

KJETILL OFTEDAL



FAMILY HOMEOPATHY AND SURVIVAL GUIDE

Family
Homeopathy
and
Survival
Guide

by Kjetill Oftedal
Classical
Homeopath

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*This book is dedicated to Xiomara,
my soul wife, whom I see in the
garden.*

*It is also dedicated to my sons
Michael and Simon, Konrad and our
respective families, in particular, Luis
Manuel, Xiomara's charming son, to
all of whom I hope this book will
bring many benefits.*

Learn How to Prescribe

Acute Homeopathic Remedies

for

Your Family, Friends

and

Pets

Dedicated to discriminating family heads and persons who seek a practical, efficient and inexpensive way based on sound and proven healing principles to establish and maintain a high level of health for their family, friends and pets in daily life and survival situations.

*"The most beautiful thing we can experience is the mysterious.
It is the source of all true art and science."*

Albert Einstein

Kjetill Oftedal, BSc, Hon.

Classical Homeopath

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PREFACE

"Every problem contains the seed for its solution"

Adage

On November 23, 1993 while working in my office in Copenhagen as a systems analyst at the main banking software firm in Denmark, I began having intense burning pains on the left side of my face and the top of my head. It slowly dawned on me that my PC was causing this, and also the neon lights in the ceiling. I went to my boss to inform him. He was incredulous. He told me to go home.

On the bus, the neon lights turned on these burning pains again. (After some minutes the pain assumed the intensity of a burning cigarette tip held close to the skin.) I found it hard to believe. How was this possible? This had never happened to me before. On the train the same thing occurred, the neon lights burned my face and head. After sitting on the train for a while, the effect spread deeper into my nervous system and I felt dull of mind and extremely uncomfortable. I got off the train to ease the pain and took a walk among some trees. After the pain had subsided in the course of half an hour I got on the train again as I had to go home.

At home I sat in a daze trying to fathom the implications of this sensitivity. I soon discovered that the TV also caused these pains, as well as the fridge motor, the air-conditioning motor and the fan. I could feel when the neighbor's TV was on. Playing my stereo also led to burning pains. Yellow incandescent bulbs burned—even a candle (except when I placed a glass bottle in front of it). Talking on the telephone hurt my ears after a while (the mobile phone produced intense, stabbing pain after 2 seconds), and being a short distance from cellular phone users caused facial pain.

Soon I discovered that neon lights, and low energy-consumption lights (they switch on and off about 200 times per second to save energy, but emit radiation) shone everywhere and made my life a hell. I could only spend three minutes in a supermarket before the pain became unbearable and had to flee. I had to leave my apartment when the neighbor vacuum cleaned, and when his TV was on I could feel it through the wall.

The next step was my doctor. He listened with disbelief and told me that I was imagining all these things. He advised me to wear PC-screen glasses. (Can you prevent sunburn by wearing sunglasses?) I was told by my employer there would be no sick pay unless I went to a psychiatrist, because the employer's insurance company said they would not pay compensation as their medical staff had found no such illness on the Danish approved illness list, so it must be imaginary, some type of neurosis, possibly even schizophrenia.

I sent letters to magazines, newspapers and TV stations, but mostly received no reply. It happened that a local paper would publish a reader letter, but severely censored as regards my description of symptoms.

I wrote to government ministries, to medical authorities, but invariably got the standard parrot reply: 'There is no documentary evidence to prove...', etc.

I was even invited on Denmark's national radio in a one hour program to discuss this hypersensitivity with a panel consisting of a medical doctor, a psychologist, a work environment specialist and a physicist. They thought it was very curious, but there was no follow-up by anyone involved or anyone else.

So what was I to do? After contacting others who had electrical hypersensitivity, I saw that some of them lived with their spouse and suffered, treated with contempt, considered hysterical by relatives. Others would find a dwelling only to be forced to abandon it when a parabolic antenna or a cellular phone repeater mast was installed nearby; or a neighbor bought a new PC or some other electrical device and placed it near the bedroom of the hypersensitive person. Some were lucky and had an understanding spouse. Others again, moved into the woods, far from any electrical appliance or cables. What would you do?

I also discovered that there are associations for the electrically hypersensitive in many countries, notably Sweden and the US (see links in Appendix). I also found that many young people were afflicted with electrical hypersensitivity.

I realized that all of my talents, education and experience had suddenly become worthless on the market, simply because I could not remain anywhere long enough to do any work. All mental work nowadays is connected with PC's in one way or another. All manual labor is associated with proximity to, or the use of electric motors, in one way or another. Even delivering the morning paper takes place under the aegis of the ubiquitous street lights, in Copenhagen normally being a neon light or some other type of lamp that caused burning pains. Re-education meant entering course rooms filled with neon or energy-saving lights, where overhead projectors with small ventilator motors were used, along with laptops and other electronic equipment, that would produce excruciating pains after a while (I had to go out in the woods during every break to alleviate the pains somewhat). I could not remain in a library for very long. You guessed why. I had become a useless outcast, a modern day leper. (The good news is that since then I have become 95% cured.)

"So what does this have to do with homeopathy?" you might ask. A good question. As I had been excluded from standard medical treatment, none being available for an imaginary disease. (I did go to see a psychiatrist, a requisite for receiving sick pay from the well-meaning Danish social service. An honest, perceptive man, after 5 minutes of conversation he told me to get out of there, pronouncing me hale and sane.)

I decided to head for the alternative healing zone, where I resolved to try everything I could find to alleviate my suffering. The week after my affliction manifested, I signed up for a medical Qi Gong weekend course, where the participants were kind enough to turn off the neon lights in the gym hall where the course was held (there really are a lot of nice people out there, anywhere).

The course was held by a Swedish doctor who had learned the technique in China. He told me that the body has an energy field, called the etheric body, which transforms incoming electromagnetic fields into useful energy. My etheric body, he said, had been damaged and was not processing incoming radiation properly. There was a ‘hole’ in it. This led me to further studies of what is called “esoteric anatomy” (see recommended reading in Appendix), where it became obvious that some type of medicine would be needed that was capable of affecting the etheric body on the basis of sound principles.

Qi Gong definitely alleviated my agitated nervous system after it had been exposed to what I call electrosmog (later I wrote a small book on this subject for a Swiss firm that sells silver-wire cloth bed canopies to shield against microwaves emitted by nearby cellular phone towers). After fleeing from supermarkets in pain, half an hour of Qi Gong would set me right again. I practiced Qi Gong for one to two hours a day for many months. It considerably alleviated, but did not cure the condition.

Then followed kinesiology (no go for me). Then a type of homeopathy where you are diagnosed while holding electrodes in your hands and prescribed mixtures of homeopathic low potency remedies to take every day for some months (no effect either). Acupuncture was definitely good, but improvement only lasted some days. However, acupuncture was a definite possibility I would keep in mind. It might depend on the practitioner. I tried treatment with a German-made frequency generator machine called Biocom with no result. Then I discovered classical homeopathy, the results of which convinced me that this was the way to go, and I signed up for a three-year course at the only school in Denmark where this subject is taught.

After completing what turned out to be four years of study (the curriculum was expanded), and 350 hours of painful medical science courses held in environments with considerable electrosmog, I graduated in 1998 and became a Classical Homeopath.

Practice at my clinics in Copenhagen and Estepona, Spain in the course of 11 years has convinced me of the great benefits that homeopathic treatment has to offer. To become a professional takes many years of schooling and practice, but learning to prescribe homeopathic remedies for everyday conditions does not.

This knowledge will serve you and your family well during your entire life. I have written this book to pass on some very useful practical applications for a number of homeopathic remedies for rapidly healing acute illnesses. A complete book like this was lacking when I received my training. I hope you will find it useful.

Kjetill Oftedal
Caracas, Venezuela

7 August 2008

INTRODUCTION

"There exists a level of consciousness where truth is observed directly"
C.W. Leadbeater

To start, you will need to know something about the development of homeopathy and what it is all about.

Some history

The system of healing called homeopathy was developed by the brilliant German doctor and chemist Samuel Hahnemann (born in 1755) during the 1790's. He discovered a principle of cure, namely that treating a patient with diluted substances capable of producing certain symptoms in healthy people—symptoms obtained by previous testing on people, *rather than animals*—could cure a patient with similar symptoms (and, strange as it may seem, also animals—certainly not a placebo effect).

This principle is called the *Law of Similars*. Modern medicine (**Allopathy**) uses the law of opposites to treat patients, i.e. via substances that are capable of suppressing a patient's symptoms.

Hahnemann became quite successful, but was persecuted as he would not allow pharmacists to make his remedies, not trusting them to do it right, and because many doctors at the time opposed him. (He had a sharp tongue and scolded them for poisoning their patients with medicines such as mercury cocktails and other practices he considered harmful.)

In his own words:

"My sense of duty would not easily allow me to treat the unknown pathological state of my suffering brethren with these unknown medicines. The thought of becoming in this way a murderer or malefactor towards the life of my fellow human beings was most terrible to me, so terrible and disturbing that I wholly gave up my practice in the first years of my married life and occupied myself solely with chemistry and writing." Hahnemann.

In 1810, Hahnemann published the fruits of his labors in a systematic treatise called *The Organon of the Medical Art*. This publication laid out the original principles and practices of homoeopathy for the benefit of other physicians, and for mankind in general.

In the end, although a lecturer at the university of Leipzig, his license was revoked after an aging royal patient of his died, and he moved to a small principality in the Eastern part of Germany named Koethen, where the ruling prince was one of his many supporters.

In 1830, Hahnemann lost his wife to an illness. This was a great burden to him as he had to attend to his large family of 11 children. The success of homeopathy, which also had spread to other European countries, South America and the United States, intensified

opposition at home by envious doctors and drug manufacturers, making life even more difficult for Hahnemann.

Then in 1835 a 35-year old Parisian woman, Madame Mille Melanie d'Herville, who had been impressed by his writings, came from Paris to visit him. In a short time she had captivated Hahnemann with her charms. They were married and left for Paris where, with her contacts in high places, she obtained an authorization for Hahnemann to practice homeopathy in France.

Hahnemann said in his will that he came to Paris to rest (he was 80 years old when he arrived), not to work, but his practice soon became larger than ever before. His consulting room was so crowded and he was so busy that he did not write any new books.

In Paris, Hahnemann was well received by the aristocratic society. During his time there, many well known people consulted him for their illnesses. The list included chemists, doctors, scientists, royalty and musicians from all over Europe. The coaches of his patients were lined up in front of his villa. Hahnemann always examined his patients in the presence of his wife, who never left his side.

After a long career as a medical practitioner, researcher, writer and lecturer, Hahnemann died in 1843 at the age of 88 in Paris, where he is buried.

Many doctors and practitioners helped spread homeopathy throughout the world during and after the time of Hahnemann. Some of the most famous were Dr. Constantin Hering (USA), Dr. James Tyler Kent (USA), Dr. John Clarke (UK), Dr. Pierre Schmidt (Switzerland), Prof. George Vithoulkas (Greece), Dr. Rajan Sankaran (India), Dr. Alfonso Masi-Elizalde (Argentina).

The use of Homeopathy is widespread in Europe. Top homeopathic remedy manufacturers are found in England, Germany, France, Belgium and Switzerland. Homeopathy enjoys excellent status in England, where the Royal Family has employed homeopathic doctors since the 1830's. There, 45% of conventional MD's refer patients to homeopaths. Insurance companies pay 50% of a patient's fees for homeopathic treatment.

In Norway homeopathy has achieved prominent status. A recent act of parliament included homeopathy as a part of accepted medicine. It is to be integrated in the state social security. Patients will receive state support for homeopathic treatment.

Homeopathy has been practiced in the United States for over 170 years.

Almost all French pharmacies dispense homeopathic remedies, and the use of homeopathy is covered by state social security. Approximately 30% of the people in France use homeopathy.

In Asia, homeopathy is widely accepted and used in India, Pakistan, and Sri Lanka. Mahatma Gandhi's support of homeopathy further strengthened acceptance in India, where there are over 120 homeopathic medical schools. With more than 100,000

homeopathic practitioners in India, it is no wonder that so many books on homeopathy are authored by Indians.

Homeopathy is well-known and integrated in the countries of South America. There are many homeopathic pharmacies and doctors. Hospitals in Brazil offer both homeopathic and conventional allopathic treatment.

What is homeopathy?

It is a holistic therapy

Homeopathy is a holistic system of therapy, because it treats patients on the basis of their whole condition, in preference to focusing on eradicating individual symptoms, which can lead to other symptoms appearing elsewhere in the organism—with a deeper level of pathology.

Homeopathic remedies are tested on people rather than animals

Homeopathy employs remedies that have been tested on people. However, these remedies also work on animals and plants. Minute doses of substances from the human, animal, plant and mineral kingdoms are prepared in a way that is unique to homeopathy, bringing out their latent and marvelous curative powers.

Homeopathic remedies stimulate your body to heal itself

These remedies stimulate and strengthen the vital force of the organism to heal itself. Thus, many illnesses considered incurable can be cured with homeopathy, as has been shown and extensively documented for over 200 years by both medical and lay practitioners in this field.

The body's energy field

Because the way homeopathy works is not well understood by present-day science and medical thinking, this marvelous healing method has unfortunately been neglected by mainstream medicine. (It is worthy of note that, due to ignorance, fixed ideas and monumental stupidity, it took the British Admiralty 200 years to accept and implement the prevention and cure for scurvy on their ships by introducing citrus fruits into their sailors' diets. Meanwhile about 5000 sailors died each year. More than 200 years have passed since the groundbreaking discovery of Hahnemann called *Homeopathy*...)

Now that the existence of an energy field (often called the *aura*) enveloping and penetrating living organisms is becoming generally known, among others through Kirlian photography, it has become an object of research to show that homeopathy works through the aura.

Areas where homeopathic treatment is employed (not an exhaustive listing)

- **Prevention**
 - Homeopathic immunization (see Isaac Golden's book on this in bibliography)
 - As a harmless substitute for traditional vaccination of children (proven 90% effective over 20 years with over 500 families in Australia)

Introduction

- Prior to travelling to disease-risk areas (malaria, yellow fever, tuberculosis, etc.)
 - During pandemics and epidemics
 - Treatment of parents prior to conception to prevent transmission of hereditary predispositions, such as due to venereal disease, cancer, tuberculosis and drug abuse on the family tree
- **Acute illnesses**
 - Colds and the flu (nips them in the bud)
 - Sports injuries (speeds up recovery)
 - Problems during pregnancy and childbirth
 - After operations (achieves rapid recovery)
 - Childhood injuries and diseases
 - Travel-related illnesses
 - Jet lag
 - Food poisoning
 - Diarrhea
 - Vomiting
 - Stings and bites
 - **Chronic illnesses**
 - Mental
 - Lack of concentration
 - Delusions
 - Paranoid states
 - Emotional
 - Anxiety
 - Fears
 - Phobias
 - Depression
 - Suicidal states
 - Physical
 - Skin problems
 - Arthritis and rheumatism
 - Bone problems
 - Asthma
 - Liver problems
 - Heart problems
 - Nervous system problems
 - Cancer and leukemia
 - Aids
 - Epidemics
 - Influenza
 - Bird flu
 - Swine flu
 - Cholera
 - Ebola
 - Typhus
 - Dengue
 - Plague
 - Others

Types of homeopathy

Classical homeopathy

In classical homeopathy, the homeopath elicits detailed information from the patient, which includes all past symptoms and illnesses as well as illnesses found on the family tree of the patient. Based on the symptom picture and the past history of the patient, the homeopath prescribes a single remedy—to be taken only once—that is capable of producing a similar symptom picture in healthy persons, as verified by previous homeopathic testing (called provings), the results of which are collected in books known as *Materia Medica*. The potency of the remedy is usually 200C or above, although lower potency remedies may be prescribed in certain cases to be taken on a daily basis. Computer software may be used to aid in the selection of a remedy.

The patient is asked to return in a month for a follow-up consultation to monitor the effect of the remedy. If the remedy is working well, no other remedy is prescribed (or, if the patient is taking a low-potency remedy, he/she may be asked to continue with the remedy), and the patient may return at monthly intervals, or may already be cured.

Polypharmacy

In polypharmacy, which is generally practiced by medical doctors and other therapists, the medicine used may contain from several up to 25 or more low-potency homeopathic remedies.

This is not really homeopathy as per its definition, namely the prescription of a single (which can be a fixed combination of several substances) remedy which **has been tested on people** (*called a proving*) and the results recorded in a *Materia Medica* which homeopaths can use to find the single remedy most similar to the patient's symptom picture.

Therefore, practitioners of polypharmacy should use another name for their type of therapy rather than call it homeopathy—which it is not. There are therapy forms in which such homeopathic complex remedies are used which are not called *homeopathy*. Examples of these are biopathy, vega therapy and naturopathy. In polypharmacy, diagnosis is often carried out with the aid of electronic equipment and standard indicator vials, and may involve the use of kinesiology.

Recent developments in homeopathy

Cancer treatment

The most successful method of treating cancer with homeopathy I know of was developed by the Indian doctor Ramakrishnan over a period of years with 5000 patients, providing a statistical result base that should convince anyone who is not bound by fixed ideas on the subject of healing. (There is a saying: 'No man is as blind as one who refuses to see'.)

This method is expounded in the book *A Homeopathic Approach to Cancer* written by Dr. A.U. Ramakrishnan and the internationally well-known homeopath and author Catherine R. Coulter.

The therapy can be administered in conjunction with normal medical procedures or without them, but always with an oncologist monitoring patient progress.

The success rates depend on the location and type of cancer, but not so much on its stage. For example, breast cancer treatment has been 80% successful in 380 cases; lung cancer 58% in 90 cases; prostate cancer 80% in 150 cases; brain cancer 70% in 250 cases; bone cancer 74% in 114 cases. Most results for other cancer types lie between these values, although those for liver and colon cancer are between 30 and 40%.

The method can easily and effectively be used for prevention. As soon as precancerous symptoms are detected, treatment brings swift results. It is also used preventively in healthy patients with a history of cancer in the family.

Aids treatment

Peter Chappell is an English homeopath and inventor with over thirty years extensive experience in the practice and teaching of homeopathy in over twenty countries on four continents.

He went to Ethiopia in October 2001 to discover a cure for AIDS. In early 2002, after many AIDS patients and much thought, he invented a new way to reprogram and revitalize the immune system and created a remedy to do this.

This remedy, called *PC1*, has been proven successful in Africa and India over a three year period. In one trial in Malawi, independently documented, 85% of AIDS patients recovered. It is so effective that in Peter Chappell's opinion, if *PC1* were used widely, dying from AIDS would stop and people would live a full life span or gain many extra years of life.

In Western countries this remedy has been less successful and has had to be modified to take into account the lower vitality of developed-country patients, complications due to taking drugs and medicines, and the presence of psychological traumas not found in Africa.

However, results have been very encouraging in many cases and the remedy is continually being fine-tuned.

An illustrative case is included here:

Ethiopian woman aged 35, HIV-positive, husband died of AIDS, has been nursing child. She is losing strength, weak from cooking. Chest pains, no saliva, dry mouth although drinks a lot. Problem with heart. Tongue is coated, nausea from eating. Headaches, lack of appetite, losing weight.

After two weeks with PC1
Little improvement, but more strength.

Introduction

After seven weeks with PC1

Strength is back. Problem with burning urination. Headache mostly gone. Appetite returned. Weight is good. Heart problem gone.

After fifteen weeks with PC1

Everything is fine. There are no more pains. No symptoms at all. Gained 3 kilos. "Everything that was wrong with me has gone."

Treatment of other serious illnesses

Peter Chappell has also applied his new method of making medicines to, among others, Parkinson's and Alzheimer's disease. As these methods are new, time and experience will prove their usefulness.

WHAT THIS BOOK OFFERS

"The only good is knowledge and the only evil is ignorance."
Socrates

You will learn about prevention and how to treat the acute illnesses of your family members, friends and pets with homeopathy. As virologists claim (CNN PRESENTS, December 11, 2005 - 22:00 ET) that the bird flu will appear with 100% certainty, information on how to survive the bird flu is included. It is my hope that your successes will stimulate those of you who have the healing inclination to pursue a career as a homeopath.

You will also learn how to prepare emergency homeopathic remedies using minimal resources under extreme survival conditions, such as after the collapse of civilization in your area, or if you find yourself in the wilderness far from human settlements.

Included are 35 homeopathic remedies in the *Treatment with basic acute remedies* section. These constitute your basic resources in learning how to treat acute illnesses. In the next section, *How to use this book*, you are given the steps to take in gaining mastery in using homeopathic acute remedies. Treating chronic illness requires many years of training and experience. It is my hope that after seeing the often magical and instant results of homeopathic remedies you will pursue further studies on how to treat chronic illness. Doing so with homeopathy will ensure that your patients will enjoy greatly improved life quality, extending into their late years—the royal family of England is an example of longevity with homeopathy.

In the *Appendix* you will find many homeopathic resources, such as where to obtain remedies, supplies, books, further training and professional treatment.

Sections with exercises and answers have been included to test your understanding of the material. In homeopathy, the rules of treatment are different from traditional methods, so the exercises are also intended to make you aware of these differences.

You will find an *Acute Illness Repertory* at the end of the book. The Repertory lists illnesses alphabetically, subdivided into remedies associated with symptoms that may appear with the illness concerned. You can find this repertory on the website www.homeopathy.euni.org under *Urgencies*, a database facility for looking up your acute illness.

You will see many references to remedies that are not included in this book. You can look up any such remedy abbreviations in the *Appendix*. For information on these remedies you can consult a homeopathic *Materia Medica* or search the internet. Use these remedies as you would those described in this book.

HOW TO USE THIS BOOK

"We are what we repeatedly do. Excellence then, is not an act, but a habit."

Aristotle

Start by putting together your own personal starter kit as given in *Appendix C*. You will need to find a remedy supplier and a small box with vials, such as the one in the figure, that can contain the ten remedies of the kit.



Figure 1. Carton remedy kit

The next step is to learn about these remedies by studying them in the *Treatment with basic acute remedies* section.

Then you will have to find patients in your environment who have an acute problem that requires the use of a remedy. Start with looking for *Arnica* candidates: people, animals or plants with any kind of injury, whether it be a sports injury, a fall, an operation, a sore or a bruise . . . It won't be difficult to find one, you can be sure.

Tell your prospective patient that you would like to give him/her a pill that will speed up his/her recovery, a homeopathic pill that contains no chemicals and produces no side-effects. The pill (use liquid potencies for diabetics) you give them contains milk sugar. They have nothing to lose, so why not give it a try.

If possible, follow up by checking on your patient a day or so later to see how it is going. You may be surprised how rapidly an improvement occurs, even within minutes, especially where there is intense pain.

Stick with *Arnica* until you have become familiar with its vast range of usefulness as regards physical trauma, and even emotional trauma. Be aware that *Arnica* will often clear up the effects of old injuries (e.g. falls from a high place, accidents, head injuries, etc., even if they happened 20 or more years ago).

When you feel you know how and when to use *Arnica*, proceed with another of the 10 remedies, such as *Rhus Toxicodendron*, which often follows *Arnica*. It is characterized by stiff muscles and/or joints that improve after moving around for a while.

Ruta Graveolens is a close cousin when tendons and ligaments are involved, such as in tennis elbow.

As you become familiar with the use of the 10 remedies in the starter kit, move on to other remedies in the *Treatment with basic acute remedies* section.

The *Acute illness situations* section contains fruitful possibilities for the use of acute homeopathic remedies.

When you run into a patient with an acute problem, check the Acute Illness Repertory at the back of this book (or the Urgency lookup on www.clinic.euni.org) to see whether the

Learn how to prescribe acute homeopathic remedies for your family, friends and pets
How to use this book

problem is listed there. This will widen your scope of knowledge and experience. You will note that some homeopathic remedies found there are not included in this book. Not to worry, use the opportunity to learn more about them, either from books listed in the Appendix or by searching the Internet.

After you feel proficient in the use of acute homeopathic remedies, read the *Special situations* section and look for people you might be able to help with the appropriate remedy for the problem they have.

Beyond this point you can extend your knowledge by attending a course on homeopathy. There is a free introductory eCourse, as well as an 80 hour eCourse available for a reasonable price on my website www.homeopathy.euni.org. Or you might find a school of homeopathy you would like to attend. Most of them offer a curriculum of several years' duration.

Whatever you do, studying on your own, or in a professional school, extending your knowledge and practice of homeopathy will benefit yourself, your family, friends, pets and many others in your environment.



Figure 2. Leather remedy kit

BENEFITS OF HOMEOPATHY FOR YOU, YOUR FAMILY, FRIENDS AND PETS

"Nothing ventured, nothing gained"

Old proverb

Specific benefits

- ◆ Nip the flu in the bud with just one pill as soon as you notice flu symptoms.
- ◆ Recover quickly from injuries, operations and dental work.
- ◆ Rapidly and effectively stop diarrhea and vomiting from eating bad food.
- ◆ Cure travel sickness in cars, boats, airplanes, etc. and enjoy your trip.
- ◆ Cure fear of flying before you travel.
- ◆ Tranquilize your teething baby with a simple remedy.
- ◆ Greatly speed up your child's recovery from childhood illnesses, such as the measles.
- ◆ Help your dog, cat, horse or other pet, recover rapidly from injuries, bites and other traumas.
- ◆ Help your dog, cat, horse or other pet cure fears, aggressions and other strange behavior.
- ◆ Help your pet overcome emotional trauma from moving house, while you are away on a trip or after the death of a loved one.

General benefits

- ◆ With homeopathy you provide and obtain effective chemical-free natural treatment.
- ◆ With homeopathy you can prevent future serious illness by treating body functions that are not presently working as they should (called dysfunctions). You should consult a professional homeopath for such treatment as it does not fall into the acute illness category.
- ◆ As you learn to treat common acute problems yourself, you won't need to take liver-toxifying pharmaceutical medicines, or receive treatment such as vaccinations, that very often lead to unwanted and harmful side effects such as auto-immune diseases, and can harm and permanently distort your natural immune response mechanisms (read the *Possible Side Effects* section of the leaflet included with any pharmaceutical drug).
- ◆ The use of homeopathic remedies leads to greater resistance to disease as the body's defense system is strengthened. Many homeopathic patients live to a ripe old age with

Learn how to prescribe acute homeopathic remedies for your family, friends and pets
Benefits of homeopathy for you, your family, friends and pets

excellent life quality (the English royal family, for example).

- ◆ Correctly prescribed homeopathic remedies increase your energy and vitality.
- ◆ The quality of your life will improve as your health becomes more stable after homeopathic treatment.
- ◆ You will save money due to very low remedy and treatment costs. For a few dollars you can buy a flask containing 100 or more pills of a remedy for acute conditions that will last you for years.
- ◆ Treatment with a professional homeopath is very reasonable as you do not need to see the homeopath every week. Normal procedure in homeopathy is to follow up the initial consultation with another one after a month. The number of subsequent follow-up visits depends on the seriousness of your condition and how long you have been suffering from it. You may pay 50-80 dollars each time. Of course, there are famous homeopaths and specialists in treating cancer, aids, etc. who charge more.
- ◆ Many homeopathic patients live to a ripe old age, enjoying a high level of life quality. Consider the royal family of England, who have employed a homeopathic doctor as court physician for over 100 years.
- ◆ Children treated with homeopathic remedies have fewer allergies and are generally more healthy than other children.

CHAPTER 1 - HOMEOPATHIC REMEDIES

"In my Father's house are many mansions"
The Bible, John xiv. 2.

How to make homeopathic remedies yourself



Figure 3. Three remedy flasks

Understanding this subject is very important as you may need to make your own remedies in cases of emergency, such as flu during epidemics, when a remedy is unavailable, or after natural catastrophes. Homeopathic remedies are made from solid (e.g. gold, sea salt, sand), liquid (e.g. plant juices, snake poison, milk), and ethereal (e.g. magnetic fields, moonlight, the color blue) substances. We will deal with liquids first.

How to make homeopathic remedies from liquid substances (*succussion*)

Suppose you want to make a homeopathic remedy from the juice of a plant, say Belladonna (a useful remedy for sudden high fevers in children). The following is the procedure used by Hahnemann for Belladonna, a juicy plant:

1. Obtain a fresh Belladonna plant. Then chop and pound the fresh plant to a pulp and squeeze all the juice you can from it. Measure the volume of the plant juice and place it into a dark-colored bottle that contains an equal volume of 86% pure alcohol (the type of alcohol called ethanol—ethyl alcohol or drinking alcohol). The final mixture will have an alcohol concentration of about 43%.
2. You now have what is called a *mother tincture* which will be the basis for making your remedies of *Belladonna* in the future. (Ideally you should let the mother tincture stand for five days to let it settle, to be shaken now and then, expressed and filtered in the end, but if you need it right now, you can proceed with two parts of it as indicated below).
3. To make the first potency of the remedy take 2 parts (say two drops) of the mother tincture (1 part, or drop, of it already consists of alcohol) and place it in a new bottle, or test tube, with 98 parts (drops) of 43% alcohol. (If you need to dilute alcohol to a strength of 43%, use distilled water.)
4. Cork the bottle, hold it in your hand and strike your hand with the bottle against a hard, elastic object (such as a leather-bound book, a phone book or your other hand). Ten strikes were normally used by Hahnemann.¹ This is the process called succussion. The result is that you now have a bottle with a liquid homeopathic remedy which you can label 1C, i.e. the contents have a potency of 1C. The C here stands for centessimal and is the first potency on the centessimal scale (dilutions of 1 to 100).

¹ Some pharmacies may succuss 30 or 100 times. In Argentina 1000 times by hand is used by the Godoy pharmacy, which they call KSM potencies. I have tried these remedies and must say they are very powerful.

5. Put your bottle aside, take a new bottle and add one drop of the 1C potency liquid you have just produced to the new bottle (or test tube) and top up with 99 drops of 86% alcohol. You now succuss the new bottle with its solution 10 times (or more, according to your preference) as before, and you can label the bottle 2C.
6. Put your bottle aside, take a new bottle and add one drop of the 2C potency liquid you have just produced to the new bottle and top up with 99 drops of 86% alcohol. Succuss the new bottle 10 times and you will have a bottle with a Belladonna remedy of potency 3C.
7. This process is continued until you obtain the desired potency.

With *Belladonna* it is good to have the potencies of 6C, 12C and 30C available. If you have the energy (it can take a whole day), 200C may be needed for high fevers and headaches, but in a pinch you can always try any potency you have available.

To make 200C you would need 200 bottles (or test tubes), which can be quite costly. The Russian homeopath Korsakov found a solution to this. After succussing, he would empty out the bottle and just fill it up again with 99 drops of alcohol to make the next potency, considering that 1 drop of the dumped solution would adhere to the inner surface of the bottle. This way you can make the potencies with just one bottle or tube. (You might want to store intermediate potencies such as 6, 12 and 30C in separate bottles along the way.)

Pharmacies that sell homeopathic remedies made using the Korsakov method label them, 30CK or 200CK, etc. To indicate that the multi-bottle method of Hahnemann was used, a remedy may be labeled 30CH or 200CH. Korsakian remedies are considered slightly weaker than the multi-bottle (CH) remedies, but they work fine just the same.

How to make homeopathic remedies from solid substances (trituration)

Suppose you want to make a homeopathic remedy of sea salt (called *Natrum Muriaticum* in homeopathy). *Nat-mur*, as it is popularly called among homeopaths, is very useful for cold sores. In high potencies (200C and higher) it is a very effective remedy for long-term sadness due to loss of a loved one. Just about anyone could benefit greatly from a single dose of *nat-m* with a potency of 1M (the same as 1000C).

Hahnemann's procedure for making a homeopathic remedy from a solid substance (trituration) is given below for sea salt:

1. Place 60 mg (1 grain) of sea salt reduced to powder in a porcelain mortar containing 1980 mg (33 grains) of powdered milk sugar (lactose).
2. Rub (triturate) with an unglazed pestle for 6 minutes.
3. Scrape the contents of the mortar for 4 minutes with a porcelain spatula.
4. Triturate again with the pestle for 6 minutes without adding any lactose.
5. Scrape the contents for 4 minutes as in step 3.

6. Add another 1980 mg of lactose.
7. Triturate for 6 minutes.
8. Scrape for 4 minutes as in step 3.
9. Triturate for 6 minutes
10. Scrape for 4 minutes.
11. Add 1980 mg of lactose.
12. Triturate for 6 minutes.
13. Scrape for 4 minutes.
14. Triturate for 6 minutes.
15. Scrape for 4 minutes.



Figure 4. Mortar and pestle.

Now you have a powder which contains $1/100^{\text{th}}$ of a grain (60 mg) of uniformly potentised sea salt, i.e. the potency of 1C. Continue as follows:

1. Take 60 mg (1 grain) of this powder and place it in a mortar with 1980 mg (33 grains) of milk sugar, as in step 1 above.
2. Repeat steps 2 to 15 above.

Now you have a powder which contains $1/10,000^{\text{th}}$ of a grain (60 mg) of uniformly potentised sea salt, i.e. the potency of 1C. Continue as follows:

3. Take 60 mg (1 grain) of this powder and place it in a mortar with 1980 mg (33 grains) of milk sugar, as in step 1 above.
4. Repeat steps 2 to 15 above.

Now you have a powder which contains $1/1,000,000^{\text{th}}$ of a grain (60 mg) of uniformly potentised sea salt, i.e. a potency of 3C.

Take one grain (60 mg) of this and dissolve it in a vial containing 100 drops of diluted alcohol (50% distilled water and 50% alcohol). Hold the vial in the hand and strike it against a hard surface twice, i.e. succuss it twice. Now you have the potency 4C, but it has been transformed from a solid to a liquid form, and to make the remaining potencies desired you proceed as described above under the section for making liquid potencies (succussing 10, or more, times for each potency).

Hope you get the idea. Instead of using such a large amount of milk sugar, you can scale the production down. You will notice that a ratio of 1 part to 33 parts is used, i.e. 1 grain to 33 grains, where 1 grain is 60 mg. So we can say you need 1 part to 33 parts, whatever you select for the size of the part, for example 1 mg = 1 part. Then the 33 parts would equal 33 mg.

The procedure above is taken from Hahnemann's procedure for turning arsenic into the homeopathic remedy *Arsenicum Album*—a great remedy to cure the effects of food

poisoning—in his master work *Organon*. I have applied it to sea salt as you probably don't want to handle arsenic very much.

How to make homeopathic remedies from ethereal substances

Examples of remedies made from ethereal substances (also known as imponderable substances) are *Electricitas* (electricity), *Magnetis polis australis* (south pole of magnet—good for ingrown toe nails), *Luna* (moonlight—good for sleepwalking), *Blue* (the color), *X-ray* (x rays), *Sol* (sunlight).

Perhaps this will inspire you to use your imagination for making your own remedy and carry out a proving for it. (See section on proving.)

The way to make such remedies is to expose lactose (milk sugar) to the influence of the ethereal substance for some hours. To make remedies from electricity and the magnetic south pole: respectively expose lactose to a current of electricity, the magnetic field of the south pole of a magnet (remedies have also been made for the north pole and for both poles together, namely *Magnetis polis arcticus*, *Magnetis poli ambo*).

You then dissolve the exposed lactose in about 5 times its weight of water. Add 10 to 20% alcohol to prevent the growth of fungus, and you have a mother tincture for your new remedy.

To make potencies of your new remedy proceed as above under *How to make homeopathic remedies from liquid substances*, starting at the point where a mother tincture has been made.

How to make homeopathic remedies for special purposes

Making homeopathic remedies for special purposes can be extremely useful, even life saving. If you want to make a remedy to counteract an epidemic, follow the procedure given in the *Making a homeopathic nosode* section.

A remedy can be made for anything that might be causing an adverse effect on a living organism, such as local skin exposure to a chemical, a medicine that has made you sick, radiations that have had an adverse effect on your health, an animal that has bitten you. (*Paracelsus, the great 15th century physician who is considered the father of toxicology, used a sample of the feces of his patients to cure the black plague—and it worked!*)

1. Obtain a small sample of the offending substance or influence. (*If it is a solid substance you can soak it in water for some hours and use a portion of this water. If it is an influence (vibration, field, etc.), expose milk sugar to it for some hours and use a portion of the milk sugar as a sample.*)
2. Put the sample into a bottle filled with water (tap water, distilled water, spring water). (*If you want to follow a potency scale, use the ratio of 1:10 for the D or X scale, and a ratio of 1:100 for the centessimal scale. See the sections on how remedies for these scales are prepared.*) You choose the size of the bottle depending on the volume you need for your purpose, e.g. 10 ml, 30 ml, 50 ml, etc. The dosage will be a few drops on the tongue each time

(5 drops go into a milliliter). If the condition is severe, you will need to repeat the dose more often.)

3. Strike the bottle held in your hand hard on a hard surface such as a book 40 times.
4. Pour out the contents of the bottle.
5. Refill it with water.
6. Repeat steps 3 to 5 the number of times (say n) necessary to obtain the potency you want. (n should be at least 3).
7. To the final solution you need to add alcohol (vodka, brandy, whisky, etc.) as a preservative, to avoid the growth of fungus.

How to make homeopathic remedies using a method based on radiesthesia

For this purpose, you can use the decagon based on radiesthetic² investigations of the Belgian brothers F. and W. Servranx, shown in the figure below. The inner and outer radii of the circles containing the decagons should be 5 and 6 cm, respectively.

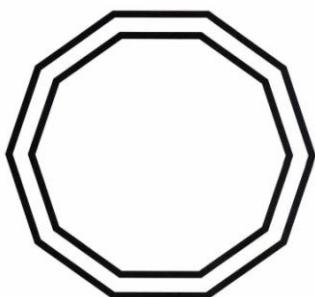


Figure 5. Remedy maker

Write the name of the remedy, such as *Arnica*, and the potency desired on a slip of paper, which is then placed parallel to one of the sides of the decagon. Orient this side to magnetic north.

The next step is to fill a shot glass or cup with 10 to 20 ml of a liquor, such as brandy or whisky, or clean water, and place the glass in the centre of the decagon figure.

For high potencies, let the glass stand for about 5 minutes, 15 minutes for middle potencies and 30 minutes for low potencies.

You can then pour this remedy into a dropper bottle for later use and label it. The remedy can be used as you would a normal homeopathic remedy. The strength of such a remedy may not be very great, but the remedy can be used in a pinch when the normally manufactured remedy is unavailable.

How to make "homeopathic" remedies using an Apache medicine man method

I include this method which I learned from a Mexican shaman of the Toltec line named Augustin. It is quite interesting as it parallels the concepts of making homeopathic remedies developed by Hahnemann. According to the shaman, this method derives from the Apache tribe.

² Radiesthesia simply defined is the science of detecting and transmitting subtle energies. A book with this and many other useful diagrams can be found in the book *Os Gráficos em Radiestesia* by António Rodriguez, listed in the Bibliography, a Spanish version of which can be downloaded from www.clinica.euni.org by clicking on the geometric symbol on the main page.

The Apache medicine man would meditate on the patient's problem and arrive at a remedy source with the right qualities for curing the patient, such as a bear claw, an eagle feather, etc.

He would place, say, an eagle feather, on a base and then a container of water on top of the feather. Subsequently, he would dance around very close to the water container striking a small handheld drum while chanting, thus imbuing the water with the qualities of the eagle feather via the vibrations of the drum and voice.

The patient would then be given the water to be taken until cured, or not.

It should be noted that many homeopathic remedies are made from animal sources, among others the blood of an American bald eagle, tiger's urine, bitches' and cat's milk, the ambergris of whales, and many more—which remedies have proven quite useful in curing mental, emotional and physical symptoms.

You might want to try this Apache medicine man method, as I am sure it will give good results. It has been said that there is nothing new under the sun.

How to make homeopathic creams and ointments

An **ointment** is a viscous semisolid preparation used topically on a variety of body surfaces. It is a fatty preparation with a softer consistency than waxes. The vehicle of an ointment is known as an ointment base.

Creams and ointments contain from 3 to 5% of their total weight of *mother tincture* as the active ingredient.

Ingredients to use for ointment bases:

- **Vegetable oils**

As heat is used to prepare an ointment, it is better to choose more saturated oils that are stable to heat such as coconut and olive oil (cold-pressed) to make an ointment base.

- **Beeswax**

White beeswax is chemically treated to clean and bleach it. You are better off using yellow beeswax, which is filtered and has had the honey removed by washing in water. The reason for adding beeswax to the vegetable oil is to set it, providing the ointment with consistency.

- **Lanolin**

Also called wool fat, is a greasy yellow substance secreted by the sebaceous glands of wool-bearing animals such as sheep.

Preparation procedure

General comments:

- **Caution:** Applying heat to oils and waxes should ONLY be accomplished with a water bath. Keep the oil mix away from direct heat, especially naked flame. Always have a suitable fire extinguisher and a wet blanket nearby.
- Mother tincture should only be added at the lowest possible temperature to avoid any antidoting effect.
- It is easier to measure ingredients by weight using scales sensitive down to 1 gm rather than measuring by volume. This avoids ingredient loss to the measuring vessels and at clean up time. 10 ml of a vegetable oil approximates 9 gm by weight.
- Suitable mixing vessels are either stainless or enamel, having straight sides and an open pouring spout.

Steps

1. To make the ointment base, weigh out the oil and wax components into a suitable stainless vessel and heat them by placing them in a heated water bath. Do this until they have just melted.
2. Remove the mixture from the bath and with stirring allow it to cool until just starting to set. This is indicated by thickening and a milky appearance. You can encourage cooling by placing the mixing vessel in or over a cold-water bath, but use constant stirring and remove set ointment from the sides of the vessel, stirring it back into the liquid.
3. Have the other ingredients ready to be added directly by weighing into the vessel, or from separate measuring containers.
4. Place the mix back in the unheated hot water bath to maintain a little heat input. To the non-lumpy liquid ointment slowly and separately add the aqueous/alcohol ingredients with vigorous stirring. Excessive heat will evaporate alcohol leading to insoluble herb deposits in the ointment.
5. Then add the Rosemary antioxidant and infused essential oils slowly with vigorous stirring.
6. Add the fragrant essential oils with vigorous stirring.
7. Lastly, add the flax seed oil slowly and stir until the liquid mix is clear of solids.
8. If lumps are still present, with vigorous stirring apply a little heat by placing briefly in a gently heated water bath.
9. Remove the mixing vessel from any heat source and as the liquid ointment starts to set it will increase in viscosity, go milky and start setting on the sides.
10. When the liquid starts to go milky and thickens, wipe the bottom of the vessel and with stirring, pour into ready untapped jars. Heat the vessel gently in a little hot

water bath to melt remaining ointment from the sides, wipe the water off and pour again.

11. When filling the jars, pour to “overfill” to allow for contraction of the ointment as it sets.
12. Clean up is best facilitated by using paper towels to wipe the vessel clean. Then wash well with very hot soapy water, and, if possible, pour out onto soil rather than down the sink where it can set. Rinse the vessels well to remove any soap residues.
13. Keep notes on your process and prepare and apply a label.

How to discover and test new homeopathic remedies (“prove remedies”)

To obtain the symptom picture of a plant you have found in your area, you first need to make a potency as described above under *How to make a homeopathic remedy*. Let's say you have made Remedy X 30C from the root of a plant.

You, as the supervisor, will then need some volunteers to take the remedy, say five. If you don't have any volunteers, you can do the proving yourself and be your own supervisor. In the early days of homeopathy Hahnemann and others had to do this.

If this is not to be a solo proving, the remedy is distributed to the provers, who are instructed to keep it away from light, heat and strong odors.

Note down the symptoms of the provers before they start taking remedy X. This is to ensure that such symptoms are not recorded as belonging to the remedy, unless they become worse or better during the proving, in which case remedy X has had some effect.

Provers are to record their symptoms daily in their own diary for a week before taking remedy X as training in observing their own symptoms and their normal state.

Provers start taking remedy X on the day agreed with you, the supervisor. The time of day when the dose is taken should be noted in the diary. Weather conditions should also be noted.

Remedy X should be taken on an empty stomach and with a clean mouth. An interval of 20 minutes before and after taking remedy X should be kept free of activities such as tooth brushing, ingesting food and drink, smoking and being in a perfumed or incensed space. The remedy is taken up to three times a day for two days.

After taking the first dose, the relaxed prover should spend at least an hour afterwards without any distractions to become more aware of any subtle thoughts, feelings, mental images and sensations. Anything noted should be recorded in the prover's diary. Early symptoms can be quite important information.

If a prover experiences symptoms, no further doses of the remedy should be taken for the moment. The following are considered proving symptoms:

1. Any symptoms never experienced before.
2. Any change or intensification of an existing symptom.
3. Any strong return of an old symptom that has not been experienced for more than a year.

Provers must avoid taking any medication of any kind during the proving, especially antibiotics, vitamin or mineral supplements, herbal or homeopathic remedies and all narcotics (moderate intake of alcohol is permitted).

Antidotes such as coffee, camphor and mints must be avoided. Moderation is to be maintained in work, alcohol, exercise and diet. Provers should stick to their usual habits within this framework.

Provers should let the supervisor know of any medical or dental emergencies.

Provers should avoid discussing their symptoms with anyone besides the supervisor.

Provers should maintain contact with the supervisor daily. As the proving progresses this may be changed to twice a week and then weekly.

Provers should record old or new symptoms when they appear, with time and date.

A new page in the diary is started each day with the date noted at the top. Symptoms are written on alternate lines, i.e. double-spaced. Diaries for making notes should be kept on hand at all times.

The following should be noted as precisely as possible in the prover's own language:

1. Location: Accurate anatomical description, noting side of body affected and adding any necessary diagrams.
2. Sensation: Whether burning, dull, lancinating, shooting, stitching, etc.
3. Modality: Better or worse from weather, company, dark, light, standing, lying, food, etc. Provers should try any of these or other modalities to see whether the symptom is affected and note any changes.
4. Time: Times of symptom onset, disappearance or alteration should be noted. Whether the symptom is usually better or worse at a particular time of day and whether this is usual for the prover should be noted.
5. Intensity: The sensation is described and the effect of the symptom on the prover.

Provers should review the following checklist each day to make sure all symptoms have been observed and recorded:

- Mind
- Digestive System
- Head

- Urinary System
- Eyes
- Genitalia
- Ears
- Sex
- Nose
- Extremities
- Mouth
- Skin
- Throat
- Temperature
- Chest and Respiration
- Sleep and Dreams
- Back
- Generalities

A full description of any dreams should be given by provers, including the general feeling or impression the dream left on the prover.

As they are quite important, any mental and emotional symptoms should be noted even if they are vague, and also whether the prover is drawn to certain:

- thoughts
- activities
- objects
- environments
- people
- situations

If the prover explores such urges, what occurs on doing so should be noted.

Female provers should note when they have a period and any differences in symptoms before, during or after.

Provers should include reports from friends and relatives.

Provers should make a general summary at the end of the proving, noting how the proving affected them in general: how the experience has affected their health.

As far as possible, provers should try to classify each of their symptoms by noting the corresponding abbreviation below next to each entry:

RS – A recent symptom, i.e. a current symptom or one of the last year.

NS – A new symptom.

OS – An old symptom. When the symptom occurred previously.

AS - Alteration in a present or old symptom, i.e. it used to be on the left side, but is now on the right side.

US - An unusual symptom for the prover.

When there has been no change in a prover's symptom picture for a month, the proving is ended. Provers must arrange to meet with the supervisor as soon as possible in order to review diaries together.

When meeting with the supervisor, provers will compare and clarify their notes. Any further comments, thoughts or insights about the proving are added to the prover's diary.

Diaries are collected by the supervisor where information will be compiled and sorted.

The supervisor will contact the provers some months later to see if any further symptoms have appeared.

Finally, provers are called to a meeting by you, the supervisor, in which the results of proving the remedy are revealed.

This is the way the homeopathic *materia medica* has been built up in the course of more than two centuries, during which many incredibly effective remedies have been discovered in such simple substances as sand, sea salt, metals, plants, and so on.

Should you find yourself at a point in history when civilization has collapsed due to catastrophic natural or human-caused events, you will be able to create a new *materia medica* from the mineral, plant and animal and ethereal kingdoms at hand.

The process is simple, it does not require animal testing and does not cost thousands of man-hours of research, the sufferings of countless experimental animals—creating bad karma for the perpetrators—and millions of dollars to create medicines that make people even more sick than they were before taking such medicines.

Our civilization is heading for better days where everyone will practice more natural lifestyles and minimally-sized governments will govern more sanely.

What are the sources of homeopathic remedies?

Homeopathic remedies derive from the environment of man, in which he has lived for millions of years. These remedies are obtained from the following sources:

- The mineral kingdom
- The plant kingdom
- The animal kingdom
- The human kingdom
- The ethereal kingdom

Mineral Remedies

Mineral remedies include elements such as gold, silver, copper, platinum, and sulphur as well as compounds such as calcium carbonate, sodium chloride, and nitric acid. The minerals may be used in a purified form or as found in nature.

For example, sodium chloride is a powerful anti-depressant, as is gold.

Synthesized chemicals such as cortisone and penicillin are also made into homeopathic remedies. *Gunpowder* is used as a remedy for severe headaches and suppurating sores.

Plant Remedies

Plant remedies are made from stems, roots, leaves, flowers, fruits, seeds, barks and whole plants. The plants used range from lichens and mosses to large trees. Remedies such as *Belladonna* and *Arnica* are from the plant kingdom.

For example, *Cactus* is an excellent remedy for heart problems, the chickpea (known as *Lathyrus Sativus*) can both prevent and cure polio. (*In Marbella, Spain I was almost thrown out of the house for mentioning to the dinner hostess that chickpea can cure polio—50% cured in an Argentinean epidemic of the 50's. This was too outrageous for her to believe. I told her she could verify this on the internet, but this reasonable reply did not penetrate the heavy emotional cloud in which she had wrapped herself. I must say that I have observed similar reactions on explaining homeopathy to people who subscribe to the orthodox dogmas of currently practiced medicine and science, with an at times touching and child-like faith.*)

Animal Remedies

Animal remedies are obtained from all types of animals, insects and living organisms may become sources of remedies. This includes spiders, dogs, eagles, whales, tigers, frogs, snakes and many more.

New provings are being made continually. Remedies are mostly derived from animal secretions, but whole insects are often used, such as the honey bee.

For example, a remedy made from the ink of cuttlefish called *Sepia* is a powerful remedy for hormonal problems. (Women who have taken contraceptive pills for quite some time or have had reactions to them should take a single dose of *Sepia* 200C to clear up

any harmful effects of such pills.) The remedy *Apis* can prevent anaphylactic shock after a bee sting in those who are allergic to bee poison. Such people should have *Apis* 200C pills with them at all times.

Nosodes (from the Greek *nosonos* which means disease) are prepared from disease products of animals, such as *Lyssinum* from the saliva of rabid dog. It is used to cure rabies and effects of animal bites. Take 200C immediately after a dog bite.

Remedies called sarcodes (*sark* means flesh in Greek) are prepared from the secretions or tissues of healthy organisms. Examples are: the remedies *Insulinum* made from animal pancreatic cells and *Thyroidinum* made from animal thyroid glands.

Insulinum has been used to cure skin problems, *Thyroidinum* to regulate metabolism.

Human Remedies

Human nosodes are prepared from disease products such as cancer cells, smallpox pustules and gonorrheal secretions, bacteria such as those found in human intestines, and viruses such as the syphilis and influenza viruses.

These remedies are quite powerful and are often used to eradicate predispositions inherited from ancestors who had cancer, gonorrhea, syphilis, etc. Prospective parents should consider having their inherited predispositions checked with a homeopath and taking the appropriate remedy to avoid passing such predispositions on to their children.

Influenzinum, made of the influenza virus, is widely used to prevent the flu.

Ethereal Remedies

Ethereal remedies are made by exposing a substance to magnetic and electric fields, laser rays, X-rays, moon rays, and various colors of light. The substance, typically milk sugar, is then used to prepare a homeopathic remedy.

For example, the remedy *X-ray* has been used to cure chronic fatigue and low vitality.

Sleepwalking and epilepsy have been cured with the remedy *Luna*.

Bach Flower Remedies

Dr. Edward Bach (1886 - 1936) was an English physician and homeopath with a successful practice on Harley Street, who developed the 38 Bach flower remedies for the treatment of human illness. His view on disease is expressed below in an excerpt taken from his treatise *Heal Thyself*.

"Disease will never be cured or eradicated by present materialistic methods, for the simple reason that disease in its origin is not material . . . Disease is in essence the result of conflict between the Soul and Mind and will never be eradicated except by spiritual and mental effort."

Diagnosis and treatment is simple and can be carried out by anyone capable of accurately perceiving *emotional states* in others. The remedies are subdivided into seven headings:

1. For fear (5 remedies)
2. For uncertainty (6 remedies)
3. For insufficient interest in present circumstances (7 remedies)
4. For loneliness (3 remedies)
5. For oversensitivity to influences and ideas (4 remedies)
6. For despondency or despair (8 remedies)
7. For excessive care for the welfare of others (5 remedies)

To select the appropriate remedy for your patients, see the [*Bach Flower remedy table*](#) in the Appendix of this book.

During his work as a physician, Dr. Bach noticed that people could be classified according to their basic emotional nature. He also observed that people would become ill when they did not adhere to their soul's purpose in life, which he considered quite important. Dr. Bach began treating patients with some flower essences he had prepared and found they gave good results.

At the age of 43, Dr. Bach left his successful practice and went off into the Welsh countryside in search of a new healing technique. During spring and summer he would find flowers which, by means of his psychic perception, he felt could cure a certain emotional state, and subsequently develop flower essences from the morning dew on such flowers. In winter he would write and treat patients without charge.

After continuing his search for flower remedies on the Norfolk coast, Dr. Bach completed his work in Mount Vernon, Oxfordshire, where his home is still used today to promote his work. He passed on at the age of 50, leaving a complete new form of therapy behind.

Peter Chappel's (PC) Remedies

As mentioned above under aids treatment, Peter Chappell is an English homeopath and inventor with over thirty years extensive experience in the practice and teaching of homeopathy. He has developed a method of making homeopathy-like remedies he calls *resonance healing* remedies. For further information, see www.vitalremedies.com.

Homeopathic remedy potencies

Hahnemann experimented with more and more dilute doses of his remedies to avoid aggravation of symptoms by toxic substances, and discovered that the remedies would work in very small doses. But with dilution, of course, the effect of the remedies was reduced. Surprisingly, he found that remedies used in house visits were more effective. He deduced that the shaking effect of riding in a carriage, or on horseback added a force to the remedies which made them more effective.

This led to the process of potentization, which is a sequence of dilutions accompanied by the administration of force (*dynamization*) in the form of either violent agitation (called *sucussion*) or grinding (called *trituration*).

Potentization is a process by which potencies are created from a mother tincture of a substance that is to be made into a remedy. Mother tincture is a sample (such as a drop of plant juice) of the remedy substance kept in a water-alcohol solution.

Hahnemann created the C potency scale and used potencies up to 30C.

At the end of his life while living in Paris, he also created the Q (Quinquaginta-millessimal. Quinquaginta = 50, millessimal = 1000, so quinquaginta-millessimal = 50,000). The Q potencies are often called LM potencies, although LM in Roman numerals is not 50 times 1000, but rather 950.

There is a slight difference in the way Q and LM potencies are prepared, but in practice this is not considered important by most homeopaths.

Potency scale potencies are identified by numbers such as 30C.

The names of the potency scales are as follows:

- The **C** or Centesimal Scale – dilutions of 1:100
- The **D** (also called **X**) or Decimal Scale – dilutions of 1:10
- The **Q** (usually called **LM**) or Fifty Millesimal Scale – dilutions of 1:50000

The Centesimal Scale

The C-scale remedies are the ones mostly used by homeopaths. They act strongly on the emotional and mental levels, but also on the physical level. In the treatment of chronic illness it is usual to give only one pill **once**, and wait a month to gauge results.

This is the difficult part for many people new to homeopathy to believe. Some even are offended after completing a two hour initial consultation with a classical homeopath and at the end are only given one tiny pill to take there and then and told to return for a follow-up consultation a month later. But what can I say? It works!! (As an aside to smug placeboists, it also works on babies and animals...Go figure.)

Remedies in this scale are prepared as follows:

1. A clean bottle is taken and fitted with a new cork.
2. The name of the remedy with the potency to be made is written on the cork and the bottle, the first potency being 1C.
3. The cork is removed.
4. One drop of the previous potency of the remedy is placed in the bottle (for making 1C, a drop of mother tincture is used).
5. Ninety-nine drops of a water-alcohol solution are poured into the bottle.
6. The bottle is corked lightly and held in the right hand with the thumb on the cork.
7. The hand with bottle is then struck forcefully against the palm of the other hand (or a thick book) 10 times.

The first time this is done, using mother tincture, a potency of 1C of the remedy is produced. To prepare 2C, one drop of the 1C is used in step 4 above instead of the mother tincture.

Thus, steps 1 to 7 are carried out for each succeeding potency, using one drop of the previous potency.

When the desired potency is reached, the bottle with the remedy is stored in a dark place. To prepare pills for use, a drop from the remedy bottle is dripped on a certain number of pills, depending on their size, and absorbed by them. Such pills are then given to patients to dissolve on the tongue.

Standard potencies on the C scale made by manufacturers are: 3C, 6C, 12C, 30C, 200C, 1000C (called 1M), 10M, 50M, CM, and MM, the latter being 1 million C. Certain pharmacies, such as Helios in England, will tailor-make potencies to any value desired, such as 250C, etc.

Hahnemann discovered how to make substances insoluble in alcohol, such as gold and sand, into remedies. This process is called *trituration*. The method is to place a small amount of, say gold, in a mortar containing a specified amount of milk sugar.

This mixture is then ground for half an hour with a pestle and the result is considered as 1C. A part of this 1C powder is then placed in a new mortar containing fresh milk sugar, and the procedure is repeated up to 3C.

To make 4C, a small part of the remedy powder is dissolved in 99 drops of water-alcohol mixture as indicated in steps 1-7 above, succussed twice, and the remaining potencies are made using the procedure for liquids.

Thus, any substance can be made into a homeopathic remedy and then proven (tested) on healthy people to obtain a picture of its latent and hidden curative powers. Many

insoluble elements have been proven in this way and new cures for the diseases of man added to the *Materia Medica* of homeopathy.

This scale is divided into low, medium and high potencies, the low ones being 30C or less, the medium potency being 200C and high potencies being 1M or greater.

In general practice, it has been found that lower potencies affect the physical level, medium the emotional and high potencies the mental and spiritual levels. The medium and high potency remedies are not taken very often, usually one each month, or less frequently.

The Decimal Scale

The decimal scale is very similar to the centesimal, the main difference being that instead of 99 drops of water-alcohol solution, only 9 drops are used. Decimal scale remedies have a more physical effect than the C-scale remedies, and are mostly used in low potencies.

The standard potencies available for the D scale are as follows: 1D, 2D, 3D, 6D and 12D. These are much lower than the potencies of the C scale.

It should be noted that this scale is also written as 1X, 2X, 3X, 6X and 12X.

This low-potency decimal scale is mostly used to treat symptoms on the physical level.

The remedy is taken more often, usually each day.

The Fifty Millesimal Scale

The procedure here is somewhat different from that in the centesimal and decimal scales. Here a dilution of 1:50,000 is used at each potency, using a 3C sample of the remedy as the starting point.

The LM (or Q) remedies are very deep acting and have the advantage of curing with very little aggravation of symptoms. They are taken more often, usually every day for some months.

The LM scale runs as follows: LM1, LM2, LM3, ..., LM30.

These are the main methods of preparing homeopathic remedies. Other methods exist, some varying considerably from the above.

To indicate this, pharmacies append a letter to the potency designation, such as 30CH or 30CK, where in this case H stands for the Hahnemannian method described above and K for the Korsakovian method (in which only one bottle is used during the entire preparation).

Obviously 30CH is the same as 30C, and 30CK is considered slightly weaker than 30C.

The Argentinean KSM scale

The Argentinean pharmacy Godoy, located in Buenos Aires produces potencies they call the KSM scale. These are made in the same way as the C potencies, the only difference being that the number of succussions used is 1000—by hand. Hahnemann said a remedy should be succussed by hand, in each case by one person.

My experience with these remedies is that they are very powerful.

These potencies range from KSM 6 to 30. You will find the address of this pharmacy at the end of this book.

How to take homeopathic remedies

Precautions on taking a homeopathic remedy

Prior to ingesting a homeopathic remedy there should be no aftertaste in your mouth as this can antidote the remedy. Fifteen minutes to half an hour before or after eating, drinking, brushing teeth, or smoking is a suitable time.

Remedies should not be taken in a room with odors such as from burning incense.

Therefore, when taking a remedy a patient should not be wearing any fragrant lipstick, perfume or fragrant oil.

Remember that there should be an interval of at least 15 minutes before and after taking a remedy during which nothing but water is ingested.

It is useful to note down your reactions to a remedy. This applies both to mental, emotional and physical reactions either for better or worse.

Such reactions will be very valuable to your homeopath for determining your treatment.

How to take pills and powders

Pills and powders are taken on or under the tongue, and dissolved as if they were candy. No water is taken with pills or powders.

You should avoid touching the remedy as this can destroy it. If you are taking pills from a small flask or container, place a pill in the cap and let it drop onto the tongue.

If you are taking pills from a flask or other container and you see that there are none left, you can take a sniff, which will almost be equivalent to taking a pill.

If you have some unmedicated pills (you can buy such pills, called *sac lac*, from a homeopathic supplier), you can place some in the empty remedy container and they will absorb the energy of the remedy which the container is imbued with. That way you will have the remedy available in a pinch while you await delivery of a new supply of the remedy.

By the way, once you have used a container, such as a flask, for a remedy you will have to keep it for that remedy as placing another remedy in the flask after it is empty will cause unpredictable effects, possibly destroying the effect of the new remedy, and in any case resulting in a mixed remedy with unproven effects.

To remove the vibration of a homeopathic remedy from a flask it needs to be boiled for about one and a half hours. Then you can reuse the remedy flask with another remedy.

How to take liquid remedies

Liquid remedies are dripped onto the tongue via a dropper or teaspoon. The usual precautions regarding odors and absence of taste on the tongue given above apply.



How to apply creams

There are creams made of such remedies as *Arnica*, *Calendula* and *Hypericum* for external application on the skin. (*Don't apply Arnica cream to open sores as it may cause infection.*) These are applied as you would a normal cream.

If you don't have the cream you need, but have the homeopathic remedy concerned in some form, you can dissolve pills or powders in water and apply the resulting liquid directly to the skin, or by using a cloth or other medium wetted with the solution.

Taking LM (Q) potencies (chronic patients)

Each time you take the LM remedy, remember to strike a book with the flask in your hand 10 times before you take it.

1. The first day, drip one drop of the remedy on your tongue. (If one drop seems too strong, you can drip it into a glass of water and take a sip.)
2. If there is no reaction the first day, take two drops the next day.
3. If nothing happens the next day, take four drops (double the previous dose).
4. Continue doubling day by day until you notice a reaction.
5. When you notice a reaction, **stop taking the remedy until the reaction has subsided.**
6. Thereafter continue with half of the reaction dose as maintenance dosage. (If the reaction dose was 16 drops, continue with 8 drops.)
7. Mark the flask each time you take the LM remedy. After marking the bottle 10 times, the remedy will be "used up." You will need the next LM (Q) potency. Contact your homeopath again.

The remedy should be stored away from sunlight, odors, magnetic fields and high temperatures.

Pills are melted on the tongue. Liquids remedies are dripped on the tongue.

If no change is noted within an hour or less, the remedy is probably incorrect and another should be tried.

If a change is noted for better or worse, wait until the change has passed. If you feel better, don't take any more until you have a relapse. If no total change is noted, try another remedy.

Taking Bach Flower remedies

Bach Flower remedies are delivered in 10 ml stock bottles, which are inexpensive and easily procured in the Western world. You can check the internet for your nearest supplier, or any of the pharmacies listed in the back of this book.



A convenient way to take Bach Flower remedies is to use a 30 ml dropper bottle as a dispenser to which you add 20% brandy (cognac or whisky) as a preservative, two drops from each stock bottle you are using, and then top up with mineral water.

In contradistinction to classical homeopathy, Bach Flower remedies can be mixed. You could add as many as five remedies to a 30 ml dispenser bottle.

From the dropper bottle the patient then drips about 5 drops on the tongue at least four times per day. This can go on for months, depending on the patient. Usually the patient will know when it is time to stop taking the remedy.

For rapid use, you can add two drops of a stock bottle to any liquid, such as fruit juice, water or any other beverage and then take sips from the liquid container as needed.

My experience is that Bach Flower remedies are great for kids and adolescents, where strong homeopathic remedies may not be needed. With adult patients, I prefer to tackle severe mental, emotional physical conditions with homeopathic remedies first, but this is not a fast rule. Then follow up with Bach Flower remedies for long-term stability.

Bach Flower remedies are also used successfully on pets and animals in general, and also on plants.

This is my opinion, so the experience of others can differ widely. A friend of mine, an Argentinean psychiatrist and homeopath told me he used these remedies with great success on psychiatric patients while he was head of a sanatorium in Argentina. He wrote a book in Spanish about his experiences.

A table [summary of Bach Flower remedies](#) is given in the back of this book under Remedy Kits.

Taking Peter Chappell's liquid PC acute remedies

- Strike the bottle vigorously in your hand on a hard wooden surface 5 times to activate and then immediately put 5 drops into a teaspoon and then into the mouth.
- The remedy is kept in the mouth, under the tongue, for at least 5 seconds before swallowing.
- The patient should not eat or drink 15 minutes just before and after taking the remedy.

- The remedy should be kept indoors in a cool place, such as a refrigerator, away from extreme heat and direct sunlight.

Burn, acute injury, trauma, infectious illness, shock etc.

Repeat hourly, or more frequently or as the patient needs it. In flu-like acute illnesses, in acute shock trauma, the remedy should be taken every 5 to 15 minutes. Ease off as the patient gets better.

Repeat the acute remedy more time seems needed for full recovery. Give a few doses after recovery to be sure.

Taking Peter Chappell's MP3 remedies

In an **acute illness or urgent problem**, listen continuously to a Peter Chappell MP3 remedy until relief is felt, and then listen every 15 minutes and slowly phase it out until the patient is better. The problem could be a toothache or a sudden shock.

When it seems to be working, use it less often as the patient gets better.

In a **simple long-term problem** like falling hair or an ongoing disease like arthritis, listen once a day. If once a day does not seem to be enough, then more often. For example, if the pain vanishes for a few hours in arthritis, repeat as needed.

With a long-term problem that the patient has had for many years, he or she should listen once daily and evaluate every few days. Providing it is slowly improving, just continue. It might get better very quickly in which case the remedy should be stopped and repeated later, if necessary.

After a month, there should be signs of improvement. If so, the remedy is continued until the patient is completely improved. If improvement levels off at some point perhaps complementary therapy is needed for further progress. This could be engaging a homeopath, acupuncturist, natural health specialist, craniosacral therapist, reflexologist, or a regular exercise program such as yoga, or simply more exercise.

With a **long-term trauma**, listening once a day may be enough. Repeat until it is resolved, a month should be the maximum. If the trauma is causing disturbing dreams, stop when they cease to appear.

A patient may stop and start listening again whenever desired. One cannot become immune or resistant to these resonances, so there is no problem if one forgets to take it or a break is taken. The resonances are not addictive.

The music is not the healing remedy, it only carries it. The music alerts the patient when to listen. However poor the quality of the music reproduction, the resonance can still work fine.

These resonances are like specific tonics to facilitate self healing. This is not the same as medical treatment and it is not a medical treatment as normally understood.

How to choose the potency of a homeopathic remedy

Basically, any potency will have an effect. In acute situations, whatever you have available will serve. In general the higher potencies (from 200C and upwards) tend to act longer, more powerfully and more deeply.

With a severe injury, such as an accident, higher potencies are better.

Here are some guidelines you can follow in choosing a potency:

1. If the case is clear, 200C or higher can be used.
2. If the patient is an older person with a weak vital force, take care in prescribing potencies higher than 30C, although 200C or more may be useful.
3. If the case is not clear, but there is no deep pathology, use a low potency, 30C or less.
4. If the case is unclear and there is physical pathology, use 12C and less.
5. While a patient is getting better, a remedy should not be repeated. **This is very important as repeating may block any further progress.**
6. If the patient was getting better with a remedy and then relapses, repeat the remedy, possibly in a higher potency. The patient should now remain better for a longer period than after the first time. If not, look for a better remedy.

Remember that high potencies (200C and above) act on deeper levels while low potencies (30C and below) act more on the physical level.

These are not fixed rules, just guidelines, as potency is an issue that has not been fully resolved yet.

It has been found by experience that there might be a potency simillimum—such as 10M, or 12.5M—for any given situation. This is something to keep in mind.

General procedure for treating an acute illness

Pills

1. The general procedure for treating an acute illness is to give the patient the most indicated remedy and potency (usually 30C or 200C) once to dissolve on or under the tongue, making sure that the pill is not touched by anyone.
(Take care not to expose the pills to any strong smells such as perfume in the room or incense as this can destroy the subtle energy contained in the pill.)
2. Wait an hour or so to see if there is an improvement (remember that an initial aggravation is considered an improvement so long as it is followed by an amelioration and more energy).
(This is a delicate point where many beginning homeopaths fail, giving in to the wails, pleadings,

accusations and threats from the patient—especially from relatives or loved ones—and prescribe another remedy instead of giving the aggravation time to subside, followed by great improvement in the patient. Don't be a wimp, stand your ground.)

3. If there is little or no result, look for another remedy that fits the **causation** and the symptom picture—especially strange or very prominent symptoms—returning to step 1 above. Otherwise continue with the next step.
4. If there is improvement, let it run until any tendency to relapse appears.
5. If there is a relapse, repeat the same remedy in the same potency (preferred) or a higher potency. Continue with step 2 above.
6. If the initial symptoms are gone and your patient feels better, but now there are new symptoms, look for a remedy that fits the new picture and continue from point 1 above, otherwise allow the patient improve until well again.

Liquid remedies

Follow the same procedure as for *Pills* above, but using drops from the remedy bottle instead of pills.

Plussing

The following method called *plussing* is often used:

1. Dissolve one or two pills of the selected remedy in water in a glass or plastic cup and leave it near the patient.
(Use a glass that will not be used by others for drinking purposes as the remedy vibration will remain in the glass itself, so that every person who drinks from the glass in the future will be getting a dose of the remedy. This is why a disposable plastic cup is preferable.)
2. Stir the liquid remedy a few times with a spoon or other implement (this is called plussing the remedy as it raises the potency a bit).
3. Tell the patient to stir the glass a few times each time before taking a teaspoon of the remedy. It should be taken at a given interval (such as every 15 min, half hour or hour, depending on the intensity of the illness) for an hour or two, but the patient should stop if there is a reaction for better or worse, and wait until the reaction fades away.
4. Follow the instructions in the steps given under *Pills* above.

After having treated a few patients you will get the hang of it. Some patients need more remedy repetition, some less.

How to repeat homeopathic remedies

In repeating a homeopathic remedy, the indications given below are general and should be adapted to the individual case.

There is often an aggravation after giving a remedy. This usually shows that it is working. The rule is to wait until the aggravation has faded away. Then if the patient feels better afterwards and appears to have more energy, the remedy is correct and you can continue to use it until the patient is well.

Otherwise, if the patient feels worse and has less energy, you should find another more suitable remedy.

Acute Cases

Repetition in acute cases depends on the severity and type of trauma. If the trauma is severe, then high potencies can be repeated as often as every 10 minutes or less, for example in cases of giving Arnica for severe trauma due to an automobile accident.

In acute cases of medium intensity, such as an oncoming flu, the interval between repetitions is normally a few hours.

Repetition should be governed by changes observed within a short time. On seeing improvement you can continue with the same remedy, but only after improvement slows down or relapses. If there is no improvement after a few repetitions you should consider changing remedies.

If you find the right remedy for an acute case, you can expect very rapid results, within seconds or minutes, but certainly at most within a few hours. If there is no rapid improvement, change the remedy.

Chronic Cases

As you will not be treating chronic cases, the following is given as information to compare with the acute situation.

In chronic cases, pills in potencies of 200C and above are most often given **just once**. The general rule here is to wait one month before checking what the remedy has accomplished before repeating it or prescribing another.

At times low potencies may be given more frequently, such as 30C once or twice a week, or 12C or lower daily. This is especially applicable to patients such as the elderly who have a weak vital force.

LM remedies are usually taken daily and plussed (solution stirred or flask struck against a book to slightly raise the potency) each time.

Whether you are dealing with an acute or chronic case, in all situations you must wait with repeating a remedy after a change (aggravation or improvement) has occurred in the patient. This will give the vital force time to respond to the remedy and deal with the illness.

How to store homeopathic remedies

Homeopathic remedies should be stored in a dark place away from magnetic and electric fields and strong odors.

Strong sunlight can neutralize remedies. As remedies often come in amber-colored bottles, this problem is reduced, but it is a good idea to keep them in a dark place anyway.

Placing remedies on top of a loudspeaker or near a PC or any other electrical device can neutralize them. A distance of one meter from electrical devices should be quite sufficient to leave them unaffected.

If these instructions are followed, remedies will keep forever. Nevertheless, pharmacies print expiry dates on homeopathic remedies. This is a foolish practice and is to be ignored. It is a result of having to comply with legislation regarding normal medicines, the effects of which are based on chemicals that deteriorate.

This is not the case with homeopathic remedies as there are no chemicals in them, only energy and information for the vital force.

Homeopathic remedy pills found in an old house that were judged to be about 200 years old worked just fine.

It should be noted that remedies exposed to airport X-ray security check equipment when you are travelling will lose about 1% of their strength each time.

The recently invented unhealthy practice of using invasive full-body scanners at airports and other locations should be avoided by humans and remedies at all cost as the radiation emitted may cause cancer in the former and neutralize the latter.

Antidoting of homeopathic remedies

The natural healing process that remedies stimulate will proceed without interruption despite many obstacles, but this depends on the susceptibility and amount of vital force of the patient.

However, after a remedy has been taken it may be antidoted and cease to work.

The following are a number of possible causes of antidoting:

1. **Caffeine.** Especially in coffee (tea, chocolate, cocoa are less of a problem). Coffee can antidote a remedy, however this depends on the vital force and sensitivity to caffeine of the patient and how well the remedy fits the problem being treated, so should be judged individually.
2. **Camphor and menthol.** Camphor and menthol are often an ingredient in muscle sprain ointments (e.g. Vicks, Vapor Rub, Tiger Balm), stimulating oils and inhalants, lip balms, lipstick, cough and throat lozenges. Patients should be asked to read the labels

of such items and refrain from using products with camphor and menthol during treatment.

3. **Pharmaceutical medication.** Any medications, such as antibiotics, that are used to treat local symptoms and suppress the body's natural defense reactions should be avoided. Steroid hormones such as cortisone taken orally or used on skin rashes are prime examples of this. Antibiotics are valuable in life-threatening situations, but should not be prescribed routinely for trivial reasons, as is often done by doctors.
4. **Dental work.** Dental drilling and filling, with or without, anesthetics, often antidotes a remedy. However, in chronic cases the process stimulated by the remedy may start working again by itself after a couple of weeks. Teeth cleaning and routine checks are not a problem so long as no chemicals are used.
5. **Therapeutic antidoting.** This becomes necessary if a hypersensitive patient reacts too strongly to a homeopathic remedy. Specific antidotes for remedies are listed in *materia medica* such as Clarke's or Murphy's. Otherwise inhalation of camphor or application of a camphor ointment, drinking strong coffee or ingesting products with menthol may be resorted to.
6. **Airport full-body scanners.** These should be avoided as they emit far higher radiation levels than stated by the manufacturer—who will not allow independent scientists to check the devices. Such scanners can give you cancer (many doctors have already refused exposure to such scanners for this very reason), and are certain to harm remedies passed through them.

If a remedy is antidoted, the same potency is given again.

Recycling of used remedy bottles

To reuse a remedy bottle for another remedy, it must be exposed to 150 degrees Celsius for about an hour. For convenience, accumulate a number of such bottles for heating in an oven.

Bottles can also be boiled for an hour and a half.

Remember that if you use a normal kitchen glass in which to dissolve a remedy, the glass will thereafter give a dose of the remedy to anyone who drinks from it until the glass has been subjected to high temperature as noted above.

The vibrations of homeopathic remedies are quite powerful, affecting any container they are placed in.

CHAPTER 2 - TREATING PETS AND OTHER ANIMALS

“Animals are our younger brothers.”
Ancient wisdom

Typical problems of domestic pets include: injuries, wounds, bites, fear, jealousy, sadness, fright, colds, and flu.

Both dogs and cats suffer from injuries and wounds, at times from shock and often from bites and stings, as well as eye, ear, gum and teeth problems. They are also afflicted by anxiety, fear and aggression and can suffer from diarrhea and constipation.

Other pets can also be treated with homeopathic remedies, including birds, hamsters, rabbits, snakes, etc.

For the treatment of cattle and horses there exists extensive experience accumulated since the dawn of homeopathy.

The procedure is similar to the one given in *Pills* above, but the method of administration is slightly different.

It is necessary to keep your animal patient without food or drink (except water) at least 15 minutes (preferably 30 minutes) before and after administering a remedy.

I have included some book references in the appendix for those who wish to learn more about the interesting subject of veterinary homeopathy.

Dogs

Administering remedies to dogs

There are several methods for administering remedies to dogs:

1. Tipping the tablet directly on to the tongue. A single (vet) dose granule preparation can be used as an alternative.
(Ensure that the dog has not eaten, or drunk anything besides water, within at least 15 minutes before administering the pill and does not eat for at least 15 minutes after. This also applies to the steps below.)
2. Liquid remedies administered directly to the inside of the lower lip.
3. Liquid or solid form remedies added to the dog's drinking bowl.
(Let the drinking bowl remain as it is for a while, even the entire day, to make sure the remedy has been ingested.)
4. Use of a plastic syringe to inject the remedy dissolved in water onto the tongue.
(The plastic syringe should only be used for the same remedy (any potency) as the vibration of the remedy will remain in it permanently.)

How to treat dogs

When treating a dog give a sufficient number of doses of the remedy chosen until the dog reacts. If there is a relapse, consider the procedure given under [Pills](#) above. After a while you will become familiar with how this works for your dog and other dogs you may treat. You'll get the hang of it.

You should know that homeopathy is extremely useful in treatment of animal behavioral disorders. This applies to states of aggression, anxiety, fear, jealousy, grief, nervousness, suspicion, and the emotional and mental effects of abuse. You will find more information regarding this subject in the vet books listed in the bibliography.

For specific fears, such as of cars after being struck by one, the homeopathic remedy Aconite (1M or 200C) has proven extremely useful. Give one dose, possibly repeating once or twice. This remedy can also apply to humans who are afraid of dogs. If it does not work on the human, the condition may require a nosode administered by a professional homeopath.

Prevention

You should also be aware of the existence of [nosodes](#) for the prevention and treatment of epidemic type illnesses in dogs, such as parvovirus disease (affects gastrointestinal tract, mostly in puppies), distemper (a virus that suppresses the immune system), leptospirosis (bacterium that affects the liver and spleen), hepatitis, tetanus and kennel cough (inflammation of upper respiratory system, with cough).

Give the nosode (30C or 200C) once a week while the danger persists. If a dog is afflicted with the corresponding disease give the nosode more often, such as once a day, but no longer than a week.

A general guide for prevention in puppies (homeopathic immunization) is to give the nosode (200C or 1M) twice daily for a few days followed by monthly doses for up to six months of age, and then repeating the nosode during one day every six months.

For prevention, you could also employ the triple dose method used by Isaac Golden in the homeopathic immunization of people, where 200C, 1M and 10M are given on one day approximately six hours apart. You may have to order these potencies from a pharmacy as often only 30C is sold.

You can also use the corresponding nosode (30C or 200C) to treat dogs who have been affected permanently earlier in their life by one of these diseases. It will clean them up, so to speak, of the ill effects. If some other disease appears, homeopathic pharmacies will make a nosode for you. Helios in the UK is very good at this and delivers rapidly.

The homeopathic remedy *Thuja* 200C is an excellent clearing agent for ill effects in dogs, or any animal including humans, after vaccinations, whether the damage occurred

years ago or yesterday. In fact, it is a good idea to give it after any vaccination, as future illnesses in the dog will most likely not be attributed to the vaccination.

Treatment examples

Case 1

A six year old Labrador suffered each Monday from itching. This had been going on for two years. The homeopath thought that the symptoms indicated the remedy Sulphur but the oddity of the situation led to further questioning of the owner. It turned out that he always mowed the lawn on Sundays and the dog would sit on the freshly mown grass. A homeopathic remedy was prepared from the mown grass (see [How to make homeopathic remedies for special purposes](#) to learn how this is done), and given to the dog on a Sunday. After this the dog had no further problems.

Case 2

A six and a half year old male Gordon Setter with a nervous disposition had developed epileptic fits over a period of some months. It was noticed that these fits usually occurred when a member of the family was away. The homeopath prescribed Ignatia 30C twice a day for a week. Two months later no epileptic fits had occurred, but the dog was often seen biting his feet, apparently an old habit. Ignatia 200C was prescribed, later followed by Ignatia 10M, and no epileptic fits occurred again.

Case 3

A two-year old Collie cow dog who had lost its sight was brought to a homeopathic veterinarian. The owner related this problem to a head injury the Collie had received about a year before. He said the dog's vision had gradually deteriorated ever since and lamented the loss of a working dog. The Collie was sent to an eye specialist who found no visual defect. The remedy Arnica 200C was prescribed once weekly. After one month the dog was back at work and no relapse occurred since.

Cats

Administering remedies to cats

In administering remedies to cats, follow the same procedures as for dogs above. However, it may be difficult to open the mouth of cats, or it may be a wild cat (feral), in which case adding the remedy to the water bowl is the most convenient. Otherwise you can wind up with bites and scratches to treat on yourself (use *Ledum* for bites followed by *Calendula* cream, and the latter for scratches).

How to treat cats

The instructions given for dogs apply to treating cats. Repeat the remedy until you obtain a response.

The treatment of emotional states also applies to cats. The homeopathic remedy *Hyoscyamus* (1M or 200C) is especially useful in treating jealous reactions to new animals introduced into a cat's environment. For cats and wild cats in a state of terror, *Stramonium* (1M or 200C) has proven extremely useful. Give it once, possibly repeating once. If it does not work, another homeopathic remedy should be found.

Prevention

You should also be aware of the existence of [nosodes](#) for the prevention and treatment of epidemic type illnesses in cats, such as feline enteritis, cat flu, feline infectious anemia, feline infectious peritonitis, feline leukemia, and salmanellosis.

Give the corresponding nosode (30C or 200C) once a week while the danger persists. If a cat is afflicted with the disease give the nosode more often, such as once a day, but no longer than a week.

A general guide for prevention in kittens (homeopathic immunization) is to give the nosode (200C or 1M) twice daily for a few days followed by monthly doses for up to six months of age, and then by repeating the nosode during one day every six months.

For prevention, you could also give the triple dose method used by Isaac Golden in the homeopathic immunization of people, where 200C, 1M and 10M (or 3 times 1M) are given on one day, approximately six hours apart. You may have to order these potencies from a pharmacy as often only 30C is sold.

You can also use the corresponding nosode (30C or 200C) to treat cats who have been affected permanently earlier in their life by one of these diseases. It will clean them up, so to speak, of the ill effects. If some other disease appears, homeopathic pharmacies will make a nosode for you. Helios in the UK is very good at this and delivers rapidly.

The homeopathic remedy *Thuja* 200C is an excellent clearing agent for ill effects in cats, or any animal, that have appeared after vaccination, whether the damage occurred years ago or yesterday. In fact, it is a good idea to give it after any vaccination, as future illnesses in the cat will most likely not be attributed to the vaccination. (For example, multiple sclerosis (MS) in humans has been connected to the smallpox vaccine, but MS only appears about 15 years after the vaccination, and would thus normally be attributed to the winds of fate.)

Treatment examples

Case 1

A cat suffered a car accident some months before being brought to a homeopath. According to the owner the cat had changed character after the incident with the car. The cat was originally calm and reassured, now he was very depressed, avoiding company and no longer jumping up on furniture. Previously the cat enjoyed being stroked, but now he would lash out when stroked. On damp days he had developed asthmatic breathing on

cold, damp days. The cat was prescribed Hypericum 200C once a week, which brought the cat back to his normal state after a month.

Case 2

An eighteen month old female cat was brought in emergency to a homeopathic vet after a road accident. The cat was collapsed and breathing poorly, was pale with legs apparently paralyzed. The pelvis seemed broken. Instead of putting her down, the cat was given Arnica 30C every 15 minutes. In a few hours the cat was making good efforts to walk. X-rays showed a dislocated hip and multiple fractures of the pelvis. The cat was strong enough for anesthesia and the hip was replaced. After three weeks of cage rest and the occasional Arnica 30C it was fully recovered.

Case 3

An eight year old male neutered cat had received a bite on its right foot. The infection had travelled up the leg to the elbow and the cat was very sick with a temperature and much pain. The cat was given Hepar Sulphuris 30C four times a day and after two days it was fit again with a slightly sore leg. All symptoms were gone by the end of the week.

Horses

Ways of administering remedies to horses

1. In administering remedies to horses, drop the necessary quantity in a small amount of flour and place it on the horse's tongue with a plastic spatula. This also applies to cattle and other farm animals.
2. Mix the remedy with a tablespoon of cold water and pour it into the horse's mouth from a new vial.
3. Mix the remedy with a tablespoon of cold water and spray it into the horse's mouth with a plastic syringe.

How to treat horses

When treating a horse give a sufficient number of doses of the selected remedy until the horse reacts. If there is a relapse, consider the procedure given under [Pills](#) above. After a while you will become familiar with how this works.

When using low potency remedies (6C or 12C; D potencies can also be used) repeat the dose as follows:

1. In intense acute diseases six drops every 5, 10, 15 or 20 minutes.
2. In less intense acute diseases six drops every 2, 4, 6 or 8 hours.
3. In more chronic diseases six drops once a day.

In acute diseases no food should be given until the horse has improved, after which food is given sparingly. The most suitable foods are bran (dry or wet), oats (raw and crushed or whole and boiled, possibly mixed with bran), hay (sweet and free from dust), carrots (raw in small pieces), Swede turnips (raw in small pieces); and grazing food, either grass or clover.

Cold soft water kept close to the horse is given to drink and renewed several times a day.

Keep the horse separated from other animals in a clean, well-lighted and ventilated warm area.

Prevention

You should also be aware of the existence of *nosodes* for the prevention and treatment of illnesses in horses, such as mallenders (leg dermatitis), strangles (upper respiratory tract infection), sweet itch (skin sores caused by bites of the *Culicoides midge*).

Give the nosode (30C or 200C) once a week while the danger persists. If a horse is afflicted with the corresponding disease give the nosode more often, such as once a day, but no longer than a week.

Treatment examples

Case 1

A 20 year old Shetland pony was suffering from arthritis that could not be controlled with pain-relieving drugs. The arthritis was worse on cold, damp days and when the pony was on hard ground. The horse appeared better for some exercise, but would suffer the next day. The remedy Rhus tox 1M given every third day made it possible for the pony to lead an almost normal life.

Case 2

A Connemara cross mare suffered from recurring sweet-itch (skin allergy caused by the bites of midges). The remedy Arsenicum Album was used with some success, but did not cure the condition. An unusual symptom was that the complaint was worse by the sea. Another was that the front of the shoulders was affected. The remedy Natrum Arsenicum, which has both of these unusual symptoms listed in the Materia Medica, cured the condition permanently. (Coming across unusual or prominent symptoms can be extremely useful in finding the correct remedy. The famous homeopath James Tyler Kent said that the ability to discover such symptoms marked the difference between a highly successful and a mediocre homeopath.)

Case 3

A horse, who was kept in a cold, badly ventilated stable with insufficient light, was suffering from acute eye inflammation. On being led from the stable the horse had partially closed

eyelids. The tearful eyes were swollen and inflamed on the inside and the whites of the eyes injected with blood. The horse was given six drops of Aconite 6C every three hours and the condition was greatly improved the next day.

Treatment of other animals

Similar procedures and methods as given above can be applied to any other animals, such as cattle, sheep, pigs, fowl, etc.

Considerable literature exists on these subjects, some of which is included in the *Bibliography* at the back of the book.

CHAPTER 3 - TREATMENT WITH BASIC ACUTE REMEDIES

"Before everything else, getting ready is the secret of success."

Henry Ford

(In homeopathy the symbol '<' means 'worse (from)', the symbol '>' means 'better (from)'. The symbol '=' means 'causes'.)

Here follows a table of thirty-five basic acute remedies with their main indications:

Remedy name	Main uses
Aconite	Fear of some specific thing, such as dogs; repeat of a previous trauma.
Allium Cepa	Hay fever, especially from pollen in spring.
Apis	Bee and wasp stings.
Argentum Nitricum	Fear of flying, performing on the stage.
Arnica Montana	Any type of physical injury, also emotional.
Arsenicum Album	Vomiting and/or diarrhea after eating bad food. Burns.
Bellis Perennis	After falls on the behind, sitting for hours while travelling.
Calendula	Cures cuts, open wounds, sores.
Carbo Vegetabilis	Slow or stopped digestion after overeating. After collapse, exhaustion.
Chamomilla	Soothes teething children.
Coca	Altitude sickness.
Cocculus	Motion sickness.
Cuprum	Cramps.
Euphrasia	Eye problems.
Gelsemium	Anticipatory anxiety.
Hamamelis***	Varicose veins. Hemorrhoids. Black eye.
Hyoscyamus	Jealousy.
Hypericum	Pinched fingers and toes. Nerve injuries.
Ignatia	Grief after loss of loved one.
Ledum	Puncture wounds.
Magnesium Phosphate	Cramps from writing, piano playing, athletics, etc.
Mercury	Mouth infections. The homeopathic antibiotic.
Natrum Muriaticum	Long-term sadness, disappointment, loss of loved ones.
Nux Vomica	Hangover. Overeating.
Myristica	Used to open boils, abscesses. The homeopathic knife.
Petroleum	Frostbite, travel sickness.
Pulsatilla	Chickenpox. Scarlet fever.
Rhus Toxicodendron	Sprains and strains.
Ruta	Tennis elbow. Ligament and tendon injuries.
Sepia	Hormonal shock. For effects of birth control pills, pregnancy, childbirth.
Staphysagria	Cystitis.
Stramonium	Nightmares. Terror.
Symphytum	Bone injuries. Fractures.
Tabacum	Travel sickness.
Urtica Urens	Burns.

Aconitum Napellus (acon)

Usual name: Aconite	Popular name: Monkshood
Body part affinity: Parts of brain that resonate with anxiety, fright and shock.	Mental/emotional state: Restless, excited, anxious, fearful. Peculiar symptom: <i>The sudden appearance of symptoms.</i>
Important remedy for: <ul style="list-style-type: none"> Nipping colds in the bud. Given in the early stages of colds, fevers and inflammations (use 200C). Intense fear of specific animals or situations (use 1M) 	Usual causes: <ul style="list-style-type: none"> Exposure to a wind, especially a cold, dry wind A shock or (death) fright Exposure to air-conditioning
Flu symptoms: The patient says that the complaint came on suddenly . Often the skin will be dry and hot . The patient may be very thirsty for cold drinks . He or she may say that everything tastes bitter except for water . The patient can be extremely restless and fearful and may fear that he or she is dying , although there is no reason to believe this.	
Treatment: Give 200C as soon as an oncoming cold is detected (e.g. sore throat, feeling worse from a cold wind, or air conditioning). This will usually prevent further development of the cold within some hours. If not, repeat 200C and wait again. Then if there is no improvement, look for another remedy that fits the symptoms (possibly <i>Belladonna</i> or <i>Nux vomica</i>).	
Fear symptoms: The patient (also animal patients) has an intense fear of a certain thing: an animal such as a dog or cat, or an event which could be anything: a dark street, a noisy car passing, whatever. You will find that something similar happened in the patient's past which he or she remembers, or it could be that it happened to the patient's mother while pregnant with the patient, or in a past life.	
Treatment: Give the patient Acon 1M once. That means only one pill on the tongue taken one time . No more pills later or tomorrow. This is very important as otherwise you can blow away any chances of a cure. Then wait some weeks to see how it goes. If there is no improvement, you'll need to find another remedy that fits the symptom picture (possibly <i>Stramonium</i>).	
Worse (<): <ul style="list-style-type: none"> from cold winds (dry) in the evening in warm rooms from tobacco smoke 	Better (>): <ul style="list-style-type: none"> fresh air rest sitting quietly perspiring
The mother tincture is made from the whole plant when beginning to flower, including the root.	
Additional information: Aconite is an extremely poisonous plant, but can be used safely in potencies from and including 6C and above.	
Cases	
Case 1 <i>After a warm Spring day followed by a cold evening a young woman caught a cold and the next day was sneezing violently and had a runny nose.</i> <i>She took Aconite 200C and her symptoms vanished within an hour, not to return.</i>	Case 2 <i>A man aged 30 spent an evening in a hot room, then he walked home in rough and stormy weather. In the morning he woke up blind.</i> <i>He was given Aconite 3C. That night he perspired heavily and in the morning when he woke up he was no longer blind.</i>

<p>Case 3</p> <p>I travelled by airplane from Madrid to Caracas in the Fall of 2007 to meet my future wife. As I was coming from and going to a warm country I didn't think to bring a sweater with me. Big mistake. There was a strong cold wind blowing along the window-seat side of the plane, and I was freezing.</p> <p>Not having slept the night before, my defenses were down and I was worried about catching a cold since my throat was getting sore. I took Aconite 200C (always carry my small remedy kit with me) and hoped for the best.</p> <p>After a joyful arrival in the afternoon I was invited to a party where I got to know my future wife over some wine, feeling no more symptoms of an incipient cold the rest of the night.</p>	<p>Case 4</p> <p>While walking along the street with my wife a dog suddenly appeared in front of her, causing her to draw back in fright. I gave her Aconite 1M on the spot. She told me that she had feared dogs all her life, crossing the street on seeing a dog some distance away to avoid it. (She related that dogs would often also cross the street at the same time.)</p> <p>She told me it was because her mother had been attacked by a rabid dog while pregnant with her and had to climb onto a window ledge in panic to avoid being bitten.</p> <p>This single dose removed her fear of dogs. Ever since receiving the single dose of Aconite 1M (several years have passed) she has been quite comfortable walking by or being near a dog, although she won't pet one yet.</p>
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Allium Cepa (all-c)

<p>Usual name: Allium cepa</p> <p>Body part affinity: Mucous membranes, especially of eyes, nose, larynx and bowels causing secretion.</p>	<p>Popular name: Red onion</p> <p>Mental/emotional state: Depressed.</p> <p>Peculiar symptom: Cough caused by tickling in the larynx.</p>
<p>Main remedy for:</p> <ul style="list-style-type: none"> • Hay fever in August • Hay fever in Spring from tree pollen • Colds (of spring) 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Tree pollen • Damp cold wind • Eating spoiled fish, salads
<p>Symptoms:</p> <p>Your patient has sensitivity to light and burning tears. A peculiar symptom is that he or she sneezes indoors and has a runny nose, but this stops after going outside. You can also use this remedy to cure shooting pains after surgical operations.</p>	
<p>Treatment: For acute hay fever you can give a 200C pill and wait a few hours for improvement, or you can give 30C three times every half hour, then wait some hours. If no result go for another remedy that fits the picture.</p>	
<p>Worse (<):</p> <ul style="list-style-type: none"> • in the afternoon and evening • in a warm room • from wet feet • from damp weather 	<p>Better (>):</p> <ul style="list-style-type: none"> • out in the open air • in a cold room • taking a bath • from motion
<p>The mother tincture is made from the onion or whole fresh plant harvested from July to August.</p>	
<p>Additional information:</p> <p>1Hay fever, is caused by pollens from specific seasonal plants, airborne chemicals and dust particles in people who are allergic to these substances. It is characterized by <i>sneezing, runny nose and itching eyes</i>. It is particularly prevalent from late May to the end of June (in the Northern Hemisphere). However, it is possible to suffer from hay fever throughout the year.</p>	
<p>Case 1</p> <p>A young man suffered from hay fever. He would start</p>	<p>Case 2</p> <p>A man aged 65 would start coughing after a feeling a</p>

<i>sneezing after coming home with eyes running profusely. After going outside again, these symptoms would disappear.</i> <i>Allium Cepa 30C taken twice during a week cured the hay fever.</i>	tickling sensation in the throat, bringing up mucus. This was cured with Allium Cepa 30C.
<u>Case 3</u> <i>A woman with a cold had a headache in the forehead, which moved down to the eyes. Her eyes were inflamed and running. A dose of Allium Cepa 30C cured.</i>	<u>Case 4</u> <i>Each year in the spring a man aged 27 would get hay fever from pollen. His nose was constantly running and he would sniff incessantly. This was cured with two doses of Allium Cepa 200C.</i>

[Apis Mellifica \(apis\)](#)

<u>Usual name:</u> Apis	<u>Popular name:</u> Honey bee
<u>Body part affinity:</u> Tissue that can swell, especially of eyes, face, throat, ovaries.	<u>Mental/emotional state:</u> Irritable, excitable, restless, jealous. <u>Peculiar symptom:</u> Awkward, easily drops things.
<u>Main remedy for:</u> <ul style="list-style-type: none"> • Bites and stings • Painful finger tip burns • Also a remedy for allergic reactions 	<u>Usual causes:</u> <ul style="list-style-type: none"> • Bee or wasp stings • Burns
<u>Symptoms:</u> Swelling, redness, burning and stinging pains. No thirst.	
<u>Treatment</u> You can use 30C, unless there are many stings, in which case 200C might be better. Repeat every hour or so until satisfied. Can prevent anaphylactic shock in sensitive persons.	
<u>Worse (<):</u> <ul style="list-style-type: none"> • from heat (also burning pains are worse from heat) • from touch • in closed heated rooms 	<u>Better (>):</u> <ul style="list-style-type: none"> • cold application to affected parts • from motion • in cool open air
The <i>mother tincture</i> is made from the whole female honey bee. The homeopathic remedy made from the poison of the honey bee is called Apis Virus, or Apis Venenum Purum.	
<u>Additional information:</u> Apis is used for insect stings where there are burning, stitching pains and heat with swelling, as in a bee sting. Apis may also be used for very painful small skin burns, such as from burning finger tips on a stove.	
<u>Case 1</u> <i>I was walking around the corner of a country estate near Marbella, Spain when a bee or wasp suddenly descended from the low roof and stung me in the neck, entirely uncalled for I thought.</i> <i>Immediately a stitching pain appeared followed by a constant burning pain. I took out an Apis 200C vial from my</i>	<u>Case 2</u> <i>A 35-year old very jealous and irritable woman with a puffy face, fertility problems (with abortions), greatly bothered by the heat in her native town of Granada, was given Apis 200C.</i> <i>After a month, her husband reported that the jealousy had subsided considerably. With some further treatment of an injured uterus she was able to conceive and deliver a healthy</i>

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Treatment with basic acute remedies

<p><i>remedy kit and placed a pill on the tongue. The pain subsided right away. Later I followed up with one or two Apis 30C until the pain and most of the swelling was gone.</i></p>	<p>boy.</p>
<p>Case 3</p> <p>A woman aged 40 suffered from regular attacks of erysipelas in the area of the abdomen. This was cured with Apis.</p>	<p>Case 4</p> <p>A woman aged 20 suffered from an inflammation of the right ankle after receiving a vaccination and falling. She was bedridden for eight weeks and no cure was found. Apis resolved the case.</p>

Argentum Nitricum (arg-n)

<p>Usual name: Arg-n A chemical compound: AgNO₃</p> <p>Body part affinity: Cerebro-spinal nerves.</p>	<p>Popular name: Silver nitrate</p> <p>Mental/emotional state: Warm-blooded, hurried, impulsive. Rushes through things and gets into a mess.</p> <p>Peculiar symptoms: An irresistible desire for sweets. Splinter-like pains.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Fear of flying • Fear of failure before performing in public • Grass-green diarrhea 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Intense fear of heights • Anticipatory anxiety of singers, soloists, actors
<p>Symptoms: Anxiety with gastro-intestinal problems such as belching, flatulence and diarrhea.</p>	<p>Treatment: For <u>fear of flying</u> I recommend that the patient take 200C once before a flight. If it is the right remedy, that will do the trick. No need to repeat unless it got better and then worse again. If no go, have a look at another remedy that might fit the picture (such as <i>Aconitum</i>, <i>Arsenicum</i>, <i>Gelsemium</i>). For <u>anticipatory anxiety</u> do the same, give 200C once before the event. If it does not work, have a look at <i>Aconitum</i>, <i>Arsenicum</i>, <i>Gelsemium</i> for a symptom fit.</p>
<p>Worse (<):</p> <ul style="list-style-type: none"> • being too emotional • sweets cause diarrhea • crowds • cold air • unusual mental exertion 	<p>Better (>):</p> <ul style="list-style-type: none"> • walking fast • open air with wind blowing in face • bathing in cold water • burping • application of pressure
<p>The <u>mother tincture</u> is made from a trituration and then a solution at the potency 3C of silver nitrate. (For how, see trituration.)</p>	
<p>Additional information:</p> <ul style="list-style-type: none"> • Cannot control or stop ideas, thoughts become actual IMPULSES to do something. • Claustrophobia, wants to sit near door. • Diarrhea from anticipation. 	
<p>Cases</p>	

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<p>Case 1</p> <p>Near Malaga in Spain I spoke with a young English woman who mentioned she had fear of flying. She spoke rapidly and fluently (silver tongue) and somewhat hurried. So I recommended she purchase Argentum Nitricum 200C at a pharmacy.</p> <p>A month or so later one of her friends told me that she no longer had a problem with fear of flying. She would take Argentum Nitricum 200C just prior to a flight and the fear would vanish.</p>	<p>Case 2</p> <p>A famous opera singer would get a case of nerves before every major performance. Diarrhea often appeared in connection with the anxiety, as did also laryngitis.</p> <p>He learned to take Argentum Nitricum 200C, occasionally followed up with 30C a few times, which would take care of the problem.</p>
<p>Case 3</p> <p>A breastfeeding infant suffered from green diarrhea, which the usual remedies Arsenicum, Chamomilla and Mercury did not cure.</p> <p>The homeopath discovered that the mother was eating a pound of candy every day, and since Argentum Nitricum has an irresistible desire for sweets, gave Arg-n to the mother, who stopped eating candy and the baby's diarrhea was cured.</p>	<p>Case 4</p> <p>A scrawny, feeble, dried-up looking woman was suffering from a prolapsed uterus.</p> <p>This was cured with Argentum Nitricum.</p>

Arnica Montana (arn)

<p>Usual name: Arnica</p> <p>Body part affinity: Any injured body parts.</p>	<p>Popular name: Leopard's Bane</p> <p>Mental/emotional state: Fear of being approached, touched or injured.</p> <p>Peculiar symptom: Say they are ok, but obviously they are not.</p>
<p>The main remedy for:</p> <ul style="list-style-type: none"> • Accidents, shock, exhaustion • After childbirth • After operations • Grief, remorse, financial loss 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Injury • Fall • Accident • Shock
<p>Symptoms:</p> <p>Aversion to being touched due to pain from the slightest touch. The patient may say that he or she is ok, when obviously this is not the case. The bed the patient is lying on may feel too hard. The upper body may be hot while the lower body is cold.</p> <p>Treatment: Give it first after an injury. It will reduce bruising, swelling, pain and promote rapid healing. After a serious accident, for example a car crash, give Arnica 1M or 10M repeatedly (at 5, 15, 30 minute intervals) until the patient seems to have improved. After operations, Arnica 200C or 1M once a day for several days will greatly speed up recovery. After dental work, one or several Arnica 200C will do wonders to remove pain and discomfort. After a boxing match, sports injury, fall, repeated Arnica 1M or 10M followed by 200C as deemed necessary will do wonders. Sports practitioners should have a supply of Arnica 30C, 200C and 1M with them at all times. When they don't need it, their friends will. Arnica cream is marvelous in helping cure body surface pain after having received blows (after a boxing match, for example), so long as the skin is not broken. Smear it on several times a day if needed. All households should have an ample supply of Arnica cream. Following the instructions in this book you can make it yourself.</p>	

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<p><u>Worse (<):</u></p> <ul style="list-style-type: none"> • light touch • motion • after sleeping • from heat 	<p><u>Better (>):</u></p> <ul style="list-style-type: none"> • lying with head low
<p>The <i>mother tincture</i> is made from the whole fresh plant.</p>	
<p><u>Additional information:</u></p> <p>The causative factors of this remedy are: injuries, falls, accidents, fright, anger or excessive sexual activity. It can be given in any potency, but often the higher potencies are needed. An oil with Arnica 1X (or 1D) has been used in cases of baldness with success, as it promotes the growth of hair.</p>	
Cases	
<p><u>Case 1</u></p> <p>A strong young man who worked for a transport company was struck by a case that fell off a delivery truck. An edge of the case had struck him in the left lower ribs. He was doubled over with severe pain and could not help groaning.</p> <p>He was given a dose of Arnica 2C on his tongue and a few pills to take at home. He was asked to return in three days. After three days he came to the office of the homeopath demanding the name of the remedy.</p> <p>The young man related that by the time he was half way home, he could straighten up and breathe much easier. By night the pain was nearly gone and the next day completely gone. He had taken two more doses.</p>	<p><u>Case 2</u></p> <p>At a workshop held in the country a young woman had fallen and sprained her knee quite badly while walking down a hill. She was in great pain and pleading for someone to help her</p> <p>I had some Arnica D9 which I gave her with the hope that it might help. Half an hour later I passed by the woman who was all smiles. 'It is incredible, the pain is totally gone,' she exclaimed jubilantly. 'How is it possible with such a small pill?'</p> <p>It was also a bit surprised that it had worked so well.</p>
<p><u>Case 3</u></p> <p>After a tooth extraction, a homeopath took Arnica 200C once. After the anesthetic had worn off there was hardly any pain. He followed it up with Staphysagria 200C, and the wound healed rapidly after a day or so.</p>	<p><u>Case 4</u></p> <p>A young man, aged 17, had had the first three toes on his left foot crushed and they were amputated, which left three unhealthy ulcers.</p> <p>He had great pain at night and could not sleep. He had been treated in the hospital for three months with various medications, including some homeopathic ones but with no result. The next step was another amputation.</p> <p>A homeopathic doctor prescribed Arnica 30C as well as a dilute Arnica dressing on the foot. This was prescribed on the symptom of 'great soreness with fear of being struck by people coming close to the bed.' Arnica does not like to be touched.</p> <p>He improved immediately and could sleep again. After 19 days he was completely cured.</p>

[Arsenicum Album \(ars\)](#)

<p><u>Usual name:</u> Arsenic</p> <p><u>Body part affinity:</u> Muscles, skin and lungs, digestive system.</p>	<p><u>Popular name:</u> Arsenic</p> <p><u>Mental/emotional state:</u> Restlessness, fear of death. Needs company. Control freak.</p>
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	Peculiar symptom: Thirst for frequent small sips of a drink.
Main remedy for: <ul style="list-style-type: none">• Food (ptomaine) poisoning• Chill from being in water	Usual causes: <ul style="list-style-type: none">• Eating spoiled food• Drinking polluted water
Symptoms:	
Key symptoms are vomiting, restlessness and anxiety, with thirst for frequent small sips of (usually hot) drinks. Persistent diarrhea from bad food, especially meat, with much vomiting. Burning pains and discharges, but feels chilly.	
Treatment: With diarrhea and vomiting due to food poisoning (from eating bad eggs, or meat, or drinking polluted water, etc.) give <i>Arsenicum</i> 200C once, wait an hour or so to see if there is an improvement (remember that an initial aggravation is considered an improvement so long as it is followed by amelioration, and this is a point where many would-be homeopaths fail, succumbing to the heart-rending, pitiful wails, accusations or threats of the patient, or loved ones, and changing to another remedy instead of giving the aggravation time to subside followed by great improvement in the patient). To avoid excessive dehydration make sure the patient is given water to drink. If no result, look for another remedy that fits the cause and the picture (nux-v, urt-u). If there is improvement, let it run until any tendency to relapse appears. You could leave a glass containing one or two pills of <i>Arsenicum</i> 200C (or 30C) you have dissolved in it which the patient stirs a few times before taking a teaspoon every half hour or hour for some hours, but with the instruction not to take any more if there is a reaction for <u>better or worse</u> . After having treated a few patients you will get the hang of it. Some patients need more, some less.	
Worse (<): <ul style="list-style-type: none">• from midnight to 3 a.m.• sight and smell of food• cold application to head• at noon	Better (>): <ul style="list-style-type: none">• heat (except the headache)• keeping the head elevated• warm food and drinks
The <i>mother tincture</i> is made from a trituration and then a solution at the potency 3C of Arsenic Trioxide. (For how, see trituration .)	
Additional information: It is also useful for strong pains after burns. Prophylactic against yellow fever. Causative factors for this remedy include: food poisoning, chill in the water, care, grief, fright; ailments from fruits, ice cream; effects of tobacco, quinine, iodine, drunkenness, travelling by sea, poor diet. This is called the <i>horse's remedy</i> as it is used to improve the endurance and wind of race horses as well as their coats. The nervous and restless temperament of the horse corresponds well with that of Arsenic types. The Styrian mountain people take grains of ars to invigorate them and enable them to carry enormous loads up steep mountain sides.	
Cases	
Case 1 A woman, aged 40, had a violent stomach ache with very frequent watery stools. She had a high fever and much thirst, but would drink a little at a time. She was worse after midnight and towards morning. She was given <i>Arsenicum</i> 2C. The next day she was unchanged. Being convinced that it was the right remedy, the homeopath then gave her a high potency of <i>Arsenicum</i> and she improved from the first hour. The stomach ache vanished, as did the diarrhea and the fever. The next day she was perfectly well and remained so.	Case 2 A doctor was mixing sulphuric acid and water and made the mistake of pouring the water into the sulphuric acid. This led to a reaction resulting in the acid-water mixture being sprayed into his face and eyes. He screamed with the intense pain. A homeopathic doctor heard his screams and gave him <i>Arsenicum</i> 1M. To the great surprise of the patient, the pain vanished the very second the pill was taken. A few days later the patient could see and, surprisingly, there was no permanent damage.

<p>Case 3</p> <p>Male with advanced cancer. The morphine given for a long time up to that point no longer relieved the pain. He had intense burning pain made better by heat. Arsenicum 30C in repeated doses completely relieved the pain until the end.</p>	<p>Case 4</p> <p>A boy, aged 15, was in a bad state after a party the previous evening. He said he had eaten some bad food and had been vomiting frequently during the day. He was given Arsenicum 200C, after which he stopped vomiting and went to sleep for 6 hours. On getting up he felt fine.</p>
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Bellis Perennis (bell-p)

<p>Usual name: Bellis</p> <p>Body part affinity: Pelvic organs.</p>	<p>Popular name: Daisy</p> <p>Mental/emotional state: Impulse to move. Very excitable.</p> <p>Peculiar symptoms: Problems appear after falling into a pond, lake, river or sea.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Healing deep tissue when sore or bruised. • Ailments from getting chilled when over-heated • After surgery 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Injury • Rapid cooling when over-heated • Getting wet when feeling hot
<p>Symptoms:</p> <p>Pain after fall on coccyx (behind) or sitting for long periods, such as while travelling. In pregnancy: inability to walk, varicose veins, engorged breasts, uterus. Muscular soreness. Sore, bruised feeling in the pelvic region.</p>	
<p>Treatment:</p> <p>Give it after treatment with Arnica, as it reaches deeper. Take 30C or 200C (or any other potency you have available) after long airplane, train, car, horse-riding, etc. trips. In pregnancy start with 30C and follow the usual procedure for treatment (see <i>General procedure for treating an acute illness</i>).</p>	
<p>Worse (<):</p> <ul style="list-style-type: none"> • touch • becoming chilled when hot • taking a hot bath • warmth of the bed • before storms 	<p>Better (>):</p> <ul style="list-style-type: none"> • continued motion • cold applications
<p>The <i>mother tincture</i> is made from the whole fresh plant.</p>	
<p>Additional information:</p> <p>Reduces effects of lengthy sitting during long trips. Getting sick after eating ice-cream on a hot day.</p>	
<p>Cases</p>	
<p>Case 1</p> <p>A young boy about three years old fell into a swimming pool. He was pulled out at once, but his screaming could be heard far away. He was given Bellis 30C by a homeopath and he quieted</p>	<p>Case 2</p> <p>A man, aged 40, worked hard one day in his garden in the Spring. The next day his elbow joint was sore and his arm muscles were stiff. He was given Bellis 30C, which brought him back to normal.</p>

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<p>down immediately. The mother who was upset at the child's minder for letting it happen was given Arnica 30C, which soothed her quickly as well.</p>	
<p>Case 3 A woman, aged 30, fell on her behind quite heavily. She was very sore and stiff in the pelvic region the next day. She was given Bellis 30C and improved rapidly.</p>	<p>Case 4 A woman, aged 50, had suffered from eczema all her life. The homeopath discovered that this had started while she was a teenager after she fell into the cold water of a river when overheated. The eczema was cleared up with Bellis.</p>

Calendula Officinalis (calen)

<p>Usual name: Calendula</p> <p>Body part affinity: Wounds, cuts, abrasions, punctures.</p> <p>Important remedy for:</p> <ul style="list-style-type: none"> • Cuts and scrapes • Stopping bleeding after tooth extraction • Bad foot circulation 	<p>Popular name: Pot marigold</p> <p>Mental/emotional state: Easily frightened</p> <p>Peculiar symptoms: Dread of something bad happening.</p> <p>Usual causes:</p> <ul style="list-style-type: none"> • Cuts • Scraped skin • Wounds
Symptoms:	
A cut or scraped skin area. An open wound. Puncture wounds. Bullet wound. Cancer sore.	
Treatment: Apply calendula cream, salve or ointment to the afflicted area once or twice each day until it heals. Also take it internally, usually 30C or 200C, or any potency you might have.	
<p>Worse (<):</p> <ul style="list-style-type: none"> • in damp, cloudy weather 	<p>Better (>):</p> <ul style="list-style-type: none"> • from moving about • from lying perfectly still
The mother tincture is made from the leaves and flowers.	
Additional information:	
Calendula is a most remarkable healing remedy. It cleans and knits a wound together. Calendula can knit a wound so you don't need any stitching. Stops bleeding after tooth extraction (ten drops of mother tincture in a glass of water makes a great mouth wash). Bad circulation in the feet can be greatly improved with Calendula. Good when mixed with Hypericum in salves and ointments for wounds. This mixture relieves itching after insect stings. It has been known as a cure for gout. Speaker's hoarseness. Carbuncles.	
Cases	
<p>Case 1 At the age of 84 my father was suffering from a large open</p>	<p>Case 2 A man, aged 64, cut his thumb deeply with a sharp knife. With</p>

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<p>wound in his temple. He had stomach cancer and this wound had appeared. No medication would cure it, including cortisone salve. After a week of applying calendula cream daily, the wound was completely healed.</p>	<p>Calendula cream the cut knitted well together and healed in a few days. No scar could be seen after the cure.</p>
<p>Case 3</p> <p>A girl aged 22 had severe flesh wounds in her lower limbs from being run over by a car. The wounds were cured well with Calendula.</p>	<p>Case 4</p> <p>A robust young woman was severely affected by a camphene burn, which was pronounced past recovery by her doctors. Happily, she was cured with Calendula.</p>

Carbo Vegetabilis (carb-v)

<p>Usual name: Carbo vegetabilis</p> <p>Body part affinity: Venous circulation and capillaries in stagnated blood.</p>	<p>Popular name: Vegetable charcoal</p> <p>Mental/emotional state: Slow thinking, indolent, indifferent.</p> <p>Peculiar symptoms: Must have air, must be fanned hard. A sense of weight in the stomach, head or elsewhere. Great debility.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Decomposition of food in the stomach • Loss of vitality • States of collapse (in cholera, other grave illness) • Flatulence • Belching • Fainting • Shock • Loss of hair after childbirth • Complaints of old people 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Eating putrid meat or fish, rancid fat, salt meats • Vitality-draining illness or event • A violent shock, attack, suffering • High living—eating and drinking too much • Carbon monoxide poisoning • Loss of blood • Loss of fluids • Loss of vitality due to age
<p>Symptoms:</p> <p>In a state of collapse the patient may be almost lifeless, with a cold body and cold breath, imperceptible pulse, rapid respiration, must be fanned but the head is still hot. The patient is cold, but wants to be fanned and is thirsty for cold drinks. The face is blue, and cold with cold sweat.</p> <p>After eating or drinking too much there is a sensation of fullness in the stomach, a heavy weight in the stomach as if of lead and that digestion has stopped. The stomach is greatly distended and there is belching and flatulence. Excessive accumulation of gas in the stomach and intestines.</p> <p>The cough is worse on entering cold air from a warm room.</p>	<p>Treatment:</p> <p>Give Carbo Vegetabilis 200C once. In overeating, the sensation of fullness of the stomach may disappear in seconds and digestion proceed as usual. With low vitality an amazing revitalization often occurs within an hour or so.</p>
<p>Worse (<):</p> <ul style="list-style-type: none"> • rich food, high living • decayed or fat food • lying down • butter, coffee, milk and wine • warmth • walking in open air • pressure of clothes • temperature extremes 	<p>Better (>):</p> <ul style="list-style-type: none"> • belching • cool air • cool air from fanning • elevating feet • yawning • stretching limbs • singing • icy drinks

The **mother tincture** is made from a trituration and then a solution at the potency 3C of vegetable charcoal. (For how, see [trituration](#).)

Additional information:

Carbo Vegetabilis is called the corpse reviver in homeopathy as it is capable of reviving people who are almost lifeless after shock, grave disease or an operation.

Carbo Vegetabilis is preventive of Yellow Fever, whether taken in a homeopathic dose or half a teaspoon daily of crude vegetable charcoal.

Cases

Case 1

A couple was suffering from overeating after spending five hours in a restaurant waiting for a mechanic to fix their broken down car.

They were travelling to a distant city and had to spend the night in a local accommodation after the car was repaired.

Their stomach was distended and heavy as lead, and digestion was stagnated.

A dose of Carbo Vegetabilis 200C instantly relieved the sensation of a heavy stomach and digestion proceeded normally for both.

Case 2

A man aged 55 was suffering from low vitality after having passed through a heavy bout of flu.

He had too little energy to do anything and would take frequent naps.

After a single dose of Carbo Vegetabilis 200C he felt much better, and was back to normal in a few hours.

The next day he could function as usual.

Case 3

A woman suffered from great fatigue after giving birth. An unusual symptom was that she had great hair loss, could easily pull out hair by her hands.

A dose of Carbo Vegetabilis 200C restored her vitality and brought her hair loss back to normal.

Case 4

A man was suffering from yellow fever in a late stage, with great paleness of the face, violent headache, very heavy limbs and a trembling body.

He was brought back to help with the aid of Carbo Vegetabilis.

Chamomilla Matricaria (cham)

Usual name: Chamomile

Body part affinity:

Nerves related to pain.

Popular name: German Chamomile

Mental/emotional state: Extremely irritable, bad tempered. Children want to be carried and petted. Spiteful, sudden, impolite irritability.

Peculiar symptoms: Does not like being spoken to, looked at or touched. Extremely sensitive to pain. One cheek red, the other pale.

Main remedy for:

- Teething children, often with one red cheek
- Problems during pregnancy and breastfeeding
- Abuse of coffee, narcotics

Usual causes:

- Teething
- Pregnancy
- Breastfeeding

Symptoms:

Very irritable and whiny children who moan piteously because they don't get what they want. But when they are given what they want, they refuse to accept it. Extremely sensitive to what seems to be trivial pain. Does not like being spoken to, looked at or touched.

Earache with soreness, swelling and heat that drives the patient mad. Feels as if there is hot water running out of the ears.

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Intolerable labor pains, sends doctors and nurses away. Breasts sore, nipples inflamed and very tender. Milk spoiled, baby won't suck.

Treatment:

Give the patient cham 200C and wait an hour to see how it goes. It may get worse for a while, which is only good. This is the initial aggravation that often appears when a remedy is working and which is followed by improvement. If there is a relapse after improvement you can repeat the 200C, or dissolve one or two pills in a glass of water with instructions to stir five times before each dose and take a teaspoonful at regular intervals, the length depending on the severity of the case. With improvement, never repeat the remedy as this can completely halt progress. Usually one dose of 200C does the trick and the child goes to sleep.

<u>Worse (<):</u>	<u>Better (>):</u>
<ul style="list-style-type: none"> • anger • coming from outside into a warm room • cold air, especially drafts, winds • temperature extremes • taking hold of anything • at 9 p.m., in the evening • from 3-4 a.m. • at midnight • in clear, fine weather • change of weather, windy weather • fat food, sour food • motion in a car • stooping • music • coffee • being looked at, spoken to or touched 	<ul style="list-style-type: none"> • from being carried, gentle motion • from damp, wet weather • from warm air • from cold drinks • from a warm bed • being washed • sweating • cold applications • walking

The **mother tincture** is made from the whole fresh plant.

Additional information:

Main remedy for teething children, especially if the child has one red cheek. Hypersensitivity. Pains appear to be much stronger than the injury would indicate. Suitable to hot, bad-tempered and over-tired children who are only quiet when carried. They constantly demand things, but reject them when given.

Cases

<p>Case 1</p> <p>A woman, aged 55, with a terrible toothache on the left lower molar side also had swollen and painful gums in the area. Her face was puffed up on the left side and quite painful. As there was no Chamomilla available, she was transmitted a dose of Chamomilla, without her knowledge, using the transmission method given later in this book. The pain vanished instantly, to the great surprise of the homeopath and the lady. She recovered in the course of the day.</p>	<p>Case 2</p> <p>After an anger fit, a young woman contracted diarrhea with vomiting and stomach pain, cured by Chamomilla.</p>
<p>Case 3</p> <p>A man with a painful swelling of the left cheek caused by a carious tooth was cured of the pain with Chamomilla.</p>	<p>Case 4</p> <p>A woman aged 25 had been nursing for three months after which the milk dried up. Cured with Chamomilla.</p>

Erythroxylon Coca (coca)

Usual name: Coca	Popular name: Coca leaves
Body part affinity: Brain and nervous system.	Mental/emotional state: Withdrawn, day-dreaming, confused, dizzy. Peculiar symptoms: Sensation of worms or small foreign bodies under the skin. Headache as if a rubber band were stretched across the forehead.
Main remedy for: <ul style="list-style-type: none"> • Altitude sickness (in mountains, hot-air balloons, small aircraft...) • Difficult breathing in over-exerting athletes, and old people 	Usual causes: <ul style="list-style-type: none"> • High altitude • Physical over-exertion
Symptoms:	
Faintness, throbbing heart and head, dysentery, double-vision, insomnia, in particular, from climbing a mountain.	
Treatment: With altitude sickness try 30C first and if it works fine repeat as needed. Otherwise go with 200C, and even higher.	
Worse (<): <ul style="list-style-type: none"> • drinking alcoholic drinks • cold • smoking tobacco • thinking • sitting • salty food • ascending • walking • sitting 	Better (>): <ul style="list-style-type: none"> • drinking wine • coffee • lying on face • rapid motion • riding in open air • after sunset
The <i>mother tincture</i> is made from the leaves.	
Additional information: Remedy for exhaustion of the brain and nervous system. A good remedy for senior citizens with low vitality and who easily run out of breath.	
Cases	
Case 1 Chronic rheumatism was cured in an aged woman who had the symptom of 'a sensation as if foreign bodies were under the skin, generally small round substances like grains of sand.'	Case 2 An executive who was wearing out under mental and physical strain recovered his energy with Coca 200C.
Case 3 A mountain climber who developed a terrible headache after reaching a high altitude was relieved and felt invigorated after taking a dose of Coca 200C.	Case 4 A man aged 75 would lose his breath and feel dizzy after climbing the stairs to his apartment. This condition was greatly improved by taking Coca 30C.

Coccus Indicus (cocc)

Usual name: Coccus	Popular name: Fishberry, Indian Cockle
Body part affinity: The sensory apparatus of the body (sensorium).	Mental/emotional state: Sensitive to emotional and mental disturbances. Is dazed. Time is moving too fast. Peculiar symptoms Motion sickness is worse from cold, fresh air. Feels head or some organ is hollow or empty and the body is light.
Important remedy for: <ul style="list-style-type: none">• Motion sickness, especially sea sickness• Pregnancy	Usual causes: <ul style="list-style-type: none">• Being in a moving object• Being pregnant
Symptoms:	
The patient suffers from nausea, headache and possibly vomiting. There can be a numb empty feeling with trembling.	
Treatment: With motion sickness, give Coccus 30C or 200C once, the potency depending on the severity of the motion sickness. Wait up to half an hour. If there is no improvement try another remedy, such as Tabacum or Petroleum. If the patient is better and then relapses, repeat the initial potency. The improvement should last longer this time. If not, try a higher potency of Coccus, or if you don't have a higher potency, dissolve a pill of the initial potency in a glass and stir five times before taking each time. This is called plussing. If the nausea is due to pregnancy, give the patient Coccus 30C. If she is not better in half an hour, desist and send her to a professional homeopath.	
Worse (<): <ul style="list-style-type: none">• from the motion of a ship, boat, car, plane• from any kind of motion• when out in the open air• from smoking• from talking• from being touched• from noise• being jarred• from stooping• from standing up while pregnant• from the sight or smell of food	Better (>): <ul style="list-style-type: none">• from sitting• when inside• when lying on the side
The mother tincture is prepared from the powdered seeds of Coccus Indicus.	
Additional information: A decoction of Coccus can be applied locally to destroy head or body lice.	
Cases	
Case 1 A young boy riding in the back of his parent's car was feeling nausea from the motion of the car in curves and then from the moving scenery. This was cured with a dose of Coccus 200C.	Case 2 A man was driving his family from Germany to Norway in the evening. He developed nausea and headache from the motion of the road and surroundings and had to stop at a motel to rest. Fresh air made him feel worse. With Coccus 200C he was restored to a normal condition.

Case 3 <i>On a six-hour ferry ride in the North Sea a man was progressively becoming nauseous from the motion of the ferry Going out on deck in the fresh air made it worse. He was cured with a few doses of Coccus 30C.</i>	Case 4 <i>Prior to going on a car trip, the parents of a young girl who was prone to car sickness gave her Coccus 200C once. The girl did not get sick during the trip.</i>
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Cuprum Metallicum (cupr)

Usual name: Cuprum Body part affinity: Nerves of cerebro-spinal axis	Popular name: Copper Mental/emotional state: Nervous and uneasy. Has fixed ideas. Malicious and gloomy. Peculiar symptoms: Periodicity of every 15, 30 or 60 minutes, or every two weeks.
Important remedy for: <ul style="list-style-type: none"> • Cramps (main remedy) • Hiccups (main remedy) • Convulsions • Epileptic fits 	Usual causes: <ul style="list-style-type: none"> • Suppression of skin eruptions or body discharges with medication • Body discharges that have failed to appear • Teething children (convulsions) • Overwork • Loss of sleep • Getting wet (epileptic fits)
Symptoms: Cramps or convulsions which start in the fingers, knees or toes. In extreme cases the person is blue or cold. Epilepsy where the aura starts at the knees, the person falls with a shriek, passing urine and feces. Diarrhea with violent cramps and retching.	Treatment: Give Cuprum 30C or 200C depending on the severity of the symptoms. If no improvement, send the patient to a professional homeopath.
Worse (<): <ul style="list-style-type: none"> • in hot weather • from anger or a fright • from being touched • from raising the arms • at the new moon • when exposed to a cold wind • from medically suppressed foot sweat 	Better (>): <ul style="list-style-type: none"> • from drinking cold water • from perspiring • after laying hand on affected part • from exerting a pressure over the heart
The mother tincture is made from a trituration and then a solution at the potency 3C of copper. (For how, see trituration .)	
Additional information: An important remedy for epilepsy, asthma as well as cholera.	

Cases	
Case 1 A woman aged 24 entered into convulsions after giving birth. A dose of Cuprum 200C cured this condition.	Case 2 A woman aged 48, of a weak disposition, suffered from cramps, which were cured with Cuprum.
Case 3 After a harelip operation, a ten-year old girl suffered for two years from spasms after receiving a fright. This was cured with Cuprum.	Case 4 A young woman aged 20 suffered from laryngeal spasms, which were cured with Cuprum.

Euphrasia Officinalis (euphr)

Usual name: Euphrasia Body part affinity: Eyes, skin around eye and nose, prostate.	Popular name: Eyebright Mental/emotional state: Dislikes conversation. Inactive. Indifferent. Drowsy. Peculiar symptoms: Yawning while walking in the open air. Vomiting from clearing the throat. Sensation as if upper lip were made of wood.
Important remedy for: <ul style="list-style-type: none"> • The eyes • Hay fever • The prostate (frequent urination at night) 	Usual causes: <ul style="list-style-type: none"> • Eye injury • Causes of eye inflammation (conjunctivitis)
Symptoms: Inflammation of the mucous membrane of the nose or throat with free, burning, watery secretions (called catarrh). Hot or burning tears. Bland nasal discharge. Watery eyes as if swimming with tears. The patient's eyes are chronically sore. Cold air and wind cause tears. After an injury, a patient developed opacities of the cornea , which was cured with Euphrasia. With hay fever the tears are irritating, but nose discharges are bland.	
Treatment: You can use any potency from the mother tincture (indicated by the Greek letter Φ) up to 30C for any of the conditions mentioned. For prostatitis 3D (also called 3X) has been used daily for some weeks with success. Remember to stop administering a remedy when there is a change for better or worse. Better can lead to stably better (do nothing) or a relapse (repeat the remedy). Worse can lead to better (do nothing) or stably worse (if more than a week, then antidote with lots of coffee one day). You can dissolve some Euphrasia tablets in water to use as an eyewash. You can also make your own eyewash as described under Additional Information below. Taking Euphrasia pills of some potency from 3C to 30C (or D) concurrently is helpful.	
Worse (<): <ul style="list-style-type: none"> • from exposure to sunlight or light • from (cold) wind • from cold air • from warmth • in the evening • indoors in a room • in bed • from moisture 	Better (>): <ul style="list-style-type: none"> • outdoors in the open air • from winking • from wiping the eyes • from drinking coffee • in the dark • in bed

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<p>The mother tincture is made from the whole plant.</p>	
<p>Additional information:</p>	
<p>To make your own eyewash, the herb is boiled for 20 minutes, strained and stored in the fridge. Drops of the decoction may be used in eyewashes.</p>	
Cases	
<p>Case 1</p> <p>A flat cancer on the right side of the nose was cured with Euphrasia by the famous German-American homeopath Hering.</p>	<p>Case 2</p> <p>The American homeopath Ames of Ohio treated a 79 year-old man for eyes with chronic tearing pain and sneezing with Euphrasia 3X (the same as 3D), which also cured the man of chronic prostatitis with frequent urination at night.</p>
<p>Case 3</p> <p>A man aged 50 drove a car for some hours with the wind blowing through the side window into his face. His eyes became irritated with a production of tears that would not stop, leading to lots of blinking and discomfort.</p> <p>This continued well after arriving at the destination. He took Euphrasia 30C once which restored the eyes to normal.</p>	<p>Case 4</p> <p>A gardener aged 50, who was otherwise healthy, was cured of an ulcer on the cornea with Euphrasia.</p>

Gelsemium Sempervirens (gels)

<p>Usual name: Gelsemium</p> <p>Body part affinity: Muscles and motor nerves</p>	<p>Popular name: Yellow Jasmine</p> <p>Mental/emotional state: Excitable, timid, great weakness, tiredness, as if paralyzed.</p> <p>Peculiar symptoms: All problems are relieved by alcoholic drinks. Fear of doctors and dentists. Drooping eyelids.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Anticipatory anxiety • Flu • Trembling • Paralysis 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Ordeals such as exams, public speaking, performance • Fright, fear • Damp weather (warm or cold) • Depressing emotions • Anger, grief, bad news (with trembling) • Domination by spouse
<p>Symptoms:</p> <p>The patient is shivering up and down the spine. <i>Trembling</i>, aching, weak and sore muscles, heaviness (especially of head and eyes). <i>Drooping eyelids</i>.</p> <p>Paralysis of eyes, throat, larynx, anus, bladder, etc. Incoordination.</p> <p>Known as 'glass coffin' as there is complete physical prostration, <i>but high mental awareness</i>.</p> <p>Diarrhea from anticipation, fright, grief.</p> <p>Treatment:</p> <p>With the flu give the patient gels 200C and wait for an hour. If the patient is not better, look for another flu remedy that fits the picture (e.g. acon, bapt, bry, eup-per, nux-v, rhus-t). If better or worse, do nothing, but wait for an hour or two. If the patient remains better,</p>	

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or goes from worse to better, leave it alone until a relapse appears at which point you can repeat the remedy and wait, etc. If the symptom picture changes you may need to look for another remedy.

With **anticipatory anxiety**, give 200C once before the dreaded event - from a few days up to a few hours before. If this does not work, look for another remedy (e.g. arg-n, ars, calc).

Worse (<):

- emotions, excitement
- shocks
- 10 am
- heavy weather
- thinking of his/her ailments
- damp (foggy) weather
- before a thunderstorm
- surprise
- heat of the sun

Better (>):

- profuse urination
- bending forward
- in the open air
- stimulants
- sweating
- alcoholic drinks
- mental work
- continued motion
- reclining with head held high

The **mother tincture** is made from the bark of the root of the plant.

Additional information:

Gels can be a useful remedy to clear up 'never well after the flu' or similar never-well-after ailments.

Cases

Case 1

An infant was born with convulsions. Three weeks before, his mother had been terribly frightened by seeing her small son nearly burnt to death. The convulsions had lasted for several hours when the doctor arrived.

The only guiding symptom was that the baby's chin quivered incessantly (tremor is a keynote of the remedy).

In thirty seconds after the dose of Gelsemium, the quivering ceased, and in three minutes the convulsions had stopped.

Case 2

A woman, aged 45, was affected by a twitching facial neuralgia of the trigeminal nerve after exposure to a cold, damp day. She was cured with a dose of Gelsemium.

Case 3

A little girl, aged 3, was afflicted with recurrent chills and fits of shivering, intermittent fever. This had been suppressed many times with quinine, only to reappear.

She received treatment with Gelsemium, which cured her.

Case 4

A woman, aged 30, who was pregnant in the third month received a fright. After this there appeared a threatened abortion.

She was given Gelsemium, which brought her back to normal.

Hamamelis Virginiana (ham)

Usual name: Hamamelis

Body part affinity:

Veins of throat, limbs, genitals, rectum.

Popular name: Witch-hazel

Mental/emotional state: Feels unappreciated. Forgetful. Depressed.

Peculiar symptoms: Intense soreness. Wants "the respect due to me."

Important remedy for:

- Varicose veins

Usual causes:

- Injuries

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<ul style="list-style-type: none"> • Hemorrhoids • Black eye 	<ul style="list-style-type: none"> • Burns
Symptoms:	
Congestion of veins, bleeding, (painful, sore, swollen) varicose veins or hemorrhoids (piles). Venous hemorrhage from any orifice of the body: nose, lungs, bowels, uterus, bladder.	
Treatment:	
<p>Where possible use Hamamelis cream along with Hamamelis pills at some potency and frequency. With the cream, try a daily low potency, such as 3C or D, for a week or two.</p> <p>If you can't use a cream, go for 30C twice a week for varicose veins, for black eyes twice a day, a bleeding nose twice an hour. Remember that lower potencies can be given more frequently than higher potencies, unless the problem is severe. If you use a 30C, give it twice a week or so, a 200C only once a week.</p> <p>But don't give it more than a few weeks, otherwise you will cause symptoms in the patient that Hamamelis causes in healthy people, so-called <i>proving</i> symptoms. Homeopathic remedies are used to stimulate the organism to heal itself. That is why you don't take a remedy for very long. You have to learn when to stop, to recognize when the body has been stimulated and is moving along to cure itself. Or when the remedy is not working and another should be selected.</p>	
Worse (<): <ul style="list-style-type: none"> • from pressure • in the open air • from humidity • from cold • from motion • from touch • from warmth • from moist air 	Better (>): <ul style="list-style-type: none"> • Nothing known
The mother tincture is made from the fresh bark of twigs and the root.	
Additional information:	
As a local application Hamamelis is similar in usefulness to Arnica and Calendula. Useful for open painful wounds (reduces pain of wounds after operations) and first-degree burns. Applied externally Hamamelis relieves abdominal soreness after labor.	
Cases	
Case 1 <i>After having six children woman aged 40 was suffering from varicose veins and hemorrhoids, which was cured with Hamamelis.</i>	Case 2 <i>A pregnant woman, aged 30, was afflicted with varicose veins due to the pregnancy. She was cured with Hamamelis.</i>
Case 3 <i>A plethoric woman was cured of chronic nosebleed with Hamamelis.</i>	Case 4 <i>A middle-aged man with a congested liver was cured of piles with Hamamelis.</i>

Hyoscyamus Niger (hyos)

Usual name: Hyoscyamus	Popular name: Henbane
Body part affinity: Limbic system, teeth. Nervous system.	Mental/emotional state: Erotic mania. Inclined to laugh at everything. Talkative, obscene, sings. Suspicious. Nervous

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	<p>and excitable.</p> <p>Peculiar symptoms: <i>Violent muscle twitching. Want to take off their clothes. Fondles genitals.</i></p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Jealousy, also in animals • Envy, also in animals • Nymphomania • Parkinson's disease • Epilepsy • Toothache 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Jealousy • Suppressed milk, lochia • Fright • Disappointed love • Grief
<p>Symptoms:</p> <p>Fear of water, of being alone, being pursued, being poisoned, being bitten. Speechless from fright. Toothache with great pain is accompanied by violent twitching of the muscles of the face, hands, etc. A diabolical force seems to take possession of the brain preventing its function. Exposes genitals, sings bawdy songs. Can get into a rage with a desire to strike, bite, insult, kill. Plays with fingers. Trembling of hands and feet. Hallucinations, muttering delirium. Talks to imaginary or dead persons.</p>	
<p>Treatment: With jealousy give a potency of 1M once and wait for a month to evaluate response. This also applies to animals, such as dogs or cats that are jealous of a newcomer, refusing to accept its presence. For other conditions you can give 30C or 200C, depending on severity. With older people, 30C might be best to start with.</p>	
<p>Worse (<):</p> <ul style="list-style-type: none"> • touch • cold and cold air • emotions • after meals • lying down • evenings and nights • before and during menses 	<p>Better (>):</p> <ul style="list-style-type: none"> • sitting up • warmth • stooping • motion
<p>The mother tincture is made from the fresh plant.</p>	
<p>Additional information:</p> <p><i>Hyoscyamus</i> is botanically related to <i>Belladonna</i>. It relates to a quarrelsome and obscene personality picture. Patients may pick at bed clothes, clothes and at fingers. In epilepsy there is vertigo before an attack, when the affected person falls suddenly to the ground with cries. Children sob and cry without waking. <i>Hyoscyamus</i> is also a good remedy for the delirium tremens of alcoholics.</p>	
<h3>Cases</h3>	
<p>Case 1</p> <p>A cat became jealous of a younger cat introduced into an apartment by the owner. It would hiss and strike out at the newcomer. After a dose of <i>Hyoscyamus</i> 1M one day when the owner went to work, they were found in snuggled up to each other in the evening on the owner's return. Thereafter, the cats were the best of friends.</p>	<p>Case 2</p> <p>A college professor suffered from a number of symptoms which no homeopath in the city was able to find a remedy for. One day the professor confessed to his homeopath that he had the habit of exposing himself to women in the park. He was prescribed <i>Hyoscyamus</i> and his symptoms were cured after this.</p>
<p>Case 3</p> <p>A boy aged 2 suffered from sudden attacks of rage with</p>	<p>Case 4</p> <p>A lawyer had a nervous breakdown and had to move with his wife</p>

<i>maniacal fury. He was cured with Hyoscyamus.</i>	<i>to the country. There he became very suspicious of his wife, thinking she was poisoning him. He was given Hyoscyamus 1M once a week for some weeks. After two months he was back to normal.</i>
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[Hypericum Perforatum \(hyper\)](#)

<u>Usual name:</u> Hypericum <u>Body part affinity:</u> Nerves.	<u>Popular name:</u> St. John's Wort <u>Mental/emotional state:</u> Frightened, in shock. Nervous depression. <u>Peculiar symptoms:</u> Wounds are more tender than they appear, highly sensitive to touch.
<u>Important remedy for:</u> <ul style="list-style-type: none"> • Pinched fingers, toes • Injury to nerves (including brain and spinal cord) • Burns • Bites of insects and animals, puncture wounds • Bleeding hemorrhoids 	<u>Usual causes:</u> <ul style="list-style-type: none"> • Fright • Bites • Wounds • Shock • Dental work, operations, injections • Gunshot
<u>Symptoms:</u> <p>Sharp pain from a cut. Shooting pains from an injured part. Very painful sore parts such as the back of the head, the tailbone. Convulsions after colliding with something. Jerks in the limbs. Ill effects of fright, bites, shocks. Spasmodic asthmatic attack before a storm or change of weather, better from coughing up and spitting out much phlegm.</p>	
<u>Treatment:</u> For pinched fingers give Hypericum 30C once or twice. The response will be rapid. For more severe nerve injuries give 200C or 1M. See under Jellyfish stings for the use of Hypericum in such cases.	
<u>Worse (<):</u> <ul style="list-style-type: none"> • from cold • from motion • from dampness • from fog • from touch 	<u>Better (>):</u> <ul style="list-style-type: none"> • from lying on face • from rubbing • from bending (head) backwards
<p>The mother tincture is made from the whole fresh plant.</p>	
<u>Additional information:</u> <p>Useful first aid remedies for cuts from sharp instruments, any injury to nerve-rich areas such as after slamming door on fingers, crunched toes, operations, brain injuries, spinal injuries or falling on the behind. Extreme pains. Phantom pains. Relieves pain after surgery (including dental surgery) or crush injury. Useful for painful burns (external application of hypericum lotion as well as taking pills internally). Prevents tetanus, lockjaw. Relieves pain after operations, pain in old scars, stump pains.</p>	

Cases	
<p>Case 1</p> <p>A boy, age 9, was bitten by a pet rat on the first finger of the left hand. Nothing particular was observed at the time, but some time later he became ill. He was conscious, but could only talk with great difficulty, his teeth were firmly locked. His neck was so stiff his head could hardly be moved.</p> <p>As there was a lot of tenderness around the wound, Hypericum was selected rather than Ledum. Starting at 8 pm the boy was given Hypericum 500C every fifteen minutes at first, later every two hours. At 3 am there was improvement. He fell asleep and the next day he was recovering.</p>	<p>Case 2</p> <p>A woman, aged 40, stepped on a piece of paper full of pins. A number of the pins penetrated the sole of the right foot quite deeply. Later she developed tetanic symptoms.</p> <p>This was cured with Hypericum.</p>
<p>Case 3</p> <p>A boy, aged 7, fell down from the roof of a shed, after which he developed traumatic meningitis.</p> <p>He was given Hypericum, which cured.</p>	<p>Case 4</p> <p>A healthy woman, aged 45, the mother of five children, fell down the stairs and injured her spine. Since then she had suffered from spasmodic asthma for ten years.</p> <p>She was treated with Hypericum and was cured.</p>

Ignatia Amara (ign)

<p>Usual name: Ignatia</p> <p>Body part affinity: Grief centre, emotions, nervous system, coordination.</p>	<p>Popular name: St. Ignatius Bean</p> <p>Mental/emotional state: Highly emotional and moody. Sad and tearful.</p> <p>Peculiar symptoms: Great aversion to tobacco. Tendency to sigh. Sensation of a lump. Laughter when should be serious.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Grief after loss of loved one or object • Emotional shock • Fainting • Anorexia 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Recent loss of loved one • Grief, fright, worry • Disappointed love, jealousy • Old spinal injuries
<p>Symptoms:</p> <p>Symptoms from acute loss, grief or disappointed love. Does not accept what happened, disbelief. Fainting and hysteria. Hiccups, frequent sighing, yawning. Uncontrollable laughter followed by outburst of tears.</p> <p>Headache as if a nail driven in at the side. Headache often follows anger or grief.</p>	<p>Treatment:</p> <p>For grief on recent loss of a loved one, especially due to death, give Ignatia 1M or 10M, depending on the intensity of the grief. Otherwise, give Ignatia 200C and await response.</p>
<p>Worse (<):</p> <ul style="list-style-type: none"> • tobacco • fresh air • cold • odors • coffee • touch 	<p>Better (>):</p> <ul style="list-style-type: none"> • warmth • alone • urination • deep breathing • eating • pressure

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<ul style="list-style-type: none"> • emotions • grief • light touch • consolation 	<ul style="list-style-type: none"> • swallowing
The mother tincture is made of the seeds.	
Additional information:	
Good remedy after rape where she doesn't want to talk about it.	
Cases	
Case 1 <i>A woman, aged 45, was informed that her son aged 19, who was travelling, had suffered a heart attack while swimming and ended up in a coma due to oxygen starvation of the brain.</i> <i>After flying a great distance to see her son, he died. On her return she felt totally crushed.</i> <i>Ignatia 10M helped her considerably to come to terms with the grief of the tragedy. The emotional pain was greatly relieved.</i>	Case 2 <i>A girl, aged 5, was pushed into a stream. The chill and fright led later to a violent fever. Several weeks after this she had an epileptic attack, which she suffered from since.</i> <i>She was cured by Ignatia during her teenage years.</i>
Case 3 <i>A woman, aged 42, was greatly frightened by seeing her grandson carried into the house apparently drowned.</i> <i>She was cured with Ignatia.</i>	Case 4 <i>A baby, aged 18 months, was suffering from epileptic spasms. His mother had been severely frightened during pregnancy.</i> <i>The spasms were cured with Ignatia.</i>

Ledum Palustre

Usual name: Ledum Body part affinity: Fibrous tissue of joints, tendons, skin.	Popular name: Wild Rosemary Mental/emotional state: Inclined to anger and irritability Peculiar symptoms: Sensation as if eyeball would be forced out. Sensation of sand in eyes. Rheumatism starts in the feet and moves upwards.
Important remedy for: <ul style="list-style-type: none"> • Puncture wounds • Black eye • Sprained joints 	Usual causes: <ul style="list-style-type: none"> • Puncture by sharp, pointed objects • Insect stings • Animal bites
Symptoms: Wound is swollen, blue and cold. Stitching, throbbing, tearing pains. Pains shoot upward. Treatment: After a puncture wound take Ledum 200C right away to prevent tetanus, especially if the puncture was from a rusty nail. Use 30C or lower potencies for black eye or sprained joints.	
Worse (<):	Better (>):

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<ul style="list-style-type: none"> • heat • motion of joints • warm applications • night • eggs • wine • spitting 	<ul style="list-style-type: none"> • cold applications • bathing • resting • fresh air • application of ice water
<p>The mother tincture is made of dried small leaves and twigs collected after flowering begins.</p>	
<p>Additional information:</p> <p>Main remedy for puncture wounds due to sharp, pointed objects such as nails and splinters, insect stings, especially mosquitoes, stings and bites. If given immediately after a puncture wound it prevents tetanus, use Hypericum later if tetanus develops. Used to treat deep wounds (from knives, rusty nails, scissors, etc.) and bites from both animals and insects. Rheumatic remedy for joints, especially small joints. Ledum is often given to horses when they go lame and draw their legs up. Ledum and Hypericum antidote spider poisons.</p>	
Cases	
<p>Case 1</p> <p>A young lady fell with an embroidery needle in her hand, which was pierced through and through. The wound was serious.</p> <p>There was no bleeding, but she developed a fever with intense cold--which is characteristic of Ledum.</p> <p>Ledum cured the patient within a week.</p>	<p>Case 2</p> <p>A man, aged 38, drove a rusty spike through his left foot near the arch of the instep, glancing to the inside of the foot without passing through the bone. This occurred at 5 pm.</p> <p>A few moments after the accident the patient felt stiffening pains in the foot running up the leg, rapidly increasing in severity. Great chilliness with chattering of the teeth followed. The lower jaw became stiff. There was general shivering and the neck felt stiff. The patient said he could not endure it any longer.</p> <p>After one dose of Ledum 3D there was rapid improvement. An attack of tetanus was thus prevented.</p>
<p>Case 3</p> <p>A boy, aged 8, developed epilepsy after an injury to the head when he fell on scissors.</p> <p>He was cured with Ledum.</p>	<p>Case 4</p> <p>A patient developed redness, swelling and throbbing in a point on the index finger from a prick of a needle.</p> <p>Ledum was given and resolved the problem.</p>

Magnesia Phosphorica (mag-p)

<p>Usual name: Mag phos</p> <p>Body part affinity: Nerves and muscles.</p>	<p>Popular name: Magnesium phosphate</p> <p>Mental/emotional state: Nervous and tense, talking about the pains.</p> <p>Peculiar symptoms: Pains or cramps are worse from drafts and cold air. Falls forward on closing eyes.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Cramps, convulsions • Hiccough • Writer's, piano player's, athlete's... cramps • Parkinson's disease 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Overuse of muscles • Standing in cold water • Teething • Cold bathing

Treatment with basic acute remedies

<ul style="list-style-type: none"> • School headaches • Spasms 	<ul style="list-style-type: none"> • Study • Catheter insertion
<p>Symptoms:</p> <p>Hiccoughs (with heartburn), yawning, twitching. Sharp, shooting pains like lightning. Complaints of teething children. Cramps, twitching, tics. Neuralgia. Thirst for very cold drinks. Angina pectoris.</p>	
<p>Treatment:</p> <p>With cramps start with 30C or any lower potency. You may have to repeat once or twice at half hour intervals to judge whether the remedy is working in this case. If it is working, don't repeat unless there is a relapse in which case you might consider raising the potency. If it does not work, try Cuprum Metallicum.</p>	
<p>Worse (<):</p> <ul style="list-style-type: none"> • from cold • from drafts • from uncovering • from drinking milk • at night • from lying on right side • from being touched 	<p>Better (>):</p> <ul style="list-style-type: none"> • pain relieved by warmth • from bending double • from rubbing • from pressure
<p>The mother tincture is made from a trituration and then a solution at the potency 3C of magnesia phosphate. (For how, see trituration.)</p>	
<p>Additional information:</p> <p>A remedy for cramps, convulsions, neuralgic pains and spasmodic effects. Also good for menstrual and stomach cramps. After-effects of catheterization.</p>	
<h3>Cases</h3>	
<p>Case 1</p> <p>A girl, aged 6, had a very severe attack of involuntary twitching of her facial muscles and limbs. The spasms affected the speech to such an extent that she could not speak intelligibly.</p> <p>She was given Magnesium Phosphoricum 6X which cured her.</p>	<p>Case 2</p> <p>A young man of 17 was suffering from cerebral meningitis, which began with violent pain and inflammation in the left eye with terrible pains in the head, delirium and intense fever.</p> <p>He was paralyzed on one side of the body with frequent and alarming convulsions, crying out violently, involuntary passage of feces and urine, dilated pupils, dropped jaw with escape of saliva, speech and comprehension difficult.</p> <p>He was given Magnesium Phosphoricum 6X in water and a general improvement began. Later he was given 12X regularly and in two months he was well.</p>
<p>Case 3</p> <p>A woman, aged 48, had the flu. The flu was followed by a state of anxiety and depressed vitality with severe pain in the back extending down the right sciatic nerve and up the spine.</p> <p>Her pains were shifting, better by rest and worse at night.</p> <p>She was cured with repeated doses of Magnesium Phosphoricum 3X.</p>	<p>Case 4</p> <p>A child, aged 15 months, was teething with convulsions. Magnesium Phosphoricum was given, which cured.</p>

Mercurius Solubilis or Vivus (merc)

<u>Usual name:</u> Mercury	<u>Popular name:</u> Mercury
<u>Body part affinity:</u> Lymphatic system, glands, membranes, internal organs, bones.	<u>Mental/emotional state:</u> Constantly changing their mind. Restless. Hurried speech. Little self-confidence. <u>Peculiar symptoms:</u> Sensitive to both heat and cold. Human barometer.
<u>Important remedy for:</u> <ul style="list-style-type: none"> • Mouth infections • Unhealthy gums • Ear infections • Parotitis • Salivation • Trembling • Infections in general • Glandular swellings • Syphilis 	<u>Usual causes:</u> <ul style="list-style-type: none"> • Fright • Suppressed gonorrhea • Suppressed foot sweat
<u>Symptoms:</u>	
<p>Infection of mouth, gums, ears; cystitis, parotitis. Other infections. Changes position constantly, sweaty. Sneezing, possibly in sunlight. There may be an offensive, putrid odor from the mouth of your patient. Vertigo which is worse from lying down. Swollen, bleeding gums. Metallic taste in mouth.</p> <p>Difficult speech from trembling of tongue, stammering.</p> <p>Ulcers, chancres. Tendency to pus formation.</p>	
<u>Treatment:</u> For infections, give 30C or 200C and await response for some hours. You may have to repeat once or twice and you will see improvement. For more intense infections you may need <i>Mercurius Corrosivus</i> in the same potencies. <i>Mercury</i> is the homeopathic antibiotic.	
<u>Worse (<):</u> <ul style="list-style-type: none"> • at night, bone pains • from sweating • lying on the right side • when heated, by fire • from drafts, in particular, to head • changing weather • heat and cold • from wet feet • touching anything cold • before and after urination 	<u>Better (>):</u> <ul style="list-style-type: none"> • in moderate temperatures • after sex • from rest
The mother tincture of Mercurius Solubilis is made from a trituration and then a solution at the potency 3C of the black oxide of mercury, that of Mercurius Vivus from the pure metal. (For how, see trituration .)	
<u>Additional information:</u> <p>This is the most excellent homeopathic antibiotic remedy. Worse from heat and cold, at night and profuse sweating usually accompanies all ailments. Odors are foul. There can be considerable trembling (a good remedy for Parkinsons' disease). Tremors start in the fingers.</p> <p>There may be aversion to sweets, meat, wine, brandy, beer, coffee, greasy food, butter. Stomach disorders.</p> <p>An abnormal tendency to catch a cold.</p> <p>If Mercurius Solubilis does not work, although indicated, try Mercurius Vivus.</p>	

Cases	
<p>Case 1</p> <p>A man was suffering from bleeding gums for some weeks. <i>He took Mercurius Solubilis 30C once a day for two days, after which the bleeding stopped.</i></p>	<p>Case 2</p> <p>A woman aged 55 contracted an ear infection which was spreading and causing pain behind her right ear. <i>She was given Mercurius Corrosivus 200C once or twice, after which the infection subsided in a day.</i></p>
<p>Case 3</p> <p>An older woman contracted cystitis which would not respond to Staphysagria and other remedies. <i>A dose of Mercurius Solubilis 30C cured.</i></p>	<p>Case 4</p> <p>A world-famous homeopath showed up on the first day of a one-week seminar in Alonissos, Greece with a swollen right side of the jaw. <i>He said he had received a dental operation the day before and that the dentist had insisted he must take antibiotics or suffer terrible consequences.</i> <i>He said with a smile and a wink that he was treating the condition with various homeopathic remedies of Mercury instead.</i> <i>In two days, we the students could see that the swelling was gone and no more was said about the matter.</i></p>

Myristica Sebifera (myris)

<p>Usual name: Myristica</p> <p>Body part affinity: Fingernails, skin, cellular tissue, periosteum.</p>	<p>Popular name: Brazilian Ucuba</p> <p>Mental/emotional state: Indifferent and careless.</p> <p>Peculiar symptoms: Pain in the fingernails with swelling of the phalanges. Same song keeps running around in head.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Inflammation around fingernails (paronychia) • Boils • Middle ear inflammation • Felons • Fistula 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Suppuration
<p>Symptoms:</p> <p>Pain in fingernails with swelling of the phalanges, felons. Inflammation of skin, cellular tissue, and periosteum. Traumatic infections.</p> <p>Treatment: Usual potency is 30C or less. Liquid potencies of 3C are taken daily until improvement is seen.</p>	
<p>Worse (<):</p> <ul style="list-style-type: none"> • pain in hands when they touch each other • warmth of bed • after sleep • morning • motion 	<p>Better (>):</p> <ul style="list-style-type: none"> • open air • eating • breakfast

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The **mother tincture** is made from a trituration of the red, very poisonous gum obtained by cutting the bark. (For how, see [trituration](#).)

Additional information:

This remedy is considered the homeopathic knife as it hastens suppuration and shortens its duration, often doing away with the need of a knife to open up for boils, internal suppuration, etc.

Creates openings where the body needs them and can often replace surgery with boils and other infections. Speeds up suppuration.

Myristica has great antiseptic powers.

Useful in elephantiasis.

Cases

Case 1

A young girl had been three months with her leg in a splint for inflammation of the knee and doughy swelling of the entire leg.

The homeopath came to the conclusion that there was pus in the joint. He gave Myristica Sebifera 3X three times a day for three months.

Five months later the swelling and inflammation were gone. Walking gave no pain, but the knee joint was stiffened up.

Case 2

An old man, aged 87, was afflicted suddenly with arthritis of the shoulder with intense fever with a very painful spot on the scapula.

The homeopath found that the shoulder was full of pus. He gave Myristica Sebifera 3X three times a day.

In ten days the suppuration had stopped and the shoulder was back to normal size and the painful spot was no longer there.

Case 3

A woman aged 54 had a large boil growing in her groin. She had had this some years before, and eventually had required minor surgery to lancinate and drain it, which she wished to avoid this time.

She was given Myristica 30C once or twice after which the boil resolved itself with no further ado.

Case 4

A middle-aged man suffered from pain in the fingernails and with swelling of the phalanges.

This was cured with Myristica 30C taken twice during a week.

Natrum Muriaticum (nat-m)

Usual name: Nat mur

Body part affinity:

Emotions, body fluids, hormones, membranes, heart, kidney, spleen.

Popular name: Sea salt

Mental/emotional state: Depressed and introverted. Resentment for past offences.

Peculiar symptoms: Attempts to console them are rejected.

Important remedy for:

- Cold sores on lips
- Chronic grief

Usual causes:

- Disappointed love
- Grief
- Loss of fluids

Symptoms:

Very sensitive people who remember the smallest offences for a long time. Tend to shut themselves off due to being too sensitive. Important remedy for (long-term) silent grief, 'stiff upper lip.' Middle or lower lip may be deeply cracked. Discharges like egg white. They love salt.

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Treatment:

For long-term suppressed grief, disappointed love, give nat-m 1M once. Then wait for a month. The patient may typically have fits of weeping (in private) during the following week or so, followed by great relief. This is a very powerful remedy that often affects the throat (throat chakra) in people who have had a suppressed emotional response for some time, leading to thyroid problems and thyroid growths.

Headaches will often respond to nat-m 30C, especially in females if hormonally caused, such as in schoolgirls.

Worse (<):

- consolation
- sympathy
- heat
- heat of sun
- 9-11am
- with the progress of the sun
- alternate days
- after menses
- violent emotions
- puberty
- noise

Better (>):

- open air
- sweating
- deep breathing
- before breakfast
- tight
- clothing
- irregular meals
- cold bathing

The **mother tincture** of is made from a trituration and then a solution at the potency 3C of sea salt. (For how, see [trituration](#).)

Additional information:

Natrum Muriaticum often suffers from dryness: dry mucous membranes, skin, mouth, throat, rectum, vagina. Dwells on past unpleasant memories, holds a grudge, resentment for past offenses. Natrum Muriaticum is unable to weep in front of others. There can be laughter with tears. Women can have an aversion to men.

Natrum Muriaticum can cure infertility. It has also been used successfully to cure morning sickness.

Cases

Case 1

A young woman had been suffering for many months from severe menstrual pain after the death of her mother.

She was given Natrum Muriaticum 1M which greatly improved the pain.

Case 2

*A little girl, aged 6, had a great fear of robbers at night.
She was cured with Natrum Muriaticum.*

Case 3

A woman, aged 32, the mother of two children was afflicted with a sore throat after local treatment of an ulceration of the womb with silver nitrate.

She was cured with Natrum Muriaticum.

Case 4

A woman, aged 50, who had suffered early in life from malaria, made worse by large doses of quinine, also currently being administered every spring and fall, was still suffering from chill and fever.

She was cured with Natrum Muriaticum

Nux Vomica (nux-v)

Usual name: Nux vomica

Body part affinity:

Digestive system, nerves.

Popular name: Poison nut

Mental/emotional state: Impatient and irritable. Stressed, ambitious executive. Nervous and excitable. Reckless driver.

Peculiar symptoms: Frequent urging but is unable to pass

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	<i>stool or urine.</i>
<u>Important remedy for:</u> <ul style="list-style-type: none"> • Hangovers • Overeating • Start of cold, flu • Nausea and vomiting • Insomnia 	<u>Usual causes:</u> <ul style="list-style-type: none"> • Excessive drinking and/or eating • Exposure to cold air • Anger • High living and sexual excesses • Stressed sedentary life
<u>Symptoms:</u>	
<p>Chilly and irritable. Digestive problems, difficult vomiting. Useful at the start of any cold. Nose stuffed up, especially at night and in the open air. Nose drips during the day and in a warm room. Chilly, even during high fever. Headache in the occipital area or over the eyes, as if a nail were driven in. Insomnia after mental strain, abuse of coffee, alcohol, tobacco. Wakes up between 3-4 am, falls asleep at daybreak, unrefreshed on waking. Needs siesta.</p>	
<u>Treatment:</u> <p>For hangovers take 30C or 200C once. You'll find out which works best for you. If it is the right remedy, you will obtain relief very quickly. For indigestion after eating, possibly bad food, take 30C. This may lead you to vomit, but with subsequent relief and improvement. At the start of any cold take 30C or 200C once. Chronic cases are super-irritable, impatient persons who are quite capable and refuse to delegate responsibility as they feel others will mess it up. They have chronic stomach problems leading to ulcers.</p>	
<u>Worse (<):</u> <ul style="list-style-type: none"> • frustrated will • in the morning • from cold • from drafts • from wounded honor • after uncovering • after being angry • from noise • from odors • from being touched • from pressure of clothes at waist • disappointed ambition 	<u>Better (>):</u> <ul style="list-style-type: none"> • from rest • from warmth • from drinking hot drinks • after taking a nap • wrapping head • from being in moist air • from drinking milk • from lying on side • in the evening • from strong pressure • from a massage
The mother tincture is made of the fruit seeds.	
<u>Additional information:</u> <p>Helps users of laxatives to break the habit. Useful in insomnia cases where they only can sleep after taking a drug.</p>	
Cases	
<u>Case 1</u> <p>A man, aged 56, was prostrate with the beginning of flu. The body felt heavy like a sack of potatoes. He was without energy and mentally very dull. He thought the flu would last several days at least. He was given Nux Vomica 200C. In half an hour he was out of bed and in two hours there were no further symptoms</p>	<u>Case 2</u> <p>A man, aged 45, had had sciatica for six months and had taken a great deal of strong medicine. After four days of Nux Vomica 30C he was almost well, the pain having disappeared from above downward, at last localizing in the heel. One dose of Sepia completed the cure.</p>

<i>of the flu.</i>	
Case 3 <i>A pregnant woman, aged 22, a nervous type and inclined to drink alcohol, complained of headache, ringing in the ears, a sensation of dryness and burning in the chest, pain just above the stomach and then a sudden attack of convulsions. She was cured with Nux Vomica.</i>	Case 4 <i>A man, aged 66, had drunk too much wine the night before and was suffering from a headache and an out of tune feeling in his body.. He took Nux Vomica 200C once, after which the headache subsided rapidly. After an hour or so his body was back to normal.</i>

Petroleum (petr)

Usual name: Petroleum	Popular name: Crude rock oil
Body part affinity: Skin, nerves, stomach, intestines, mucous membranes, genitals.	Mental/emotional state: Irritable, easily offended. Loss of memory. Loses his way in streets. Peculiar symptoms: Death seems near and he must hurry to settle affairs.
Important remedy for: <ul style="list-style-type: none">• Travel sickness• Frostbite• Chronic anemia (chlorosis)	Usual causes: <ul style="list-style-type: none">• Travelling by car, boat, carriage, etc.• Very cold weather• Anger
Symptoms:	
<p>In travel sickness there will be nausea and windy eructations. The patient will salivate a lot. There may be vomiting and dizziness that is worse from noise. The patient may have neck and occipital pain.</p> <p>Petroleum is a good remedy for frostbite, especially with very dry and rough skin. Skin of hands rough, cracked, tips of fingers rough, cracked, fissured.</p> <p>Dizziness, felt in the back of the head. Headache, worse from shaking during cough, better from holding temples. Nausea, train and seasickness, during pregnancy - must stoop. Diarrhea by day only.</p>	
Treatment: Use 30C or lower for skin problems. Repeat as needed, but there should be improvement shortly. For travel sickness 200C or 30C are fine. Give once to check for improvement. Usually once will suffice.	
Worse (<): <ul style="list-style-type: none">• motion• cold weather• eating• touch• during thunderstorm• in winter	Better (>): <ul style="list-style-type: none">• warm air• dry weather• lying with head high• eating• closing eyes• holding temples
The mother tincture of is made from a trituration and then a solution at the potency 3C of prepared oil. (For how, see trituration .)	
Additional information: Petroleum mainly acts on the skin, especially skin folds, the scalp, face and genitals. It produces inflammation of the mucous membranes of the stomach and bowels. Petroleum is one of the best remedies for lead poisoning.	

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<p>Nausea with or without vomiting is a grand characteristic of the remedy. It is also a remedy frequently used for loss of hair.</p>	
Cases	
Case 1 <i>A man suffered for 15 years from cracked finger tips, which was resolved with Petroleum.</i>	Case 2 <i>Psoriasis of the hands was resolved in a man with this condition.</i>
Case 3 <i>A man who had suffered from eczema for years was cured with Petroleum.</i>	Case 4 <i>An old lady who suffered from vertigo was cured with Petroleum.</i>

Pulsatilla Pratensis (puls)

Usual name: Pulsatilla	Popular name: Wind flower, Pasque flower
Body part affinity: Mucous membranes, female hormones, genital organs.	Mental/emotional state: Mild, timid, emotional and tearful. Peculiar symptoms: Great dryness of mouth without thirst. Symptoms change location and type frequently.
Important remedy for: <ul style="list-style-type: none"> • Indigestion • Measles • Chickenpox • Scarlet fever • Too much/little breast milk • Headache 	Usual causes: <ul style="list-style-type: none"> • Eating rich foods, pork, ice cream • Pregnancy • Breast-feeding problems • Menstruation • Puberty • Hormonal imbalance
Symptoms: Indigestion after eating ice cream, pork or rich foods. Good remedy for measles and chicken pox. Too much or little breast milk. Headache that builds up in intensity then suddenly vanishes. Vomiting of food eaten long ago. Very emotional and timid.	
Treatment: Give 200C or 30C once for most acute complaints, checking for improvement in a short while.	
Worse (<): <ul style="list-style-type: none"> • warmth, of air or room • getting feet wet • evening • lying on one side (left) • rich foods, fats, ice cream, pork, eggs • eating (long after) • puberty • pregnancy • before menses 	Better (>): <ul style="list-style-type: none"> • cold • fresh air, open air • gentle motion, continued motion • erect posture • after a good cry • changing sides • lying with head high • pressure • rubbing
The mother tincture is made of the entire fresh plant when in flower (in Spring).	

Additional information:

Symptoms rise to a certain intensity, then suddenly disappear.
 Good remedy for measles, also prophylactic as a homeopathic immunization when measles are going around.
 Successfully used to change the position of unborn babies who are in an awkward position for birth.
 If there is too little or too much milk in breastfeeding, Pulsatilla can correct the problem.
 "Never well since puberty" has been cured with Pulsatilla.

Cases

Case 1 A boy aged 8 came down with chicken pox. A dose of Pulsatilla 200C cured him in a day.	Case 2 Prior to giving birth, the baby was in a bottom-down position, called a breech position. The mother was given one pill of Pulsatilla 200C. The position of the baby changed to normal after 6 days.
Case 3 A man aged 45 had suffered from indigestion for two years. This was cured with Pulsatilla.	Case 4 An 18-year old girl had cessation of menses for six months with an epileptic fit each time her period was due. She was given Pulsatilla 6C once each day for a month. The next month her period returned and the epileptic fits stopped thereafter.

Rhus Toxicodendron (rhus-t)

Usual name: Rhus tox	Popular name: Poison oak
Body part affinity: Fibrous tissue, joints, tendons, skin.	Mental/emotional state: Extreme restlessness Peculiar symptoms: Symptoms get worse when the person is at rest. Fear of being poisoned. Dreams of hard work.
Important remedy for: <ul style="list-style-type: none"> • Sprains and strains • Flu • Shingles (herpes zoster) and herpes simplex • Chickenpox (varicella) 	Usual causes: <ul style="list-style-type: none"> • Getting wet when heated • From getting head wet • Overexertion, overlifting • Drinking ice water
Symptoms: For stiffness with terrible restlessness. Aching, sore, bruised pains usually around joints. Pain is worse on first movement, but eases on continued movement. Triangular red tip of tongue in colds, flu.	Treatment: With flu, give 200C and wait for a response. Use 30C or lower with sprains, joint problems. For chronic arthritis use 12C or 6C taken several times a week for some weeks.
Worse (<): <ul style="list-style-type: none"> • damp, cold, rainy weather • beginning of motion • rest 	Better (>): <ul style="list-style-type: none"> • continued motion • heat • hot bath

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<ul style="list-style-type: none"> • before storms • after midnight • riding • ice cold drinks 	<ul style="list-style-type: none"> • rubbing • nosebleed • wrapping up • warm or hot food • moving the affected part • dry weather
The mother tincture is made of fresh leaves gathered at sunset just before flowering time in June.	
Additional information:	
<p>A form of rheumatism with rigidity, paralytic weakness of joints with stinging pain along tendons and muscles. Rheumatism of the hip joint and wrist react well to <i>Rhus Toxicodendron</i>. The remedy is very useful in curing the effects of overlifting and inordinate exertions of the muscles, thus for weightlifters who go beyond their capacity. A good remedy for Dengue fever, measles, scarlet fever, lumbago and sciatica. The potency 200C or higher antidotes poisoning from the plant <i>Rhus Toxicodendron</i>.</p>	
Cases	
Case 1 <i>A young man aged 17 who was suffering from rheumatic lameness after exposure to a snowstorm while overheated two years before was cured with <i>Rhus Toxicodendron</i>.</i>	Case 2 <i>A baker aged 23 who suffered from a swollen knee after working hard in a damp cellar was cured with <i>Rhus Toxicodendron</i>.</i>
Case 3 <i>A woman aged 30 who was suffering wrist pain after spraining her wrist two years before was cured with <i>Rhus Toxicodendron</i>.</i>	Case 4 <i>A muscular farmer aged 55 suffered from sciatic rheumatism contracted earlier in the army. He would have attacks every few weeks induced by overwork and exposure. He was cured with <i>Rhus Toxicodendron</i>.</i>

Ruta Graveolens (ruta)

<p>Usual name: Ruta</p> <p>Body part affinity: <i>Joints, tendons and bones, fibrous tissue, periosteum, flexor tendons, cartilage, skin, uterus.</i></p>	<p>Popular name: Common Rue, Garden Rue</p> <p>Mental/emotional state: Dissatisfied, suspicious of being deceived.</p> <p>Peculiar symptoms: <i>As if pain were in marrow of bone, as if bone were broken. As if a nail were driven into the head. As if a blunt plug were present in the affected part.</i></p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • Joint sprains, dislocations • Injuries to tendons • Injuries to bone surfaces (periosteum) • Tennis elbow • After chiropractic treatment • Eyestrain (overstrain of eye muscles) 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Injury of bone • Bruises • Fractures • Sprains • Carrying heavy weights • Overexertion of eyes

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Symptoms:

Sprains with weakness in a joint (after giving Arnica). Bone feels damaged. Pains are bruised, sore, aching with restlessness. After falls on behind. Feeling of back being broken. Backache relieved by lying on back. Heavy traumas such as car accidents, falls, blows to the kidneys, back injuries. Constipation after trauma. Pain in rectum, with difficult stool, often bleeding.

Treatment:

If severe, give 200C once and await response. Otherwise give 30C once or twice, or in chronic conditions 12C or lower each day for a week or so.

Worse (<):

- lying on affected part
- overexertion
- lying
- sitting
- being at rest
- cold, wet weather
- eyestrain

Better (>):

- warmth
- rubbing
- motion
- lying on back
- scratching

The **mother tincture** is made from whole fresh plant.

Additional information:

This remedy has deep action. It is a good follow-up remedy for Arnica after injuries.

Good remedy for overexertion, such as carrying heavy weights followed by indigestion; going up and down stairs followed by weakened hamstring muscles.

Can cure facial paralysis as a result of exposure to cold. Also can cure prolapse of the rectum.

Ruta is given after Symphytum in bone fractures. Useful in lameness after sprains.

Cases

Case 1

After an attack of dysentery a 1 ½ year boy was afflicted by a prolapsed anus, which was cured with Ruta Graveolens.

Case 2

A man aged 29 who suffered from amblyopia (weakened vision in one eye) was cured with Ruta Graveolens.

Case 3

A man aged 53 who had been suffering from rheumatism for five weeks was cured with Ruta Graveolens.

Case 4

A woman aged 34 who suffered from pain in the back was cured with Ruta Graveolens.

Sepia Officinalis (sep)

Usual name: Sepia

Body part affinity:

Female pelvic organs, digestive tract, female hormonal system.

Popular name: Cuttlefish ink

Mental/emotional state: Irritable, indifferent. Takes pleasure in teasing others. Feels unfortunate.

Peculiar symptoms:

Cries when telling her symptoms. Aversion to baby, loved ones, family. Sensation of a ball in inner parts.

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<p><u>Important remedy after:</u></p> <ul style="list-style-type: none"> • Hormonal shock • Abortion • Giving birth • Taking birth-control pills • Rape with aversion to all men 	<p><u>Usual causes:</u></p> <ul style="list-style-type: none"> • Irritation, anger • Laundry work • Overlifting • Birth control pills • Childbirth • Pregnancy • Menopause
<p><u>Symptoms:</u></p> <p>Aversion to newborn baby. Easily offended. Great sadness and weeping. Indifferent to family and friends. Morning nausea (during pregnancy). The smell of cooking food nauseates. Nausea merely at the thought of food. Vomiting from seeing or thinking of food. After rape, with aversion to all men. Hair loss, after chronic headaches or in the menopause.</p>	
<p><u>Treatment:</u> Give 200C or 30C, depending on intensity of symptoms. Await response. In menopause 200C is a good potency.</p>	
<p><u>Worse (<):</u></p> <ul style="list-style-type: none"> • cold air, snowy air • before menses • pregnancy • before thunderstorms • washing clothes • after hormonal treatment • after sex, sexual excesses • kneeling • alcohol 	<p><u>Better (>):</u></p> <ul style="list-style-type: none"> • violent motion or exercise • warmth • hot application • cold bath • open air • dancing • after sleep • cold drinks
<p>The mother tincture of is made from a trituration and then a solution at the potency 3C of dried ink from the ink bag of cuttlefish. (For how, see trituration.)</p>	
<p><u>Additional information:</u> Useful in women with a tendency to miscarriages. The patient has hot flashes at menopause with weakness and perspiration. Sepia is a very important remedy for problems of the uterus, such as prolapse. Great fatigue after a short walk. Faints while kneeling in church. Loves to dance.</p>	
<h2>Cases</h2>	
<p><u>Case 1</u></p> <p>A woman aged 55 was suffering from the menopausal symptoms of sudden heat flushes and perspiration. After receiving one pill of Sepia 200C, these symptoms ceased for months.</p>	<p><u>Case 2</u></p> <p>A pregnant woman aged 35 was suffering from morning nausea, which was cured with one dose of Sepia 200C, and remained cured during the rest of her pregnancy.</p>
<p><u>Case 3</u></p> <p>A man aged 54 could not get rid of hateful thoughts after an annoying incident with a colleague. A dose of Sepia 1M relieved him of this condition within an hour.</p>	<p><u>Case 4</u></p> <p>A woman aged 30 had been suffering from uterine displacement for three years after lifting a heavy object. She was cured with Sepia.</p>

Staphysagria (staph)

Usual name: Staphysagria	Popular name: Stavesacre
Body part affinity: Sphincters, head, genitals, teeth, urinary organs, fibrous tissue of eyelids, right deltoid, lacerated perineum after childbirth, eyes.	Mental/emotional state: Humiliation, deep guilt and shame. Appears sweet and calm but feels resentful. Offended pride, least action or harmful word offends. Violent outbursts of passion. Throws things. Peculiar symptoms: Extreme hunger, even when stomach is full of food. Sudden impulse to throw things at persons who offend, but misses.
Important remedy for: <ul style="list-style-type: none"> • Honeymoon cystitis • Toothache • After surgery • After catheters, enemas • Morning sickness • Gender violence 	Usual causes: <ul style="list-style-type: none"> • Anger, suppressed • Humiliation, insults • Stretched, lacerated sphincters • Surgery • Sexual abuse, excess • Dentition
Symptoms: Stitching pains after operations. Constant urge to urinate in young married women. Nervous affections with trembling. Excessive and irregular sexual appetite with a tendency to masturbation. Sties. Irritable and cannot tolerate odor, noise, touch, or taste. Warts, bone growths, exostoses and gouty nodes on fingers or toes. Prostate problems. Unsatisfied sexual urge in lone women or men.	
Treatment: After operations give 200C or 1M once or twice on succeeding days. For toothache, 30C or 200C can work miracles. For sties or eyelid tumors, 30C once or twice, or 200C once is suitable. Staphysagria is used to cure warts, using repeated low potencies. It is also used to cure seasickness.	
Worse (<): <ul style="list-style-type: none"> • anger • onanism • sexual excesses, sex • emotions • indignation • new, full moon • after urinating or when not urinating • touch 	Better (>): <ul style="list-style-type: none"> • warmth • rest • after breakfast • sex
The mother tincture of is made from a trituration and then a solution at the potency 3C of the seeds. (For how, see trituration .)	
Additional information: Surgery involving the pelvic area, urinary organs, perineum. A very useful remedy after cuts with sharp instruments and dental extractions. After childbirth with a cut perineum, Staphysagria 1M taken once a day for two or three days will greatly improve healing. Used with Calendula cream, the wound will be cured very rapidly with little scarring. It is said that Staphysagria 3X will keep insects away for up to 5 hours in the jungle. In toothache, pain is worse from the touch of food or drink, but not from chewing or biting. Pain is worse from cold air drawn into the mouth, cold drinks and after eating.	
Cases	

Treatment with basic acute remedies

<p>Case 1</p> <p>A man with prostatitis who had pain running from the anus along the urethra to inflamed testicles was cured with <i>Staphysagria</i>.</p>	<p>Case 2</p> <p>A man aged 25 had suffered a laceration of the cornea, which was cured with <i>Staphysagria</i>.</p>
<p>Case 3</p> <p>A man aged 25, who had been suffering for eight years of scalp ringworm and inflammation of the eyelids, was cured with <i>Staphysagria</i>.</p>	<p>Case 4</p> <p>A homeopath aged 55 had a wisdom tooth pulled. The dentist wanted to give antibiotics to avoid infection.</p> <p>The homeopath wisely refused, instead taking <i>Arnica 200C</i>, followed a few hours later by <i>Staphysagria 1M</i>.</p> <p>The pain subsided rapidly and the wound healed within a few days with no discomfort.</p>

(Datura) Stramonium (stram)

<p>Usual name: Stramonium</p> <p>Body part affinity: Brain, limbic system (primitive emotions).</p>	<p>Popular names: Thorn apple, Jimson Weed</p> <p>Mental/emotional state: Wakes up terrified, knows no one, screams with fright, clings to those near. Dread of darkness. Terrible hallucinations, ghosts ...</p> <p>Peculiar symptoms: Fixed idea that he/she has committed an unpardonable sin, but cannot remember what it was.</p>
<p>Important remedy for:</p> <ul style="list-style-type: none"> • State of terror • Nightmares • Exaggerated scruples of conscience • Hallucinations 	<p>Usual causes:</p> <ul style="list-style-type: none"> • Shock • Fright • Dog bite • Head injury • Wartime conditions, terrorist attacks
<p>Symptoms:</p> <p>Afraid to sleep without the light on. Hyperactive children. Trembling of limbs. Stammering. Desires light and company, can't bear to be alone, or walk into a dark room.</p> <p>Fear of water, on hearing the sound of running water, reflections of light from water. Excessive aversion to liquids.</p>	<p>Treatment:</p> <p>Most often Stramonium 1M is the best, even 10M might be necessary, although 200C can be used. Give it once and await response for up to a month. Usually Stramonium works quite rapidly, within a week or so—or a day.</p>
<p>Worse (<):</p> <ul style="list-style-type: none"> • fright • after sleep • glistening, shining objects, mirrors • reflections from water, metal objects • darkness • being alone • looking at bright or shining objects • swallowing 	<p>Better (>):</p> <ul style="list-style-type: none"> • bright light, light • company • warmth

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The **mother tincture** is made from whole fresh plant in flower and fruit.

Additional information:

Stramonium is a very good remedy for children who wake up screaming from nightmares.
A remedy for states of terror, ill effects of shock, fright, nightmares, after terrifying childbirth.
Stramonium can also be very useful in Parkinsons disease. It is a remedy for epilepsy, e.g. after a fright, shock.
A Stramonium patient will typically turn on all the lights in the house.
Stramonium is a great remedy for animals in a state of terror.
With Stramonium the cause of the state of terror may not be known (with states of fear that require Aconitum, the patient can state what it is that causes the fear).

Cases

Case 1

A feral cat whose owner had moved to a new location was terrified, refused to enter the apartment and ran away. It would hide inside the engine compartment of parked cars nearby.

After Stramonium 1M was placed in the drinking water of the cat for a few days, it calmed down and entered the apartment..

Case 2

*After a fright, a boy aged 2 began to stutter.
He was cured with a dose of Stramonium.*

Case 3

A young boy, who would not go to sleep without a light on, frequently woke up from terrible nightmares, screaming and running to his parents' bed.

This was cured with a dose of Stramonium 1M.

Case 4

*An alcoholic man aged 41 under treatment suffered from delirium tremens, seeing all sorts of monsters.
This was cured with Stramonium.*

Symphytum Officinale (symp)

Usual name: Symphytum

Body part affinity:

Bones, ligaments, tendons, periosteum, joints, stomach ulcers, eyes, inferior maxillary bone

Popular name: Comfrey, Knitbone

Mental/emotional state: None noted in the literature.

Peculiar symptoms: Peculiar pain in periosteum after wounds have healed. Weight in forehead on stooping.

Important remedy for:

- Bone injuries
- Phantom limb pains
- Painful old injuries
- Eye injuries

Usual causes:

- Broken, fractured bones
- Injury to bones
- Sexual excess
- Falls

Symptoms:

Pricking pain and soreness of periosteum. Injuries to bones, cartilages, periosteum with excessive pain. Knee pain. Irritable stump after amputation. Eye pain from blow to eye. Pain from gunshot wound.

Treatment:

Symphytum 30C is given once a day for a week or so to heal bone fractures.

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<p>Symphytum cream can be applied over injured areas to speed healing and reduce pain. Useful in the treatment of gastric and duodenal ulcers. Also for anal itching.</p>	
<p>Worse (<):</p> <ul style="list-style-type: none"> • injuries • touch • sexual excess • stooping causes weight in forehead 	<p>Better (>):</p> <ul style="list-style-type: none"> • nothing noted
<p>The mother tincture is made from the fresh root collected before flowering in autumn.</p>	
<p>Additional information:</p> <p>A remedy for injuries to bone, cartilages, periosteum, bone fractures, non-union of fractures, with great pain. Facilitates union of fractured bones. Pricking, stitching pains remaining after wound is healed, worse from touch. Useful for injuries to eye caused by a blunt object, such as a fist. External application reduces swelling due to injury.</p>	
Cases	
<p>Case 1</p> <p><i>A man was struck in the eye with a cane by a child. There was no visible injury, but there was a sensation as if the upper lid passed over an elevation on closing the eye.</i></p> <p><i>The eye closed spasmodically and could not be opened easily. This was cured with Symphytum.</i></p>	<p>Case 2</p> <p><i>A man fell and struck his knee on a stone. After the wound healed a stitching pain was felt whenever clothing touched the part or when bending the knee.</i></p> <p><i>This was cured with Symphytum.</i></p>
<p>Case 3</p> <p><i>A man had suffered from a dislocated thigh since childhood. He fell and fractured the thigh. After two months the fragments were still movable.</i></p> <p><i>He was given Symphytum daily, which brought about complete healing in twenty days.</i></p>	<p>Case 4</p> <p><i>A boy aged 8 fractured the humerus. He was given Arnica 30C, which immediately stopped the spasmodic jerks of muscles in the arm.</i></p> <p><i>Arnica 30C was continued for three days until the traumatic fever had subsided. The boy was then given Symphytum 3C morning and evening.</i></p> <p><i>The splints were removed the ninth day and the bone was found to be consolidated. The boy experienced no pain during the cure.</i></p>

Tabacum (tab)

<p>Usual name: Tabacum</p> <p>Body part affinity: Vagus, sympathetic, cerebro-spinal nerves, heart, muscular system, sphincters.</p>	<p>Popular name: Tobacco</p> <p>Mental/emotional state: Feels very depressed. Discontented. Indifferent.</p> <p>Peculiar symptoms: Feels as if someone were coming to arrest or murder him. Feels as if black dots filled the visual field. Coughing causes hiccup.</p>
<p>Important remedy for:</p>	<p>Usual causes:</p>

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<ul style="list-style-type: none"> • Seasickness and travel sickness • Bee stings • Mosquito bites • Morning sickness, nausea 	<ul style="list-style-type: none"> • Sunstroke • Travelling by boat, car, carriage, etc. • Insect stings • Pregnancy
<u>Symptoms:</u>	
<p>A remedy for travel sickness, seasickness with cold sweat, better from fresh air. Sick headache starting early morning, intolerable by noon, severe nausea, paleness, coldness with cold sweat, violent vomiting, sinking feeling in pit of stomach, symptoms increased by noise and light. Periodical headache lasting one or two days, vomiting with cold sweat. Dim-sighted, seeing as if through a veil. Squinting. Blind spot from atrophy of retina or optic nerve. Hands are icy cold, body is warm. Lower legs are icy cold.</p>	
<u>Treatment:</u>	
Give 200C or 30C and await response, which should be quite rapid in case of seasickness.	
<u>Worse (<):</u> <ul style="list-style-type: none"> • motion, of boat, car • opening eyes • lying down, on left side causes palpitations • evening • extremes of heat or cold • pressure • rising • indoors 	<u>Better (>):</u> <ul style="list-style-type: none"> • cold application • fresh air • cold air • twilight • vomiting • uncovering abdomen • weeping
The mother tincture is made from the fresh leaves before the flowers are developed.	
<u>Additional information:</u>	
Antiseptic qualities, antidotal to cholera bacteria. Also a remedy for angina pectoris with coronary sclerosis and high blood pressure. A remedy for Meniere's disease (vertigo, tinnitus, imbalance, progressive hearing loss). Tabacum is also a remedy used in cholera.	
Cases	
<u>Case 1</u> A man was seasick with deathly nausea, very pale face, feeling cold and worse from the least bodily motion. He felt better on deck in the fresh, cold air. Tabacum 200C alleviated his condition considerably.	<u>Case 2</u> A man contracted sporadic cholera with sudden vomiting and diarrhea in the morning, stools every ten, twenty to thirty minutes and attacks of fainting. This was cured with repetitions of Tabacum 30C.
<u>Case 3</u> A pregnant woman suffered from morning sickness with vomiting, diarrhea, finger cramps and a sick headache, which was cured with a dose of Tabacum 200C.	<u>Case 4</u> A man with Meniere's disease who had the feeling of being seasick was cured with Tabacum.

Urtica Urens (urt-u)

Usual name: Urtica Urens	Popular name: Stinging nettle Body part affinity: <i>Breast glands, genital organs, urinary organs, liver, spleen.</i>
Important remedy for: <ul style="list-style-type: none"> • Burns, first degree • Bee stings • Urticaria • Bedwetting • Ill effects of eating shellfish • Kidney stones • Gout, rheumatism • Chickenpox • Lack of breast milk 	Usual causes: <ul style="list-style-type: none"> • Burn • Bee sting • Suppressed breast milk • Urticaria • Eating shellfish • Suppressed nettle rash • Blows
Symptoms:	
Burning, heat with violent itching. Itching, raised red blotches on skin. Prickly heat. Urticaria, hives; after eating shellfish. Expectoration of blood after heavy exercise. Itching and burning of genitals. Gout pains in ankles and wrist. Rheumatic pain in both ankles.	
Treatment: For rheumatism and skin conditions potencies of 30C or lower can be given several times a week, although one dose of Urtica Urens 200C could be tried first, then waiting up to a week to see what happens. For skin conditions, Urtica Urens cream is quite useful, especially for prickly heat. After a first degree burn, 200C or higher can be very effective, depending on severity. Also use the cream here.	
Worse (<): <ul style="list-style-type: none"> • snow air • cool moist air • touch • cool bathing • lying on arm • water • same season each year • violent exertion • after sleep 	Better (>): <ul style="list-style-type: none"> • lying down
The mother tincture is made from the fresh plant in flower.	
Additional information: A remedy for lack of breast milk. Also arrests flow of milk after weaning. Excessive swelling of breasts. One of the best remedies for burns of the first degree. Urtica Urens is also a remedy for worms. A good remedy for kidney colic and kidney stones, as well as spleen disorders.	
Cases	

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<u>Case 1</u> <i>A girl aged 3 who had been suffering for several months from worms, was cured with Urtica Urens.</i>	<u>Case 2</u> <i>A married woman aged 38 who suffered from genital eczema with swelling, violent itching and burning was cured with Urtica Urens.</i>
<u>Case 3</u> <i>A young woman aged 21 had swelling, stinging and burning of the face, hands and feet with redness. Rubbing with a finger tip would leave a white line for some time. She was cured with Urtica Urens.</i>	<u>Case 4</u> <i>A cook aged 33 scalded his arm. The pain was removed rapidly with Urtica Urens, which speeded up the skin healing greatly.</i>

CHAPTER 4 - YOUR PATIENTS

*"Different strokes for different folks."
popular saying*

Types of patients

According to the renowned Greek homeopath George Vithoulkas, patients are classified into four main health levels: A, B C and D.

Group A

Quite healthy people (they may have some functional disturbances) who contract relatively few acute illnesses (typically bacterial infections and childhood diseases) and who respond quickly to homeopathic remedies. Their symptoms are clear and the correct homeopathic remedy for their illness is easily seen.

Group B

These people suffer from more frequent and severe acute conditions, such as pneumonia. Their bacterial infections are more resistant to antibiotics. After using more and more chemical drugs their level of health goes down and they become more susceptible to acute problems.

Group C

People in this group suffer from severe chronic degenerative diseases, such as ulcerative colitis. Curiously enough, they suffer from fewer acute illnesses, which are less severe and go away easily. Those at the lower end of this group have no acute illnesses, such as the flu.

Group D

People in this group do not contract acute infections at all. They have the most severe chronic diseases of the immune and central nervous systems. With homeopathic treatment their health level may rise and an acute illness appear, but such should only be treated by a professional homeopath. Care should be taken with such patients and only low potencies given for palliative purposes.

Patients to avoid

1. Patients who have been taking corticosteroids or ACTH for years.
2. Patients on strong allopathic drugs for long periods of time.
3. Deeply psychotic, violent or suicidal schizophrenics on major tranquilizers.
4. Epileptics on strong allopathic medication.

5. Group C and D patients. They should be sent to a professional homeopath.

Elderly patients

Care must be taken with elderly patients as their life force can be much weaker than that of younger people. It is a good policy to use lower potencies when treating such patients, although there are exceptions to this.

For example, when an elderly person is about to pass over to the other side, the remedy Arsenicum 1M or 10M can greatly alleviate any fears and smooth the process. You can, of course, assure relatives that there remain no molecules of arsenic in such remedies.

The chance of this happening was already absent at the potency of 12C, which any competent high-school student of chemistry can tell you. At 12C the original drop of arsenic has been diluted in a volume of water/alcohol as large as a thousand million cubic kilometers (based on a number with 24 zeros). Now you know why orthodox medical doctors who are ignorant of homeopathy joke that the homeopathic patient died of an overdose because he forgot to take his remedy—which is actually rather funny.

Orthodox medical doctors believe that in order to be effective medicines must contain a chemical substance that will counteract a symptom or group of symptoms. Thus you can understand their disbelief in homeopathy.

Babies

With babies, lower potencies are also a good policy as their vital force is so strong that they do not require much stimulus to heal themselves, but this is not a fixed rule.

Incidentally, this also applies to people who have lived a rustic life, peasants in remote areas who have not been polluted with vaccinations, processed foods, air pollution and pharmaceutical drugs. If such a person should become ill, a lower potency will often cure a chronic condition very rapidly.

Again here, the salient point is a high level of vitality and a powerful immune system.

Keeping records

Besides personal data such as name, age and so on, you should note the complaint treated with its modalities (what makes the condition better or worse), the remedy given, and the results obtained.

It is a good idea to check and note down what pharmaceutical medicines your patient is currently taking as they can reduce or nullify the effects of homeopathic remedies.

Also note whether the patient felt more energetic, more in harmony with himself/herself, whether symptoms moved downwards in the body, or from the inside of the body outwards. These are typical indicators of a curative remedy.



Figure 6. Large remedy kit

CHAPTER 5 - ACUTE ILLNESS SITUATIONS

"An acute illness will either run its course and fade away or result in death."

George Vithoulkas

Before certain events

This table can also be applied to animals in general.

Before:	Symptom	Additional symptoms	Remedy	Comments
Air travel	Fear of flying	With fear of death. Comes on suddenly. From fear of heights and claustrophobia. With intense restlessness. With paralysis and trembling, > alcohol.	acon 200C or 1M acon 200C or 1M arg-n 200C or 1M ars 200C or 1M gels 200C or 1M	Give once an hour or so before boarding
Making a speech Taking an exam Going to the dentist Taking a driver's test	Anticipatory fear	Runs to toilet frequently to urinate, feeling better afterwards. May develop diarrhea..	gels 200C+	Give once before event
Childbirth	Fear	Intense fear. Great anxiety with fear of death.	acon 200C+ ars 200C+	Give once before giving birth
Going to sleep	Fear of the dark	Wants the lights on. Runs to parents' bed.	stram 200C+	Give once only
Animals				
Transporting your horse	To prevent horse being agitated and anxious	Anticipation	acon 200C Rescue remedy	Give a dose two hours before departure
Placing your pet in a pet hotel	To reduce anxiety	Fear, anxiety	acon 200C, Rescue Remedy	Give a dose two hours before departure

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Acute illness situations

During certain events

This table can also be applied to animals in general.

While:	Symptoms	Additional symptoms	Remedy	Comments
Travelling by boat, train, car, etc.	Seasick, train sick, car sick	Feels worse outdoors, in fresh air, from sight or smell of food Feels better lying with the head high Feels better outdoors, in fresh air and worse lying down, feels better from vomiting	cocc 30, 200C petr 30, 200C tab 30, 200C	The remedy should work within an hour. If not try another. If unsure start with 30C.
While travelling at high altitude: mountains, hot air balloons, small aircraft	Dizzy, confused, double vision	Better from drinking wine, coffee. Worse from smoking, the cold and thinking. Worse from drinking other alcoholic beverages.	coca 30C, 200C, 1M	Potency depending on severity or trial. Repeat as needed using low potencies.
Animals				
Transporting your horse, pet	Horse is anxious, agitated		acon 200C, Rescue Remedy	Give a dose hourly, or more frequently if needed

After certain events

This table can also be applied to animals in general.

After:	Symptom	Additional symptoms	Remedy	Comments
A tooth filling	Pain	Swelling of gums	arn 30C, 200C, 1M	Increase potency with pain intensity. Repeat if necessary.
Tooth extraction or a dental operation	Pain	Swelling of gums	arn 30C, 200C, 1M staph 30C, 200C	Give <i>Arnica</i> first, wait a few hours, then give <i>Staphysagria</i> . If pain persists, repeat. With this treatment there will not appear any infection.
Chiropractic treatment	Fuzzy head	Physical discomfort	ruta 6C	Give once or twice
Sprained ankle, knee, elbow, shoulder, etc.	Pain, soreness stiffness	Worse from first movement, better on continued motion	arn, rhus-t 6C, 30C, 200C	Give <i>Arnica</i> 30 or 200C first, then <i>Rhus tox</i> . Repeat low potency <i>rhus-t</i> as needed some hours apart.
		Worse from lying on affected part	arn, ruta 6C, 30C, 200C	Give <i>Arnica</i> 30 or 200C first, then <i>Ruta</i> . Repeat as needed.
		Worse from slightest movement	arn, bry 6C, 30C, 200C	Give <i>Arnica</i> 30 or 200C first, then <i>Bryonia</i> . Repeat as needed.
Childbirth	Pain from cut perineum or caesarean		arn 200C, 1M staph 200C, 1M calendula cream	Give <i>Arnica</i> alternating with <i>Staphysagria</i> once or twice a day for up to 5 days. Apply <i>Calendula</i> cream to cut.
		Spinal anesthesia	arn, hyper 12C, 30C led 200C	Give <i>Arnica</i> first as needed, then <i>Hypericum</i> a few times followed the next day by <i>Ledum</i> once.
Radiotherapy	Malaise	Vomiting	cadm-s, sol, x-ray	Try 30C first, then if better give a 200C some days later
Chemotherapy	Nausea	Vomiting	ip, cadm-s	Try 30C first, then if better give a 200C some days later
Marathon race	Exhaustion	Collapse	carb-v 200C, chin 200C	Take carb-v for exhaustion then later chin for the effects of fluid loss
Boxing match	Beaten and bruised	Headache	arn 200C, 1M, 10M	Take 1M once an hour a few times. Next day 1M or 200C, depending on condition.
Rescue from a cold sea	Hypothermia	Cold, numb and exhausted	carb-v 200C, 30C	Depending on severity of condition, give once an hour until better

Bites and stings

Animal bites (non-venomous)

Here we are talking about bites from domestic and wild mammals such as humans, dogs, cats, foxes, skunks, bats and any other mammal. Crocodiles, alligators and other reptiles are included.

The following procedure is useful:

1. Give *Arnica* 200C. Repeat if needed.
2. Clean the wound with soap and water, then a mild antiseptic such as Triple Rose Water³ or vinegar and control any bleeding.
3. Wash thoroughly with at least 40% alcohol (rum, whisky, gin, vodka, brandy, cognac).
4. Apply a loose dressing.
5. Give *Lyssinum* 200C to prevent rabies (unless the bite is from a reptile). Can be repeated a few times as deemed necessary.
6. Then give *Ledum* 200C.
7. If the wound becomes infected give *Gunpowder* 6C and clean with a mild antiseptic.

Insect bites/stings

Insect bites or stings can be treated both internally and externally with homeopathic remedies.

1. Externally, you can apply a cream made from *Rumex Crispus*, *Urtica Urens* or *Ledum Palustre*, or a mother tincture of any one. If you only have pills, say of *Ledum*, you can dissolve a pill in some water and apply directly, or via a wetted cloth.
2. Give any potency of *Arnica* you have (30C, 200C, 1M).
3. Internally, take *Ledum* 30C a few times that day.
4. Take a remedy for the offending insect, such as *Apis* 30C for bee and wasp stings. (*Homeopathic remedies can be made from any offending insect. From homeopathic pharmacies you can obtain potencies of Pulex Irritans, made from fleas, and Cimex, made from bed bugs. Or you can make a remedy yourself from any insect that bites you. Just follow the instructions given in [How to make homeopathic remedies for special purposes](#) in this book.*)
5. If a watery blister develops, take *Cantharis* 30C a few times that day.
6. If a secondary infection appears with the formation of a thick, yellow discharge (pus) take *Gunpowder* 3C, 6C or 12C every 6 hours. Clean such infections regularly with a disinfectant, such as Triple Rose Water.

³ A distillate made from rose petals.

Mite bites

Mites may cause a very irritating raised skin rash. Treat as above for insect bites, but if the rash is persistent take *Sulphur* 6C twice a day for a few days.

Tick bites

There are several ways of removing a tick.

- ◆ Applying tincture of iodine to the tick body.
- ◆ Applying turpentine to the tick body.
- ◆ Heating the tick body with the tip of a burning cigarette, cigar, rope, etc.

Make sure you get the whole tick out, including the beak. Scrape, rather than pull, the beak out if necessary, making sure nothing remains behind to cause an infection. Some ticks can cause paralysis (if attached to your head, neck or spine), but once removed the paralysis will abate within a few hours and the effect will be totally gone in a couple of days.

In Mexico, bites from the venomous tick locally called 'pajaroello' (*Ornithodoros coriaceus*), are very dangerous and the treatment for snake bites given below should be used.

Walks in the woods in the US, Europe, Asia and Australia may result in bites by a species of mite called *Ixodes*. This mite carries a spiral bacterium (*Borrelia burgdorferi* in the US, *Borrelia afzelii* or *Borrelia garinii* in Europe) that can cause *Lyme disease* (*borreliosis*), which has three stages:

1. Within 3-30 days (80% of cases) a slightly raised red skin rash (bulls eye rash) develops, which expands over several days to form a ring with a diameter from 5 to 50 cm. This rash is often accompanied by flu-like symptoms, with fever and muscle pain.
2. Weeks or months later there may be neurological signs (15%) such as one-sided facial paralysis (Bell's palsy) or cardiac problems (8%). Rashes like the primary rash may also appear, but are smaller and not at the initial bite site.
3. Months to years later chronic arthritis may develop (60%).

Medical treatment for this is antibiotics. If you see ring rash, consider taking the remedy *Borrelia burgdorferii nosode* 30C twice a week for two weeks, or 200C twice during a month. In Europe you might check with your homeopathic pharmacy whether they have or can make the *Borrelia afzelii* or *Borrelia garinii* nosode.

Bees and other stingers

Included here are stings or burns from all types of bees, wasps, hornets and ants.

The first steps to take are to remove any remaining stinger and then apply vinegar to the sting site. Stingers should be scraped rather than pulled out as squeezing them pumps more poison into your body.

Follow the same procedure as for *Insect bites* above, but follow up by taking *Apis Mellifica* 30C a few times. You should know that specific remedies for wasp stings (*Vespa Crabro*) and fire ant stings (*Solenopsis richteri*) exist, and your homeopathic pharmacy may have other insects on their remedy list for species in the geographical area of your concern.

In case of physical collapse the patient should be placed lying on the side, making sure he/she can breathe freely. Here *Carbo vegetabilis* 30C or 200C is quite useful and you can repeat it every 10-15 minutes until you notice improvement. This remedy is known as the *corpse reviver* among homeopaths.

Venomous snake and lizard bites

Initial steps

1. It is important to kill the snake. This is for identification purposes to get the correct *antivenin*. (Also in Brazil, they cut off the head of the snake and apply the cut body stump of the snake to the wound, which is said to be very effective.)
2. If possible, initiate arrangements for medical assistance.
3. If a mild antiseptic is available, such as Triple Rose Water, clean the wound.
4. If the bite is on a limb, bandage it tightly with narrow strips of cloth and keep the limb still to reduce venom spreading. If the bite is not on a limb, apply a pad and maintain pressure on it.

Treatment

1. If the patient is in a panic, give *Aconite* 200C or 1M. This can be important as excessive anxiety can accelerate the spreading of venom throughout the body.
2. Give any potency of *Arnica* you have (30C, 200C, 1M).
3. Then after some minutes give *Ledum* 30C or 200C.
4. Follow this up a few minutes later with *Lachesis* 200C (or *Toxica serpentatum* 30C*).
5. If the patient reacts strongly, you can alleviate the aggravation by giving *Lachesis* 30C. If there is no reaction, give *Lachesis* 10M.
6. In case of physical collapse place the patient lying on the side and keep the airways clear. Give *Carbo vegetabilis* 200C every 10 minutes. If the patient is not breathing apply mouth-to-mouth resuscitation.

- * There is a remedy called *Toxica serpentinum* which you may be able to order from your homeopathic pharmacy. This remedy is made for different geographical regions of the world, such as USA/Canada, Mexico/Central America, South America, Africa, etc. and consists of a combination of the venoms of the snake species found in the region in question. The remedy consists of a mixture of the 30C potencies of the respective snake remedies. For further details, consult the book "The World Travellers' Manual of Homeopathy" by Dr. Colin B. Lessell.

Spider bites

Initial steps

1. It is important to kill the spider. This is for identification purposes to get the correct antivenin.
2. If possible, initiate arrangements for medical assistance.
3. If a mild antiseptic is available, such as Triple Rose Water, clean the wound.
4. If the bite is on a limb, bandage it tightly with narrow strips of cloth and keep the limb still to reduce spreading of the poison. If the bite is not on a limb, apply a pad and maintain pressure on it.

Treatment

For spider bites with only minor local skin reaction, follow the general treatment procedure described under *Bees and other stingers* above.

With serious spider bites where there are severe local or general reactions, or you suspect these might develop, follow the treatment for snake bites described under *Venomous snake and lizard bites* above.

Instead of *Lachesis* use *Apis* 30C followed by *Tarentula* 30C about 15 minutes later.

If you know the type of spider, instead of *Tarentula* it would be better to use the remedy made from the poison of the spider concerned. This includes such remedies as *Latrodectus katipo* (New Zealand spider), *Latrodectus mactans* (the black widow spider), *Latrodectus hasselti* (the Australian red back spider), *Latrodectus curassavicus*, also called *Theridion*, (the orange spider of Curaçao and other West Indian islands).

Scorpion stings

In case of a possibly serious scorpion sting, medical treatment should be obtained right away, particularly in case of small children.

For scorpion stings with only minor local skin reaction, follow the general treatment procedure described under *Bees and other stingers* above.

If there are general reactions or you suspect it could be a serious sting, treat as for poisonous snake bites above, but instead of *Lachesis* use the homeopathic remedy *Scorpion*, or a homeopathic remedy for the local scorpion species.

Leeches

Remove leeches by applying vinegar, salt or the heat of a match or cigar to remove them completely as ripping them off can leave parts behind, possibly resulting in infection.

Take *Phosphorus* 30C to stop any bleeding and apply *Calendula* cream to the wound.

In case of infection apply frequent dressings soaked in a mild antiseptic such as Triple Rose Water and take *Gunpowder* 3C or D or *Hepar Sulphuris* several times a day until cured.

Jellyfish, octopus and cone shell poisoning

Jellyfish stings normally cause discomfort, tingling and some local swelling. If the jellyfish is not the potentially lethal type, such as the box jellyfish (*Chironex fleckeri*) of northern Australia, the following procedure should be followed:

1. If the patient is in a panic, give *Aconite* 200C or 1M. This can be important as excessive anxiety can accelerate the spreading of venom throughout the body.
2. Give any potency of *Arnica* you have (30C, 200C, 1M).
3. Then after some minutes give *Ledum* 30C or 200C.
4. Any tentacles present should be washed with lots of vinegar (or dry sand applied) and removed with care, avoiding skin contact with them.
5. Apply the homeopathic cream *Hypercal* (a mixture of *Hypericum* and *Calendula*) to the wound site several times a day.

More poisonous jellyfish such as the Portuguese man-o' war (*Physalia physalis*), found in any ocean, or the *Carukia barnesi* (of Australia) and the deadly box jellyfish of Australia cause severe symptoms, such as nausea, vomiting, headache, muscle pains and trembling. These jellyfish can cause death by respiratory or heart failure.

If the jellyfish, octopus or cone shell is of the potentially lethal type (such as the box jellyfish and blue-ringed octopus of Australia, and certain cone shells of tropical and subtropical waters), the following procedure should be followed:

1. If the patient is in a panic, give *Aconite* 200C or 1M. This can be important as excessive anxiety can accelerate the spreading of venom throughout the body.
2. After some minutes, if possible, give the homeopathic remedy made from the poison of the offending species: *Chironex fleckeri* 200C for the box jellyfish, *Hapalochlaena maculosa* 200C for the blue-ringed octopus and *Conus geographicus* 200C for the cone shell.
3. Give any potency of *Arnica* you have (30C, 200C, 1M).
4. Then after some minutes give *Ledum* 30C or 200C.

5. Repeat the *Aconite*, any specific species remedy, and *Ledum* every few minutes a number of times.
6. Any tentacles present should be washed with lots of vinegar (or dry sand applied) and removed with care, avoiding skin contact with them. Never use alcohol or methylated spirits as this will increase the spread of poison.
7. If the sting is on a limb, bandage it tightly with narrow strips of cloth and keep the limb still to reduce the spreading of poison. If the sting is not on a limb, apply a pad and maintain pressure on it.
8. If possible administer a specific antivenin for the jellyfish.
9. In case of collapse give *Carbo Vegetabilis* 200C or 1M.
10. Apply the homeopathic cream *Hypercal* (a mixture of *Hypericum* and *Calendula*) to the wound site several times a day. Vitamin E oil applied to the skin is useful for healing and scar prevention.

Sea urchin, starfish and poison fish stings

1. With sea urchin, starfish and poison fish stings apply the procedure of *wet heat*⁴ to the affected area.
2. Remove any spine fragments embedded in the skin. If they cannot be removed, beating the area with a stick to break the spines into pieces can be helpful.
3. If the patient is in a panic, give *Aconite* 200C or 1M. This can be important as excessive anxiety can accelerate the spreading of venom throughout the body.
4. Give any potency of *Arnica* you have (30C, 200C, 1M).
5. Then after some minutes give *Ledum* 30C or 200C.
6. Give *Silicea* 3, 6 or 12C daily for some weeks to promote the expulsion of any fragments left in the body.

Common acute situations

Abrasions

For abrasions, first give *Arnica* internally once or twice in any potency you have available. Follow up by smearing *Calendula* cream on the wound. Repeat the *Calendula* as needed.

Broken bones

For broken bones give *Arnica*, preferably 200C or 1M. Repeat as necessary. Set the broken bone with splints until medical attention is obtained.

⁴ Wet heat = dip affected limb in water at 43-46 °C, remove after a few seconds when painful (to prevent the formation of blisters), repeat up to 30 minutes until pain is gone. Use hot wet towels for other body parts. Wet heat destroys venom and reduces pain.

To promote bone healing give *Symphytum*: 6C daily, 30C 2-3 times a week, or 200C once a week.

Bruises

For bruises, take *Arnica*, 30C, 200C or 1M up to a few times over a few days, as needed. Using *Arnica cream* is very useful.

Burns

For minor burns you can take *Urtica Urens* 30C or apply the cream.

For more severe burns, the first remedy to take is *Aconite*. With shock, take *Arnica* 200C, especially if the burn area is better from heat.

With intense pains, take *Arsenic* 30C or lower once, or several times.

Apply vitamin E or vitamin E cream to the burn site. Vitamin E comes in capsules so you just need to bite a hole in one and apply freely to the skin. Repeat as needed.

Concussion

For concussions give *Arnica* 200C, 1M, 10M depending on severity. Later give *Natrum Sulphuricum* 10M once. Usually one dose will alleviate considerably. I have even seen a 30-year daily migraine after a head injury due to diving into shallow water miraculously disappear **permanently** in a matter of hours after taking one tiny pill of *Natrum Sulphuricum* 10M. You have to see it to believe it. The 10M potency is important here, as 1M might not work well.

Cuts

For cuts first give *Arnica* internally once or twice in any potency you have available. Follow up by smearing *Calendula cream* on the cut. Repeat the *Calendula* as needed.

If the cut was caused by a rusty object, give *Ledum* 200C half an hour or so after giving *Arnica*. This is to prevent development of tetanus.

Emotional shock

There are several types of emotional shock.

If the cause is loss of a loved one, give *Ignatia* 1M or 10M, depending on severity.

If related to fear or terror give *Aconite* 200C or 1M, depending on severity.

You can follow up with, *Arnica* 200C, 1M or 10M, depending on severity, or use it as an alternative if you don't have any of the above remedies.

Exhaustion

If the exhaustion is due to exercise, give *Arnica*.

If it is due to hard work over a long period of time, give *Muriaticum Acidum* 200C.

If due to much mental work, such as after studying for exams, give *Picricum Acidum* 200C.

If due to emotional exhaustion, give *Phosphoricum Acidum* 200C.

If due to heat exhaustion or shock give *Carbo Vegetabilis* 200C. This remedy is also very useful for persons suffering from hypothermia, for example, for people who have been pulled out of the sea.

In any case, if you feel rather exhausted and weak, a 200C dose of *Carbo Vegetabilis* or *Carbo Animalis* can be quite helpful in restoring vitality, in my experience.

German measles (Rubella)

Give *Pulsatilla* 200C for German measles once and wait a few hours to see what happens. Only repeat if there is no improvement, but only once. The illness should pass away fairly quickly. It is important for pregnant women to take this cure.

Laryngitis

For laryngitis give *Argentum Nitricum* 30C or 200C, especially if the person is someone who loves to talk. If it does not work within a couple of hours, try *Arum Triphyllum* 30C or 200C.

Physical shock, collapse

With collapse or physical shock, after having placed the person in a horizontal, face-up position and made sure that the airways are unobstructed and any mouth-to-mouth given, give *Aconite* 200C, 1M or 10M, the whichever you have and high if the situation seems very serious.

If the person is unconscious give *Carbo Vegetabilis* 30 or 200C in liquid form (crush a tablet and dissolve it, or just sprinkle the powder on the patient's tongue).

After improvement, follow up with *Arnica* as needed.

Sprains

In the case of injuries to joint ligaments, sprains, apply a cold compress or ice to the affected area (ankle, knee, wrist).

Give *Arnica* 30C every half hour for a couple of hours. You could also give *Arnica* 200C and wait a few hours before repeating, depending on improvement.

Then follow up with *Ruta Graveolens* 6C (every few hours) or 30C (once a day for up to a few days). *Ledum* can be given in the case of an ankle sprain.

If stiffness develops later, consider *Rhus Toxicodendron* 30C.

The corresponding creams are very useful as well.

Sunstroke

Sunstroke includes heat exhaustion, sun headache, heat stroke and cramps caused by any of these.

The person should be placed in a shady place and given sufficient fluid and salt to compensate for losses through perspiration.

First give *Belladonna* 30C or 200C, depending on severity. *Carbo Vegetabilis* 200C is useful in exhaustion. These can be given several times in alternation until recovery occurs. *Cuprum Metallicum* 30C or 200C is given for cramps.

If there are symptoms after this, *Natrum Carbonicum* 200C can be given once.

Tennis elbow

For tennis elbow, give *Ruta Graveolens* 200C once and wait for up to a week to see how it goes. Often the tennis elbow will clear up during the week and not return.

If the tennis elbow still persists, give *Rhus tox* 30C and await change for a day or so.

You may have to try other potencies of either *Ruta* or *Rhus tox* in alternation to completely deal with this condition.

Wounds

For wounds, first give *Arnica* internally once or twice in any potency you have available. Follow up by smearing *Calendula cream* on the wound. Repeat the *Calendula* as needed.

If the wound was caused by a rusty object, give *Ledum* 200C half an hour or so after giving *Arnica*. This is to prevent development of tetanus.

Common acute situations particular to children

Baby colic

For baby colic, give the baby *Colocynthis* 30C or 200C, then wait an hour or so to see if there is any change. If no change, try again one more time, but no more.

Bronchitis

For bronchitis, give a pill of *Antimonium Tartaricum* 30C and wait an hour or so. If there is no improvement, try *Oscillococcinum* (also known as *Anas Barb*) 200C. If no improvement, call your homeopath.

Chickenpox (Varicella)

For chickenpox, give *Rhus tox* 30C, wait a few hours, then repeat. If there is insufficient improvement you can try *Rhus tox* 200C, and wait for some hours to gauge response.

The remedy *Antimonium Tartaricum* 30C or 200C can also be used here in alternation.

Earache

For earache Use *Aconite* 30C or 200C if the inflammation is recent and the ear is red, hot and painful. The patient in this case is usually thirsty, worse from cold and worse in the evening.

Give *Belladonna* 30C or 200C if the inflammation appeared suddenly and there are boring, violent pains. The face is red, swollen and hot, the ear swollen, with possible pus formation. Pain may extend to the throat. The patient is not thirsty.

Give *Pulsatilla* 6C, 30C or 200C with sticking and tearing pains in and behind the ears. There will most likely be a 'poor me', wimpy attitude. Possible thick, yellowish green discharge from the ear. The ears feel swollen and closed, with lack of hearing. The 6C potency will clear the Eustachian tubes.

Give *Chamomilla* 30C or 200C if the patient is very sensitive and irritable, possibly angry, and there are intense stabbing, tearing pains in the ears. The child is definitely better from being carried.

Give *Rhus tox* if there is inflammation of the middle ear with a thick, yellow discharge and itching inside, possibly as if something were crawling inside.

Mumps

In mumps, give *Jaborandi* 200C once and await response. If there is testicular inflammation, give *Pulsatilla* 200C.

Measles

For measles *Pulsatilla* 30C or 200C is an excellent remedy. Give once and await response.

Nosebleed

Millefolium 30C for simple nosebleeds.

For recurrent nosebleeds with profuse bright blood give *Phosphor* 30C.

Ferrum Phosphoricum 6C for nosebleeds for no obvious reason.

Pinched fingers, toes

For pinched fingers the standard remedy is *Hypericum*. Use whatever potency you have, a lower potency such as 6C, 12C or 30C is convenient, but any will serve. *Hypericum* is the specific remedy for injury to nerve-rich tissue.

Acute sinusitis

For acute sinusitis with thin, watery, burning nasal discharge, try *Arsenicum Album* 30C once and wait for an hour to see whether or not there is improvement.

With pressure at the root of the nose and greenish, foul discharge, use *Kalium Bichromicum* 30C. With no result and the same symptoms, try *Mercurius Solubilis* 30C.

With profusely flowing thin, watery egg white-like discharge that ends in a stopped up nose after a few days, try *Natrum Muriaticum* 30C.

With a cold, sniffles and a stuffy nose at night, the remedy of choice is *Nux Vomica* 30C.

With a cold, itching at the front of the nose, forehead maxillary pain, and dry, hard crusts, try *Silicea* 30C.

Splinters

For splinters, thorns and spines from animals use *Silicea* 6C or 30C. This will drive the foreign body out of the body. You may need to repeat 6C every day or 30C twice a week. It is not recommended to take *Silicea* if the patient has implants such as pacemakers, metal parts, etc. in the body

Teething

In teething, try *Chamomilla* 30C or 200C first, especially if there is unbearable pain. One cheek may be red, the other pale and the child feels better from being carried.

Try *Belladonna* 200C if the child is irritable, restless, flushed and delirious.

With slow teething in chubby children who sweat at night, try *Calcarea Carbonica* 200C. This remedy follows well after *Chamomilla*.

With red gums, excessive sweat and saliva, green stools, give *Mercurius Solubilis* 30C.

Tonsillitis (very sore throat)

For tonsillitis give *Mercurius Corrosivus* 6C or 30C, especially if the tonsils are red, possibly with white spots.

If the lymph glands of the upper neck are quite enlarged and sore, give *Phytolacca* 6C or 30C. (*Phytolacca* 6C taken for some months regularly will clear the lymphatic system.)

If the sore throat is due to a sudden fever after exposure to cold, give *Aconitum Napellus* 200C. This will most often stop the onset of flu.

Special acute situations

Chagas' disease

In acute, latent and chronic cases of Chagas' disease you can give *Chagas' nosode* 30C or 200C. If latent or chronic give it once or twice a week for a month or so.

In acute cases with swollen eyelids, give *Kalium Carbonicum* 200C then followed up with *Ledum Palustre* 30C.

Dengue

As a preventive remedy for dengue, and in the early stages, give *Aconitum* 200C. If there is bone pain, give *Eupatorium Perfoliatum* 30C or 200C, alternating with *Rhus Toxicodendron* 30C or 200C. Repeat as necessary.

If fever comes and goes, give *Gelsemium* 30C or 200C, repeating as necessary.

In case of shock, give *Carbo Vegetabilis* 200C or *Veratrum Album* 200C.

If there is bleeding, give *Crotalus Horridus* 30C or *Lachesis* 30C, repeating as necessary.

Dealing with the Flu

Prevention

For flu take *Influenzinum* 200C, *Bacillinum* 200C or *Oscillococcinum* 200C (also called *Anas Barb*) once a month during the flu season. If there is an epidemic of flu, take 30C three times a week.

Echinacea mother tincture will strengthen the immune system. Take some drops each day and increase threefold during a flu epidemic.

A good multivitamin and extra vitamin C are also helpful in the prevention of flu.

Recent controlled scientific investigation suggest that probiotics (giving microorganisms that are thought to be beneficial to health) are a valuable part of a healthy diet.

In the prevention of flu, the ability of probiotic bacteria to support the immune system can be important to the elderly, or people with a compromised immune function.

It seems that probiotics may be a safe, cost-effective, "natural" approach that adds a barrier against microbial infection.

Start Phase of Flu (preferably use 200C)

There is a remedy lookup facility on www.clinic.euni.org where a search on "flu" will provide information on selecting the right remedy.

Aconite

For the first stages of flu symptoms after being exposed to a cold wind or getting chilled. Also when the patient has fever and chill and is restless with anxiety.

Bryonia

Every movement causes pain. The patient wants to lie still. Painful dry cough. Headache and pains, better from pressure, worse from movement. Irritable and thirsty for cold drinks.

Camphora

Icy coldness, but does not want to be covered, although sensitive to cold. Desire for cold drinks. A state of sudden collapse. Desire for snacks and company during fever. Anxiety.

Eupatorium perfoliatum

Intense aching back, limbs and especially bones—which feel broken. Sore skin and muscles. Shivering chills. Thirst for cold water. Food, drink and bile may be vomited. Headache with nausea. Sore chest with cough.

Nux Vomica

Extreme chilliness. Shivery and unable to get warm despite heat. Fever, but freezing inside. Aching limbs and gastric problems. Nausea. Better from sleep, better from hot drinks, better from strong pressure, better from being left alone.

Gelsemium Sempervirens

Aching tiredness and weakness, especially in muscles and limbs. Drowsy, dull, apathetic, dizzy and trembling. Heavy eyelids with bruising headache from the neck to head and forehead. Chill and heat. Not thirsty.

After Flu (200C)

Tuberculinum

This clears up symptoms after flu, especially when the lungs have been affected. Coughs are irritating, incessant and tickling. Great debility, weight loss and lack of appetite may be present. Three doses in 12 hours.

It may be necessary to follow up with one of the following:

China Officinalis

Continued debility and chilliness. Anemic and weak with desire to stretch and move. Worse on alternate days.

Kali Phosphoricum

General weakness with spasm. The slightest labor seems like heavy work.

Acidum Phosphoricum

Chronic fatigue after flu. Better from warmth, better from sleep. Feels apathetic, dull, indifferent to everything. Low continued fevers.

Genus Epidemicus (200C)

In an epidemic this is the remedy that matches the collective symptoms of the disease among the population.

With the recent bird flu, the symptoms described by a survivor of the H5N1 virus are similar to those of the remedies: *Antimonium tartaricum*, *Ipecacuanha* and *Sanguinaria*.

Thus, these remedies should be examined for a match in any case of the flu caused by this virus. The remedy with the closest match should be used to treat the patient.

In the case of bird flu, there is a procedure on how anyone can make a remedy locally that will keep them alive. See the *Making a homeopathic nosode* section.

CHAPTER 6 - SPECIAL SITUATIONS

"Give me the children until they are seven and anyone may have them afterwards."
St. Francis Xavier

What to do in pregnancy and childbirth

Factors to consider prior to pregnancy

I think you will agree that having healthy children is a worthwhile goal to pursue. Here are some steps that can be followed to bring this about:

- ◆ Use a natural contraception method, thus avoiding health problems caused by other methods

Worthy of consideration is the method discovered and developed by the Hungarian doctor Eugen Jonas, a completely natural method based on new discoveries regarding fertility cycles. This method has been proven and 97.7% effective for birth control. Thus you can avoid the use of birth control pills and hormonal devices that can significantly affect your health.

- ◆ You can decide whether to have a boy or a girl

The Dr. Jonas method includes a 100% effective gender selection procedure which is totally natural and chemical-free, as well as being simple. For further details click [here](#).

- ◆ Treat illness disposition inherited from your family tree before passing them on to your child

Homeopathy can be of great value in bringing healthy children into the world. This could already begin with treatment of the parents (your husband and yourself) prior to conception. Children of homeopathically treated parents have been found to be less ill and less influenced by heredity, i.e. illness predispositions passed on down the family tree.

As a child born of such parents grows up, they can be very impressed with how few problems they have with their latest child, while their other children went from one illness to another.

Problems that may appear during pregnancy

During pregnancy you might experience an extensive variety of conditions you would much rather be without, all of which a few chemical-free homeopathic pills can resolve. Such conditions commonly include nausea and vomiting, morning sickness, personality changes, irritability, sleepiness and depression.

Other symptoms that could come your way are vertigo, breast pains, disgust for your husband, aversion to sex, aversion to the sight and smell of food, hot-temperedness,

heartburn, shortness of breath, bladder inflammation, involuntary or frequent urination, bleeding gums, cramps, and anxiety something bad will happen to your family. Quite a package.

To top it all off, there could also be a lack of fetal growth, diarrhea, weepiness, cold body parts, great salivation, herpes, hypersensitivity to noise, painful varices, and vaginal itching.

Problems connected with childbirth

Should you be very anxious, hysterical or sleepy prior to delivery it can be alleviated quickly with remedies you can have at hand. Lack of cervical dilation or weak contractions are treatable on the spot.

Should you have problems after delivery such as depression, aversion to your baby (which happens to many women), bleeding, retained placenta, inflammation, swelling and varices they can also be treated.

Your growing child

As vaccination is increasingly being linked to childhood allergies and future chronic disease, an alternative immunization program has been developed in which homeopathic remedies are given at certain intervals over several years. It is based on a research program conducted in Australia over 15 years with 500 families. A preventive effectiveness of 90% is reported.

Remedies for labor and childbirth

Before childbirth

Before childbirth take *Arnica* 200C the day before expected delivery and just before giving birth.

Fear before giving birth

If you are afraid prior to childbirth take *Aconite* 1M the night before and some hours prior to giving birth.

Don't take it at the same time as *Arnica* but some hours apart.

If the fear does not respond you can take *Arsenicum* 200C instead of *Aconite*.

Labor and delivery

During labor, *Caulophyllum* 200C (weakness of reproductive organs) will help with dilation and the delivery process.

If it does not, then *Cimicifuga* 200C (weak contractions), *Pulsatilla* 200C (no thirst, the warm room is uncomfortable) or *Gelsemium* 200C (feeling weak and trembling) are alternatives.

After childbirth

If you have been cut during childbirth take *Staphisagria* 1M several times the first day a few hours apart followed some hours later by *Arnica* 1M.

Calendula cream will heal incision wounds rapidly.

Then for up to a week as you feel the need take *Arnica* 200C several times a day.

If there is pain you can alternate *Arnica* 200C with *Hypericum* 200C.

If you don't have any of the above potencies you can take any other available lower potency more frequently.

Homeoprophylaxis: homeopathic immunization – a safe alternative proven 90% effective

About traditional vaccination

When exposed to an infectious disease, the body produces antibodies and other activated white blood cells to fight the infection. After recovery, an immunological memory has been developed that will provide resistance to this disease in the future.

In essence, this is the process vaccination imitates. People are exposed to small doses of infectious agents (attenuated or dead infectious organisms, microorganism toxins or components).

According to current medical thinking, vaccination is mostly harmless, the few who become living vegetables as a result being considered an acceptable low-percentage risk—collateral damage, as it were. It is believed that vaccination eliminates illness, and will stave off future deadly epidemics. The search for a vaccine that will eradicate all human disease has become a highly-funded holy grail. Vaccination has become an indisputable sacred cow, ever larger vaccine cocktails compulsorily being injected into ever younger infants. Of course, the profits to pharmaceutical organizations are immense, not to mention those from treating future illness caused by vaccination.

On examining the historical statistical basis for vaccination, one quickly sees many discrepancies. Curiously enough, when vaccines were introduced most of the dreaded diseases (whooping cough, measles, polio, tetanus, and diphtheria), were already well on their way out owing to improved conditions of hygiene and nutrition. Vaccination was subsequently given the credit for this statistical decline.

It should be noted that the medical double-blind testing stamp of approval for drugs is conspicuously absent when it comes to vaccines. It should also be noted that the French who fought side by side with their allies in the Gulf War were not afflicted with the dreaded Gulf War Syndrome. They were not given the vaccine cocktail containing all of Iraq's presumed chemical and biological arsenal that the British and American soldiers received prior to being sent to Kuwait.

Many people are becoming concerned about the possible long-term effects of vaccinations, especially as regards their children. Do they really need vaccination for childhood illnesses such as measles, mumps and rubella? Will this open the door to even more ominous afflictions? Perhaps these childhood diseases are a natural step in the development of their immune system.

In the past, we saw acute illnesses from which children recovered fairly rapidly, seldom leaving any lasting damage. Today we see few childhood illnesses, but an alarming increase of children with middle ear infection with the risk of reduced hearing and impeded language skill development. We see peevish, restless sleepers with chronic runny noses. We see many allergies: eczema, hay fever, asthma, chronic bronchitis and pneumonia. And, worse, we see a great increase in the number of children who are hyperactive, have

behavioral disorders and mental disturbances. Causes may vary, but many believe there is a direct connection.

Is it possible that we are eliminating acute illnesses, but paying the price of an increased incidence of chronic illness, together with a lowered level of general health being passed on to succeeding generations ?

Some facts about the contents of vaccines might be in order. They are grown on substrates, most of which derive from animal tissue such as rabbit brain, dog or monkey kidney, chicken or duck egg, cells from aborted fetuses, calf serum, and pig or horse blood. Such tissues contain proteins that may cause allergic reactions when injected directly into the blood. Animal genetic material may thus be introduced via living vaccine viruses and implanted into the human genetic system.

Vaccine viruses and bacteria also contain genetic information (RNA, DNA) that may be spread and taken in by the cells of an organism. Such viruses may remain dormant in cells for many years before becoming activated, then causing autoimmune illnesses such as allergies, arthritis, rheumatism and sclerosis.

Among other things, vaccines contain additives including formaldehyde (a known allergen and carcinogen), mercury, aluminum phosphate, acetone and glycerin. These are present in minute quantities, of course, but are quite poisonous and, after all, directly introduced into tissue.

Most homeopaths consider routine vaccination harmful. Many do not offer preventive homeopathic treatment as an alternative, believing it better to treat only when an illness appears. Others will prescribe preventive homeopathic remedies, especially in epidemics and for travelers who venture into areas with a high disease risk. In Australia a fifteen-year homeopathic immunization program was recently carried out by Dr. Isaac Golden in which 500 families participated. The results reported were good.

During its more than 200 year history, homeopathy has proven highly effective in epidemics, both as regards cure and prevention, with well-documented success rates in, among others, scarlet fever, polio, cholera and influenza epidemics (including the Spanish flu one), and offers a viable alternative to vaccination.

Short-term homeopathic immunization for children

This program is to be used if your child is likely to be exposed to infection, e.g. visiting relatives with whooping cough, measles, etc., or there is a meningococcal outbreak in town. As no method of prophylaxis is perfect, this will give added protection.

Disease	Main remedy	Substitution remedy	Instruction
Whooping Cough	<i>Pertussin</i>	<i>Cuprum Metallicum</i>	Take 200C twice each week for 2 weeks during an outbreak of whooping cough.
Tetanus	<i>Tetanus Toxin</i>	<i>Hypericum</i>	Take 30C three times daily for three days after breakage of the skin where the danger of contracting tetanus is present.
Polio	<i>Lathyrus Sativus</i>	<i>Lathyrus Sativus</i>	Take the remedy in a potency of 200C once a week during an outbreak of polio.
Pneumococcal Disease	<i>Pneumococcinum</i>	<i>Belladonna</i>	Take 200C every 2 weeks for 6 weeks during an outbreak.
Measles	<i>Morbillinum</i>	<i>Pulsatilla</i>	Take 200C weekly for 4 weeks during an outbreak.
Meningococcal	<i>Meningococcinum</i>	<i>Belladonna</i>	Take 200C weekly for 4 weeks during an outbreak.
Hib	<i>Haemophilis</i>	<i>Arsenicum Album</i>	Take 200C weekly for 4 weeks during an outbreak of haemophilis influenzae (HIB Meningitis).
Influenza	<i>Oscillococcinum (Anas Barb)</i>	<i>Influenzinum</i>	Take 200C weekly for 4 weeks during an outbreak of influenza.

Long-term homeopathic immunization for children

Dr. Isaac Golden, an Australian homeopath, has developed a homeopathic immunization program he calls homeoprophylaxis.

He has run the program for over 15 years and included over 500 Australian families in the project. The results have been excellent, with about 90% efficacy.

The homeoprophylaxis program runs for 60 months. During the first 32 months the child takes a remedy at monthly or bimonthly intervals. In the remaining months, the intervals are larger.

Of course, parents can decide which diseases they wish their children to be immunized against, depending on local conditions and their particular fears.

The diseases included in the program are: whooping cough, pneumococcal disease, meningococcal disease, tetanus, hib influenza, polio, diphtheria, measles and mumps. The remedy potencies used are mostly 200C, 1M and 10M.

For further details about the program, Dr. Isaac Golden's books are recommended, a list of which you will find in the *Bibliography*. Instructions for and supervision of this homeoprophylaxis program can be obtained by contacting us via www.clinic.euni.org.

Homeopathic travel remedies

The most usual problems you will run into while travelling concern travel sickness, eating bad food, drinking contaminated water, drinking and eating too much. You can look up problems connected with travel in the *Acute Illness Repertory* at the back of this book.

There you will find: altitude sickness, assaults, bites, bruises, burns, chilblains, cholera, cold sores, colds, collapse, concussion, cramps, cystitis, dehydration, dengue, diarrhea, drowning, dysentery, exhaustion, eye injuries, falls, fear of flying, flu, food poisoning, foreign particles, fractures, fright, frostbite, fungal infection, gangrene, grief, hangover, hay fever, head injuries, hemorrhoids, hepatitis, herpes, hiccups, home sickness, hypothermia, immunizations, infection, inflammation, injuries to, injury, insect stings, jellyfish stings, jet-lag, kala-azar, malaria, migraine, miscarriage, morning sickness, mountain sickness, nightmares, nose bleed, over-indulgence, pain, poison ivy, poisoning, polio, rabies, rape, rheumatism, scalds, sepsis, shingles, shock, sinusitis, snow blindness, snuffles, sore throat, sprains and strains, stiff neck, stiffness, sunburn, sunstroke, tennis elbow, tetanus, threadworms, throat inflammation, toothache, travel sickness, tropical sprue, vaccination, vomiting, whiplash, wounds, yellow fever.

Indications are given for each of these problems with a corresponding remedy and potency. Many of the remedies listed are described in the *Treatment with basic acute remedies* section.

Homeoprophylaxis prior to and during trips to distant regions

The recommended dosages below are based on brief visits such as a holiday or business trip limited to from one to three months in which exposure will be little.

If the stay is to be longer, take the doses indicated below, then follow up with triple doses of 1M or 10M every 4 to 6 months. A triple dose means taking the remedy three times during a period of 24 hours.

Cholera

For cholera prevention, take *Cuprum Metallicum* 200C (cupr) once every two weeks while in cholera zones.

This is a disease of poor sanitation and hygiene and can occur anywhere in the world. It is caused by the bacterium *Vibrio cholerae*.

The high risk zones are: India, Bengal, South-East Asia, the Middle East, Africa, eastern Europe, South America and the western Pacific.

The disease is contracted by ingesting food or liquids contaminated with cholera bacteria. The incubation period can be as short as a few hours, or as long as a week.

There is a sudden onset with explosive diarrhea, followed by copious 'rice-water' stools.

Camphor 200C can be used to treat the early stages of cholera.

Dysentery (Bloody diarrhea)

For short-term protection against dysentery take *Arsenicum Album (ars)* 30C for amoebic dysentery (caused by a parasite, fever usually absent) once each week.

Take *Mercurius Corrosivus (merc-c)* 30C for bacillary dysentery (caused by bacteria, also known as Shigellosis) once each week.

The nosodes *Dysentery 1M* and *Giardia 1M* are also useful prophylactics.

Hepatitis A, B, C

Take 1M or 10M of the *Hepatitis A, B and C nosodes* once every 2-4 weeks during exposure.

Hepatitis A is communicated via poor food hygiene.

Hepatitis B is contracted via sexual contact, poor surgical technique, unsterile injection methods, unsterile acupuncture, tattooing and possibly biting insects such as bed bugs.

Hepatitis C is spread by blood and serum-derived fluids and by direct contact with body fluids.

Japanese B Encephalitis

Take the *Japanese B Encephalitis nosode 1M* weekly. If it is unavailable use *Belladonna 200C* instead.

This disease is transmitted by a mosquito found in the rice fields of South East Asia and the Far East. It mainly occurs during the monsoon season.

Avoiding areas where rice cultivation and pig farming co-exist will greatly reduce the risk of contracting this disease.

Malaria

For malaria, either *Natrum Muriaticum (nat-m)* 200C or *Cinchona Officinalis (chin)* 200C should be taken once every two weeks starting at least two weeks before travelling to a malarial zone, continuing until two weeks after returning.

Malaria Officinalis can be useful, but may be too specific to cover some strains of malaria.

High risk areas are Thailand and neighboring countries, Central America, South America, Kenya and Africa south of the Sahara.

Normal preventive drugs are only 85% effective and malarial parasites are developing resistance to them. Moreover, they must be taken for 4-8 weeks after returning home. Also they should not be taken during pregnancy.

Meningitis

For meningitis take *Meningococcinum* 1M every 1-4 weeks depending on the intensity of exposure.

The high risk areas are the meningitis belt of Africa, Nepal, New Delhi and Mecca.

As the disease is spread via exhaled droplets from those affected, avoidance in these areas may be impossible.

Symptoms include fever, severe headache, stiff neck, vomiting, sleepiness, convulsions and coma.

Smallpox

For smallpox, take triple doses of *Malandrinum* 1M, *Variolinum* 1M or *Thuja* every month for three months while in a risk area.

This disease is considered to be completely eradicated worldwide by public health authorities (although cultures are kept in certain research laboratories) and therefore smallpox vaccination is not usually required to enter any country.

Tuberculosis

For tuberculosis, take *Tuberculinum Bovinum* 1M one dose monthly while visiting suspect areas.

This is not uncommon in developing and tropical countries. The form of the disease which affects the lungs is contracted by inhaling droplets of sputum from someone who has tuberculosis.

The most frequent symptoms of pulmonary tuberculosis are chronic cough (worse on waking), fever in the afternoon, night sweats, pain in the chest or upper back, chronic weight loss and increasing weakness.

Typhoid

Take *Baptisia* 200C one dose every two weeks during exposure.

Typhoid fever is caused by the bacillus *Salmonella typhi* which is ingested in food where poor hygiene is practiced during its preparation. Thus, it can be contracted anywhere in the world.

As early treatment of the disease the remedies *Baptisia* and *Gelsemium* 30C may be alternated frequently (every few hours). After improvement and the diarrhea has stopped,

follow with *Cinchona Officinalis* (chin) 30C every 6 hours for 2 days. Repeat this sequence for any relapse.

Typhus

For typhus, take *Baptisia* 200C one dose every two weeks during exposure.

This is caused by a group of microorganisms that resemble bacteria in form, but are intracellular parasites.

They are transmitted to man by various types of lice, fleas, mites and ticks and the diseases caused are known as typhus.

If typhus is contracted, the nosode for the type of typhus may be used in conjunction with any of the following remedies:

1. Mild cases with muscle or joint pains and great restlessness – *Rhus Toxicodendron* (rhus-t)
2. In severe cases with drowsiness or delirium – *Baptisia* (bapt)
3. Severe cases, anxiety, thirst for sips, chilly – *Arsenicum* (ars)
4. With pneumonia – *Phosphorus* (phos)
5. With enlarged lymph glands – *Mercurius Solubilis* (merc)

Yellow Fever

During exposure select any one of the following remedies in 30C and take one dose each week: *Arsenicum Album* (ars), *Crotalus Horridus* (rattle snake) (crot-h) or *Phosphorus* (phos).

Yellow fever is endemic in the tropical and sub-tropical regions of South and Central America and Africa. It is transmitted by the bites of the Aedes and other jungle mosquitoes.

The incubation period is 3-6 days. Many mild cases occur, but in severe cases there is a sudden onset of fever, chills and shivering, muscle and bone pains, backache, severe headache, pain in the upper abdomen, vomiting, flushed face, coated tongue and offensive breath.

In the early stages *Aconite* and *Belladonna* can be alternated every hour.

Later, depending on symptoms, the above prophylactics *Arsenicum*, *Crotalus Horridus* and *Phosphorus* can be given.

How to deal with epidemics

Remedy	Epidemic
Pertussin 200	Whooping Cough - take twice weekly for 2 weeks during outbreak.
Ledum Palustre 30	Tetanus - take it daily for 3 days after breakage of the skin.
Lathyrus Sativus 200	Polio - take one dose every week during an outbreak.
Pneumococcinum 200	Pneumococcal Disease - take every 2 weeks, for 6 weeks during an outbreak.
Morbillinum 200	Measles - take weekly for 4 weeks during an outbreak.
Meningococcinum 200	Meningococcal Disease - take weekly for 4 weeks during an outbreak.
Haemophilis (200)	Haemophilis Influenzae (HIB Meningitis) - take weekly for 4 weeks during an outbreak.
Oscillococcinum (200)	Influenza - take weekly for 4 weeks during an outbreak.

How to deal with radiation exposure

As usual in homeopathy, how you deal with radiation exposure will depend on the symptoms the patient has. The patient's vital force and amount of exposure to radiation will determine the outcome of the treatment. Below follow indications for a number of homeopathic remedies. Use 30C or 200C and see how the patient responds.

As usual, if there is a curative response, wait until there is a relapse before repeating the remedy, either the same or a higher potency.

Cadmium Sulphuricum (cadm-s)

Mental state: Horror of being alone and of work. Apprehension at the approach of someone. Anxiety before stool. Great irritability.

Physical state: Violent nausea. Nausea from anything touching the lips. Intense retching. Black vomit. Vomiting of mucus, green slime, blood. Great prostration. Wants small drinks of water, which are vomited right away. Burning and cutting stomach pain.

Cadmium Iodatum (cadm-i)

If the patient did not protect the thyroid with crude doses of Potassium Iodide. Cadmium Iodatum is a great gland remedy: cervical glands, tonsils, thyroid, mammary glands, lymphatic system, testicles, ovaries.

Mental state: Hates everything and everybody. Lots of self-pity.

Physical state: Bloated abdomen. Itching anus and rectum only during the day. Constipation. Frequent desire to stool.

Calendula cream (calen)

An important remedy for skin conditions such as rashes and ulcers.

Ceanothus (cean)

Ceanothus is an excellent spleen remedy and as radiation can affect the spleen, it is included here.

Mental state: Low-spirited, does not care about anything.

Physical state: Chilly with no appetite. Enlarged spleen.

Radium Bromatum (rad-br)

Mental state: Wants to be with people. Afraid of being alone in the dark. Tired and irritable.

Physical state: Red skin with itching, burning as if on fire and swelling. Skin ulcers.

Sol (sol)

Mental state: Anxiety and anxiousness in all nerves, passing from heart to stomach. Frightened at the approach of someone.

Physical state: Inclination to vomit. Headache. Dermatitis.

Uranium Nitricum (uran-n)

Mental state: In a bad mood all day.

Physical state: Does not feel well all day. Abnormally thin due to a gradual wasting away of flesh. Accumulation of fluid in body, edema.

X-ray (x-ray)

Mental state: Sadness and aversion to company. Desire to kill, especially before and during the period.

Physical state: Radiation dermatitis. Chronic itching skin eruptions, painful cracks. Warty growths. Nails thicken.

How to survive the bird flu

Known symptoms of Avian Influenza

Known symptoms of avian influenza are: fever, cough, sore throat, and muscle aches, eye infections (conjunctivitis), pneumonia, acute respiratory distress, severe coughs that tear muscles, viral pneumonia, and other severe and life-threatening complications.

About 50% die with intensive hospital care at the moment.

Planning ahead

You need long-life food in stock, such as rice and lentils and a full freezer. A new plastic dustbin with a lid full of water or even two might be wise. A water filter would be a useful device.

You should buy face masks and a homeopathic kit. If you treat others, you should probably purchase a really good clothing protection kit.

You can get *PC Avian Influenza* from www.vitalremedies.com or the free download and be ready to make the nosode.

Buy in essentials you might need as shops may be shut for weeks.

It is no use waiting to do all this. If the epidemic starts it will be too late.

Use up your stocks and keep them replenished as the timing is uncertain.

After care

It is likely many people will not fully recover. Treatments in use may reduce their numbers, but vaccinations may have side effects. Use of the above homeopathic methods will certainly provide a treatment for this flu and prove effective.

PC remedies for avian flu

The Healing Trust (UK) owns the rights of the *PC Avian Influenza* medicine, the original and all further versions. You can order it from the Helios pharmacy. See www.vitalremedies.com

PC Avian Influenza is also available for as an mp3 download from www.healingdownloads.com. You may prefer this new technology. The inventor, homeopath Peter Chappell, offers no proof but personally believes it's the very best answer. What have you got to lose? Also you can send it to friends.

Making a homeopathic nosode

This you can do at home. It's not for the faint hearted, but in a life/death crisis you might stomach it. You need a mask and gloves. You get some spit, sputum, or other disease

product from a person sick with this flu. Any tiny quantity will do, even a pin head of it. You put it into a bottle of tap water, (the bottle can be 50 ml or 500 ml, which is not important glass or plastic). Close or screw on the top, strike the bottle hard on a wooden surface 40 times. Empty out the bottle. Refill with water, the film on the inside will re-medicate the water. Strike 40 times. Empty out. Repeat this process 30 times in total. You now have a harmless nosode to protect you against the bird flu and lessen its impact.

It takes about half an hour to do this. Put the final version into a bottle of either mineral or tap water, half a liter is good, with at least 10% alcohol, vodka, brandy, or whisky as preservative. This is the nosode stock.

This you can supply to endless friends and neighbors by using the final bottle. One drop from this bottle can be used to repeat the entire process and obtain a new nosode stock bottle. It is an endless supply. From one sample you can make enough in a kitchen to supply a town, all you need are bottles of water, mineral water is easiest.

Prophylaxis and treatment protocol

Take this nosode (homemade or bought) or *PC Avian Influenza* (pills or download) or both once daily, one spoonful after striking the bottle 5 times on a wooden surface to wake it up for prophylaxis.

And or listen to the download. This gives you three options, any one of which should work.

Strike the bottle, tip some into a glass and sip every fifteen minutes as soon as you start to feel symptoms. Ease off to hourly until recovered. Likewise, in full blown cases use every 15 minutes. In severe cases sip every few minutes or listen every 15 minutes. Refill the glass every 4 hours after striking the bottle 5 times again.

After care

Survivors will still suffer in many cases. The remedies above will help to complete recovery. Specific homeopathic remedies may be needed for particular conditions, such as for damage from violent coughing (*Arnica* - injured, *Bryonia* - can't move, *PC Injury*) and for exhaustion (*Carbo Vegetabilis* – lies there like a corpse, *Phosphoricum Acidum* - completely apathetic and indifferent).

Homeopathic kits with instruction booklet are available from homeopathic pharmacies—www.ainsworths.co.uk, www.helios.co.uk, www.nelsonshomoeopathy.co.uk. *PC Injury* is a download mp3 from www.healingdownloads.com, or the pill remedy can be bought from some pharmacies www.vitalremedies.com. In the opinion of the remedy creator, Peter Chappell, a PC pill is easier to believe in, but the mp3 download will work best.

What to do when you don't have the required remedy with you

Let's say you are travelling and come across a patient who needs a certain remedy, which you don't have with you and is unobtainable in the local area.

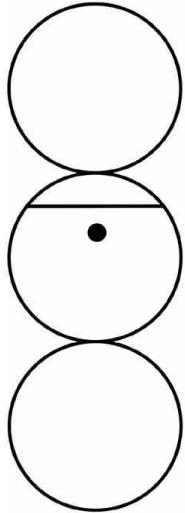


Figure 7. Remedy transmitter

In such a situation, you can make use of the following Tricircle diagram developed by the radiesthetist⁵ Jean de La Foye, which you can draw on a piece of paper, preferably with the overall rectangular dimensions 12 x 31 cm.

First the diagram must be oriented to magnetic north. Then you place something that represents your patient, such as a photo, some hair, name and birth date, etc. in the bottom circle.

After this, you write the name of the remedy on a slip of paper, either the homeopathic abbreviation or the full Latin or common name of the remedy, which you can find in the table of abbreviations at the back of this book. You can also write the potency of the remedy. This slip you place in the top circle.

You will have to use your intuition (or a pendulum) to determine the length of time you leave this system transmitting. The right remedy in an acute situation should produce almost immediate results. However, you'll have to learn this by experience.

While travelling with my wife she developed an intense toothache for which she required the remedy *Chamomilla*. It also appeared that she had a gum infection. As *Chamomilla* was not available, I decided to try out this method and drew the Tricircle diagram on a piece of paper using a cup to make the circles. I must admit, the diagram was much smaller than the recommended 12 x 31 cm, and the circles were not perfect.

I oriented the diagram to magnetic north. Then I wrote *cham* (the remedy abbreviation of *Chamomilla*) on a slip of paper, put it in the top circle and placed her passport on the bottom circle. I forgot to write the potency, but believe I imagined it to be 200C.

After a couple of minutes, I asked how she was doing and to my surprise she reported that the pain was suddenly substantially reduced. Then I proceeded to treat the gum infection with *Mercury* 30C, which I had on hand in pill form, and it did not take many hours to bring the infection to a halt and my wife on her feet again.

You can, in principle, transmit remedies at any distance as the vibrations pass through the etheric and higher levels. (If you don't know much about these levels you can search the internet or read books by C.W. Leadbeater or Arthur. E. Powell. See the Bibliography) In doing so, be sure to determine by intuition, or by the use of a pendulum—if you know

⁵ Radiesthesia simply defined is the science of detecting and transmitting subtle energies. A book with this and many other useful diagrams can be found in the book *Os Gráficos em Radiestesia* by António Rodriguez, listed in the Bibliography, a Spanish version of which can be downloaded from www.clinica.euni.org by clicking on the geometric symbol on the main page.

how to operate one—the duration of the transmission. Too long a duration can be counter-productive and lead to more severe symptoms.

For example, I once transmitted Arnica 1M to a lemon tree that had been grossly pruned by an ignorant gardener, after which it stopped producing lemons. I only transmitted the remedy for about 15 minutes. The tree has since recovered and is busy producing quantities of high-quality lemons again.

What to do in extreme survival situations

If you should find yourself in the aftermath of a catastrophic event, or somewhere far from any human population, with no remedies or medicines for use in common, potentially lethal situations such as a simple infection after a cut, or dealing with an animal bite, you could use your knowledge of homeopathic remedies obtained in this book to produce your own remedies with the aid of the octagonal remedy maker shown in figure 5 and some liquid.

In the case of an infection, you could use the homeopathic remedy *Mercurius* in a suitable potency to cure yourself or a patient.

Should you have a patient who is some distance away, you could use the remedy transmitter shown in figure 7 to effect treatment, just using the figure, something to represent your patient, and a remedy name.

Lacking paper and pen or pencil, you could draw these figures on the ground with a stick or finger and similarly write the corresponding remedy name and something to represent your patient.

This could save your life or the lives of others with the aid of such simple means at hand.

CHAPTER 7 - PREVENTION

"An ounce of prevention is worth a pound of cure."
Popular saying

Electrosmog

The subject of electrosmog is becoming increasingly important in our technological civilization, where we are being exposed to an increasing number of electrical and electronic devices that appear in our homes, work places, our cities and villages, and even in the countryside.

From outside our homes we are exposed to magnetic fields from nearby high-tension wires, transformer stations—particularly microwaves from the mobile phone masts that have mushroomed up around us.

In our homes we are immersed in the emissions of an increasing number of devices such as pc's, small transformers, electric motors, leaky microwave ovens, televisions, and mobile phones.

Recently, the so-called energy-saving light bulbs have been forcefully introduced, even made mandatory by law in some countries, among others, Ireland. A new study conducted by German scientists in Berlin found that these bulbs release carcinogenic chemicals and toxins, such as phenol (used as a means of execution by Nazis in the Second World War), naphthalene (can damage or destroy red blood cells = anemia) and styrene (gastrointestinal, kidney and respiratory system toxin).

Moreover, when such a bulb is broken, it releases dangerously high levels of mercury into the air. When disposed of these bulbs contaminate the ground water with mercury, in particular, in landfills.

A professor of biology at Haifa University in Israel has found that the light emitted by these energy-saving light bulbs increases the chance of women getting breast cancer, as it disrupts the body's production of the hormone melatonin, which can also produce sleep disorders.

The radiation emitted by these bulbs has been linked with migraine headaches, fatigue, dizziness and other health defects.

Such light bulbs can be used outside of the house, but in any case the quality of its light spectrum is rather poor, and unpleasant to many. Electrosensitive people complain of unbearable pain induced by remaining in such light, even for a short period of time. I can personally vouch for the unpleasant truth of this.

Often there are leakage currents circulating in our water pipes due to faulty wiring, or we sleep too close to magnetic fields from wall cables, or electric devices near the bed.

Likewise, we see a similar picture at the office. In office landscapes one finds a multitude of energy-saving light bulbs, neon lights, pc screens, printers and cordless devices, such as pc-mice and mobile phones, emitting EMR (electromagnetic radiation).

It does not require much imagination and common sense to realize that such radiation may be affecting our health. Big business interests often suppress or downgrade reports of people becoming ill. One does not hear or read much about such people in the news media, yet they exist in great numbers. Sleep disturbances, headaches, spontaneous abortions, cancer, leukemia, constant tiredness, allergies and other problems are 'seen' as just normal occurrences in life.

Many people have become so sensitive to electromagnetic fields that they are unable to remain in any office, nor even at home, without developing intense pains and other unpleasant symptoms, such as diarrhea. Their expensive education and years of experience have suddenly become worthless, their career gone. Some have had to move out into the woods or to distant regions, or even caves, to escape the fields emitted by electrical devices.

In most technologically advanced countries, associations for electrosensitive persons have been established. One such is to be found at www.feb.se the website of the Swedish association. This website contains links to associations in many other countries and current news, much of it in English. Other links are given in the Appendix. Sweden is a pioneer in EMR research.

For a report regarding electrosmog click on the link below:

1. House of Commons - Select Committee on Science and Technology

Earth radiation

There is electromagnetic radiation coming from the earth itself. Such earth radiation may affect your health if you spend much time on certain pathogenic spots while working or sleeping. Severe illness, mostly cancer, can result from this.

Hartmann lines are naturally occurring charged lines that run magnetically North-South (2 m apart) and East-West (2.5 m apart). They rise from the ground like invisible walls about 20 cm thick, penetrating buildings, and form a network that spans the Earth. The intersections of these lines are what may cause problems to the human organism.

Curiously, I have observed that the thickness of these Hartmann lines increases up to several meters before an earthquake takes place somewhere. After the earthquake, they return to normal.

The Curry lines are similar, but run diagonally to the poles about 4 m apart and 0.5 m wide, forming another network that spans the Earth diagonally. Here again, it is the intersections that give problems.

There are other sources of electromagnetic radiation stemming from the earth, often called earth rays. Underground streams emit vertical walls of microwaves, as do stressed geological fault lines. Deposits of oil, gas and minerals may also do the same. Intersections of such walls are again what may cause problems.

If Hartmann, Curry and earth ray lines should cross, in any combination such points would be extremely pathogenic.

This is the realm of geobiology, which was pioneered by the German doctor Ernst Hartmann shortly after the end of World War II. A great deal of research has been done in this field with thousands of case histories.

The conclusion of this work is that heavy illness is more often than not attributable to sleeping on or spending much time on pathogenic spots.

Included here are cases of children who are frequently sick, do poorly in school, wet their beds, grow abnormally, become seriously ill.

Included are also cases of heart problems, cancer, low energy, tumors, rheumatism, immune problems, marriage failures.

Mostly it is a case of moving one's bed to another spot. Such a simple cure.

If you wish to have your house or place of work checked, you might contact a professional dowser for advice.

It is unfortunate that therapists and doctors are mostly ignorant of this illness-producing factor, or consider it unworthy of attention as their learned professors at school did not teach this subject, nor do medical authorities and associations mention it. This despite the encyclopedic volumes of case evidence collected by investigators since the early 1900's, many of these investigators being medical doctors, engineers and scientists—so-called people in the know.

HOWEVER, THE SAD AND SORRY TRUTH IS THAT IF A PATIENT SLEEPS IN A BED AFFECTED BY THE ILLNESS-PRODUCING PHENOMENA OF HARTMANN, CURRY LINES AND/OR EARTH RADIATIONS, THEN THE PATIENT WILL NEVER BE CURED NO MATTER HOW STUPENDOUS AND SPOT-ON THE TREATMENT GIVEN MIGHT BE IN THE EYES OF THE PHYSICIAN, HOMEOPATH, NATUROPATH, ETC., AND THE UNFORTUNATE PATIENT WILL END UP BEING CONSUMED BY THE ILLNESS CONTRACTED.

THIS CERTAINLY IS A HIGH PRICE TO PAY FOR GROSS IGNORANCE WHEN THE SOLUTION MIGHT BE AS SIMPLE AS MOVING THE PATIENT'S BED JUST ONE METER TO THE LEFT OR THE RIGHT.

Miasms

The word miasm (deriving from the Greek *miaeinein* 'to pollute') is a homeopathic term for the infectious principle, which when taken in by the organism may cause disease. A miasm may be inherited, acquired or acute.

The main miasms are psora (derived from scabies), sycosis (from gonorrhea) and syphilis (from syphilis). Other illnesses such as tuberculosis, cancer, drug abuse are also considered to be miasmatic (passed on to offspring).

If one of your ancestors had scabies, gonorrhea or syphilis the miasm has been passed on to you as a predisposition or active illness, possibly with a physical deformity.

A classical homeopath is trained to take this into account and take the appropriate steps to treat such miasms.

As a patient, it is important to be aware of this miasmatic inheritance and avoid passing it on to one's children, but have it treated first.

If one has had scabies, gonorrhea or syphilis prior to having children, it would be wise to treat one's children for such illnesses homeopathically.

A family history of tuberculosis, cancer or drugs prior to having children would also warrant treating them for such.

Organ cleansing

Keeping certain organs, such as the liver, colon and kidney clean can be quite important in maintaining a good state of health. Many illnesses are caused by a congested colon and liver.

These days a lot of toxic substances wind up in the liver from sources such as air pollution, food and drink, and pharmaceutical drugs. The colon may accumulate undigested food and toxins to such a degree that its shape is greatly altered and expanded.

As different segments of the colon are connected with organs such as the brain, eyes, ears, heart, etc., accumulated toxicity in a segment can affect the corresponding organ.

Thus, it is wise to clean the liver and colon regularly, the frequency depending on one's life style and environment.

Procedures for this purpose can be downloaded free from www.clinic.euni.org.

CHAPTER 8 - EXERCISES

"You always pass failure on the way to success."
Mickey Rooney

Try your luck with these questions, the answers to which are given in the Appendix, but don't worry too much if you don't get them right. You can use the opportunity to check for answers among the 35 acute remedies given in this book. Some questions may require a bit of research in this book.

Theory questions

1. Explain how a 12C liquid potency is made?
2. What does the word 'succussion' mean?
3. What are the main principles of homeopathy?
4. Explain what a *materia medica* is.
5. Define the term '*miasm*'.
6. What are the main miasms in homeopathy?
7. Explain what the vital force is.

Human paper cases

1. A patient has hay fever from pollen. She is very sensitive to light and has burning tears. Her nose is runny indoors, but this stops when she goes outside. What remedy would you give?
2. Your friend has just arrived from a long trip by air to visit you. She has a sore back from sitting so many hours in the plane. What remedy will resolve this?
3. You are going to Peru to visit Machu Picchu. What remedy are you likely to need?
4. A patient comes to you with a recent cold. He is a construction foreman who has been working in an office with air conditioning. What remedy would you give?
5. Your friend has a girl aged 7 who has never stopped wetting the bed. Her brother who is 8 already stopped. What remedy would you give?
6. You have been out in the Russian winter landscape and have contracted frostbite in your fingers. Your skin has become very dry and rough. What remedy would you take?
7. A tennis player comes to you complaining of tennis elbow. What is the appropriate remedy for this?

Learn how to prescribe acute homeopathic remedies for your family, friends and pets
Exercises

8. You are on a ship and your fellow passenger becomes seasick. He has a cold sweat and wants to remain outside in the fresh air. What would you prescribe for this condition?
9. A patient comes to you with a very intensely burning cystitis. It started suddenly and she has a burning, intense thirst, but is worse from drinking. What is the remedy for this?
10. You are out wandering in the desert and have forgotten to bring your water bottle. After many hours in the hot sun you stumble upon an oasis. After drinking some water you find yourself feeling very weak and nervous with swollen legs. What remedy would you take?
11. A dog has been frightened by a car nearly running it over. Now it has a fever with a cold. What remedy would you give?
12. Your friend comes to you with hay fever. She says that it comes from tree pollen. She is very sensitive to sunlight and has burning tears. She says that she sneezes a lot which gives a runny nose, but after going outside this disappears. What remedy will help?
13. You go on a long airplane trip to Mexico and sit for hours, which makes you very sore and stiff around the pelvis and back. What remedy are you likely to need here?
14. A patient comes to you with dizziness. She has just been donating blood at the blood bank. What remedy would you give?
15. A mother comes to you with a screaming baby girl. She says the girl does not sleep well at night as she is teething, but is better from being carried. You notice that one cheek is red. What remedy would you give?
16. A man comes to you to have his hiccups cured. He says that after eating he often gets an attack of hiccups, especially when the weather is hot. What remedy would you give?
17. A sailor presents with a pus-filled wound. You touch the area and he jumps out of the chair with pain and screams. He complains of extreme chilliness. He also tells you that the radio next door is too loud. What remedy would you give?
18. Your child comes screaming to you after having had a door slammed on his fingers. What is the appropriate remedy for this?
19. A patient has to travel to a polio-ridden area of the world. What remedy would you recommend he take along?
20. A mother brings her boy to you with nosebleed. The blood is light-colored. She says he is a very extroverted boy who has many friends. He likes to drink cold water. What remedy would you give?
21. A young man has eaten some bad food and is suffering from vomiting and diarrhea. At his bed side there is a glass of water from which he drinks small sips frequently. What remedy would you give?

22. A lady comes to you to get cured of an eye inflammation. She is very sympathetic and enthusiastic. As you take the case you discover that she is easily startled during thunderstorms and loves dark chocolate. What remedy would you give?

Animal paper cases

1. A dog has been frightened by a car nearly running it over. Now it has a fever with a cold. What remedy would you give?
2. A collie has been bitten by another dog. The area of the wound is twitching. What remedy will help?
3. An old fat cat has collapsed. It has blue gums and feels cold to the touch. The cat, called Tofu, likes to sit in the doorway where a cool wind is blowing. What remedy are you likely to need here?
4. A black female bulldog called Tina was hit by a car and given lots of Arnica, which helped. But there is still some pain in the pelvic area. What remedy would you give her?
5. A wild cat named Ronja was taken by its owner to a new residence. It was terrified, hiding inside cars in the motor area. The owner placed some food which it came to eat at night when there was no one around. What remedy would you give?
6. A bicycle ran over the tail of a cat who was in great pain. What is the appropriate remedy for this?
7. A dog named Pierre likes to mount the females and becomes very aggressive when other dogs come near them. What would you prescribe for this condition?
8. A cat has a large sore on its hind leg. It seems to be quite painful. What is the remedy for this?
9. A racing dog contracted diarrhea after being moved to another location in an air-conditioned vehicle right after running a race. What remedy would you give?

CHAPTER 9 - CONCLUSION

"Every great advance in natural knowledge has involved the absolute rejection of authority."
Thomas Huxley

Homeopathy can be understood by anyone willing to give it a try. He or she will see results that seem magical and will wonder why it is not used more widely, why orthodox practice does not embrace it.

This is not an important issue to waste time and energy on. Evolution is in progress.

The key is to use it and gain experience in how the small remedy pills can produce almost instant results in many cases.

Open-minded people will say that homeopathy sounds interesting, but it is difficult for them to really be convinced unless they have been cured of some ailment—such as a hangover, food poisoning, the flu. And even then, many will say that the cure was due to a new vitamin they started taking or a fabulous orange juice they began drinking, etc.

This book has been written for independent spirits who have some capacity to see truth when confronted with it, and are capable of taking action.

I wish you the best of success with this marvelous healing tool with which you can raise the vibrational level of those who seek you out for help with a distressing condition—be it physical, emotional, mental or spiritual.

Learn how to prescribe acute homeopathic remedies for your family, friends and pets
Appendices

APPENDICES

APPENDICES A TO K

APPENDIX A - Frequently asked questions (FAQ)

*"Education: That which reveals to the wise, and conceals from the stupid,
the vast limits of their knowledge."*

Mark Twain

1. Why isn't homeopathy used more extensively in traditional Western medicine?

One of the main reasons is that present day conventional science so far has not been able to discover the mechanism by which homeopathy works. Most scientists confine their observations to physical universe phenomena that fit their theories and ignore phenomena their theories and models of the world can't explain—the ostrich approach. Such a state of affairs existed when Galileo said that the earth revolved about the sun and not the other way around, as claimed by those "in the know" (the Church at that time).

We homeopaths don't know exactly how homeopathy works, but we know **how** to use it for the benefit of humanity every day. It is worthy of note that conventional science does not know what electricity is, but knows how to make use of it.

Another reason is commercial. Cheap homeopathic remedies would undermine the huge earnings of pharmaceutical companies, drug sales being the second greatest income bringer on a world-wide basis—next to the sale of arms.

2. How can such a little, tiny pill taken just once cause such a great improvement in patients suffering from acute or chronic illness?

Yes, the pills can be really small, some not much larger than the period at the end of this sentence. This question has been asked of me many times with great wonder by exceedingly grateful patients.

I have had patients who took a whole vial of the remedy prescribed as they thought that one single small pill would be insufficient. Taking many homeopathic pills at a time is not harmful. It is more or less like taking one. However, taking a pill frequently could be harmful if the remedy is not indicated—and even if it is.

Considering that there are no chemicals in a homeopathic pill besides the lactose it consists of and a slight trace of alcohol from the liquid remedy used to moisten lactose pills, what is it that stimulates a patient's system to heal itself?

As mentioned before, the principle on which homeopathy is based is: "like cures like." The information in the pill is similar to the information inherent in what is disturbing the patient's vital force which, in turn, produces the symptom picture presented by the patient. This symptom picture is similar to the symptom picture produced in healthy persons on which the remedy was tested.

Simply put, it is information in subtle energy form derived from the remedy source material, which information has been transferred to the pill. Such subtle energies are described in esoteric literature such as that written by C.W. Leadbeater, Annie Besant and Alice Bailey (Amazon.com offers most of their works). As this book deals with homeopathy, I leave it to the curious to extend their knowledge of esoteric subjects on their own.

3. *How do you know whether your patient is improving or not after taking a homeopathic remedy?*

After giving a homeopathic remedy your patient may improve in seconds, greatly surprising those concerned regarding how such a small pill can effect such a great change so rapidly. This frequently occurs when you have selected the right remedy and when the patient has a strong vitality.

Often you have to wait an hour or so to gauge improvement. Signs to look for are: increased energy, a greater feeling of well-being, the patient's mood improving, the patient feeling good about himself or herself. If you can see auras, you will notice that the patient's aura brightens up immediately after giving the right remedy.

When treating pets and other animals, you will see more energy, greater well-being, improved aura.

In acute situations, there should be a change in the patient's condition within an hour or two, often depending on the severity of the condition, but by no means always. Severe conditions can change in the matter of minutes, or seconds.

Patients with great vitality will change more rapidly. Those who have been taking pharmaceutical drugs for some time, or are currently taking them, will often respond more sluggishly, if at all. Their immune systems have been twisted away from the natural state, thus making it difficult for any therapy to effect a cure.

4. *When should I change to another remedy?*

If you see no change in an acute condition within a few hours, find a more suitable remedy to give your patient.

If your patient was doing well after the last remedy, but has had a relapse and you repeated the same remedy at the same or a higher potency without further improvement, find another remedy that fits the current symptom picture.

The basic idea is to repeat a remedy if the patient got better and then relapsed, after which you change remedy if the patient does not improve.

5. When should I repeat a remedy?

Repeat the remedy you gave at the same potency if you have seen good improvement, but the condition of your patient has deteriorated again. The patient's improvement should last longer after a repeat. If not, try a higher potency, which should also lead to improvement lasting longer. If not, change remedy.

6. Do homeopathic remedies expire?

Expiration dates mean nothing with respect to homeopathic remedies. They simply do not expire. Remedies have been found that were 200 years old and they worked just fine.

Pharmacies are required by law to mark their drug packaging with expiration dates as the drugs consist of chemicals that decompose.

Since homeopathic remedies are not based on chemical content, but carry vibrations the finer bodies of living beings respond to, the only concern is keeping such vibrations intact. It is known that electromagnetic fields, sunlight and odors can neutralize homeopathic remedies.

Placing homeopathic remedies on a loudspeaker, near a TV, microwave oven, electric motor, cellular phone, or other devices that emit electromagnetic radiation or magnetic fields might neutralize the remedies. Long exposure to sunlight is to be avoided for the same reason.

Passing remedies through airport x-ray or other radiative devices can reduce the effectiveness of remedies somewhat each time.

Opening a homeopathic remedy in a space with odors from perfume or incense is to be avoided as neutralization can occur.

7. Can you die from taking homeopathic remedies?

Homeopathic remedies are given in a water-alcohol mixture, in lactose pills impregnated with a potentised remedy liquid, or via the ethers when remedies are transmitted, such as in radionics.

At the potency C12, there are in principle no molecules present of the original remedy substance, such as a plant juice. The dilution here is 1 to a number with 24 zeroes. No toxic remedy molecules will be present in this or higher potencies, unless you consider lactose (milk sugar) or alcohol in minute quantities as toxic (possibly diabetics or reformed alcoholics, respectively).

There are those who would like you to believe that homeopathic remedies can kill you, among others, certain people in the medical or pharmaceutical industries. (You might

check the statistics for how many people die from taking pharmaceutical medicines each year—last I checked it was about 100,000 persons in the USA.) Homeopathic remedies are cheap and resulting profit losses for such individuals and firms could become quite large, not to mention loss of status and respectability.

8. How do you handle skeptics?

Do not waste any energy on skeptics. The bible quotation "Neither cast ye your pearls before swine." from *Matthew vii. 6.* is quite fitting here.

Skeptics who will not be convinced are mostly low-energy, confused individuals who consciously or unconsciously are there to suck your vitality—energy vampires.

Skeptics will not change their minds no matter what proof or arguments you present.

Don't waste your energy. At some future time, perhaps long hence, they may learn something about life.

9. Why not give two or more different remedies at the same time, each remedy covering different aspects of the patient's symptom picture?

This could be done if such a combination of remedies had been proven, the symptoms registered in a *materia medica* and the combination remedy symptom picture fit the symptom picture of the patient.

Otherwise, one would not know which remedy caused an improvement, and how to proceed thereafter according to the principles of homeopathy as developed by Hahnemann.

APPENDIX B - Legal aspects in practicing homeopathy

In many countries you need to be a medical doctor to be able to prescribe homeopathic remedies. This is somewhat ironic as medical officialdom claims that homeopathy does not work. Go figure. The ignorance and looniness of man is oftentimes astounding.

This restriction, of course, applies if you hang up a shingle and advertise that you are treating—not to mention, curing—patients. In treating acute illness there should be no problem anywhere, in particular, if you are treating rational and emotionally stable family and friends. You might check to see where any official watchdogs might be hiding.

In general, go ahead and treat people and animals with homeopathic remedies. You will be serving them well. In addition to being cured, they will be receiving a boost to their immune system with natural remedies, rather than the toxic, side-effect producing chemicals sold by pharmacies and prescribed slavishly by wellindoctrinated, bonus-rewarded doctors that end up overloading your liver and causing other mischief in your body—followed by a deteriorating life quality and miserable old age (if you get that far alive).

For legal aspects you might check [European Council for Classical Homeopathy](#) (ECCH) The representative platform for the homeopathy profession in Europe made up of 26 member professional associations in 22 EU, EEA and CEE countries. There you will also find the new International Council for Classical Homeopathy (ICCH).

APPENDIX C - Remedy kits for various purposes

Kit A – Basic home kit, or Starter Kit (10 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu from cold, dry wind; intense fear of something
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls, after operations, dental work
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Belladonna	30C, 200C	Sudden high fevers
Bellis Perennis	30C, 200C	Bruised deep tissue, after surgery, childbirth, falls, breast injuries
Calendula	30C, calendula cream	Cuts, open wounds
Hypericum	30C, 200C	Pinched fingers, toes
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow

Kit B – Beach activities kit (29 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C, 1M	Problems from exposure to cold wind, sudden flu, intense fear of something
Apis	30C	Bee, wasp, etc. stings
Arnica	30C, 200C, 1M, arnica cream	Injuries, bruises, falls, sore body areas
Arsenic	30C, 200C	Diarrhea, vomiting from bad food
Belladonna	30C, 200C	Sun headache, sunstroke, sunburn
Calendula	30C, calendula cream	Cuts, open wounds, jellyfish stings*
Carbo Vegetabilis	30C, 200C	Heat exhaustion, sunstroke, collapse, physical shock
China Officinalis	30C, 200C	Diarrhea, loss of body fluids
Coccus Indicus	30C, 200C	Seasickness
Colocynthis	30C, 200C	Diarrhea with severe griping pains
Cuprum Metallicum	30C, 200C	Heat cramps, swimming cramps, cramps
Euphrasia Officinalis	30C, drops	Eye problems from wind or sea, infections
Glonoinum	30C, 200C	Sun headache, sunstroke
Hamamelis Virginica	30C, 200C	Eye, breast injuries
Hypericum Perforatum	30C, 200C	Jellyfish stings*
Ipecacuanha	30C, 200C	Vomiting from bad food or drink
Ledum Palustre	30C, 200C	Insect stings, animal bites, skin perforation such as from a rusty nail*
Magnesia phosphorica	30C, 200C	Heat cramps
Mercurius Solubilis	30C, 200C	Mouth ulcers
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers
Podophyllum	30C	Diarrhea
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles, prickly heat
Ruta	6C, 30C	Sprained ligaments, tendons
Sepia	30C	Cystitis
Staphisagria	30C	Cystitis
Stramonium	1M	States of terror
Tabacum	30C, 200C	Seasickness
Urtica Urens	30C	Sun nettle rash/hives, prickly heat, sunburn, ill effects of eating shellfish
Veratrum Album	30C, 200C	Diarrhea from bad food

*see earlier section in this book

Kit C – Childbirth kit (17 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C, 1M	Intense fear prior to or during delivery
Arnica Montana	30C, 200C, 1M	Before and after delivery, take daily for a week after
Arsenicum Album	30C, 200C	Great anxiety prior to or during childbirth if no response to Aconite
Bellis Perennis	30C, 200C	Bruised deep tissue, after childbirth, breast injuries
Calendula	30C, calendula cream	Rapidly heals cut perineum after delivery
Carbo Vegetabilis	30C, 200C	Collapse, shock
Caulophyllum	30C, 200C	Weak or stopped contractions; helps dilatation
Chamomilla	30C, 200C	Great irritability during pregnancy; sore breasts, inflamed nipples; intolerable labor pains, sends helpers away, then calls them back
Cimicifuga	30C, 200C	Weak contractions, promotes rapid dilation of cervix during childbirth
Gelsemium	30C, 200C	Feels weak during childbirth, trembles
Hypericum	30C, 200C	Pain after delivery
Kali Phosphoricum	30C, 200C	Feeble and ineffective labor pains
Pulsatilla	30C, 200C	Weak contractions, no thirst, feels too hot
Secale Cornutum	30C, 200C	Severe pains after childbirth
Sepia	30C, 200C	Lack of motherly feeling after delivery
Staphysagria	30C, 200C	After caesarean, cut perineum

Kit D – Children's homeopathic immunization kit (Dr. Isaac Golden) (17 remedies)

Remedy name	Potencies recommended	Disease	Age given (months)
* Pertussin	200C, 10M	Whooping cough	1s, 2t, 14t, 26t, 52t
Cuprum Metallicum	200C, 10M	Whooping cough (substitute remedy)	1s, 2t, 14t, 26t, 52t
*Pneumococcinum	200C, 10M	Pneumococcal disease	3s, 4t, 16t, 30t, 58t
Belladonna	200C, 10M	Pneumococcal disease (substitute remedy)	3s, 4t, 16t, 30t, 58t
*Lathyrus Sativus	200C, 10M	Polio	5s, 6t, 18t, 26t, 64t
*Haemophilis	200C, 10M	Hib	7s, 8t, 20t, 40t, 70t
Arsenicum Album	200C, 10M	Hib (substitute remedy)	7s, 8t, 20t, 40t, 70t
*Meningococcinum	200C, 10M	Meningococcal disease	9s, 10t, 22t, 44t, 76t
Belladonna	200C, 10M	Meningococcal disease (substitute remedy)	9s, 10t, 22t, 44t, 76t
*Tetanus Toxin	200C, 10M	Tetanus	11s, 12t, 24t, 48t, 84t
Hypericum	200C, 10M	Tetanus (substitute remedy)	11s, 12t, 24t, 48t, 84t
*Morbillinum	1M	Measles	When required
Pulsatilla	1M	Measles (substitute remedy)	When required
Hepatitis B	1M	Hepatitis B	When required
Oscillococcinum (Anas Barb)	200C	Influenza	In flu season monthly
Ledum	30C	Tetanus wound	Three times a day, 3 days
Parotidinum	200C	Mumps	When required

* = main remedy s = single dose t = triple dose (i.e. three times at 6 hour intervals in one day)

Kit E – Children's kit (26 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	30C, 200C	Sudden flu, intense fears
Allium Cepa	30C	Hay fever
Apis Mellifica	30C, 200C	Bee, wasp stings*
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, after falls, operations, dentist
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food

Appendix – Remedy Kits

Remedy name	Potencies recommended	Main uses
Belladonna	30C, 200C	Sudden headaches, especially from sun
Bellis Perennis	30C, 200C	Bruised deep tissue, after surgery, falls on the behind, duckings
Calendula	30C, calendula cream	Cuts, open wounds
Chamomilla	30C, 200C	Teething problems
Coccus Indicus	30C, 200C	Travel sickness, worse from being in the open air
Echinacea Angustifolia	6C	Immune system booster
Equisetum Hyemale	30C	Bed-wetting
Euphrasia Officinalis	30C, drops	Eye problems, injuries
Gelsemium Sempervirens	30C, 200C	Flu, anticipatory anxiety
Hamamelis Virginica	30C, 200C	Black eye, bruises
Hypericum	30C, 200C	Pinched fingers, toes
Kalium Bichromicum	30C, 200C	Runny nose with green sticky mucus
Ledum Palustre	30C	After stepping on rusty nail, skin punctures, insect bites
Lyssinum	200C	Dog bite to prevent rabies*
Myristica Sebifera	30C	To open abscesses without using a knife
Pulsatilla	30C	Summer diarrhea from rich food, ice cream, measles
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow
Stramonium	200C, 1M	Fearful nightmares, states of terror
Symphytum Officinale	30C, 200C	Greatly speeds healing of broken bones
Tabacum	30C, 200C	Travel sickness, better from being in the open air
Urtica Urens	30C, 200C	Chickenpox

*see earlier section in this book

Kit F – Desert kit (10 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu from cold, dry wind, intense fears
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food, or drink
Belladonna	30C, 200C	Sun headache, sunstroke, sunburn
Calendula	30C, calendula cream	Cuts, open wounds
China	30C, 200C	Symptoms from dehydration
Glonoinum	30C, 200C	Sunstroke, sun headache
Hypericum	30C, 200C	Pinched fingers, toes
Lachesis	30C, 200C	Snake bite*
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow
Scorpion	30C, 200C	Scorpion bite*

*see earlier section in this book

Kit G – Diver's kit (14 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C, 1M	Intense fears, sudden flu from cold, dry wind, intense pain
Arnica Montana	30C, 200C, 1M, arnica cream	Bends, injuries, bruises, falls
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Belladonna	30C, 200C	Sun headache, sunstroke, sunburn
Bellis Perennis	30C, 200C	Bruised deep tissue, falls on behind, breast injuries
Calendula	30C, calendula cream	Cuts, abrasions, open wounds
Carbo Vegetabilis	30C, 200C	Heat exhaustion, sunstroke, collapse, physical shock
Euphrasia Officinalis	30C, drops	Eye problems, conjunctivitis, eye injuries
Hypericum	30C, 200C	Pinched fingers, toes
Ledum Palustre	30C every 15 min.	Fish, animal bites, skin punctures, jellyfish stings, sea urchin

Learn how to prescribe acute homeopathic remedies for your family, friends and pets
Appendix – Remedy Kits

Remedy name	Potencies recommended	Main uses
	apply wet heat*	punctures, insect bites**
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers, headache
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow
Silicea	6C 1-2/day for some weeks	Embedded sea urchin, starfish or other types of spines**

* wet heat=dip affected limb in water at 43-46 °C, remove after a few seconds when painful, repeat up to 30 minutes until pain is gone. Use hot wet towels for other body parts. Wet heat destroys venom and reduces pain.
** See earlier sections in this book

Kit H - Flu kit (14 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Start of flu (after cold wind), sore throat; sudden flu, anxious; hot face
Allium Cepa	30C, 200C	After cold dry wind; hay fever, runny nose is better outdoors
Antimonium Tartaricum	30C, 200C	Great accumulation of mucus in chest, increasing weakness
Arsenicum Album	30C, 200C	Restless, runny nose, thirst for sips of warm drinks, worse after midnight
Baptisia Tinctoria	200C	Sudden flu, muscle pain and soreness; putrid mouth, secretions; drowsy
Bird flu MP3	-	See bird flu section
Bryonia Alba	200C	Lethargic, hates disturbance, motion; very thirsty for cold water; pain
Eupatorium Perfoliatum	30C, 200C	Extreme bone pains; sore eyeballs; back pain, aching arms, wrists; thirsty
Gelsemium Sempervirens	30C, 200C	Trembling; no thirst; better from urination; drowsy, droopy eyelids; weak
Influenzinum	200C	Preventive; chronic problems after a case of the flu; increasing deafness
Ipecacuanha	30C, 200C	Persistent nausea and vomiting, bright red and profuse hemorrhages
Nux Vomica	30C, 200C	Flu from cold wind; chilly, sensitive noise, odors; worse from cold, drafts
Oscillococcinum (Anas Barb)	30C, 200C	Preventive; take right after start of flu; stuffy nose, sneezing
Pulsatilla	30C, 200C	Flu after getting wet, wet feet; back shivers; stuffy nose, throat; better warm
Rhus Toxicodendron	30C, 200C	Exposure to wet, damp; very restless; red tongue tip, edges; limbs hurt
Sanguinaria	30C, 200C	Burning heat and flushing, dry mucous membranes, sick from flower odors
Scutellaria	200C	Fatigue after they had the flu; confused, can't concentrate

Kit I - Homeopathic immunization kit (8 remedies)

Remedy name	Potencies recommended	Main uses
Haemophilis	200C – 1/wk for 4 wks during outbreak	HIB meningitis
Lathyrus Sativus	200C – 1/wk during outbreak	Polio prevention and cure
Ledum Palustre	30C – daily for 3 days	Prevents tetanus after breakage of the skin
Pertussin	200C – 2/wk during outbreak	Whooping cough
Morbillinum	200C – 1/wk during outbreak	Measles
Meningococcinum	200C - 1/wk during outbreak	Meningococcal disease
Oscillococcinum	200C – 1/wk for 4 wks	Influenza
Pneumococcinum	200C – every 2 wks during outbreak for 6 wks	Pneumococcal disease

Kit J - Jungle kit (20 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu from cold wind, intense fears, snake bites
Apis	30C, 200C	Insect stings
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls, animal bites

Appendix – Remedy Kits

Remedy name	Potencies recommended	Main uses
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Bellis Perennis	30C, 200C	Bruised deep tissue from falls
Calendula	30C, calendula cream	Cuts, open wounds, leech wounds
China Officinalis	6-30C, 200C	Prevention of malaria, after great body fluid losses
Carbo Vegetabilis	200C	Physical collapse after exertion, poison animal or fish bites/stings
Gunpowder	6C	Infected wounds
Hypericum	30C, 200C	Injuries to nerve-rich parts of body, jellyfish stings
Lachesis	30C, 1M, 10M	Venomous snake bites
Ledum Palustre	30C	Puncture wounds, animal bites, insect stings
Lyssinum	200C	Animal bite rabies prevention
Malaria Officinalis	30C	Prevention of malaria
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles from over-exertion
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow
Scorpion	30C, 200C	Scorpion bites
Silicea	3C, 6C, 12C	To expel fragments left in body from sea urchin spines
Sulphur	6C	Rash from bites
Tarentula	30C	Poison spider bites
See sections on animal and insect bites in this book for further details on bites and stings.		

Kit K - Maxi traveler's kit (49 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu, inflammations; intense fears
Apis Mellifica	30C, 200C	Insect stings with redness and burning pains
Argentum Nitricum	200C	Fear of flying, with gastro-intestinal problems.
Arnica Montana	30C, 200C, 1M	Injuries, shock, exhaustion, reduces swelling and bruising
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food; protects against yellow fever
Belladonna Atropa	30C, 200C	Sudden, burning, red hot fevers; sunstroke
Bellis Perennis	30C, 200C	Problems after sitting for a long time, after sudden chilling when overheated
Calendula Officinalis	30C, cream	Skin scratches, cuts, abrasions
Cantharis	30C, 200C	Intense pain from burns; cystitis with burning pains
Carbo Vegetabilis	30C, 200C	Resuscitation, exhaustion, collapse with digestive problems
China Officinalis	30C, 200C	Problems from dehydration after sun exposure, diarrhea, fever
Coca	30C, 200C	Altitude sickness, difficult breathing in athletes, elderly
Coccus Indicus	30C, 200C	Nausea during travel, worse open air, smelling food
Cuprum Metallicum	30C, 200C	Cramps, spasms, convulsions; diarrhea with intense cramps and retching
Eupatorium Perfoliatum	30C, 200C	Flu, fever with bone pain, sore back, no sweat, restless
Euphrasia Officinalis	30C, drops	Eye problems, infections
Gelsemium Sempervirens	30C, 200C	Flu with shivering, weakness, droopy eyes, trembling, better from urination
Hypericum Perfoliatum	30C	Pain from cuts, injuries to fingers, toes, nerve-rich areas
Ipecacuanha	30C, 200C	Heavy constant nausea, even after vomiting, no thirst, dry cough
Lathyrus Sativus	200C	Polio remedy, prevention and cure, paralysis lower legs
Ledum Palustre	30C, 200C	Puncture wounds, prevents tetanus
Lyssinum	200C	Dog, animal bites, prevents rabies
Mercurius Solubilis	30C, 200C	Mouth ulcers, infections
Natrum Muriaticum	30C, 200C	Cold sores
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers
Podophyllum	30C, 200C	Gastro-enteritis, diarrhea; profuse offensive stool
Rhus Toxicodendron	30C, 200C	Sprains, stiff muscles
Ruta Graveolens	30C, 200C	Sprained ligaments, tendons, tennis elbow
Urtica Urens	30C, 200C	Effects of eating shellfish, burns, bee stings

Appendix – Remedy Kits

Kit L - Menopause kit (5 remedies)

Remedy name	Potencies recommended	Main uses
Calcarea Carbonica	30C, 200C	Weight gain, panic attacks, worse exertion, cold weather.
Lachesis	30C, 200C	Palpitations, hot flashes, headache, fainting. Suspicious and garrulous, worse from hot bath, touch, tight clothes.
Sanguinaria	30C, 200C	Heat flashes, burning palms and soles. Migraine over right eye. Sick from odor of flowers.
Sepia	30C, 200C	Sudden, hot flushes, perspiration. Nausea, irritability. Hair loss. Aversion to sex. Prolapse. Better from exercise. Hates tobacco smoke.

Kit M - Mini traveler's kit (19 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu, inflammations; intense fears
Apis Mellifica	30C, 200C	Insect stings with redness and burning pains
Argentum Nitricum	200C	Fear of flying, with gastro-intestinal problems.
Arnica Montana	30C, 200C, 1M	Injuries, shock, exhaustion, reduces swelling and bruising
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food; protects against yellow fever
Bellis Perennis	30C, 200C	Problems after sitting for a long time, after sudden chilling when overheated
Calendula Officinalis	30C, cream	Skin scratches, cuts, abrasions
Carbo Vegetabilis	30C, 200C	Resuscitation, exhaustion, collapse with digestive problems
China Officinalis	30C, 200C	Problems from dehydration after sun exposure, diarrhea, fever
Coca	30C, 200C	Altitude sickness, difficult breathing in athletes, elderly
Cocculus Indicus	30C, 200C	Nausea during travel, worse open air, smelling food
Euphrasia Officinalis	30C, drops	Eye problems, infections
Hypericum Perfoliatum	30C	Pain from cuts, injuries to fingers, toes, nerve-rich areas
Ledum Palustre	30C, 200C	Puncture wounds, prevents tetanus
Lyssinum	200C	Dog, animal bites, prevents rabies
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers
Podophyllum	30C, 200C	Gastro-enteritis, diarrhea; profuse offensive stool
Rhus Toxicodendron	30C, 200C	Sprains, stiff muscles
Ruta Graveolens	30C, 200C	Sprained ligaments, tendons, tennis elbow

Kit N - Mountaineer's kit (16 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Exposure, hypothermia, sudden flu, intense fears, snow blindness
Argentum Nitricum	200C, 1M	Fear of heights
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Bellis Perennis	30C, 200C	Bruised deep tissue, after falls, after arnica
Calendula	30C, calendula cream	Cuts, open wounds, frostbite swelling and blisters, abrasions
Carbo Vegetabilis	30C, 200C	Hypothermia with unconsciousness
Coca	30C, 200C	Altitude sickness, difficult breathing
Euphrasia	30C, drops	Snow blindness
Hypericum	30C, 200C	Pinched fingers, toes
Kreosotum	30C, 200C	Gangrene
Nux Vomica	30C, 200C	Starting flu
Petroleum	30C, 200C	Frostbite, chilblains, skin cracks, chapped hands
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles, chilblains or prevention of them

Learn how to prescribe acute homeopathic remedies for your family, friends and pets
Appendix – Remedy Kits

Remedy name	Potencies recommended	Main uses
Ruta	6C, 30C	Sprained ligaments, tendons
Urtica Urens	30C, 200C	Cold urticaria

Kit O – Pet kit – Cats (19 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	30C, 200C	Starting cat flu, intense fear of something, shock
Arnica Montana	30C, 200C, 1M, , 10M arnica cream	Injuries, bruises, after operations (not on broken skin), before and after giving birth (1M)
Arsenicum Album	30C, 200C	Anxious cats; diarrhea, asthma, cat flu – worse around midnight
Belladonna	30C, 200C, 1M	Aggressive cats, rages
Calcarea Carbonica	30C, 200C	Lazy, fat cats with strange fears, start easily
Calendula	30C, calendula cream	Cuts, open wounds
Cat flu nosode	30C	Prevention and treatment of cat flu
Euphrasia	30C	Eye problems, red, inflamed eyes, conjunctivitis
Hyoscyamus	1M	Jealousy, resentment of new additions to family
Hypericum	30C, 200C, tincture	Injured tails, paws; puncture wounds
Ignatia Amara	200C, 1M	Grief from loss of loved ones, separation
Iodum	30C	Hyperthyroidism in old cats, anemia, emaciation, weak muscles
Ledum	30C, 200C	Bites and stings
Mercurius Solubilis	30C	Mouth infections, diarrhea
Rescue Remedy	Bach flower remedy	Shocks, injuries; to calm car travel fears
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprains, ligament and tendon injury, lameness
Stramonium	200C, 1M	States of great general fear, terror
Walnut	Bach flower remedy	Moving house, environment changes

• Consult the nearest veterinary homeopath for any severe conditions.
 • Include raw meat in your cat's diet. Dry food does not contain etheric substances (chi or prana) that all living organisms need.
 • For skin problems in neutered cats, see your homeopathic vet for treatment with homeopathic hormone remedies.

Kit P – Pet kit – Dogs (21 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	30C, 200C	Beginning flu from cold wind, intense fear of something, shock
Arnica Montana	30C, 200C, 1M, , 10M arnica cream	Injuries, bruises, after operations (not on broken skin), before and after whelping (1M)
Arsenicum Album	30C, 200C	Anxious dogs; diarrhea with thirst
Belladonna	30C, 200C, 1M	Aggressive dogs, rages, mastitis
Borax	30C, 200C	Fear from sudden noises, gunshots, explosions, etc.
Calendula	30C, calendula cream	Cuts, open wounds
Euphrasia	30C	Eye problems, red, inflamed eyes, conjunctivitis
Gelsemium	30C, 200C	Paralyzed by fear from threat, trembling, crouching
Hyoscyamus	1M	Jealousy, resentment of new additions to family
Hypericum	30C, 200C, tincture	Injured tails, paws; puncture wounds, (snake) bites (also tincture)
Ignatia Amara	200C, 1M	Grief from loss of loved ones, separation
Ledum	30C, 200C	Bites and stings
Mercurius Solubilis	30C	Mouth infections, diarrhea
Nitric Acid	30C	Anal furunculosis
Nux Vomica	200C	Nervous, irritable, quarrelsome dogs
Rescue Remedy	Bach flower remedy	Shocks, injuries; to calm car travel fears
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprains, ligament and tendon injury, lameness
Staphysagria	200C, 1M	Abused dogs; give after operations
Stramonium	200C, 1M	Extreme fear, fits of aggression for no apparent reason

Learn how to prescribe acute homeopathic remedies for your family, friends and pets
Appendix – Remedy Kits

Remedy name	Potencies recommended	Main uses
Sulphur	6C	Skin eruptions
<ul style="list-style-type: none"> • Consult the nearest veterinary homeopath for any severe conditions. • Include raw meat in your dog's diet. Dry food does not contain etheric substances (chi or prana) that all living organisms need. 		

Kit Q – Pet kit – Horses (24 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	30C, 200C	Fear, shock, sudden infection, fever or diarrhea after cold wind; laminitis (on first signs of it, 200C 4 times over 1 hour); azoturia (seizures) (200C 15/min 4 times)
Argentum Nitricum	30C	Diarrhea from anxiety, before show, travelling, etc. (once an hour before)
Arnica Montana	30C, 200C, 1M, , 10M arnica cream	Injuries, bruises, after operations (not on broken skin), before and after foaling (1M) – NO cream on open wounds; azoturia (seizures) (200C 15/min 4 times); prevent nosebleed
Arsenicum Album	6C, 30C, 200C, lotion	Mud fever and grease (1M 1/day-10 days max, apply lotion), COPD (chronic obstructive pulmonary disease) (30C 3-4/day call homeopathic vet), diarrhea (30C 2/day for 3 days max), sweet itch (6C 2/day – 5 days)
Belladonna	30C, 200C, 1M	Burning, high fevers, no thirst, red mucosa, pulse high, sweating; laminitis (1M given with Aconite 1/30 min – 6 times)
Calendula	30C, 200C, cream	Cuts, open wounds (200C 2/day for 3 days)
Carbo Vegetabilis	200C	Collapse; collapsed, cold, barely alive; exhaustion; bluish gums, bloated (3/hour until vet arrives)
Caulophyllum	30C	Slackens pelvic muscles to assist labor (1/week for 4 weeks prior to foaling)
China Officinalis	30C, 200C	Dehydration (e.g. after endurance race) (1/15 min for 1 hour)
Coccyx	30C	Colic, intestinal spasms (5/hour)
Echinacea	6C, 30C	Infected wounds, abrasions; snake bite; gangrenous wounds (2/day)
Euphrasia	30C, tincture	Eye problems, red, inflamed eyes, conjunctivitis
Gelsemium	30C, 200C	Colds from humidity, with drooping eyes, runny burning nose, cough
Hepar Sulphuris	6C, 30C	Abscesses (30C for discharge of pus) (200C prior to pus accumulation) give up to 3 days, complete slow healing with Silicea 6C
Hypericum	30C, 200C, tincture	Nerve injuries with pain; after delivery (3/day for 3 days); (snake) bites; (use tincture to clean wounds, is antiseptic)
Ledum	6C, 30C, 200C	Puncture wounds (to hoof); bites (horsefly) and stings (6C several times / hour for some hours); hoof area strains
Nux Vomica	200C, 1M	Colic from overeating (horse recumbent, looking at flank) (1/hour)
Rescue Remedy	Bach flower remedy	Shocks, injuries; to calm for car travel and shows (4 drops/ 10 min until >)
Rhus Toxicodendron	6C, 30C	Ligament strain, stiff muscles better after motion, better from warmth, worse from cold and damp (6C 3 times / day for some days); lameness
Ruta	30C, 1M	Sprains, ligament and tendon injury (legs weak); lameness (1M 1/day up to 10 days); back strains; back pain; lame on old injury site, walks around all the time
Silicea	6C	Removes dirt, grit, foreign objects from wounds; resolves scar tissue; completes abscess healing (3/day up to 2 weeks); after azoturia to resolve scar tissue and prevent recurrence
Staphysagria	200C, 1M	Abused horses; after surgery; after barbed wire injuries (ledum, hypericum)
Sulphur	6C	Greasy, smelly, itchy skin; after vaccination (3/day for some days)
Symphytum	6C	Accelerates healing of fractures (1/day up to 3 weeks)
Thuja	200C	Mud fever and grease (1/day-10 days max); chronic laminitis with hoof curling upwards (1M 1/week for 6 weeks max, repeat in 3 months if needed)
<ul style="list-style-type: none"> • Consult the nearest veterinary homeopath for any severe conditions... 		

Appendix – Remedy Kits

Kit R – Pregnancy kit (18 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Intense fear prior to or during delivery
Arnica Montana	30C, 200C, 1M	Before and after delivery, take daily for a week after
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Bellis Perennis	30C, 200C	Bruised deep tissue, after surgery, childbirth, falls, breast injuries
Calendula	30C, calendula cream	Rapidly heals cut perineum after delivery
Carbo Vegetabilis	30C, 200C	Collapse, shock
Caulophyllum	30C, 200C	Weak or stopped contractions; leg paralysis after childbirth
Chamomilla	30C, 200C	Great irritability during pregnancy; sore breasts, inflamed nipples; intolerable labor pains, sends helpers away, then calls them back
Cimicifuga	30C, 200C	Taken regularly weeks in advance makes for easier delivery (e.g. 30C 1/week); promotes rapid dilation of cervix during childbirth
Gelsemium	30C, 200C	Threatened abortion due to depression; false labor pains
Hypericum	30C, 200C	Pinched fingers, toes
Ipecacuanha	30C, 200C	Nausea and vomiting during pregnancy
Kali Carbonicum	30C, 200C	Pregnancy-induced high blood pressure; problems after childbirth
Kali Phosphoricum	30C, 200C	Feeble and ineffective labor pains
Phytolacca	30C, 200C	Heavy, stony, hard, swollen breasts; cracked nipples; inverted
Pulsatilla	30C, 200C	Fetus in wrong position (200C once, wait a week); suppressed milk
Secale Cornutum	30C, 200C	Threatened abortion, 3 rd month; severe after pains
Sepia	30C, 200C	Nausea during pregnancy; lack of motherly feeling after delivery
Staphysagria	30C, 200C	After caesarean, cut perineum

Kit S – Radiation exposure kit (9 remedies)

Remedy name	Potencies recommended	Main uses
Arnica	30C, 200C, 1M, Arnica cream	Ameliorates the effects of radiation exposure
Cadmium Sulphuricum	30C, 200C	Violent nausea, retching, vomiting
Cadmium Iodatum	30C, 200C	Protects glands, bloated abdomen, frequent desire to stool
Ceanothus	30C, 200C	Enlarged spleen
Calendula	30C, Calendula cream	Sores, open wounds
Radium Bromatum	30C, 200C	Red skin with itching, burning, swelling. Skin ulcers.
Sol	30C, 200C	Anxiousness in nerves, headache, vomiting, dermatitis
Uranium Nitricum	30C, 200C	Abnormally thin, wasted. Fluid accumulations.
X-ray	30C, 200C	Radiation dermatitis. Itching skin eruptions. Warty growths.

Kit T – Senior's kit (19 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu, intense fears
Alumina	30C, 200C	Premature old age, Alzheimer's
Ambrosia	30C, 200C	Asthma, hay fever, diarrhea
Antimonium Arsenicosum	30C, 200C	Emphysema (with difficult breathing, cough, phlegm)
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls, after operations, dentist
Arsenicum Album	30C, 200C, 1M	Anxiety; diarrhea, vomiting from bad food; aids passing over (1M); asthma
Aurum Metallicum	200C, 1M, 10M	Deep depression; heart disease
Baryta Carbonica	30C, 200C	Childishness, early senility
Bellis Perennis	30C, 200C	Bruised deep tissue, after surgery, falls, sitting or lying for a long time

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Appendix – Remedy Kits

Remedy name	Potencies recommended	Main uses
Calcarea Carbonica	200C	Senility, leg cramps, obesity
Calcarea Phosphorica	30C, 200C	Fractured bones
Calendula	30C, calendula cream	Cuts, open wounds
Conium Maculatum	200C	Early senility; loss of sexual partner; paralysis; vertigo in bed
Hypericum	30C, 200C	Pinched fingers, toes
Nux Vomica	30C, 200C	Starting flu, overeating
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles, stiff joints, arthritis
Ruta	6C, 30C	Sprained ligaments, tendons
Sabal Serrulata	6C, 30C, 200C	Enlarged prostate (retention of urine)
Symphytum	6C, 30C, 200C	Bone fractures

Kit U – Soldier's kit (31 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu, fevers, intense fears; shock
Arnica Montana	30C, 200C, 1M, arnica cream	Shock; injuries, wounds (no cream on open wounds), bruises, falls, after operations, dentistry
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food; foot blisters
Belladonna	30C, 200C	Sudden headache, heatstroke
Bellis Perennis	30C, 200C	Bruised deep tissue, after surgery, childbirth, falls, breast injuries
Calcarea Carbonica	6C, 30C, 200C	Foot blisters, boils
Calendula	30C, calendula cream	Cuts, open wounds
Carbo Vegetabilis	30C, 200C	Collapse, shock, exhaustion; food poisoning
China Officinalis	30C, 200C	Problems from dehydration
Euphrasia	30C, 200C	Eye injuries, inflammation
Gunpowder	6C, 12C	Infected wounds
Hamamelis	6C, 30C	Piles, black eye, varicose veins
Hepar Sulphuris	6C, 30C, 200C	Abscesses, ulcerations (very sensitive); expels foreign bodies
Hypericum	30C, 200C	Pinched fingers, toes
Ignatia Amara	1M, 10M	Overpowering grief from the death of others
Kreosotum	6C, 30C, 200C	Gangrene, trench mouth
Ledum Palustre	30C, 200C	Stab wounds; insect, snake and animal bites
Medorrhinum	200C	Gonorrhea (after antibiotics)
Mercurius Solubilis	30C, 200C	Mouth infections, ulcers; syphilis (after antibiotics); thrush
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers
Opium	30C, 200C, 1M	Coma from fright, injury; fears or problems after fright (paralyzed); shock (with painlessness)
Phosphorus	6C, 30C, 200C	Freely bleeding wounds, wounds that heal and break open again
Pyrogen	6C, 30C, 200C	Blood poisoning, abscesses, suppurating wounds, bedsores; typhoid fever
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow
Silicea	6C, 30C	Expels foreign objects from body; foot blisters
Staphysagria	30C, 200C, 1M	After operations, stab wounds; sties
Stramonium	1M	States of terror
Sulphuricum Acidum	6C, 30C	Wounds that fail to heal; gangrene after mechanical injury
Symphytum	6C, 30C, 200C	Fractures
Thuja	200C	After vaccinations, warts

Appendix – Remedy Kits

Kit V – Sportsman's kit (12 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu from exposure to a cold, dry wind, intense fears
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls, after operations, dental work
Arsenicum Album	30C, 200C	Diarrhea, vomiting from eating bad food
Belladonna	30C, 200C	Sun headache, heatstroke, sudden terrible headache
Bellis Perennis	30C, 200C	Stiffness and sore muscles after events or practice, Bruised deep tissue, after surgery, accidents, falls
Calendula	30C, calendula cream	Cuts, open wounds
Carbo Vegetabilis	30C, 200C	Exhaustion, collapse, shock
China Officinalis	30C, 200C	Effects of dehydration, loss of body fluids
Hypericum	30C, 200C	Pinched fingers, toes
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow

Kit W - Starter kit (9 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Sudden flu, intense fears
Arnica Montana	30C, 200C, 1M, Arnica cream	Injuries, bruises, falls, after operations, dentist
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Bellis Perennis	30C, 200C	Bruised deep tissue, after surgery, childbirth, falls, breast injuries
Calendula	30C, Calendula cream	Cuts, open wounds
Hypericum	30C, 200C	Pinched fingers, toes
Nux Vomica	30C, 200C	Starting flu, overeating, hangovers
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow

Kit X – Street protester's kit (13 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C, 1M	Intense fears, sudden flu symptoms from cold, dry wind, intense pain
Arnica Montana	30C, 200C, 1M, arnica cream	Bruises from blows, flying objects, injuries, falls
Arsenicum Album	30C, 200C	Diarrhea, vomiting after being sprayed with septic water from water cannon
Bellis Perennis	30C, 200C	Bruised deep tissue, falls on behind, breast injuries
Calendula	30C, calendula cream	Cuts, abrasions, open wounds
Carbo Vegetabilis	30C, 200C	Heat exhaustion, sunstroke, collapse, physical shock
Causticum	200C, 1M	Overpowering feeling of injustice
Euphrasia Officinalis	30C, drops	Stinging eyes from tear gas, conjunctivitis, eye injuries
Hypericum	30C, 200C	Pinched fingers, toes
Ledum Palustre	30C, 200C	Skin punctures, knife, etc. wounds
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow
Staphysagria	200C, 1M	Intense feeling of indignation

Kit Y - Traveler's homeopathic immunization kit (13 remedies)

Remedy name	Potencies recommended	Main uses
Arsenicum Album	30C, 200C	Amoebic dysentery, prophylactic for yellow fever
Baptisia	200C	Typhoid fever, typhus, take once / 2 weeks during exposure; early

Appendix – Remedy Kits

Remedy name	Potencies recommended	Main uses
		treatment
Camphor	200C	Early stages of cholera; after diarrhea
China Officinalis	200C	Once / 2 weeks, before, during and after trip to malarial zone
Cuprum Metallicum	200C	Once / 2 weeks in cholera zones
Gelsemium Sempervirens	30C, 200C	Early treatment of typhoid fever
Hepatitis A, B, C nosode	1M, 10M	Once / 2-4 weeks during exposure
Japanese B Encephalitis nosode	1M	Once / week in South East Asia and the Far East
Lathyrus Sativus	200C	Once / week during polio epidemics
Meningococcum	1M	Once / 1-4 weeks in high risk areas
Mercurius Corrosivus	30C	Dysentery caused by bacteria
Tuberculinum	1M	Once / month in risk areas
Yellow Fever nosode	30C, 200C	Once / week in exposure zones

Kit Z – War and terrorism trauma kit (14 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Intense fears, shock
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls, shocks
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Bellis Perennis	30C, 200C	Bruised deep tissue, after surgery
Calendula	30C, calendula cream	Cuts, open wounds
Causticum	200C, 1M	Long string of losses, hate, sadness, bitterness, anarchist
Hypericum	30C, 200C	Pinched fingers, toes
Ignatia Amaris	1M, 10M	Recent loss of loved ones
Lac Caninum	200C, 1M	Concentration camp victims
Natrum Muriaticum	200C, 1M	Long-term sadness, bitterness
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons, tennis elbow
Sepia	200C, 1M	Vengeful after rape, humiliation, abuse
Stramonium	200C, 1M, 10M	Terror, after horrible experiences

Kit Aa – Woodsman's kit (10 remedies)

Remedy name	Potencies recommended	Main uses
Aconite	200C	Flu after exposure to cold wind, intense fears
Arnica Montana	30C, 200C, 1M, arnica cream	Injuries, bruises, falls, exhaustion
Arsenicum Album	30C, 200C	Diarrhea, vomiting from bad food
Bellis Perennis	30C, 200C	Bruised deep tissue
Borrelia Burgdorferi nosode	30C	Lyme disease, preventive, treatment of
Calendula	30C, Calendula cream	Cuts, open wounds
Hypericum	30C, 200C	Pinched fingers, toes
Ledum Palustre	30C, 200C	Animal bites, insect stings, skin punctures
Rhus Toxicodendron	6C, 30C	Sprains, stiff muscles
Ruta	6C, 30C	Sprained ligaments, tendons

Appendix – Remedy Abbreviations**APPENDIX D - Remedy abbreviations*****Mineral remedy abbreviations***

Standard abbreviation	Standard name	Other names	Useful potencies
alum	Alumina	Oxide of Aluminum	C
ant-ar	Antimonium Arsenicosum	Arsenite of Antimony	B
ant-t	Antimonium Tartaricum	Tartar Emetic	B
arg-n	Argentum Nitricum	Silver nitrate. Lunar caustic.	B
ars	Arsenicum Album	Arsenic trioxide	C
ars-i	Arsenicum Iodatum	Iodide of Arsenic	B
aur	Aurum Metallicum	Metallic Gold	D
bar-c	Baryta Carbonica	Carbonate of Barium	B
borx	Borax Veneta	Borate of Sodium	B
calc	Calcarea Carbonica	Carbonate of Lime	C
calc-p	Calcarea Phosphorica	Calcium Phosphate	B
camph	Camphora	Camphor	B
caust	Causticum	Potassium Hydrate	D
cinnb	Cinnabaris	Red Mercuric Sulphide	B, E, F
cupr	Cuprum Metallicum	Copper	A, B
ferr-p	Ferrum Phosphoricum	White phosphate of iron	B
glon	Glonoinum	Nitroglycerine	C
gunp	Gunpowder	Black Gunpowder	B, E, F
hep	Hepar Sulphuris	Calcium Sulphide	B
iod	Iodium	Iodine	B
kali-bi	Kali Bichromicum	Bichromate of Potash	B, E, F
kali-c	Kali Carbonicum	Carbonate of Potassium	B
kali-p	Kali Phosphoricum	Phosphate of Potassium	B
kreos	Kreosotum	Beechwood Kreosote	B, E, F
mang	Manganum	Manganum Salts	B
mag-p	Magnesia Phosphorica	Phosphate of Magnesia	A, B
merc	Mercurius Solubilis (Vivus)	Mercury	B, E
merc-c	Mercurius Corrosivus	Corrosive Sublimate	B, E
mur-ac	Muriaticum Acidum	Hydrochloric Acid	B
nat-ar	Natrum Arsenicosum	Sodium Arsenate	B
nat-c	Natrum Carbonicum	Sodium Carbonate	C
nat-m	Natrum Muriaticum	Common Salt	D
nat-s	Natrum Sulphuricum	Sodium Sulphate	D
petr	Petroleum	Crude Rock Oil	A, B, G
ph-ac	Phosphoricum Acidum	Phosphoric Acid	B
pic-ac	Picricum Acidum	Picric Acid	B
sacch-l	Saccharum Lactis (sac-lac)	Milk sugar (use as placebo)	N
sal-ac	Salicylicum Acidum	Salicylic Acid	B
sil	Silica	Pure Flint	D, E, F
sul-ac	Sulphuric Acid	Vitriol	B
sulph	Sulphur	Sublimated Sulphur	C
uran-n	Uranium Nitricum	Nitrate of Uranium	B

* A, B = either one is fine

Potency Code Table

A = 30C
 B = 30C, 200C,
 C = 30C, 200C, 1M
 D = 30C, 200C, 1M, 10M
 E = 6C, 12C
 F = 6D, 12D
 G = cream
 H = dropper bottle
 I = 200C, 1M, 10M
 M = mother tincture
 N = zero potency

Appendix – Remedy Abbreviations***Plant remedy abbreviations***

Standard abbreviation	Standard name	Other names	Useful potencies
acon	Aconitum Napellus	Monkshood. Wolfsbane.	C
all-c	Allium Cepa	Red onion	A, B*
aloe	Aloe Socotrina	Socotrine Aloes	B, E, F
arn	Arnica Montana	Leopard's Bane	D, G
arum-t	Arum Triphyllum	Indian Turnip	B
asc-t	Asclepius Tuberosa	Pleurisy Root	B
bapt	Baptisia Tinctoria	Wild Indigo	B
bell	Belladonna Atropa	Deadly Nightshade	C
bell-p	Bellis Perennis	Daisy	A, B
bry	Bryonia Alba	Wild Hops	B
cact	Cactus Grandiflorus	Night-blooming Cereus	B
calen	Calendula Officinalis	Pot Marigold	B, G
carb-v	Carbo Vegetabilis	Vegetable Charcoal	D
caul	Caulophyllum Thalictroides	Blue Cohosh	B
cean	Ceanothus Americanus	Red Root	B
cham	Chamomilla	German Chamomile	C
chel	Chelidonium Majus	Greater Celandine	B, E, F
chin	China Officinalis	Peruvian Bark	C
cimic	Cimicifuga Racemosa	Black Cohosh	B
coca	Coca	Coca Leaves	C
cocc	Coccus Indicus	Indian Cockle	A, B
coloc	Colocynthis	Bitter Cucumber	B
con	Conium Maculatum	Poison Hemlock	B
dulc	Solanum Dulcamara	Woody Nightshade	B
echi	Echinacea Angustifolia	Purple Cone Flower	M, E, F
equis-h	Equisetum Hyemale	Horsetail	B, E
eucal	Eucalyptus Globulus	Blue Gum Tree	B, E, F
euphr	Euphrasia Officinalis	Eyebright	B, H
eup-per	Eupatorium Perfoliatum	Bone-set	B, E
gels	Gelsemium Sempervirens	Yellow Jasmine	C
ham	Hamamelis Virginica	Witch Hazel	B, G
hyos	Hyoscyamus Niger	Henbane	I
hyper	Hypericum Perforatum	St. John's Wort	D, G
ign	Ignatia Amara	St. Ignatius Bean	I
ip	Ipecacuanha	Ipecac-root	B
jab	Jaborandi	Jaborandi Pilocarpus	C
kreos	Kreosotum	Beechwood Kreosote	B, E, F
lath	Lathyrus Sativus	Chickpea	D
led	Ledum Palustre	Wild Rosemary	C
malar	Malaria Officinalis	Decomposed vegetable matter	B
mill	Millefolium Achillea	Yarrow	B
myris	Myristica Sebifera	Brazilian Ucuba	A, B
nux-v	Nux Vomica	Poison Nut	D
op	Opium	Poppy	C
phyt	Phytolacca Decandra	Pokeweed, Red Ink Plant	B
podo	Podophyllum	American Mandrake	B
puls	Pulsatilla Pratensis	Wind Flower	D
rhus-t	Rhus Toxicodendron	Poison Oak	C, E, F, G
rumx	Rumex Crispus	Yellow Dock	B
ruta	Ruta Graveolens	Garden Rue	C, E, F, G
sabad	Sabadilla	Cevadilla Seed	B
sabal	Sabal Serrulata	Saw Palmetto	B
sang	Sanguinaria Canadensis	Blood Root	B
scut	Scutellaria Laterifolia	Skullcap	B
sec	Secale Cornutum	Ergot of Rye	B, E

Potency Code Table

A = 30C
 B = 30C, 200C,
 C = 30C, 200C, 1M
 D = 30C, 200C, 1M, 10M
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 F = 6D, 12D
 G = cream
 H = dropper bottle
 I = 200C, 1M, 10M
 M = mother tincture
 N = zero potency

Appendix – Remedy Abbreviations

staph	Delphinium Staphysagria	Stavesacre	D
stram	(Datura) Stramonium	Thornapple	I
symp	Symphtum Officinale	Comfrey	A, B
tab	Tabacum	Tobacco	A, B
thuja	Thuja Occidentalis	Arbor Vitae	C
urt-u	Urtica Urens	Stinging Nettle	B, G
verat	Veratrum Album	White Hellebore	B, E

* A, B = either one is fine

Animal remedy abbreviations

Standard abbreviation	Standard name	Other names	Useful potencies
ambra	Ambra Grisea	Ambergris	B
apis	Apis Mellifica	Honey bee	A, B
canth	Cantharis	Spanish Fly	A, B, E
crot-h	Crotalus Horridus	Rattlesnake	C
lac-c	Lac Caninum	Dog's Milk	B
lach	Lachesis Muta	Bushmaster Snake	C
lat-h	Latrodectus Hasselti	Black Spider	C
lat-k	Latrodectus Katipo	New Zealand Spider	C
lat-m	Latrodectus Mactans	Black Widow Spider	C
oscilloc (anas barb)	Oscillococcinum	Extract of duck heart and liver	B, E, F
pyrogen	Pyrogen	Rotten meat pus	B, E, F
scor	Scorpio Europaeus	Various scorpion species	B
sep	Sepia	Cuttlefish Ink	D
tarent	Tarentula Hispanica	Spanish Spider	C
ther	Theridion	Orange Spider	C
toxica serpentinum	Toxica Serpentinum	General regional snake remedy	B
vespa	Vespa Crabro	Wasp	B

* A, B = either one is fine

Potency Code Table

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 N = zero potency

Nosode remedy abbreviations

Standard nosode abbreviation	Standard name	Other names	Useful potencies
bac	Bacillus Burnett	Tuberculosis Nosode	C
Borrelia Burgdorferi	Borellia Burgdorferi	Lyme Disease Nosode (USA)	F
Borrelia Afzelii	Borrelia Afzelii	Lyme Disease Nosode (EU)	F
Borrelia Garinii	Borrelia Garinii	Lyme Disease Nosode (EU)	F
cat flu nosode	Feline Flu Nosode	Feline Flu Nosode	B
Chagas' Nosode	Chagas' Nosode	Chagas' Nosode	B, E
dys	Bacillus Dysenteriae	Dysentery Bacillus Bowel Nosode	B
giardia	Giardia Nosode	Giardia Lamblia	B
maland	Malandrinum	Grease of Horse Nosode	B
haemophilis	Haemophilis Nosode	Haemophilus influenzae bacteria	C
hepatitis A	Hepatitis A Nosode	Hepatitis A Nosode	B
hepatitis B	Hepatitis B Nosode	Hepatitis B Nosode	B
hepatitis C	Hepatitis C Nosode	Hepatitis C Nosode	B
influ	Influenzinum	Influenza Nosode	C
Japanese encephalitis	Japanese encephalitis	Japanese encephalitis nosode	B
lyss	Lyssinum	Rabies Nosode – saliva of rabid dog	C
med	Medorrhinum	Gonorrhoea Nosode	C

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Appendix – Remedy Abbreviations

Standard nosode abbreviation	Standard name	Other names	Useful potencies
meningococcinum	Meningococcinum	Neisseria meningitidis bacterium	B
morbillinum	Morbillinum	Measles Nosode	C
parot	Parotidinum	Nosode of Mumps	I
pertussin	Pertussin	Whooping Cough Nosode	I
pneumococcinum	Pneumococcus Nosode	Pneumococcus Bacterium	B
psor	Psorinum	Scabies Nosode	C
tetanus toxin	Tetanus Toxin	Tetanus Nosode	I
tub	Tuberculinum	Tuberculosis Nosode	C
vario	Variolinum	Smallpox Nosode	I
yellow fever nosode	Yellow Fever Nosode	Yellow Fever Nosode	D

* A, B = either one is fine

Imponderable remedy abbreviations

Standard abbreviation	Standard name	Other names	Useful potencies
blue	Blue	The Colour Blue	B
lyss	Lyssinum	Saliva from rabid dog	B
elec	electricitas	Electricity	B
luna	Luna	Moonlight	B
m-ambo	Magnetis Poli Ambo	Both Poles of Magnet	B
m-arct	Magnetis Polus Arcticus	North Pole of Magnet	B
m-aust	Magnetis Polus Australis	South Pole of Magnet	B
sol	Sol	Sunlight	B
elec	electricitas	Electricity	B
luna	Luna	Moonlight	B
m-ambo	Magnetis Poli Ambo	Both Poles of Magnet	B
m-arct	Magnetis Polus Arcticus	North Pole of Magnet	B
m-aust	Magnetis Polus Australis	South Pole of Magnet	B
sol	Sol	Sunlight	B
x-ray	X-Rays	X-Rays	B

* A, B = either one is fine

Potency Code Table

A = 30C
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 G = cream
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 I = 200C, 1M, 10M
 M = mother tincture
 N = zero potency

Sarcode remedy abbreviations

Standard abbreviation	Standard name	Other names	Useful potencies
ins	Insulinum	From pancreatic juice	A
thyrr	Thyreiodinum	Sheep's Thyroid Gland Extract	B
* A, B = either one is fine			

Appendix – Bach Flower Remedy Table**APPENDIX E - Bach Flower remedy table**

Bach flower remedies can be given in conjunction with homeopathic remedies. They are particularly useful in children and adolescents when there are no significant symptoms besides for a mental-emotional state.

These remedies are also very useful in adults to improve mental-emotional states. Often they are given after a homeopathic remedy has worked well and the homeopath wants to improve the mental-emotional state of the patient.

Remedy heading	Remedy name	Emotional state	Person before treatment	Person after treatment
I FEAR	Rock Rose	Acute state of extreme fear, terror or panic.	Hopeless, near death, shocked. Accident victim. Unconscious person.	Can handle emergencies despite personal risk, heroism.
	Mimulus	Fear of illness, pain, accidents, poverty, dark, being alone, misfortune, etc. Afraid of the world. Shyness, timidity.	Worrier, neurotic, coward, introvert, timid boy.	Faces world with cheerful equanimity and personal courage.
	Cherry Plum	Fear of losing one's self-control and committing dreadful acts. "Dr. Jekyll and Mr. Hyde". Uncontrolled outbreaks of temper.	Desperado, madman, fear of going insane due to impulses to do wrong. Psychopath. Suicide.	Can withstand physical and mental stress. Aware of own goal.
	Aspen	Inexplicable, vague fears night and day; fear of impending evil for no reason. Terrified something terrible will happen.	Anxious, superstitious, worried. Introverted.	Emotional stability. Psychic sensitivity.
	Red Chestnut	Excessive concern and worry over others, especially that something will happen to family or friends.	Mother hen, attached to loved ones, worrier.	Radiates positive thoughts of security, well-being and courage.
II UNCERTAINTY	Cerato	Lack of confidence in own decisions. Seeks advice from others constantly. Often misguided.	Blue-eyed, naïve, gullible, sucker, country bumpkin.	Good coordination of abstract and concrete thought.
	Scleranthus	Continual opinion and mood swings, indecisive, lacks inner balance. Unable to decide between two things. Suffers alone.	Weathervane, roller-coaster. Introvert.	Instant correct decisions, always maintaining inner balance.
	Gentian	Easily discouraged, skeptical, doubting. Small hindrances or delays dishearten them.	Pessimist, skeptic, sad sack, spoilsport, wet blanket, quitter.	Certain that problems can be overcome despite difficulties.
	Gorse	Hopelessness, "Oh!, what's the use" attitude. Will try different treatments to please others, but says there is little hope.	Incurables, chronic illness, invalids, terminal cases, crystallized persons.	Hopeful. Feel all will come out right in the end, despite burdens.
	Hornbeam	Insufficient mental and physical strength to carry life's burdens. Everyday affairs seem too much, although they manage somehow. Some part of mind or body needs strengthening before they can easily do their work.	In a rut, grey person, weary of life's routine, convalescent. Dull-minded, bored persons.	Certain they can master difficult tasks ahead, lively mind, clear cool head.
	Wild oat	Dissatisfied as their life's mission has not been found. Indefinite ambitions. Wish to achieve prominence, enjoy life to the full, but no profession appeals above others.	Jack of all trades, maverick, drifter, tourist, adventurer. Situations repeat. Versatile, square peg. Dissatisfied.	Wide range of talents. Clear ambition. Can successfully carry out several projects concurrently. Follows higher purpose.
III LACK OF	Clematis	Little attention for things happening around him/her. Thoughts are elsewhere. Not fully awake. Unhappy in the present, living in future happier times.	Daydreamer, absent-minded professor, idealist, terminally ill.	Control of thought world, finding interest in physical world and doing creative work.
	Honeysuckle	Longing for past times and lives there. Regrets the past. Expects little future happiness. Failed ambitions.	"The good old days," homesick, stuck in past pleasurable times. Homesick.	Brings what was beautiful in the past into the present.

Appendix – Bach Flower Remedy Table

Remedy heading	Remedy name	Emotional state	Person before treatment	Person after treatment
INTEREST IN PRESENT CIRCUM-STANCES	Wild Rose	No interest or ambition in life. Have given up, apathetic. No attempt to improve things. Resigned to circumstances in life.	One of the grey masses, a loser, just a number. Mr./Ms. Nobody.	New interest in life, inner freedom and flexibility.
	Olive	Extreme physical and mental fatigue after much suffering. No more strength to make an effort. Daily life is an effort without pleasure.	Washed out, no reserves, shell-shocked soldier, veteran, exhausted marathon runner.	Great strength and vitality. In stressful situations draws on inner guidance to cope cheerfully.
	White Chestnut	Circulating unwanted thoughts causing mental torture. Ideas, arguments enter the mind. Can't get rid of them. They interfere with pleasure and work.	Hearing voices, returning thoughts destroy peace of mind. Insomniac. Worrier.	Mind is clear and calm. A solution for every problem comes up.
	Mustard	Periods of deep depression appear and disappear for no apparent reason. Deep gloom taking away the joy of life.	In black cloud, depressed, mourner, lack of joy.	Inner serenity, cheerfulness and stability.
	Chestnut Bud	Repeats same mistakes over and over again. Experiences are not digested sufficiently. Take longer than others to learn the lessons of daily life.	Repeat offender, delinquent, slow learner, retarded, recurring illness.	Mentally flexible good learner who learns by observation. Learns from mistakes.
IV LONELI-NESS	Water Violet	Proud withdrawal, superiority in isolation, little emotional involvement. Prefer to be alone. Capable and self-reliant. Independent. Their peace and calmness is a blessing to those around. Leave people alone, go their own way.	Hermit, recluse, private person, guru.	Acts in humility, love and wisdom. Good control of life.
	Impatiens	Impatient, irritable, excessive reactions. Want hasty recovery from illness. Impatient with slow people. Prefer to work and think alone.	Rapid thinker, crazy driver, loner, genius.	Quick thought and action, but diplomatic and acts for the benefit of others.
	Heather	Self-centered, obsessed with own troubles and affairs. Constantly needs an audience. Need to seek out any companion available to discuss their own affairs.	Hypochondriac, spoiled child, energy vampire, emotionally under-nourished.	Sympathetic and good listener. Radiates strength and confidence.
V OVER-SENSI-TIVE TO INFLUEN CES AND IDEAS	Agrimony	Façade of cheerfulness conceals torturing thoughts and inner restlessness. Seek to avoid quarrels. Excessive taking of alcohol or drugs to bear trials.	Peacemaker, comedian, jet-setter, night-bird, the life of the party, cheerful host.	Genuine inner joy, clever diplomat.
	Centaury	Good nature easily exploited, can't say no. Weak-willed over-reaction to the wishes of others. Neglects own goals to help others.	Doormat, wimp, ninny, servant, butler, do-gooder, slave, yes-man.	Able to say no. Helps others without their knowing. Keeps own identity.
	Walnut	Wants to resist powerful influences and follow own ambitions, but this is difficult. May be led away from their own ideas and aims.	Vacillator, coward, old partner attracts although wants new one.	Pioneer who is true to self, shadows of past gone. Follows own goals despite obstacles and influences.
	Holly	Jealousy, distrust, feelings of hatred and envy. Suffer internally, often without cause.	Jealous wife, gossip, back stabber, hard-hearted.	Inner harmony, radiates love. Pleasure in the achievements of others. Deep understanding of human emotions.
VI DESPOND ENCY AND DESPAIR	Larch	Expecting to fail due to lack of self-confidence. Inferiority complex. Feel they will never be a success and don't try to succeed.	Loser, coward.	Realistic and persevering.
	Pine	Self-reproach, guilt feelings, depressed. Even when they are successful they think they could have done better, never content with results. Hard-working people who suffer much from their own faults. Will assume responsibility for the errors of others.	Self-torturer, masochist.	Accepts own faults, is humble and patient. Understands human nature.
	Elm	Temporary feelings of inadequacy. Overwhelmed by responsibilities although doing good work that benefits others.	Tired key executive, tired leader, tired achiever.	Conviction that help will come, self-assured
	Sweet Chestnut	Feel they have reached the limit of endurance. Only annihilation and destruction left to face.	Dark night of the soul, has back to the wall, condemned.	Phoenix rising from the ashes.

Appendix – Bach Flower Remedy Table

Remedy heading	Remedy name	Emotional state	Person before treatment	Person after treatment
VII OVER-CARE FOR THE WEL-FARE OF OTHERS	Star of Bethlehem	The after-effects of recent or past frightening physical, emotional or mental experiences. The shock of serious bad news. Loss of a loved one. Refuses consolation.	Feels like a zombie.	Inner vitality, clear mind and stable nervous system.
	Willow	Difficult to accept misfortune or adversity without complaint or resentment. Victim of fate attitude, 'poor me.' 'I did not deserve this.' Life judged by success. Resentment, bitterness.	Victim, sponge, spoilsport, envious person.	Responsible for own fate, aware of karma.
	Oak	The exhausted fighter brought to his knees, keeps struggling bravely and never gives up.	Fighter, superhuman endurance, stiff upper lip, Rocky.	Able to withstand great stress with courage and persistence.
	Crab Apple	Feels unclean, infected. Self-disgust. Something in them needs to be cured or cleaned out.	Sinner, perfectionist, environmentalist, fastidious person. Nun.	A sense of the overall picture. Recognizes that man is imperfect.
VIII UNWILLINGNESS TO LEARN	Chicory	Possessive attitude. Excessive interference and secret manipulation. Demands full support from those around. Self-pity if unable to get one's will. Always something that should be put right or corrected.	Super-mother, clinging children, strict disciplinarians.	Mother archetype. Unconditional love and devotion.
	Vervain	Over-enthusiastic in supporting a good cause. Fixed principles and ideas which they know are right. Strong will and courage.	Idealists. Fanatics. Sect members. Missionaries.	Torch bearers, inspiring others with love for a good cause.
	Vine	Dominating, inflexible, striving for power. Others should do things the way they do them. Valuable in emergencies.	Leaders, dictators, tyrants, bullies, doers, domineering people.	The good shepherd, wise leader.
	Beech	Critical without understanding the views and situations of others. Arrogance, intolerance.	Hypercritical people. Pessimists. Narrow-minded teachers.	Tolerant, recognizing unity in diversity.
	Rock Water	Hard on themselves, strict, rigid views, suppressed inner needs. Self-denial in favor of work. Hope to be an example for others to follow. Will do anything to keep themselves well, strong and active.	Perfectionists, Spartans, fanatics, idealists, saints.	Joy in life, inner peace, open-minded idealist who achieves.

APPENDIX F - Glossary

Acute illness: A disorder having a rapid onset and evolution and generally a relatively short recovery period. It is characterized by a latent period, a period of exacerbation, and then a period of decline of symptoms which may result either in cure or in death.

Allopathy (Greek, allos=other, pathos=suffering): The treatment of disease using medications whose effects are contrary to those of the disease manifestations. The chemical substance employed as therapy, bears no particular relationship to the disorder being treated.

Antidote: A homeopathic remedy—or a substance such as coffee, or camphor—that can stop the effects of another homeopathic remedy.

Chronic illness: A disorder of long duration, one of frequent recurrence, or one with a progressive long drawn-out course, generally having no natural tendency to recovery.

Cure: The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles. Samuel Hahnemann, *Organon*.

Dynamization: A term denoting the raising of the energy of a remedy substance up to more ethereal levels, where the qualities of the remedy are recorded as information that can affect the etheric and higher auric levels of a person who has taken the remedy, and effect a curative change when the qualities of the remedy correspond with the symptoms of the person.

Health: Health is freedom from pain in the physical body, having attained a state of well-being; freedom from passion on the emotional level, having as a result a dynamic state of serenity and calm; and freedom from selfishness in the mental sphere, having as a result total unification with Truth. George Vithoulkas, *The Science of Homeopathy*.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, WHO (World Health Organization).

Health signifies freedom, spontaneity and being in the present. The spirit within is able to fulfill the requirements of the situation. A sick man can fulfill only those special situations in which his conditions for OK-ness are fulfilled, Rajan Sankaran, *The Spirit of Homeopathy*.

Holistic: Relating to or concerned with wholes, whole systems, rather than parts.

Homeopathy (Greek, homoios=similar, pathos=suffering): The system of healing developed by the German medical doctor Samuel Hahnemann in the 19th century which states that the cure of a disorder is obtained by the administration of a potentised remedy which in its crude or potentised form would cause symptoms to appear in a healthy person that are similar to those presented by the patient.

Appendix – Glossary

Homeostasis: A state of equilibrium between processes tending to disorder the organism and processes which tend to maintain order.

Lactose: A sugar found, among others, in milk. Also known as milk sugar.

Materia Medica: A book, or books, containing lists of remedies with their symptoms which are graded as to intensity and sorted into categories such as: mind, general symptoms, head, eyes, face, nose, etc.

Miasm: Initially in homeopathy, miasms were considered disease-producing tendencies inherited from ancestors who had syphilis, gonorrhea or scabies. Now cancer and tuberculosis are also included. Miasms are disease tendencies passed from parent to child. Such tendencies can be greatly reduced with homeopathic treatment.

Mother tincture: All the remedy substances that are soluble in alcohol or water are first prepared in mother tincture form, from which further potencies are prepared. A mother tincture is the extract of the original drug substance; the extract being made with alcohol or water in a certain proportion. Insoluble remedy substances are first prepared to 3C by trituration and then a portion is passed to the liquid form.

Nosode: A disease product. The word nosode is derived from the Greek *Nosonos* meaning disease. Nosode is the homoeopathic designation for morbid products of disease when employed as remedies, e.g. for *Psorinum*, *Ambra grisea*, *Tuberculinum*. The medicinal substances are prepared from the disease products or excretions of living organisms.

Plussing: Dissolving a homeopathic remedy in a container of water, such as a disposable plastic cup. The remedy is stirred about five times each time before the patient takes a sip of the remedy. This slightly increases the potency and is an effective way of treating an acute condition such as the flu, diarrhea, etc.

Potency: The energization of a remedy indicated with designations such as 30C obtained by repeated dilution and dynamization (succussion or trituration) of a remedy source. In general, lower potencies (3C to 30C) often have a more physical effect, medium potencies (around 200C) a more mental-emotional effect, and high potencies (1M and higher) a more mental-spiritual effect, although this is a loosely applied rule.

Potency scale: The main potency scales used in homeopathy are the C, D and LM scales. The D scale is also known as the X scale. The LM scale is also known as the Q scale, although they are not completely identical in preparation. There is also a KSM scale introduced by the Godoy pharmacy in Argentina, which involves succussing a thousand times, rather than the customary one hundred times, or less.

Proving: This is the name given to the procedure for testing substances on healthy persons so as to record the mental, emotional and physical symptoms they bring about in test subjects after being administered regularly in homeopathic doses over a given period of time.

Appendix – Glossary

These symptoms are recorded in a *Materia Medica*. The substance now has obtained the status of a remedy that is capable of curing the symptoms listed for it in the *Materia Medica*.

The set of symptoms for a remedy can be seen to form a personality picture, as it includes mental, emotional as well as physical descriptions. Thus, we have what is called a *remedy picture*.

Radiesthesia: The art and science of detecting subtle vibrations from objects, people, ideas using a device such as a pendulum. Radiesthesia has been used for centuries to detect subterranean water and minerals. It is also used to diagnose patients, find missing persons, obtain answers to questions. Practitioners require a certain power of concentration and an ability to maintain an empty mind.

Radionics: Treatment of patients at a distance with homeopathic and other remedies by transmission through the etheric level.

Repertory: An index over remedies listed in the *Materia Medica*. A Repertory consists of chapters with titles such as "Mind," "Head," "Face," etc., each chapter containing symptoms related to the chapter heading, and each symptom containing a graded list of remedies that have the symptom concerned.

Succussion: A process of potentization of soluble substances, whether soluble in water or in alcohol. Alcohol is used in almost all cases except when a remedy substance is water soluble only. In such cases, it is prepared in alcohol after a certain degree of attenuation has been obtained.

Symptom: A symptom is an observable change in the mental, emotional and/or physical condition of a person. Such changes result from an imbalance in the **vital force** of the person.

Symptom picture: All the patient's symptoms, present and past, on the physical, emotional, mental and spiritual levels.

Tetanus: A medical condition characterized by a prolonged contraction of skeletal muscles. Infection takes place through wound contamination by the bacterium *Clostridium tetani*. Later, muscle spasms develop in the jaw (lockjaw) and elsewhere in the body. Fatality is about 10%.

Trituration: This is a process for reducing the particle size of a medicinal substance for the purpose of making a homeopathic remedy from it. The finer the particles are, the easier and longer they are suspended in a liquid. These substances are prepared by fine subdivision with a pestle and mortar in milk sugar (lactose).

Vital force: There is one basic difference between a living and a dead body. This is the vital force. It is the job of the vital force to maintain homeostasis.

Appendix – Glossary

When a person is healthy he or she is at ease, feeling comfortable and is more or less unaware of the functions carried out by the body, such as the heart beat, breathing and digestion. It is the vital force that governs these functions.

However, as soon as the existence of an organ is felt due to discomfort caused by improper functioning, it signifies that the vital force has been disturbed and is producing symptoms as a call for help. The diseased person will now seek the help of a therapist to obtain relief from this suffering.

APPENDIX G - About the author

Bachelor Science in Physics, Honors, University of Maryland, 1968. Graduated from Dansk for Skole Klassisk Homøopati in 1998. Studies of Homeopathy at the International Academy of Classical Homeopathy in Alonnisos, Greece, with the homeopath George Vithoulkas (winner of the Right Livelihood Award, an alternative Nobel prize).

Director of the clinic *Klinik for Klassisk Homøopati* in Denmark.

Director of the *Clinic and School of Classical Homeopathy*, located in Estepona, Costa del Sol, Spain.

Founding member of the *Spanish Association of Classical Homeopathy*, approved by ECCH (*European Council for Classical Homeopathy*).

Director of the *International Homeopathic Web Clinic* and currently the *Avila Web School of Classical Homeopathy* in Caracas, Venezuela.

Kjetill Oftedal gives consultations in Spanish, English, Norwegian, Danish, Swedish, German, Dutch or Portuguese.

The author's view on homeopathy and the evolution of mankind

As mankind is carried forward on the inexorable flood of evolution from material to spiritual levels, the demand for spiritualized medicine will increase, as man's awareness of what really causes illness will demand it.

This striving towards the spiritual is already seen, among others, in such therapies as acupuncture, Chinese medicine, ayurveda, homeopathy, radionics and naturopathy.

In addition to the above preventive and curative therapies, preventive technologies, such as Feng Shui, geobiology, domotherapy, formology, colon and liver cleaning and detox procedures, homeopathic immunization against diseases, healthy diets and yoga will all pay great health dividends.

However, the time will come when evolved man will heal himself by means of meditative practices.

If you have not reached such a meditative point yet, instead of pursuing orthodox toxic and health-debilitating drug medicine, it will be a wise move to check out the health possibilities offered by spiritually-oriented therapies and move to the forefront of the river of evolution.

APPENDIX H - Homeopathic Resources

Pharmacies

There are many homeopathic pharmacies around the world. Below are listed a few of those who have a high standard.

United Kingdom

[Helios Homeopathy Ltd.](#) This is one of the best homeopathic pharmacies in the world. They have over 3,000 homeopathic remedies available to order in a variety of potencies and forms from tablets/pillules, oral liquid remedies, tinctures, homeopathic kits and creams, to practitioner products of medicating potencies and powders. They also have a wide range of natural skin care, vitamin and mineral supplements and books. Helios has rapid delivery all over the world.

[Ainsworths](#). For more than 25 years, Ainsworths have been manufacturing and supplying homeopathic remedies backed by a professional and caring service. The high quality of its products and services remains paramount and they are proud to offer the world's largest range of homeopathic remedies.

[Nelsons Homeopathic Pharmacy](#) Founded in 1860, Nelsons has been the physical and spiritual home of homeopathic medicine ever since. Dr Edward Bach also began to sell his Bach Original Flower Remedies there in the 1930s, and the store is full of evocative artifacts reflecting its history.

United States

[Hahnemann Laboratories](#) manufactures fine homeopathic remedies in both C and LM potencies, under the supervision of pharmacist Michael Quinn. Hahnemann Laboratories' new state-of-the-art laboratory for the production of classical Homeopathic remedies and Homeopathic medicines is located in Marin County California, just north of San Francisco. Leading homeopathic physicians from the United States and around the world rely on the high quality of the homeopathic remedies produced by Hahnemann Laboratories.

[Washington Homeopathic Products](#) is one of the last of the original homeopathic pharmacies. WHP makes and maintains all the single remedies (over 1,700 available) and ships to individuals, veterinarians, physicians, etc. WHP also sells to distributors and does private labeling for over 30 companies.

Argentina

[Farmacia Homeopática Godoy](#), Av. Belgrano (CP 1096), Buenos Aires, Argentina.

This is the only pharmacy where you can purchase the KSM potency (1000 succussions) remedies.

Bookshops

www.bjainbooks.com

B. Jain Publishers Pvt. Ltd. Homeopathic books, journals, software, courses. This bookstore has been in existence for many years and offers the lowest prices, which are very low indeed.

It is based in India, so shipping can take some time and be a factor, although they offer air shipments. Also the quality of the paper and bindings is generally lower than one is used to in the West.

However, you won't find prices that are lower and many Western bookstores will sell you Jain editions anyway at a much higher price.

www.minimum.com

Minimum Price Homeopathic Books. This company is based in the US and offers good prices. It has course material on veterinary homeopathy.

www.homeopathicbooks.co.uk

The Homeopathic Book Company is a bookshop based in the UK. The range of books is large and they offer to search for hard to find books.

www.homeopathic-books.net

Homeopathic Books is based in Australia and may be convenient for those who live in that part of the world.

A search on the internet will reveal many sources of homeopathic books. The above are just a few.

Schools

[International Academy of Classical Homeopathy](#). This is an international school of homeopathy run by the internationally renowned Greek homeopath Prof. George Vithoulkas, located on the enchanting Greek island of Alonnisos. The school runs a one-week annual summer school for doctors and laymen alike, including students of homeopathy. It is well worth your while to attend this summer school. Lodging and the fee for the school are inexpensive. The island (about 20 x 6 km in size) is a nature reserve.

The school is large, accommodating about 150 students, with an adjoining cafeteria and bookstore. You can find videos of lectures by George Vithoulkas given at the school on the school's website, and also on uTube.

The school runs a 4 year homeopathy course, with attendance during the summer. Doctors and laymen from all over the globe have received training there for decades.

[European Council for Classical Homeopathy](#) (ECCH) The representative platform for the homeopathy profession in Europe made up of 26 member professional associations in 22 EU, EEA and CEE countries. It is going international with ICCH, so far also on this website. You will be able to find schools of homeopathy via the member associations listed on this website.

[North American Society of Homeopaths \(NASH\)](#). There are a number of schools in the US and Canada listed on this website.

[Australasian College of Hahnemannian Homoeopathy](#). Offers courses in classical homeopathy at beginner's and advanced levels.

[Isaac Golden Education](#) in Australia. This website includes links to Dr. Golden's publications, clinic and web school of homeopathy. Well worth a visit.

Organizations

[Homeopathic Supply Company](#). A company in England that provides good solutions for the storage of remedies as well as a varied supply of bottle types, plastic envelopes and other useful items for the practicing homeopath.

[European Council for Classical Homeopathy](#) (ECCH) The representative platform for the homeopathy profession in Europe made up of 26 member professional associations in 22 EU, EEA and CEE countries. It is going international with ICCH, so far also on this website.

[North American Society of Homeopaths \(NASH\)](#). Affiliated with ICCH. You will find directories for member practitioners and schools on their website.

[Canadian Society of Homeopaths \(CSOH\)](#). This organization is the first of its kind in Canada – a national professional association and registering body that is entirely independent of any particular school.

[Homoeopathic Association of South Africa \(HSA\)](#). The Homoeopathic Association of South Africa (HSA) is recognized by the Allied Health Professions Council of SA as the official representative of the Homoeopathic Profession in South Africa.

[Australian Homoeopathic Association \(AHA\)](#). The Australian Homœopathic Association is the largest and only national association of professional Homœopaths in Australia, with branches throughout the country.

Practitioners

Types of practitioners

Homeopathic practitioners can be found just about everywhere nowadays as this form of therapy is becoming more and more popular all over the world.

As indicated in this book under *Types of homeopathy*, many practitioners call themselves homeopaths who don't practice what is known as Classical Homeopathy, but as they use homeopathic remedies they call themselves homeopaths. This is especially true of medical doctors and therapists who use electronic instruments for diagnosis. In certain countries, such as France, the use of mixed remedies is the norm.

Classical homeopathy follows the natural **law** of healing by similars: administering a remedy that has produced a similar (the prefix *homeo-* is derived from Greek and means *similar*) symptom picture in healthy persons as the symptom picture of the sick person (the suffix *-pathy* is derived from Greek and means *suffering*). Thus *homeopathy* means *similar suffering*. To know which remedy is similar in this regard, it has to be tested (proven) first on healthy people.

Thus the use of mixtures of homeopathic remedies, called compound or complex remedies, that have not been proven cannot be called homeopathy (possibly such therapies should be called *polyopathy*), although homeopathic remedies are used.

The therapy in question may be based on some other findings, and in any case give results, although one should be aware of the difference between symptom suppression and cure. In both cases a symptom or symptoms vanish and a cure is pronounced. However, in the case of suppression, the disturbance causing the symptom is pushed deeper into the organism, causing a more profound problem. For example, a suppressed skin eruption leading to arthritis or asthma.

I had a patient once who was so stiff in the morning that it took her an hour to get out of bed. I gave her an indicated remedy to take once and in a week or so the stiffness was gone and she could get out of her bed rapidly. However, a skin eruption appeared that spoiled her beauty. She told me that she used to have this eruption, but after application of a cortisone cream it had disappeared. Now it was back again. I told her the eruption could be treated with homeopathic remedies, but she was impatient to regain her questionable beauty and applied the cortisone cream again. A week later the eruption was gone, but now the stiffness was back and, as before, it took an hour for her to get out of bed.

How to recognize a classical homeopath

A classical homeopath will spend an hour or more with a patient in the first consultation, asking all sorts of questions, including about previous illnesses, the family history of illnesses, detailed descriptions of mental, emotional and physical symptoms. After a search for the right remedy, the patient is usually given just one pill to take and told to

Appendix – Resources, Practitioners

return in a month for a follow-up consultation. Depending on the severity of the problem additional consultations may be needed at monthly intervals. A rule of thumb is one month of treatment for every year of chronic illness, although this is by no means the norm. I have had patients with long-term problems who were cured in a matter of days, even hours.

When you have found a classical homeopath, the next factor of importance is his/her reputation. Find one who is recommended by others for producing good results and has been practicing for some years. It takes about ten years to become an accomplished homeopath. However, there are always exceptions to the rule.

Another factor to consider is that one practitioner may not really understand your problem as it is a blind spot in his/her makeup, while another practitioner will understand you and see the remedy immediately.

Of course, in the larger scope of things, when you have learned the lesson your disease or problem is meant to teach, you will find the right therapist to cure you.

Directories of homeopathic practitioners

For Europe a good starting point is the European Council for Classical Homeopathy (ECCH — www.homeopathy-ecch.org) based in London. Most countries in Europe have an association of homeopaths, which is listed on the ECCH website. ECCH is expanding into an ICCH, or International Council of Classical Homeopathy, and you will find a listing of associations for other countries, such as the USA, Canada, Australia and Japan.

For the US, check with the [North American Society of Homeopaths](http://www.nash.org) (NASH).

In South America, each country has their own homeopathic associations—mainly for medical doctors—which you can find by searching the internet.

Homeopathic web clinics

You will also find a number of clinics on the internet, such as my own <http://www.clinic.euni.org> (English) and <http://www.clinica.euni.org> (Spanish). It is, of course, preferable to consult a homeopath in person, but if this is not possible you have this option available.

Appendix – Electrosomog Links

Electrosomog links

1. The Swedish association for the electrically hypersensitive: www.feb.se
2. Powerwatch in the UK: www.powerwatch.org.uk
3. The EMR Network of the USA: www.emrnetwork.org
4. Arbeitskreis für Elektrosensible in Germany: www.w-lisseck.de
5. Bürgerwelle, Germany www.buergerwelle.de.
7. Alphalab Scientific Instruments: instruments to measure electrosmog. www.trifield.com

APPENDIX I - Recommended reading

Books on homeopathy

	TITLE	AUTHOR
1	Bidwell, Glenn Irving	How to Use the Repertory
2	Boericke, William	Homoeopathic Materia Medica
3	Borland, Douglas M.	Children's Types
4	Chappell, Peter	Emotional Healing With Homeopathy
5	Golden, Isaac	Homeoprophylaxis - A Practical and Critical Review
6	Golden, Isaac	Vaccination? A Review of Risks and Alternatives
7	Hahnemann, Samuel	Organon of Medicine
8	Herscu, Paul	The Homeopathic Treatment of Children
9	Kent, James Tyler	Repertory of the Homoeopathic Materia Medica
10	Kruzel, Thomas	The Homeopathic Emergency Guide
11	Phatak, S.R.	Materia Medica
12	Vithoulkas, George	Homeopathy, Medicine for the New Millennium
13	Vithoulkas, George	The Science of Homeopathy
14	Vithoulkas, George	A New Model for Health and Disease
15	Yasgur, Jay	A Dictionary of Homeopathic Medical Terminology

Related literature

Bailey, Alice. Esoteric healing.

Besant, Annie. *The Seven Principles of Man.*

Leadbeater, C.W., *Man Visible and Invisible.*

Powell, A.E. *The Etheric Double: The Health Aura of Man.*

Powell, A.E. *The Astral Body.*

Powell, A.E. *The Mental Body.*

Illness		Remedy	Potency
<u>APPENDIX J - Acute Illness Repertory</u>			
Abortion			
After abortion		sep	200C+
Abrasions			
Abrasions		arn	-30C+
Abrasions		led	-30C+
Accidents			
After accident		arn	30C - 100C
After car accident		ruta	-30C+
Allergic Reactions			
Especially in spring due to pollen		all-c	-30C+
Sensitive to light		all-c	-30C+
With burning tears		all-c	-30C+
With sneezing indoors		all-c	-30C+
Snuffles stop after going outside		all-c	-30C+
To Chinese food due to monosodium glutamate content		bell	-30C+
To monosodium glutamate (MSG)		bell	-30C+
Allergies		sil	12C+
Altitude Sickness			
Day-dreamy, confused, dizzy, double-vision, insomnia		coca	-30C+
> wine, coffee, after sunset		coca	-30C+
< alcohol, tobacco, cold, thinking		coca	-30C+
Altitude sickness		coca	-30C+
< hot-air balloons, light aircraft		coca	-30C+
Apparent death			
Apparent death		carb-v	-30C+
Apparent death		cupr	-30C+
Appendicitis			
Apparent appendicitis		bry	-30C+
< from touch		bry	-30C+
< any disturbance		bry	-30C+
> hard pressure		bry	-30C+
Assaults			
With fear		acon	-30C+
With shock		arn	-30C+

*-30C+ means that potencies less than, equal to or greater than 30C may also be used
< means worse from > means better from*

Illness	Remedy	Potency
Babies		
Teething with sudden, acute pain, > fresh air < jarring movements, light, noise, > warmth	acon bell	30C+ 30C+
Babies (continued)		
Teething with hot, flushed face and wide pupils	bell	30C+
Colic with screaming at the slightest movement	bry	6C+
Violent colic with angry crying, <heat, after burping, night	cham	6C+
Insomnia with irritability and anger, > carried < after 21h	cham	30C+
Teething with one cheek hot and red, the other pale	cham	30C+
Knees pulled up to chin from swallowed air, < being fed	coloc	6C+
Sudden pain seen by sharp movements and crying	mag-p	6C+
Bloated stomach, pain not > by burping	mag-p	6C+
Nappy rash - with little blisters, > moving < undressed	rhus-t	6C+
Nappy rash - dry, red and scaly, < being washed, heat	sulph	6C+
Bed-Wetting		
Soon after falling asleep	caust	30C+
> warm damp weather, < sweets, cold, dry weather	caust	30C+
During dreams, > nap, < movement, lying R-side, touch	equis-h	30C+
Bilharziasis		
With profound exhaustion	chin	-30C+
Bites		
Snake bites	acon	-30C+
Red, hot, swollen, > cold applications	apis	-30C+
Insect bites	apis	-30C+
Animal bites	arn	-30C+
Insect bites	canth	-30C+
Snake bites	carb-v	-30C+
Animal bites	hyper	-30C+
Snake bites	led	-30C+
Animal bites	led	-30C+
Blue, cold, puffy, > cold applications	led	-30C+
Insect bites	led	-30C+
Starfish or sea urchin stings with spines	sil	-30C+
Black Eye		
Black eye, with soreness and great sensitivity to touch < heat, > cold applications	ham led	12C+ 12C+
With little pain	nux-v	12C+

- $30C$ means that potencies less than, equal to or greater than $30C$ may also be used
 $<$ means worse from $>$ means better from

Illness	Remedy	Potency
Breast Feeding Problems		
Hard, engorged, hot, red	bell	-30C+
Engorgement or hardness of breasts, red streaks on skin	bell	30C+
Hard, engorged, hot, pale	bry	-30C+
Sore, cracked nipples; baby's suckling unbearable	cham	30C+
Abscess with pus, extremely painful	hep	-30C+
Breast Feeding Problems (continued)		
Abscess with smelly, corrosive pus	merc	-30C+
Too much milk	puls	-30C+
Abscess slow to heal	sil	-30C+
Baby vomits breast milk	sil	-30C+
Breast Injuries		
Breast injuries	bell-p	-30C+
Bruises of breasts	bell-p	-30C+
Bruised and sore pelvis; stiff, painful abdominal muscles	bell-p	-30C+
Hardening of breast after injury	bell-p	-30C+
Breast Pain in Pregnancy		
< slightest motion, morning, > cold compress, pressure	bry	6C+
Due to swelling, > fasting, emotion, arms hang < lying, cold	con	6C+
Bruises		
Blue marks, internal skin bleeding	arn	-30C+
> lying with the head low	arn	30C - 10M
< after sleep	arn	30C - 10M
< lying on left side	arn	30C - 10M
Given early, reduces swelling and bruising after injury	arn	-30C+
< the slightest touch	arn	30C - 10M
< resting (bed is too hard)	arn	30C - 10M
Bruised for the slightest cause	bell-p	-30C+
Refreshes parts Arnica can't reach	bell-p	-30C+
More sensitive to bruising than Arnica	bell-p	-30C+
Bruised followed by stiffness, > motion	rhus-t	12C+
Bruised, exhausted with colon and rectal problems	ruta	-30C+
Burns		
First remedy after burn	acon	-30C+
With shock	arn	-30C+
Area of injury better from heat	arn	-30C+
Intense pains after burns	ars	-30C+
Area of injury better from cold	canth	-30C+
Minor external burns	urt-u	cream, C30

Illness	Remedy	Potency
Chicken Pox		
Chickenpox	rhus-t	-30C+
Chickenpox	puls	-30C+
Chilblains		
If broken	calen	cream
Hot, itchy, < heat	puls	-30C+
Chilblains (continued)		
With dark, red inflammation	rhus-t	-30C+
Childbirth		
Contractions after childbirth	arn	-30C+
With prolapsed kidney	bell-p	-30C+
After trauma during childbirth	bell-p	-30C+
Out of bed too early after childbirth	bell-p	-30C+
After childbirth	sep	200C+
Cholera		
In early stages	camph	-30C+
Severe, final stage	carb-v	-30C+
With cramps	cupr	-30C+
With chills and cold sweat	verat	-30C+
Cold Sores		
With no other symptoms	nat-m	-30C+
Colds		
In early stages	acon	-30C+
After being soaking wet	dulc	-30C+
Come on slowly, < touch, fresh air, sun, lying R-side	ferr-p	6C+
< at 10 a.m.	nat-m	-30C+
Early stages with sneezing, > fresh air, fasting < hot sun	nat-m	-30C+
With cold sores	nat-m	30C+
With irritability, headache, sore throat, < cold, windy	nux-v	-30C+
Runny nose during day, blocked at night	nux-v	-30C+
With yellow mucus, < heat, fat food, evening > hands up	puls	-30C+
Yellow mucus, nose blocked night, runny during day	puls	-30C+
> exercise and fresh air, weeping and sympathy	puls	-30C+
No thirst, loss of smell	puls	-30C+
Collapse		
Corpse reviver	carb-v	-30C+
Circulatory collapse	carb-v	-30C+
Collapse	op	200C+
Collapse	tab	-30C+

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< means worse from > means better from

Illness	Remedy	Potency
With cold sweat on the forehead	verat	-30C+
Concussion		
Concussion	arn	-30C+
Long-term problems after head injuries	nat-s	200C+
Cramps		
First-rate cramp remedy	cupr	-30C+
At night	cupr	-30C+
While swimming	cupr	-30C+
Abdominal	verat	-30C+
Cystitis		
After exposure to cold wind	acon	-30C+
With burning pains	canth	-30C+
After exposure to wind	dulc	-30C+
Honeymoon cystitis	staph	-30C+
Dehydration		
Complaints after loss of fluids or severe dehydration	chin	-30C+
Dehydration	chin	-30C+
After diarrhea, with weakness	chin	-30C+
Dengue		
With muscle, joint, bone pain	eup-per	-30C+
Dental Treatment		
If fearful before treatment	acon	-30C+
Bleeding gums after treatment	arn	-30C+
Before fillings or extractions	arn	-30C+
After-effects of treatment	arn	-30C+
Fear with trembling of going to dentist	gels	30C+
Shooting nerve pain after treatment	hyper	-30C+
Flu or cold symptoms after mercury fillings	merc	-30C+
Diarrhea		
From catching cold with nausea and perspiration before/after	acon	-30C+
Anus feels open, light bleeding, any movement produces stool	apis	-30C+
After sweets or immediately after drinking	arg-n	-30C+
After injuries	arn	-30C+
From bad food, esp. meat with much vomiting and purging	ars	-30C+
In children, with small, green frequent stool	bell	-30C+
Lumpy, caused by hot weather	bry	-30C+

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< means worse from > means better from

Illness	Remedy	Potency
In cholera, stools like rice water	camph	-30C+
Stools like rice water.	camph	-30C+
With pain urinating	canth	-30C+
With cutting pains after stool	canth	-30C+
Caused by bad food, over-indulgence	carb-v	-30C+
Like chopped spinach smelling like rotten eggs	cham	-30C+
Watery stools smelling of rotten eggs	cham	-30C+
Caused by teething	cham	-30C+
Caused by anger in children	cham	-30C+
With liver problems, > after eating	chel	-30C+
Painless, much flatulence with undigested food	chin	-30C+
Violent with cramps and retching (cholera)	cupr	-30C+
With fever	ferr-p	12C+
From anticipation, fright or grief	gels	-30C+
After grief	ign	-30C+
With stools like fermented yeast	ip	-30C+
With constipation	mang	-30C+
After jaundice	merc	-30C+
After sugar	merc	-30C+
After alcohol	nux-v	-30C+
Acute attacks, stool profuse, gushing, very offensive	podo	-30C+
On change in weather	puls	-30C+
In summer after too warm weather	puls	-30C+
After acute disease	puls	-30C+
After eating ice cream or rich food	puls	-30C+
From getting damp or wet	rhus-t	-30C+
From over-exertion	rhus-t	-30C+
With cold sweat	verat	-30C+
Profuse watery diarrhea	verat	-30C+
With vomiting	verat	-30C+
Drowning		
Apparent death by drowning	carb-v	-30C+
Dysentery		
Severe, with collapse, drowsiness, confusion	bapt	6C+
Amoebic, < motion (seek medical attention urgently)	bry	-30C+
Severe, bloody stools, abdominal cramps, rectal spasms	merc-c	6C+
Mild, little abdominal pain	phos	6C+
Mild, patient able to walk about	phos	6C+
Mild, no rectal spasm	phos	6C+
Diarrhea with tearing pains down back of leg	rhus-t	-30C+
Exhaustion		
Exhaustion with deep depression	arn	30C - 10M

*-30C+ means that potencies less than, equal to or greater than 30C may also be used
< means worse from > means better from*

Illness	Remedy	Potency
Long-term overexertion: mental or physical	arn	30C - 10M
From fluid loss in hot, humid weather, headache < motion	bry	30C+
Exhaustion with loss of vital force	carb-v	-30C+
From heat with throbbing, bursting headache, sweaty skin	glon	30C+
Eye Injuries		
After fear	acon	-30C+
Bruising and/or shock	arn	-30C+
With pain and great sensitivity to touch	ham	12C+
Foreign body stuck in the eye	sil	-30C+
With feelings of anger	staph	-30C+
To the eyeball itself (esp. if Arnica fails to relieve pain)	symp	-30C+
Falls		
After fall	arn	30C - 10M
After heavy falls	ruta	-30C+
After fall on buttocks, often with sprained coccyx	ruta	-30C+
As if back broken	ruta	-30C+
Fear		
Fear of going to the dentist	gels	-30C+
Stage fright	gels	-30C+
Afraid to sleep without lights on	stram	200C+
Fear of Flying		
With fear of death	acon	30C - 10M
Comes on suddenly	acon	30C - 10M
From fear of heights and claustrophobia	arg-n	30C - 10M
With intense restlessness	ars	30C - 10M
With paralysis and trembling, > alcohol	gels	30C - 10M
Fingers		
Crushed fingers	hyper	-30C+
Flu		
Sudden onset after exposure or shock	acon	-200C+
High fever (over 39), hot, red face, desire to uncover	apis	-200C+
Dry heat, face swollen, no sweating at all	apis	-200C+
Cannot find a comfortable position, bed too hard	arn	-200C+
With terrible aching of the whole body	arn	-200C+
Thirst for small sips of water	ars	-200C+
With gastroenteritis, vomiting and diarrhea	ars	-200C+
With marked weakness on walking	asc-t	-200C+
Falls asleep in mid-sentence	bapt	-200C+
Advanced, with mental dullness or stupor	bapt	-200C+

-30C+ means that potencies less than, equal to or greater than 30C may also be used

< means worse from

> means better from

Illness	Remedy	Potency
Easily exhausted	bapt	-30C+
< on awakening	bapt	-30C+
Sore, heavy muscles	bapt	-30C+
Bed too hard, but too weak to move	bapt	-30C+
< humid heat	bapt	-30C+
Flu (continued)		
< pressure	bapt	-30C+
Dull, confused look, stiff and sluggish	bapt	-30C+
Only able to swallow liquids	bapt	-30C+
Dry tongue with black mucus	bapt	-30C+
< fog	bapt	-30C+
Putrid breath, usually with painless, exhausting diarrhea	bapt	-30C+
Hands and feet icy cold, face and body hot	bell	-200C+
Rapid onset and frighteningly high fever, up to 41C	bell	-200C+
Great thirst for large gulps periodically	bry	-200C+
Rheumatic pains during flu	bry	-30C+
Slowly progressing with severe aching	bry	-200C+
Irritable, wants to be left alone	bry	-30C+
Thirst for colds drinks which improve fever	caust	-200C+
Cough and respiratory symptoms	caust	-200C+
With combined lung and digestive problems	chel	-200C+
Skin extremely sensitive	chin	-200C+
With hypersensitivity during fever	chin	-200C+
With exhausting sweats	eucal	-200C+
With high fever and severe unbearable aching	eup-per	-200C+
Terrible muscle and bone pains	eup-per	-200C+
With marked fever lasting for days	ferr-p	-200C+
Without thirst	gels	-30C+
Not well since the last flu	gels	-30C+
With great debility, weakness and sleepiness	gels	-200C+
Weak, trembling and heavy limbs, eyelids and head	gels	-200C+
With purulent sinusitis or bronchitis	merc	-200C+
With great sensitivity to all stimuli	nux-v	-200C+
Chills from uncovering or slight draft under cover on moving	nux-v	-200C+
Pulse high, low fever; pulse low, high fever	pyrog	-200C+
With high fever (more than 39) and aches	pyrog	-200C+
Pains > by nearly constant movement	rhus-t	-200C+
With anguish, aching and restlessness	rhus-t	-200C+
Triangular red tip at end of tongue	rhus-t	-30C+
Tinnitus after severe flu	sal-ac	-200C+
Great debility following influenza	sal-ac	-200C+
Chilly but < heat; slight heat causes sweats	sulph	-200C+
Sticky, unkempt, greasy hair	sulph	-200C+
Secondary infections after some days, bronchitis, etc.	sulph	-200C+

-30C+ means that potencies less than, equal to or greater than 30C may also be used

< means worse from

> means better from

Illness	Remedy	Potency
With cough and severe joint pains	tub	-200C+
Food Poisoning		
With vomiting	ars	-30C+
Ptomaine / food poisoning	ars	-30C+
After shellfish	merc	-30C+
After shellfish	urt-u	-30C+
Food Poisoning (continued)		
After bad fish	puls	-30C+
Foreign Particles		
Ejects foreign particles from the body	sil	12C+
Fractures		
If pain and swelling are severe	arn	-30C+
With shooting nerve pains	hyper	-30C+
Fright		
Problems after fright	op	200C+
Very powerful fright remedy	stram	200C+
Frostbite		
With very dry and rough skin	petr	12C+
Fungal Infection		
Fungal ear infection	merc	-30C+
Fungal ear infection	puls	-30C+
Fungal infection of foot	sil	-30C+
Gangrene		
Gangrene	carb-v	-30C+
Gangrene	kreos	-30C+
Diabetic gangrene	kreos	-30C+
Grief		
After a succession of deaths with grief	caust	C200+
After death of loved one	ign	200C+
Hangover		
From alcohol	nux-v	-30C+
Specific for hangovers	nux-v	12C+
Hay Fever		
With burning nasal discharge, > cool room, outside	all-c	-30C+

Illness	Remedy	Potency
With constant desire to sneeze, > warmth	ars-i	-30C+
With runny eyes and nose	euphr	12C+
With sore throat, < cold	sabad	-30C+
Head Injuries		
Head injuries	arn	-30C+
If pains remain or new symptoms arise	nat-s	-200C+
Hemorrhoids		
Hemorrhoids	aloe	-30C+
Hepatitis		
Hepatitis	chel	-30C+
Herpes		
Herpes Zoster, shingles	dulc	-30C+
Herpes Zoster	rhus-t	12C+
Lips covered with herpes blisters, great thirst, for milk	rhus-t	12C+
Hiccups		
Hiccups	cupr	-30C+
Home Sickness		
Thinks, talks and dreams of home	bry	-30C+
Feels alone and abandoned	puls	-30C+
Hypothermia		
Hypothermia	acon	-30C+
If unconscious	carb-v	-30C+
Immunizations (vaccinations)		
Before, reduces the local reactions	hyper	-30C+
Shooting pains after	hyper	-30C+
Before, reduces the local reactions	led	-30C+
To treat the puncture wound	led	-30C+
Severe overall reaction	sil	-30C+
Severe overall reaction	thuja	-200C+
Infection		
Great antiseptic powers	myris	12C+
Inflammation		
Of throat with swelling	apis	-30C+
Throat inflammation	cinnb	12C+
Of the cornea	euphr	12C+

Illness	Remedy	Potency
Great antiseptic powers	myris	12C+
Injuries to		
Muscles	arn	-30C+
Soft tissue	arn	-30C+
Breasts or deep tissue	bell-p	-30C+
Spine	hyper	-30C+
Nerve-rich areas, e.g. fingers, toes	hyper	-30C+
Coccyx	hyper	-30C+
Soles of feet	led	-30C+
Palms of hands	led	-30C+
Tendons or ligaments	rhus-t	-30C+
Bones	ruta	-30C+
Shins of bones, periosteum	ruta	-30C+
Injuries with		
Fear	acon	-30C+
Shock	arn	-30C+
Splinters	sil	-30C+
Injury		
Main remedy after injuries	arn	-30C+
After Arnica but before Ruta	bell-p	-30C+
Extensive nerve injury	hyper	12C+
Problems after accident, fall, injury that occurred long ago	nat-s	200C+
No. 1 remedy for injuries to tendons / bone surface	ruta	-30C+
Heavy injuries	ruta	-30C+
With weak legs that fail on rising	ruta	-30C+
Insect Stings		
Sensitivity to insect bites	apis	-30C+
No. 1 remedy for bites and stings	apis	-30C+
Jellyfish Stings		
Jellyfish stings	carb-v	-30C+
Jellyfish stings	led	-30C+
Jet-Lag		
Jet lag	arg-n	-30C+
Jet lag	arn	-30C+
With severely disturbed sleep	cocc	-30C+
Jet lag	gels	-30C+
Kala-Azar		
Kala Azar	ars	-30C+

Illness	Remedy	Potency
Malaria Main Malaria remedy, prophylactic	chin	-30C+
Measles With high fever With sensitivity to light Early stages of the measles	acon euphr gels	-30C+ 12C+ -30C+
Menopause With weight gain and panic attacks, < exertion, cold weather calc With suspiciousness and garrulousness, < hot bath, touch lach With aversion to having sex, > exercise < cold, tobacco sep		-30C+ -30C+ 30C+
Migraine < on left side - from stress, rich food > pressure Blinding, throbbing, > fasting, cold compress < talking, noise, music, light, sympathy With weeping, > hands above head < heat, evening Menopause. Settles over right eye. <touch, sun, >sleep With strong desire to cover the head < lying left side, getting undressed, cold windy weather	ip nat-m nat-m puls sang sil sil	30C+ 30C+ 30C+ 30C+ 30C+ 30C+ 30C+
Miscarriage Threatened from physical trauma	arn	-30C+
Morning Sickness Constant nausea with vomiting from bending forwards > fresh air, < moving, warmth, lying down, stress Nausea with irritability, > warmth < stimulants, nights Nausea with weepiness, < stuffy room, evening > fresh air	ip ip nux-v puls	6C+ 6C+ 6C+ -30C+
Mountain Sickness Mountain sickness	coca	-30C+
Nightmares Nightmares	stram	200C+
Nose Bleed With sudden onset From injury Nosebleed Brought on by blowing nose violently	acon arn phos phos	-30C+ -30C+ -30C+ 6C+
Operations After removal of gall bladder	chin	-30C+

Illness	Remedy	Potency
Problems after operations, esp. urinary organs	staph	-30C+
Over-indulgence		
Chilly, irritable people; hard workers living on stimulants	nux-v	-30C+
In rich foods	nux-v	-30C+
Pain		
Burning, stitching pains as of a bee sting	apis	-30C+
Stomach ache after eating ice-cream on a hot day	bell-p	-30C+
After operations	hyper	12C+
In spinal nerves after injury	hyper	12C+
In rectum with difficult, often bleeding stool	ruta	-30C+
Poison Ivy		
Poison ivy	led	-30C+
Poison ivy	rhus-t	-30C+
Poisoning		
Toxic poisoning from fish	acon	-30C+
Toxic poisoning from fish	bell	-30C+
Toxic poisoning from fish	cupr	-30C+
Polio		
Poliomyelitis	gels	-30C+
Poliomyelitis	lath	-30C+
Problems from windy weather		
Problems from windy weather	dulc	-30C+
Ptomaine Poisoning		
Ptomaine poisoning	ars	-30C+
Rabies		
Rabies	bell	-30C+
Rabies	lyss	-30C+
Rape		
After rape with threat of death	acon	200C+
After rape where she wants revenge on all men	caust	200C+
Unable to speak about it	ign	200C+
After rape with aversion to all men	sep	200C+
As first aid after rape	staph	-30C+
Rheumatism		
< cold, dry, windy weather; > warm, damp weather	caust	6C+

- $30C$ means that potencies less than, equal to or greater than $30C$ may also be used
 $<$ means worse from $>$ means better from

Illness	Remedy	Potency
Stiffness from contracted tendons Pain in tendons, < cold, damp weather	caust ruta	6C+ 6C+
Scalds Scalds	canth	-30C+
Scalp Ringworm Scalp ringworm	chel	-30C+
Sepsis Area red, hot, throbbing To lance or drain in early stages With blood-streaked, corrosive pus In wounds that are slow to heal	bell hep merc sil	-30C+ -30C+ -30C+ -30C+
Shingles Shingles	rhus-t	-30C+
Shock With fearfulness With fear of death Physical or emotional Shock Extreme cases, semi-conscious From receiving bad news Emotional shock After shock After hormonal shock, such as from p-pills	acon acon arn arn carb-v gels ign op sep	-200C+ 200C+ 30C - 10M -30C+ -30C+ -200C+ -200C+ 200C+ 200C+
Sinusitis With facial tenderness, < touch, draft > warmth With large quantities of thick, thready, yellow-green mucus Blockage on either side of nose, < beer > hot compress With weepiness, < stuffy rooms, rich food Chronic, stubborn sinusitis	hep kali-bi kali-bi puls sil	-30C+ 12C+ -30C+ -30C+ 12C+
Snake Bite Snakebite	apis	6C+
Snow Blindness Snow blindness	acon	-30C+
Snuffles Snuffles stop after going outside	all-c	-30C+

-30C+ means that potencies less than, equal to or greater than 30C may also be used
< means worse from > means better from

Illness	Remedy	Potency
With chilliness	ars	-30C+
With redness	ars	-30C+
With watery secretion	ars	-30C+
Acute snuffles later than nux-v	ars	-30C+
With a warm nose	ars	-30C+
Infected snuffles	cinnb	12C+
On first sign of snuffles before cold develops	nux-v	12C+
Sore Throat		
With red, hot face	bell	-30C+
With very red throat	bell	-30C+
Sprains & Strains		
Sprains and strains	arn	-30C+
< for slightest movement	bry	-30C+
< first movement, > continued movement	rhus-t	-30C+
< lying on affected part	ruta	-30C+
Stiff Neck		
With high fever (possible meningitis)	doctor	
Stiff neck	rhus-t	-30C+
Stiffness		
Stiff and painful abdominal muscles	bell-p	-30C+
< damp, cold weather	rhus-t	-30C+
Pain worse on first movement, then better	rhus-t	-30C+
With extreme restlessness, sore, bruised, aching joints	rhus-t	-30C+
Strains		
No. 1 remedy for sprains and strains	rhus-t	-30C+
Sunburn		
Sunburn	aloe	-30C+
Skin hot, dry, red, throbbing	bell	-30C+
Severe sunburn	canth	-30C+
Sunstroke		
With fever, redness, delirium	bell	-30C+
Symptoms much worse for movement	bry	-30C+
With prostration	carb-v	-30C+
Tennis Elbow		
Acute or long-standing tennis elbow	ruta	-30C+
Tennis elbow	ruta	-30C+

*-30C+ means that potencies less than, equal to or greater than 30C may also be used
< means worse from > means better from*

Illness	Remedy	Potency
Tetanus		
Tetanus	hyper	-30C+
Tetanus	led	-30C+
Anti-tetanus properties	led	-30C+
Tetanus	nux-v	-30C+
Threadworms		
Threadworms	ip	-30C+
Threadworms	sil	-30C+
Threadworms	verat	-30C+
Throat Inflammation		
With yellow-white patches	hep	12C+
> heat	hep	12C+
Watery discharge followed by a thick slimy discharge	hep	12C+
That progresses to an ear infection	hep	12C+
Toothache		
Toothache	apis	-30C+
Toothache	hep	-30C+
Toothache	hyper	-30C+
Toothache	staph	-30C+
Travel Sickness		
Reduces after-effects of lengthy sitting	bell-p	-30C+
With dizziness, > lying down	cocc	-30C+
Eyes unable to accommodate motion rapidly enough	cocc	12C+
Air, sea and car sickness	cocc	12C+
> vomiting, but finds it difficult	nux-v	-30C+
> fresh air	tab	-30C+
Cold sweat	tab	-30C+
Tight band around head, nausea, chilly, sweating < tobacco	tab	-30C+
Tropical Sprue		
Tropical sprue	puls	-30C+
Vaccination		
Ailments after small-pox vaccination	thuj	-30C+
Vomiting		
With diarrhea	ars	-30C+
Constant nausea, not > vomiting	ip	-30C+
With cough	ip	-30C+
Caused by over-indulgence	nux-v	-30C+
With diarrhea	verat	-30C+

-30C+ means that potencies less than, equal to or greater than 30C may also be used
< means worse from > means better from

Illness	Remedy	Potency
Warts Cauliflower type, esp. on hands and feet	thuj	12C+
Whiplash With shooting nerve pain Deep ligament & tendon injuries, possible tearing	hyper ruta	-30C+ -30C+
Wounds Small burns with intense pain, e.g. finger tips Cuts, grazes, sores Infected, inflamed wounds - nature's antibiotic Incised, clean cut Lacerations Swollen, blue and cold, <i><heat</i> , <i>>cold</i> applications Deep puncture From nails, animal and insect bites Stab wounds - knives, scissors, rusty nails, etc.	apis calen echi hyper hyper led led led led	-30C+ ointment -30C+ -30C+ -30C+ -30C+ -30C+ -30C+ -30C+ 12C+
Yellow Fever Yellow fever Yellow fever Prophylactic against yellow fever Yellow fever Yellow fever Yellow fever Yellow fever Yellow fever	apis arg-n ars bell bry carb-v chin ip	-30C+ -30C+ -30C+ -30C+ -30C+ -30C+ -30C+ -30C+

-30C+ means that potencies less than, equal to or greater than 30C may also be used
< means worse from *> means better from*

APPENDIX K - Answers to Exercises

Answers to theory questions

1. Explain how a 12C liquid potency is made? See the section "How to make homeopathic remedies yourself".
2. What does the word 'succussion' mean? See glossary for definition.
3. What are the main principles of homeopathy?
 1. *The Principle of Similars*
 2. *The Principle of Provings*
 3. *The Principle of Potentization of Remedies*
 4. *The Principle of the Single Remedy*
 5. *The Principle of the Direction of Cure (Hering's Law)*
 6. *The Doctrine of Miasms*
4. Explain what is a *materia medica*. See glossary for definition.
5. Define the term 'miasm.' See glossary for definition.
6. What are the main miasms in homeopathy? See glossary for definition.
7. Explain what the vital force is. See glossary for definition.

Answers to human paper cases

1. A patient has hay fever from pollen. She is very sensitive to light and has burning tears. Her nose is runny indoors, but this stops when she goes outside. What remedy would you give? Answer: *Allium Cepa*.
2. Your friend has just arrived from a long trip by air to visit you. She has a sore back from sitting so many hours in the plane. What remedy will resolve this? Answer: *Bellis Perennis*.
3. You are going to Peru to visit Machu Picchu. What remedy are you likely to need? Answer: *Coca*.
4. A patient comes to you with a recent cold. He is a construction foreman who has been working in an office with air condition. What remedy would you give? Answer: *Aconitum Napellus*.
5. Your friend has a girl aged 7 who has never stopped wetting the bed. Her brother who is 8 already stopped. What remedy would you give? Answer: *Equisetum*.
6. You have been out in the Russian winter landscape and have contracted frostbite in your fingers. Your skin has become very dry and rough. What remedy would you take? Answer: *Petroleum*.
7. A tennis player comes to you complaining of tennis elbow. What is the appropriate remedy for this? Answer: *Ruta Graveolens*.

Answers to Exercises

8. You are on a ship and your fellow passenger becomes seasick. She has a cold sweat and wants to remain outside in the fresh air. What would you prescribe for this condition? *Answer: Tabacum.*
9. A patient comes to you with a very intensely burning cystitis. It started suddenly and she has a burning, intense thirst, but is worse from drinking. What is the remedy for this? *Answer: Cantharis.*
10. You are out wandering in the desert and have forgotten to bring your water bottle. After many hours in the hot sun you stumble upon an oasis. After drinking some water you find yourself feeling very weak and nervous with swollen legs. What remedy would you take? *Answer: China Officinalis.*
11. A dog has been frightened by a car nearly running it over. Now it has a fever with a cold. What remedy would you give? *Answer: Aconitum Napellus.*
12. Your friend comes to you with hay fever. She says that it comes from tree pollen. She is very sensitive to sunlight and has burning tears. She says that she sneezes a lot which gives a runny nose, but after going outside this disappears. What remedy will help? *Answer: Allium Cepa.*
13. You go on a long airplane trip to Mexico and sit for hours, which makes you very sore and stiff around the pelvis and back. What remedy are you likely to need here? *Answer: Bellis Perennis.*
14. A patient comes to you with dizziness. She has just been donating blood at the blood bank. What remedy would you give? *Answer: China Officinalis.*
15. A mother comes to you with a screaming baby girl. She says the girl does not sleep well at night as she is teething, but is better from being carried. You notice that one cheek is red. What remedy would you give? *Answer: Chamomilla.*
16. A man comes to you to have his hiccups cured. He says that after eating he often gets an attack of hiccups, especially when the weather is hot. What remedy would you give? *Answer: Cuprum Metallicum.*
17. A sailor presents with a pus-filled wound. You touch the area and he jumps out of the chair with pain and screams. He complains of extreme chilliness. He also tells you that the radio next door is too loud. What remedy would you give? *Answer: Hepar Sulfuris.*
18. Your child comes screaming to you after having had a door slammed on his fingers. What is the appropriate remedy for this? *Answer: Hypericum Perforatum.*
19. A patient has to travel to a polio-ridden area of the world. What remedy would you recommend he take along? *Answer: Lathyrus Sativus.*
20. A mother brings her boy to you with nosebleed. The blood is light-colored. She says he is a very extroverted boy who has many friends. He likes to drink cold water. What remedy would you give? *Answer: Phosphorus.*

Answers to Exercises

21. A young man has eaten some bad food and is suffering from vomiting and diarrhea. At his bed side there is a glass of water from which he drinks small sips frequently. What remedy would you give? Answer: *Arsenicum Album*.
22. A lady comes to you to get cured of an eye inflammation. She is very sympathetic and enthusiastic. As you take the case you discover that she is easily startled during thunderstorms and loves dark chocolate. What remedy would you give? Answer: *Phosphorus*.

Answers to animal paper cases

1. A dog has been frightened by a car nearly running it over. Now it has a fever with a cold. What remedy would you give? Answer: *Aconitum Napellus*.
2. A collie has been bitten by another dog. The area of the wound is twitching. What remedy will help? Answer: *Ledum Palustre*.
3. An old fat cat has collapsed. It has blue gums and feels cold to the touch. The cat, called Tofu, likes to sit in the doorway where a cool wind is blowing. What remedy are you likely to need here? Answer: *Carbo Vegetabilis*.
4. A black female bulldog called Tina was hit by a car and given lots of Arnica, which helped. But there is still some pain in the pelvic area. What remedy would you give her? Answer: *Bellis Perennis*.
5. A wild cat named Ronja was taken by its owner to a new residence. It was terrified, hiding inside cars in the motor area. The owner placed some food which it came to eat at night when there was no one around. What remedy would you give? Answer: *Stramonium*.
6. A bicycle ran over the tail of a cat who is in great pain. What is the appropriate remedy for this? Answer: *Hypericum Perforatum*.
7. A dog named Pierre likes to mount the females and becomes very aggressive when other dogs come near them. What would you prescribe for this condition? Answer: *Hyoscyamus*.
8. A cat has a large sore on its hind leg. It seems to be quite painful. What is the remedy for this? Answer: *Calendula*.
9. A racing dog contracted diarrhea after being moved to another location in an air-conditioned vehicle right after running a race. What remedy would you give? Answer: *Dulcamara*.

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