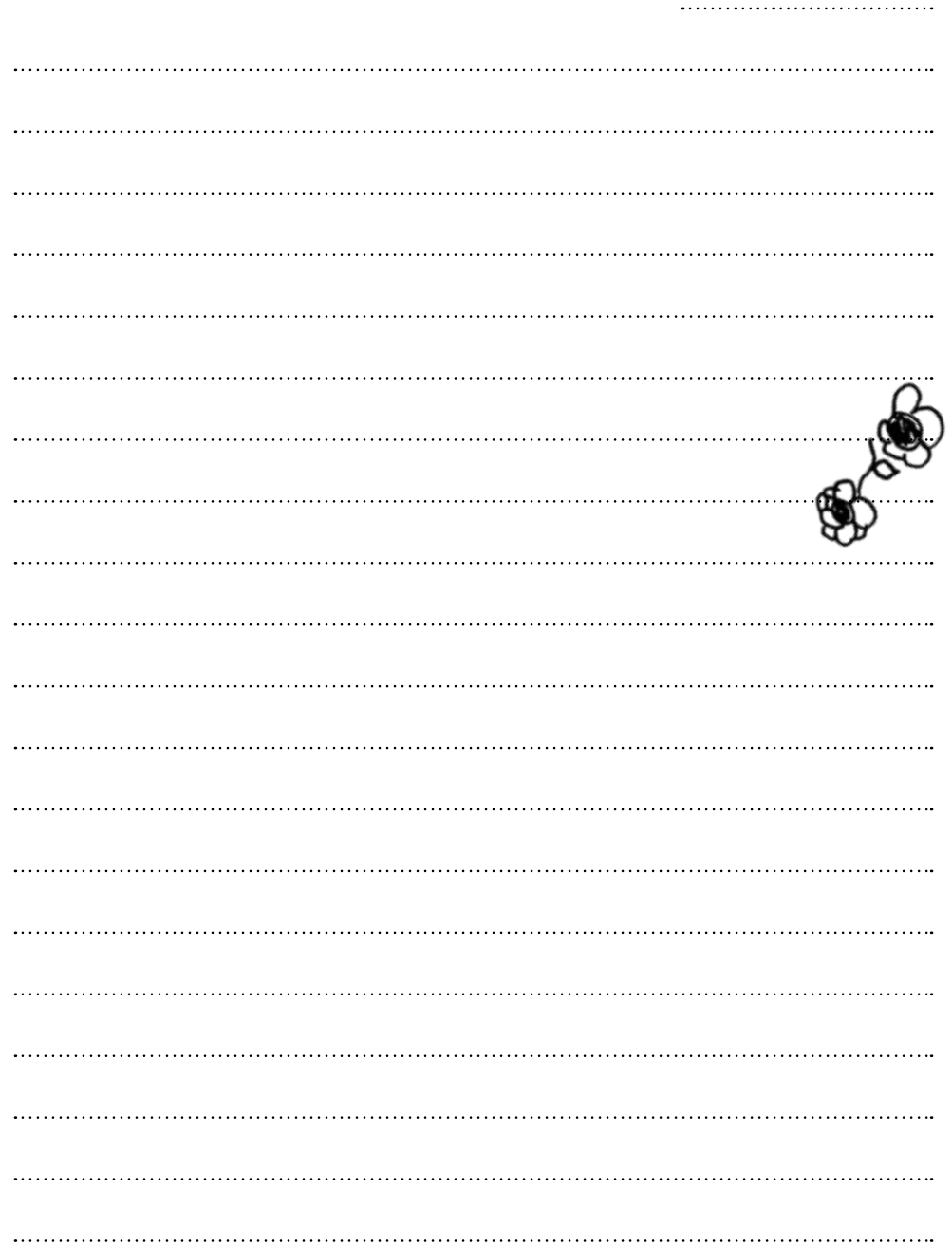
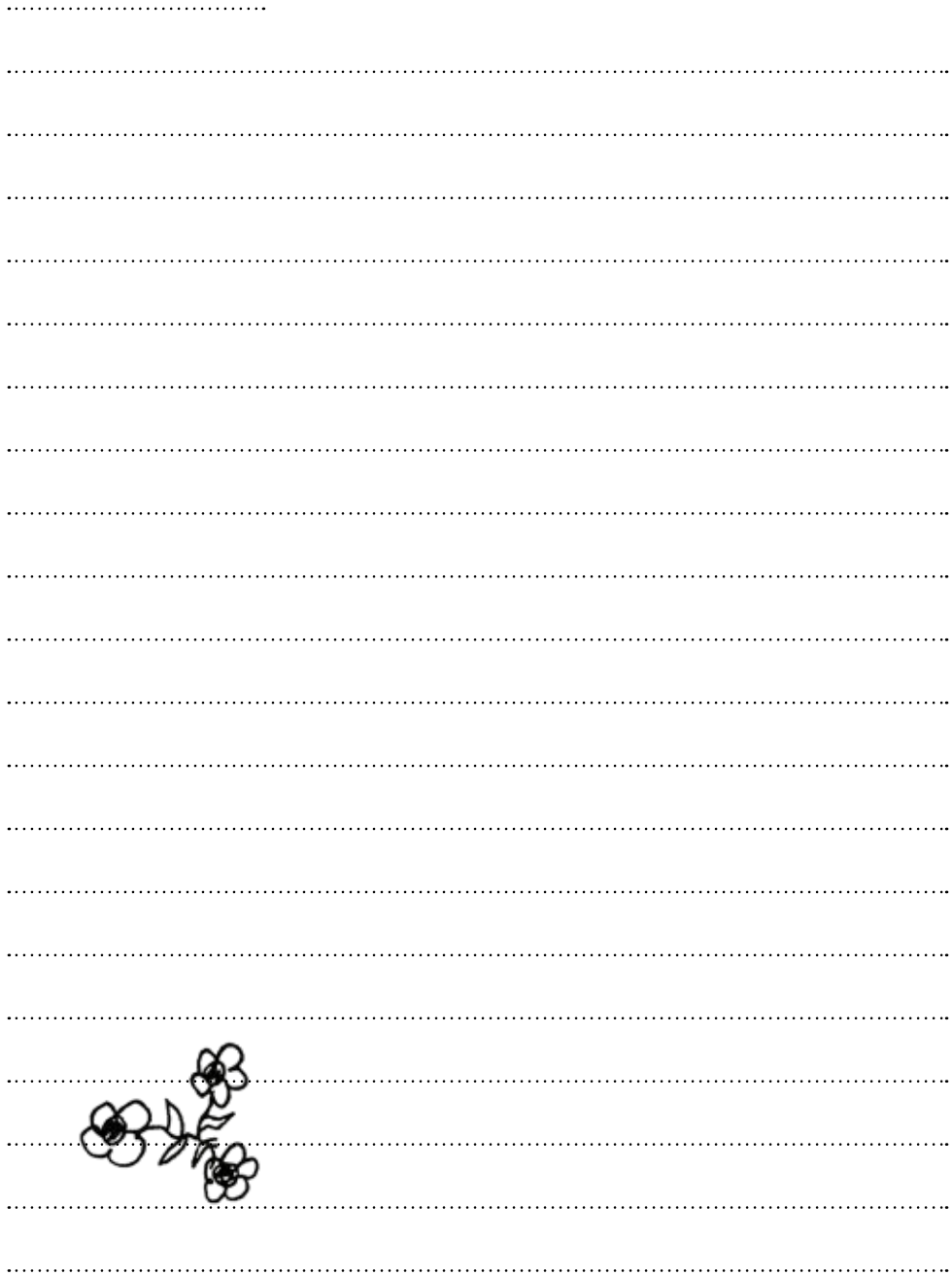
This is a good remedy for warts that are large, jagged and bleed on touch or washing. Can have warts on the back of hands.

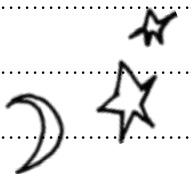
### Thuja

Tendency to produce warts, polyps, molluscum after vaccines. Chronic catarrh with thick green mucus. Wart like eruptions that itch. Eruptions only on covered parts.

### Silica

Skin looks unhealthy. Abscesses or wart-like growths. Delayed healing of skin eruptions not resolving. Brittle tissues such as dry hair and flaking nails. Offensive sweat particularly of feet.

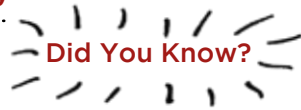








## Homeopathy



**Homeopathy** is more than 200 years old, used by tens of thousands of physicians and over 500 million people worldwide, making it one of the most popular forms of integrated medicine.

**In the London cholera epidemic of 1854**, the London Homoeopathic Hospital achieved remarkable success in treating the victims of the epidemic. The Hospital's mortality rate was 16 per cent, compared to 53 per cent at the nearby Middlesex Hospital.

**In the US in 1900** there were 22 Homeopathic medical schools, more than 100 Homeopathic hospitals, over 60 orphan asylums and old people's homes, and 1,000+ Homeopathic pharmacies.

**The first women's medical college in the world** was the Homeopathic Boston Female Medical College, founded in 1848.

**Usain Bolt**, Olympic sprinter and famed winner of numerous gold medals has been using Homeopathy since the age of 16.

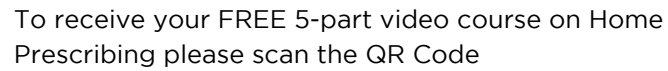
**A study**, carried out by researchers from Koblenz, found that almost all (92%) all the doctors at German football league teams prescribe Homeopathy.

**A veterinary surgeon trained in Homeopathy** will know when it is most effective to use Homeopathic medicine, conventional medicine or a combination of both. Homeopathy can be used equally well for minor conditions and for more chronic problems when prolonged treatment may be required. A 2007 pilot study found that 80% of the 767 animals that took part improved after Homeopathic treatment.

**10% of people in the UK** use Homeopathy – an estimated 6 million people.

**The Swiss report, 2011** compiled on behalf of the Swiss Federal Office for Public Health presented the findings of a seven-year review of the evidence on Homeopathy. It concluded that Homeopathy, as practiced in Switzerland, is clinically effective, cost-effective and safe. Homeopathy has since become available to the Swiss public as part of their national healthcare scheme.





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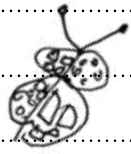


The Society of Homeopaths  
www.homeopathy-soh.org

The Alliance of Registered Homeopaths  
www.a-r-h.org

British Association of Homeopathic Veterinary Surgeons  
www.bahvs.com

British Homeopathic Dentist Association  
www.bhda.co.uk



## Marcus Fernandez RSHOM FSHOM

Marcus has been involved in homeopathy for over 30 years and has practiced and taught homeopathy all over the world. In 1998 he founded the Centre For Homeopathic Education, (CHE), the largest school of homeopathy in the UK.

He passionately believes that the more people use homeopathy in the home, the more they will become empowered to take charge of their health and the health of their families.

In 2021 Marcus was made a Fellow of the Society of Homeopaths for his outstanding contribution to homeopathy.

**“Homeopathy is the medicine of the people, it’s safe, effective and easy to learn. It is a wonderful way to take charge of your own health and the health of your loved ones.**

**500 million people around the world use homeopathy and its popularity continues to grow. Join this thriving community and take a natural approach to health and wellbeing.”**

**Marcus Fernandez RSHom FSHom**



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