

**Back to School
HOMEOPATHIC HOME REMEDY
ACUTE KIT**

**A “Cheat Sheet ”
Parents can endorse
(12C or 30C potencies)**

If you have been using homeopathic remedies with your family, your son or daughter will be used to using remedies for acute conditions. You can put together a basic kit, or purchase one online. A kit is a “must have” in your youngster’s home away from home.

It's helpful to review with your young adult some of the challenges they will face and which remedies can help them navigate the stressors of daily life on campus. Going over this “cheat sheet” might be a good way to prepare for some of the challenges while away at college.

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Aconite - First stage of illness; sudden onset with high fever, pale and chilly, worse cold dry wind.

Arnica - Trauma; muscle injury, bruising, shock; first remedy after any accident or injury, excellent before and after dental work.

Arsenicum - Food poisoning; anxiety with restlessness, severe vomiting with exhaustion, very chilly.

Bryonia - Flu or bronchitis; slow onset with dry hacking cough, irritability with a desire to go home and lie in bed perfectly still, chilly, thirsty for large amounts of water infrequently.

Chamomilla - Toothache; intolerable pain causing extreme irritability, worse at night, pain drives to despair, swollen gums with one cheek hot and red and the other cheek cold and pale.

Cocculus - Vertigo and motion sickness; nausea with vomiting, unsteady gait (as if drunk), feels the world is spinning, must lie down.

Gelsemium - Influenza; weakness and fatigue, slow onset with body aches, chills up and down the spine, frontal headache, low-grade fever with no thirst, worse any change of weather.

Hypericum - Nerve pain; any wound, injury or dental treatment that affects the nerves, especially useful in spinal and eye injuries. (in tincture for eyes)

Ignatia - Acute grief, hysterical reactions; involuntary tears, frequent sighing with a feeling of a lump in the throat from emotions.

Ledum - Puncture wounds, wasp stings or tick bites; part feels cold with numbness great sensitivity to touch, better from cold applications

Mag. Phos. - Menstrual cramps and colic; severe cramp-like abdominal pains, better from heat, pressure and bending double.

Nux Vomica - Stomach flu and headaches; symptoms come on from over-indulgence/toxicity, "the hangover remedy", very irritable and sensitive mentally and physically.

Phosphorus - Bleeding and bronchitis/pneumonia; nosebleeds, cuts, any excess bleeding with bright red blood, chilly, thirsty for cold drinks, need for and better from company and affection.

Pulsatilla - Colds, bladder and yeast infections; changeable symptoms, thick bland yellow discharge, no thirst, clingy and tearful, craves open air.

Rhus Tox - Joint pains and poison ivy; pains worse on first motion and better after limbering up, worse cold wet weather, restlessness with the pains, better warm applications, the hotter the better.

Sepia - Hormonal problems; PMS, post-partum depression, morning sickness, menopause, irritability with aversion to the husband, strong desire and better from dancing and exercise-the over achiever!

Silicea - Abscesses in teeth or skin, wounds slow to heal; promote draining of abscesses, expulsion of splinters, slow development of inflammation.

Staphysagria - Lingering "cutting" pains after surgery or wounds, also a cystitis remedy

Sulphur - Skin rashes and diarrhea; heat, redness, burning, wakes at 5am, desires sweets and spicy foods, worse from heat of bed & bathing; great for end stage colds & flus that won't completely resolve.

Veratrum Album - Food poisoning and stomach flu; severe vomiting and diarrhea at the same time, very chilly with cold sweat on forehead & feeling of collapse.

OINTMENTS

Calendula Ointment - For cuts, scrapes, skin irritation and diaper rashes.

Arnica Ointment - For bruises and muscle aches, not for broken skin.

Urtica Urens - For burns and stings.

DOSAGES

Never take higher than a 12C or a 30C potency without consulting with a qualified homeopath. 12C - 3 pellets up to 5 times in a 24-hour period, 30C - up to 3 times in a 24 hour period. If the remedy does not act after 3 doses try a different remedy. After 3 remedies with no result, stop and consult a homeopath or your Mom.

If an illness is severe you should always consult with your physician before attempting home treatment.

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