

Homeopath Essex

Homeopathic First Aid



I am Coral Byford and I have been a homeopath for 24 years and have lots of experience in dealing with 1st aid situations in homeopathy. I have 3 children now all grown up and have used homeopathy in many a 1st aid situation.

I became interested in homeopathy when my son who as a baby suffered with very severe constipation and was told by doctors that he would be on medication to control this for much of his life. Someone recommended homeopathy to me, and I gave it a try.

We never looked back after that he is now all grown up and living and working in Oxford and had no further problems.

My daughter suffered with eczema that was also successfully treated with homeopathy.

There are no side effects in homeopathy and it is also quite safe to take homeopathy alongside conventional prescribed medication.

I have put together this e book to give you information on how to apply homeopathy in 1st aid situations such as fever, diarrhoea and vomiting, earache etc.

There will be 18 remedies covered in this book. All the remedies can be purchased from me in a kit form or from health food shops.

So, what is homeopathy?

Homeopathy is a safe form of medicine, and it treats the whole person not just the symptoms. It was devised by Samuel Hahnemann he was born in 1755 in Germany. In 1790 he discovered the principle of like cures like, and homeopathy was born. In the 1820s homeopathy was established in the USA and Dr Constance Herring devised the law of cure. It states that cure takes place from top of the body downwards and from inside out. The most important organs first to the least important. The cure also takes place in reverse order of the onset of symptoms. This means that a first aid complaint will be quicker to cure than a long-standing complaint. Homeopathy also helps to maintain good health and wellbeing.

There are many homeopathic remedies well over 3000 that are used throughout the world. In this book we are only going to concentrate on 18. Homeopathic remedies are made from animal, mineral and vegetable. With each remedy I will tell you where it comes from.

Homeopathic remedies come in various dilutions you can buy some remedies in 6c and 30c only in health food shops. Other potencies would need to be bought from a homeopath or homeopathic pharmacy.

Homeopathy can be taken by any one from birth to end of life. If you are unsure, please contact a homeopath for clarification. Please do not on any circumstances discontinue taking prescribed medication unless advised to do so by your doctor.

In the kit all remedies will be in a 30c potency.

Homeopathic remedies are made in homeopathic pharmacies, only a small amount of plants. Minerals or animals are used in the making of the remedies. The substance is put

into water or alcohol and are succussed many times, they are then diluted again this happens many times until the right potency is made.

When looking to work with a homeopath you can find homeopaths at the CMA, ARH and RSHOM these will all hold valid insurance and have qualifications to practice. I am currently a member of the CMA complementary medical association.

Please note this is in no way medical advice and if you are concerned about any of your symptoms, please see medical advice. You can contact your GP call the NHS on 111 or in a life-threatening emergency call 999.

ACONITE



Aconite is a plant and was first used in 1805 in homeopathy. It is known as blue monkshood.

The remedy is made from the whole plant. It is used for complaints that come on suddenly, this can be due to shock, fright and if you have been exposed to cold winds and even air conditioning.

You would use this at the onset of a condition such as a colic if you have been in a cold wind or draft. The pains that are experienced are burning pains and numbness.

You generally will feel worse if you are in a warm room, lying on the side that is affected and by cigarette smoke. Also, you may feel worse at night. You would feel better out in the fresh air.

The emotional aspect of this remedy is fear, feeling you need to be in a hurry, anxiety, and restlessness.

It is a great remedy to take at the start of a cold or inflammation.

So, use this for sudden inflammation, chills and colds or great anxiety or if there has been a shock.

If you have eye pain or inflammation caused by an injury that is not serious then you can try aconite.

If you have a very high fever, have convulsions, or have very low urine output please see seek medical attention.

APIS



Apis is made from the honeybee. The honeybee is crushed and added to alcohol therefore there is no remaining venom in the remedy.

If you have ever been stung by a bee you will know that it smarts and burns and causes a watery swelling. This remedy therefore is good for skin that is red and puffy.

You can take this remedy if you have been stung, bitten, have an allergic reaction or inflammation, nettle type rashes and heat rash, if the symptoms fit the description.

You will have stinging and burning pains. For a sore throat with splinter pains, large tonsils and better for having cold drinks.

For eyes that are swollen and red lids from an allergic reaction better for cold applications.

This can be used for cystitis with stinging and burning pains, the last drop of urine really stings.

The pains tend to start on the right then move to the left. They get worse in the afternoon. They do not like stuffy rooms and prefer the fresh air, cold bathing and undressing will bring relief to the person.

Please note this is in no way a substitute for anaphylactic shock and an epi pen and medical help is required in these situations.

ARNICA



Arnica may be a remedy you are familiar with. It is a plant and can come in a cream or in pill form.

Arnica is a brilliant 1st aid remedy. You can use Arnica on bruises, sprains, and sore muscles. You must not however use this on broken skin.

The physical symptoms that are helped include eyestrain, black eye, sore gums following dental work, broken capillaries both on the skins surface and internally. This is especially good following childbirth and injuries. If you think you may have concussion you can take Arnica but also, please do seek medical attention.

Sore muscles following unaccustomed exercise tennis elbow and sprained joints.

It is good also to take after surgery when there could be bruising.

The emotional symptoms that Arnica can help with are for people who want to be left alone, they are restless toss and turn in bed at night, they have an inability to concentrate this is because they get easily distracted.

Arsenicum Album



This is made from arsenic. Historically arsenic was a well-known poison. This remedy has no active arsenic in it so therefore is completely safe to use.

This remedy is good for a range of digestive disorders. These include vomiting, diahorrea food poisoning, indigestion, and gastroenteritis. This can be from eating too much fruit that is over ripe and vegetables, also if you have had too much alcohol and it has made you sick. You would have a heaviness and discomfort in the stomach.

The people who this can help seem very exhausted out of proportion to the ailment. They are very cold and worried, also very hard to please. They do however want someone around with them to give them reassurance.

They are very restless people and are worse after midnight, from having over ripe fruit and veg as well as bad meat and shellfish also worse for being cold.

They feel better with hot drinks and warmth. They like to have their head propped up for sympathy and reassurance.

A good 1st aid remedy for food poisoning and good to take on holiday.

BELLADONNA



Belladonna is a plant commonly known as deadly nightshade. The remedy is made from the whole plant.

The symptoms of deadly nightshade poisoning are giddiness, confusion, getting increasingly excited, a dry mouth and throat, a flushed face, wide staring pupils and difficulty in swallowing. A high fever will also develop.

So, this remedy is great for people who are red hot with a fever, and there is a throbbing and swelling. A bad throbbing headache. Normally the heat will be at the head and the torso with the hands and feet cold.

This is a good remedy for throbbing headaches which is made worse by the sun, movement and stooping.

A hot flushed face with pale lips, earache especially on the left side. A bright red tongue and intolerance to light. A sore throat with which is tender to touch. The pins are burning dry and throbbing.

Most of the symptoms are made worse by jarring, motion, light, noise, and pressure. They will also tend to be worse on the right side and after 11PM. They will feel better by applying warmth the areas affected.

BRYONIA



This remedy is made from the whole fresh plant. It affects the fibrous tissues of the body, the ligaments around the joints and the broad parts of tendons, coating of nerves that can become inflamed and painful such as in rheumatism.

This remedy is known as a bear with a sore head. They have bursting headaches that are much worse even by the slightest movement even eye movements make the pain worse.

A very dry sore cough where they must hold their chest and sit up to cough as it is so painful.

Rheumatism pains where the joints are hot swollen and painful and are made worse for the person by cold drafts and the slightest movement.

These people want to stay very still they also are very irritable and like to be left alone.

They will feel better by having lots of cold water, cool air and firm cool pressure on the affected parts makes them feel better.

They feel worse by bright lights, noise, movement and eating. They will also feel worse in the mornings and around 9PM.

This is a good remedy for severe migraine.

CANTHARIS



This remedy is made from a sepsis of beetle and can be known as Spanish fly.

This is a great remedy for burns and scalds.

This is the remedy for burning pains in the throat, have an urgent thirst but does not want to drink. They will have no appetite for food.

Insect bites with a black centre.

Severe cystitis with scalding inflammation, diarrhoea which burns and scalds.

Warmth and gentle massage will make them feel better. They feel better at night and in the morning.

CHAMOMILLA



Chamomilla is made from the German chamomile. The whole plant is used to make the remedy.

This is a well-known remedy for teething. They will have one cheek red and the other cheek pale. Also good for earache and toothache. The toothache will flare up at night and also with hot drinks.

In women if there are heavy periods which have severe labour like pains, pains that cause the legs to be drawn up.

Diarrhoea which is pale green and slimy, look like chopped egg and spinach, stools will smell of rotten eggs.

Children will want to be carried everywhere.

Although known as a children's remedy can also work well with adults when they say they cannot bear the pain such as a tooth ache.

Symptoms are better being carried and cold compress. Worse for the cold air.

GELSEMIUM



Gelsemium is yellow jasmine. The remedy is made from the root of the plant.

This is a really good flu remedy with shivers up and down the spine. They may well feel dull, droopy, and drowsy. They will have a tickly cough and burning discharge from the nose. Aching limbs and a lack of thirst.

The headaches are ones where they feel a tight band around the head, headaches will wear off when sleeping but are worse in bright light and movement.

This is also good if some bad news has been received or there is an anxiety about a forthcoming event, such as an exam or court appearance. The person may feel that they are unable to cope.

The symptoms feel better when they are quiet, in the open air, sweating and urinating. They are worse in damp weather, the sun, lying propped up or with anticipation and emotion.

HYPERICUM



Hypericum is commonly known as St John's wort. The whole plant is used to make the remedy.

It is a great remedy for nerve pains, bites and stings from animals and insects, puncture wounds such as stepping on a nail. When fingers are crushed in a door think of this and injuries to the tailbone and coccyx. After surgery and shooting pains after an injury. Painful scars. It is also a good remedy for rheumatism.

Dental work if you are having pains following this then this remedy will help especially if nerves are involved.

The modalities for this are feeling better for being quiet and lying down and also bending the head backwards.

Feel worse for touch, pressure, before a storm and at night.

IGNATIA



The remedy for this is made from the seed pods of the plant. This is a big emotional remedy and is given in grief and emotional upset situations such as a bereavement or broken relationship.

It also is good for headaches when it feels as if a nail is being driven into the side of the head and is made worse by lying on the painful side. Insomnia, tonsillitis and cough.

The cough will be dry and hacking, a spasmodic cough in quick succession. The throat can feel as there is a lump in it and liquids and solids can be hard to swallow. Sore throat with a sharp pain when not swallowing. Tonsillitis with hard inflamed tonsils and white mucus spots on the tonsils.

They will have a loss of appetite and an aversion to fruit and tobacco smoke.

They will feel better while eating, change of position, lying on the back, pressure, deep breathing, being alone and being near a warm radiator.

They will feel worse from shock, grief, fright. Feel worse for tobacco smoke, coffee, and stimulants. Worse light touch and stopping, walking, and standing.

LEDUM



This remedy is made from wild rosemary. The remedy is made from the whole plant and was traditionally used to heal puncture wounds.

This remedy can be used for black eyes, anal fissures, carbuncles, stiff joints that will loosen up when bathed in cold water, cold puffy skin especially in cold weather.

This is another puncture wound remedy also but the injured part will feel cold. Sprained ankles. Ledum pains move upwards. Soles of the feet are very painful and heels are sore.

Remedy after painful injections animal bites and stings.

They feel better for cold applications, cold air and cold bathing.

Feel worse in the evening, heat of the bed, warm covers, worse moving of the painful joints.

MERCURIUS



This remedy is made from quicksilver.

It can help with ear infections, glandular swellings, gum disorders, sore throats, toothache and sinusitis.

For ear infections there may be a thick yellow discharge, swimmers ear infections from swimming. Glue ear. Pains are worse when in bed. Pains go from the ear to teeth.

Sore throat and colds raw, smarting throat, painful dry throat constant desire to swallow. White spots on tonsils and enlarged tonsils.

With the gums they are spongy and bleed easily.

Sinusitis and colds, colds will go the eyes, ears and throat. Lots of coryza. A raw smarting sensation. Lots of yellow discharge.

Feel better in a moderate temperature and in the morning, better for rest and scratching.

Feel worse drafts, taking cold, heat and at night. Also changing temperature and lying on the right side. May also have a sweet metallic taste in the mouth.

Nux Vomica



This remedy is made from the dried ripe seeds.

This is your hang over remedy. You wake up with a thick head which feels very fragile or a headache which feels like a nail being driven in above the eyes.

A 24-hour flu with shivering and stiff aching muscles. Insomnia from over work. Migraines over the eyes. Also, headaches from being in the sun too long.

Indigestion from alcohol. Sour taste in the mouth in the morning and nausea. Nausea and vomiting in the morning with a lot of retching.

These people are very irritable like a bear with a sore head.

Feel better for having a nap, better in moist air, damp wet weather. Better for having strong pressure wrapping around the head.

Feel worse from overeating, coffee, alcohol, and stimulants. Feel worse in wind and cold drafts, worse when their sleep is disturbed and early in the morning. Feel worse for clothes around the waist, touch and uncovering.

PULSATILLA



This remedy is the pasque flower. The remedy is made from the whole plant.

People who need this remedy are very changeable, their symptoms and emotions.

Children like lots of cuddles and sympathy to be in their parents bed and be reassured there are no monsters lurking anywhere.

This is a good remedy for middle ear infections, conjunctivitis, colds, chicken pox and heartburn.

Children want to be carried and will cry easily. Ear infections that are worse at night and feel better for something warm pressed against the ear.

When having a cold there will be chronic yellow discharge, they are worse indoors much better out in the open.

Feel better for cool fresh air, cold food and drinks although they are not thirsty people. Feel better for continues gentle motion of being carried for small children

Worse warm stuffy rooms, worse at sunset, feel worse for rich foods, pastries, fats and ice cream.

RHUS TOX



This remedy is made from poison ivy. And the remedy is made from the fresh leaves. Traditionally it was used to relieve stiffness of joints and also mental and emotional stiffness.

This remedy is good for chicken pox, also ankle injuries, back injuries, arthritis, rashes, sciatica, sprains and strains.

Stiffness of muscles and joints where the person gets better the more they move think of this remedy. If you have a strain from over lifting, or a muscle or tendon strain. Whiplash take this straight away to help. Where your muscles feel sore and stiff.

If you have a backache and you feel you need to constantly move about to get relief to ease the pain.

Stiffness of all joints, better for warmth and movement. Pain and numbness in limbs from over work and exposure to the damp. Ankles and knees swollen, stiff after a sprain or injury.

Feel better from heat, such as hot bath, warm applications. Better stretching the limbs and continued movement.

Feel worse for the damp, cold, wet rainy weather. Worse before storms, and worse at the beginning of movement, rest and over exertion.

RUTA



This plant is known as the herb of grace. The remedy is made from the whole fresh plant before it flowers.

This is a remedy for backache, bones that feel bruised, carpal tunnel, eye strain, joint injury, rheumatism, sprains and strains.

If you suffer a backache from a strain or injury, a bruised pain in the coccyx. You feel coldness down the spine.

In the limbs knee give way, tendons feel sore, hamstrings feel shortened. Ankles swell due to injury or strain.

Headaches due to eye strain brought on by reading fine print.

They will feel better for warmth and motion, rubbing and scratching.

They will feel worse from over exertion, lifting, worse in damp, wind and wet.

Silica



This remedy is made from pure flint.

This is good for abscesses, boils, constipation, cysts, splinters, nail problems, scars, and foot sweat.

There is a tendency to be easily exhausted, skin can look unhealthy every injury festers. Ailments where there is pus formation.

This is a good remedy to help get out stubborn splinters. Good acne remedy and where every injury suppurates. Also, an acne rosacea remedy.

Crippled and brittle nails, dry cracked fingertips, keloids, and scars that suddenly become painful.

Constipation where the stool partly expels then recedes again. Stools retained due to fear of pain. Light coloured hard stools.

They will feel better for a warm room, warm wraps, better in the summer, wet or humid weather.

They will feel worse lying down and on the left side, worse from changes in the moon and from suppressed perspiration especially on the feet.

