



Homeopathic Remedies to Bring to the Cottage

Homeopathic Remedies have been long known for their great healing abilities and use in trauma and first aid. They can be especially great for minor injuries and problems that you encounter when travelling away from home or at the cottage. The following details are for informative purposes to treat minor ailments effectively on your own while using discretion. It is of course always recommended when in doubt or treating serious injuries and symptoms that you consult your Homeopath and/or Physician. With homeopathic treatment it is important to match the individual symptoms as close as possible to the remedy for relief of your minor ailments. Choose a 200C potency, dissolve 2 pellets under the tongue. For best results, do not eat or drink 15 minutes before or after taking the remedy. If symptoms begin to reappear, take another dose of 2 pellets. The remedy can be repeated in this manner, (if there is improvement and then symptoms reappear) for up to 2 days, then allow your body to take control over healing. Discontinue use if there is no noticeable improvement after the first dose and choose a more appropriate remedy. For serious injuries please ensure you always seek appropriate medical attention.

Sunburn

Calendula

- use calendula cream to soothe a mild sunburn just rub onto affected area

Cantharis

- excellent for treating sunburn that is 2nd or 3rd degree
- helps to prevent blistering
- painful burning
- better with cold applications

Apis

- minor burns completely relieved only by ice applications

Belladonna

- sunburns with heat and throbbing

Sunstroke and Heat Exhaustion

Belladonna

- hot red face and throbbing head ache, cold hands and feet
- sunstroke from falling asleep in the sun

Glonoinum

- violent head ache with throbbing, red face
- visible pulsing of neck veins
- hot dry skin, drowsy
- Frequent urination

Bug Bites

Apis

- great for mosquito bites and bee stings (helps relieve the swelling and itch)

Ledum

- simple stings and insect bites especially where there is infection and inflammation from every mosquito bite

Apis/ledum cream or gel

- can be applied topically to relieve itch and swelling

Poison Oak or Ivy

Anacardium

- intense itching patient digs the nails deep into the skin
- worse scratching, warmth
- better rubbing, hot scalding water, eating
- location: inflammation that spreads all over the body, but especially worse on the left side, neck, torso, armpits, scrotum or inner thigh

Apis

- tremendous swelling and heat in the part
- itching, burning and stinging sensation
- worse heat
- better cold or icy applications
- location: face, especially about the eyes, forearms and hands

Graphites

- later stage with thickened skin and crusts
- thick crusts with a thick discharge or moisture oozing from the rash, as thick as honey, dries into yellow crusts
- worse evening or night or becoming heated in bed
- better once the skin is scratched raw
- Location: bends of limbs, folds of skin, neck or groin

Sulphur

- intensely itchy rash, moist and prone to secondary infection
- dusky red rash
- scratches the skin raw and bloody for relief
- worse at night, becoming heated in bed, heat or perspiration, washing
- better cool air, icy applications, uncovering
- Location: folds of skin, creases of elbows and behind knees, face, palms and the left side is mostly affected

Blunt Trauma

Arnica

- number one remedy for any blunt trauma
- soreness, tender to touch or pressure
- concussion, says they are well doesn't want to be examined
- bruising
- black eyes
- nosebleeds after a hit

Hangovers, because they happen on long weekends...sometimes...

Nux Vomica

- sensitivity to sound and light
- irritable
- retching or gagging
- headache
- extreme exhaustion (like you've been hit by a truck)