

FIRST AID

HOMEOPATHIC

MANUAL

Important to Note

The information here contained is not intended to replace your doctor, but to provide an extra tool for those emergencies that may arise in holiday's situations and no help is available. Emergencies are the conditions which people are most afraid of and the least prepared for. Being prepared with a little knowledge of homeopathic remedies can prevent a worse problem from developing in a more serious condition and even cure the problem. This is a wonderful power in the realm of self healing.

Being self-sufficient in dealing with **acute** disorders that are not life threatening is very possible if you pay careful attention. I will try to give you the homeopathic information to do this. But please understand that for **chronic health problems**, one needs to consult a true classical homeopath. You may also prefer to consult with a homeopath for your acute problems.

This information is a compilation from several authors, including my own acquired knowledge.

WHAT IS HOMEOPATHY?



Samuel Hahnemann

Homeopathy has been widely used throughout the world for more than 200 years. It began in the late 1700s, and it is a scientific method of medicine developed by a German doctor named Samuel Hahnemann (1775-1843), as an alternative to the then pre-scientific conventional medicine of the day such as bloodletting, purging, emetics and other practices. Hahnemann was disillusioned with the often severe treatments that were being used in those days and was looking for a more natural and gentle way to treat illnesses. He was quite a rebel in his days causing much controversy in promoting homeopathy, which was never accepted by the medical community.

Homeopathic medicine is based on several eternal laws of nature and views symptoms of illness as normal responses of the body as it attempts to regain health. The first one, *Law of Similars* or *Like cure Like*, had been formulated centuries earlier by Hippocrates, considered the father of medicine. The concept is that substances that cause symptoms in healthy people, such as raw onions causing sore, tearful eyes, can be used in extreme dilution to treat illnesses which have the same symptoms. In this example, extract of raw onion could be used as an ingredient (extremely diluted) in a remedy to treat colds, flu, or other illnesses that produce the

same symptoms. Hence, a homeopathic remedy creates a similar (*not the same*) “artificial disease” picture, which helps the body to organize its defences. As the body’s vital energy pushes back like a rebound effect against the “shadow disease” created by the remedy, it also pushes the actual disease from the inside to the outside. A homeopathic remedy is thus an almost infinitesimally small dose of a medication which – if given in a bigger dose to a healthy individual – would provoke similar symptoms to those presented by the patient.



All the remedies have been “proved” on healthy people: always a group of 50 to 100 people, which take a mild dose of the remedy daily for 6 weeks and all their reactions have been recorded, whether physical, mental or emotional. Clinical experience has shown that the remedy will then be effective in curing the same symptoms in patient. This is the only scientific way of knowing the action of a medicine (rather than the convention method of testing medicines either on sick people whose energy is already depleted, or on animals that can not report the information needed, and in any case, are different from human beings, therefore also in their reactions to medications).

Homeopathy is a gentle, holistic system of healing, suitable for everyone, young and old. Homeopathy focuses on you as an individual, concentrating on treating your specific physical and emotional symptoms, to give long lasting benefits.

ASPHYXIA (Cessation of Respiration)

If a person has not been able to breath for even a short time he or she will become unconscious. Hold your ear close to the victim's nose and mouth and watch the chest wall to see if it is moving. If the victim's complexion is very pale or bluish, especially around the lips, it is evidence that the breath has stopped or circulation is impaired. Some of the common reasons for cessation of breathing include:

1. Obstruction of the mouth, throat, and windpipe.
2. Lung damage
3. Fluid in the lungs.
4. Exposure to harmful gases.
5. Heart disorders
6. Brain disorders.
7. Electric shocks.
8. Traumatic blows.
9. Drowning.
10. Suffocation or strangulation
11. Lack of oxygen in the air or the presence of poisonous gases.

Listen, look and feel if the patient is breathing at all. Put you ear to the chest over the heart and listen to see if you can hear the heart beat and feel the persons pulse at the neck or

wrist. If the heart is beating begin mouth-to-mouth resuscitation immediately. If there is no pulse or "lub-dub" sounds from the heart that means the person's heart is not beating. If this is the case begin CPR immediately. When a person has stopped breathing there is an immediate danger of irreversible brain damage. Have someone call 166 immediately, or if alone, apply artificial respiration at once then call 166.

If the chest does not rise on blowing into the person's mouth there is most likely an obstruction blocking the flow of the air. Again check the person's mouth and throat to see if you have missed any material that may be obstructing the breathing process. If you can not see any material obstructing the mouth there may be a foreign object blocking the throat. Bend the body over slightly, or lay the person on their side and sharply thump the back between the shoulder blades 3 or 4 times with the heel of your hand. If the victim is a child, lie them face down over your knee, or hold them upside down, and strike them with much less force. This will usually dislodge the obstruction. If not repeat it every few seconds.

If this does not work use the "Heimlich maneuver" which is also called the abdominal thrust. This maneuver should be carried out with care as it can cause injury, especially if done with too much force. Repeat the blowing of a strong breath into the lungs of the victim and gain watch for the victim's chest to expand and contract. If the heart is beating they will regain a relatively healthy color after a few inflations of the lungs. Once the victim is breathing strongly on their own place them in the recovering position and monitor their breathing until help arrives. If there is any relapse of the symptoms, or the victim cannot breathe unaided, continue give artificial respiration until medical help arrives. Continue to monitor the person's heartbeat. The average heart rate is around 60 to 80 beats and minute in adults. In infants and

young people it is faster, whereas in old people it may be slower. If there is no detectable heart beat begin CPR immediately!

The following are the most common remedies used in asphyxia.

Aconite: This remedy is called for when the person is panicky and very fearful of death after they begin to breathe and become conscious. There is extremely restless and tossing about. They have aversion to light and their eyes are red. Their face is hot, red, flushed and swollen but on rising they become deathly pale.

Antimonium tartaricum: This remedy is indicated when there seem to be paralysis of the lung due to fluid retention or drowning. There is great rattling of mucus and fluids, but very little is expectorated. Asphyxia from foreign bodies caught in the larynx and trachea or from mucus in the bronchi. The face is cold, blue, pale, and covered with cold sweat. The victim is drowsy, debilitated, and there may be chill and contractures with pain in the muscles. There may be a desire for frequent little sips of cold water. There may be nausea, retching and vomiting. It is also indicated for newborn infants who do not breathe.

Arnica: This remedy is useful when the cause of the asphyxia was of traumatic origin. The face is sunken, the eyes droop but the victim feel they must keep their eyes open. The individual may seem unconscious, but they will answer correctly to questions, and then relapse. They are very fearful of touch and the approach of anyone. They will constantly tell the responder that there is nothing wrong with them and want to be left alone. This remedy is indicated when a person has received a great physical or mental shock.

Camphora: This remedy is useful in victim's who are in a state of collapse. There is an icy coldness of the entire body, sudden sinking of strength, and a small weak pulse. The face is pale, haggard, anxious, distorted, bluish, and cold with cold sweat. The eyes are fixed, staring and the pupils are dilated. There is a sensation as if all objects are too bright and glittering. Although the skin is very cold the individual cannot bare to be covered. They feel better when they are thinking of the pain.

Carbo Veg: The remedy is sometimes called the "corpse reviver" as it is the first remedy to try if no other remedy seems specifically indicated. The face is puffy, bluish, cold, and the cheeks are mottled. The victim seems almost lifeless, pulse almost imperceptible, the breath cold, and there is great air hunger that makes the individual wants to be fanned as soon as they regain consciousness. It is specific for poisoning by gases such as carbon-monoxide or coal gas.

China: Useful in cases in which the cause of the apparent death is from bleeding. The face is sallow, bloodless, pale and bloated.

Opium: This remedy is indicated in victims who are unconscious or semi-conscious who have noisy, deep snoring, irregular breathing. Their face is red, bloated, swollen, dark suffused, and hot. There may be spasmodic twitching, esp., at the corners of the mouth, and the jaw may be hanging down. The eyes are half closed and the pupils are insensitive and contracted. It is specific for persons have had strokes, or who have been strangled or hanged.

BITES AND STINGS

From bee: **Vespa, Apis, Carbohic acid.**

From jellyfish, centipedes: **Apis, Hypericum, and Urtica**

From wasp: **Apis**

From yellow jacket: **Ledum**

From scorpions, snakes, dogs or cat bites: **Ledum, Lachesis, Arsenicum, Hypericum**

Vespa: Homeopathic remedy made from the wasp that acts wonderfully on bee stings. Because in homeopathy we work with the **Law of Similars** it acts best to give the remedy of wasp for a bee sting, and the remedy of a bee (**Apis**) for a wasp sting. If not available Apis will also be very beneficial.

Carbohic acid: It also works beautifully in bee stings and great for people who make allergic reactions to them. Acutely can also be used for burns which tend to ulcerate. Conditions which require Carbohic acid are characterized by terrible, burning and pricking pains, with a sensation of pricking like needles.

Apis: If you ever have been bitten by a wasp or bee, then you know when to use this remedy. There is a **stinging burning pain**, with **local swelling** and **redness**. The area is **worse from heat** or warm applications and is relieved by cold or cold applications. Think of the bees always trying to cool off their hives. The person **desires open air** and has **no thirst**. Whenever you see these symptoms anywhere in the body (throat, knee or other joint), Apis will be indicated. Apis has many acute indications like hives (urticaria), especially after eating shellfish and strawberries, acute sore

throat (with the above characteristic symptoms), PMS with water retention and joint pains with stinging, burning pains and swelling.

Hypericum: When the person develops sharp shooting pains from the bite or sting.

Ledum: It is a delight how fast Ledum works against swelling, itching and burning from any insect bite.

It is a commonly used remedy for puncture wounds as well as animal bites. Is most appropriated for bites that leave puncture wounds, such as cats, dogs and rats. It prevents tetanus and antidotes poisons. Useful in bites of poisonous or enraged animals, such as cats, dogs, snakes, fleas, insects, mosquitoes, rats, scorpions, and spiders. The bitten part feels cold but the person doesn't want the part covered or heated in any way. Ledum is cold but better for cold applications.

Lachesis: This remedy applies when the wound is hot, it has a bluish-purple or purple-black swelling, which has a tendency towards ulceration and the tendency for the seepage of dark blood. This is sometimes seen in centipede and spider bites. Especially useful in bites of poisonous animals such as snakes. The person may become very talkative and jump from one subject to the other. They are over heated, restless, uneasy and can not stand anything tight about the neck. Always worse after sleeping or on sleeping.

Staphysagria: Great to prevent the bites of mosquitoes in those who are extremely susceptible to them.

IMPORTANT NOTE: **Apis** should be a remedy that is worth to have in high potency 1M, as it can prevent anaphylactic shock (swelling of the upper respiratory tract, with closure of

throat, provoking suffocation) from bee and other stings. You will notice swelling of the face and the individual may become confused drowsy and apathetic.

Ledum and **Hypericum** are both reputed to be effective in the prevention and treatment of tetanus.

BLEEDING

Homeopathic medicines, when correctly prescribed, can stop bleeding immediately. To stop the bleeding is of primary importance in first aid. Apply pressure and/or ice as well, and if in an extremity elevate it.

Aconite: First remedy to consider when there is much restlessness, anxiety and fear along with the bleeding.

Arnica: To be given only if the bleeding is from a traumatic cause. The child will feel sore, lame, bruised and doesn't want to be approached. Pulse irregular and feeble.

Carbo vegetabilis: Continuous passive hemorrhage and the child want to be fanned. Skin is cool, bluish, pulse is rapid and weak. The child is in shock and collapse.

Calendula: External application of Calendula stops bleeding and prevents infection. It is also good for dental hemorrhages; have the person rinsing their mouth with Calendula tincture.

Hamamelis: When a child **bleeds profusely** from a **cut or wound**, this remedy, often acts immediately. It is the first remedy to consider for **profuse bleeding from the nose** (Phosphorous being the second). If during the bleeding or after it stops, there is intense soreness of the injured part; this remedy can quickly soothe it. It is also recommended

when the white part of the child's eye becomes bright red due to breaking of a blood vessel. Hamamelis is also very useful for **bleeding haemorrhoids**.

BLOWS TO THE BACK

Arnica to release the muscle spasm then it will be complemented by Rhus tox which removes the achiness, stiffness and restlessness. Give Arnica 200C (1 x day for three days) and Rhus tox 30C (every 3 - 4hrs, until the pain eases).

BLOWS TO THE HEAD

Often Aconite will come first (crying and screaming) and Arnica in a quick succession (usually after 10 min). If there is visual disturbances left after the head injury it is useful to know the **Cicuta Virosa** is the most indicated remedy for this (Usually give 200C although this always depends on the intensity of symptoms and patient's constitution).

If the patient is torpid sluggish, unresponsive, dull-minded and lacks motivation, as if the injury has slowed down the whole mechanism (they might even say they feel outside their body) then **Opium** is the remedy called for.

Headaches, vertigo or nausea, that persist after Arnica they require a dose of **Nat. sulph.** (1M is symptoms are pronounced) and Nat sulph follows well Arnica and they will not quarrel.

BRUISE

A bruise is one of the most common types of injury. It occurs when there is a blow or fall that causes small blood vessels

to break under the skin. The discoloration and swelling of the skin are caused by blood seeping into the tissue. The symptoms are pain, redness that later turns blue, then green, then brown and yellow before fading away. Cold compresses or ice is useful immediately after the injury. This reduces local bleeding and swelling. If the bruise is on the extremities elevate the limbs above the level of the heart to decrease blood flow. The proper homeopathic remedy greatly speeds the time of healing bruises and relieves the bad quickly.

Arnica - The first remedy to give in bruising, as it will prevent pain and soreness and help the absorption of blood. **Never apply Arnica tincture or Arnica cream if the skin is broken.** Put ice and give Arnica internally.

Bellis perennis - Useful when it seems that an internal organ or bowel has been bruised. It is sometimes called the internal Arnica. It is also useful for bruises of bangs to the female breast.

Hamamelis - The entire body feelings bruised and sore after traumatic injuries. Follow after Arnica if it does not remove these feelings. Can be use as a tincture on severe bruising esp. if the skin is broken.

Hypericum - Bruises that affect the nerves. Examples crashed fingers (hands or toes), bad falls on the bum affecting the coccyx.

BURNS

The most common type of burn is a first degree burn: reddening of the skin and pain. A second degree burn creates a blister, along with redness and pain. A third degree burn has occurred when all the layers of the skin are burned through and the skin appears white or charred black. Medical

attention is needed for a 3rd degree burn and whenever a 2nd degree extends over a significant portion of the body.

Calendula: This remedy is useful for minor first degree burns caused by fire or the sun. Calendula also prevents gangrene and promotes granulation, as well as prevents disfiguring scars. In addition, it's also recommended for scars from previous burns. Use it internally or externally as diluted tincture (refer above).

Cantharis: This remedy is for the pain of the burn, especially the more severe burns of 2nd or 3rd degree. If used early it will prevent the formation of blisters. This is the most used remedy. Scalds, burns and sunburns with vesicular character, blisters, and superficial ulceration. Small vesicles coalesce to form larger blisters. Burns and scalds with rawness and burning that are better for by cold applications, followed by undue inflammation.

Urtica urens: For simple burns involving the skin, first degree burns. Intense burning and itching. Useful in chemical burns caused by poisonous plants. Use internally and externally.

CONJUNCTIVITIS

Calendula – Dilute one part of Calendula tincture in ten parts of sterile boiled water, and with a dropper place a couple of drops in the eye. This is also useful for any trauma to the eye.

Euphrasia – It is the number one remedy for conjunctivitis in children who have it as a result of an allergy. The lid margins look and feel sore. There is acrid lachrymation and there might be pus discharge and constant blinking.

Hepar sulphur – When the eyelids are very sensitive to touch and any cold air or cold applications. The child might have profuse discharge and be very sensitive to light.

CONSTIPATION

Bryonia – Child has hard, dry stools and difficulty in expelling them. Tongue is usually coated white. The child is grumpy and wants to be left alone. Aggravated by any motion and tries to remain as still as possible. Sensitive to light and warmth and prefers cool, darkened room, with open windows. Very thirsty and craves cold drinks.

Silicea - When a child has a “bashful stool”, that is, a stool that is partially expelled but then slips back into the rectum. The child has great difficulty passing a stool, even a soft stool. In extreme cases, the child rarely wants to pass a stool at all. She is chilly averse to cold but craves cold foods and drinks.

CUTS AND WOUNDS

The goal in treating a cut is to stop the bleeding, prevent infection, and promote healing. Direct pressure over the cut with a clean bandage is usually enough to stop bleeding from a small cut. A slightly large wound may need to have the two edges of the cut pushed together and mended with a butterfly bandage or steri-strips. If the ends can not be brought together stitches are needed immediately. A wound should be cleaned by wiped outward, rather than inward, to prevent infection. A sterile bandage should be placed over the wound. An **abrasion** is an injury to the upper layers of the skin only. A **laceration** is caused by sharp objects that leave an uneven cut. An **incised wound** is a clean cut. A **puncture wound** (under letter p) is a deep, narrow hole caused by a sharp, long object.

For **cuts** and **abrasions**, there is nothing better to speed healing than **Calendula**. You can also use Calendula tincture slightly diluted with water (12 drops of tincture in half glass of water) and apply directly to the wound. Nevertheless, care should be taken that the wound is clean, as the remedy promotes fast granulation (healing), there might be a risk of the wound to close entrapping dirt (e.g. grains of sand, etc.).

Staphysagria: Give the medicine internally for a deep clean cut or a stab wound. Do not use Calendula externally on deep cuts because it has such rapid healing capabilities that will tend to close up a deep cut before it is adequately healed underneath.

Hypericum: If in a deep cut there is much shooting or cutting pain.

PUNCTURE WOUNDS

Ledum: **Puncture Wounds** especially in soles and palms; needles, pins, nails and stab wounds from sharp pointed objects; wounded parts become cold, puffy, pale, mottled, with very little bleeding and are very sensitive to touch and better from cold compresses; to prevent tetanus take 30c immediately.

Staphysagria: **Stab Wounds** caused by sharp instruments-stab, puncture, cuts.

Hypericum: **Cuts and Wounds** with **nerve pain** that is burning, stinging, shooting, throbbing; more painful than the wound appears; open and lacerated wounds; wounds with scurf. **Injuries** with **nerve pain** from puncture wounds, incised wounds and laceration; bruises and contusions;

prostration from injuries; injury in which victim lies on their back, jerking head back.

DIARRHOEA

Whenever you travel to a country where Montezuma's revenge can hit you, **Arsenicum** is the king of loose stools. It will work according to Nature's laws, healing from the inside to the outside, instead of suppressing toxin elimination as most popular drugs will do. If you forget your Arsenicum, make a tea with ginger root.

From alcoholic drinks: **Nux vomica**

From anticipation anxiety: **Argentum Nitricum**

During dentition: **Chamomilla**

Fruit: **Arsenicum** - Patient gets frequent attacks of offensive smelling diarrhea. There is usually pain during the diarrhea and discomfort afterwards. Anus and bottom burns, due to the acid excoriating diarrhea. The child tends to be tired and weak, yet also restless, unable to stay in the same position for long. Vomiting may also be present. Warmth and warm drinks provide temporary relief. These patients may be thirsty, but will take only sips at a time.

China - Patients experience a painless, though debilitating diarrhea. The diarrhea tends to be worse at night and may be even expelled without warning. Typically, the belly is so distended, that may be as tight as a drum. This distension may be accompanied by loud and sour belching, which do not provide relief.

Veratrum album – Patients are very tired and have watery diarrhea along with vomiting. They have cold sweats, are shivering and may even collapse. Even their bellies feel cold. Despite their chilliness they have an unquenchable thirst for iced drinks and may want to suck on an ice cube. If with appetite they will want cold food.

After getting wet: **Rhus tox**

EYE INJURIES

Aconite – Also called the Arnica of the eye. This remedy is the first to consider for injuries to the eye when the child becomes restless and fearful after the eye injury. Also effective for a black eye with minor trauma to the eye ball itself. It is also a good choice when a child gets dust, sand, or a foreign object in the eye, and then – in his efforts to wipe it out – he accidentally cuts the cornea. Aconite will help to relieve the pain and to heal these injuries.

Calendula tincture – can also be used concurrently with other remedies being taken internally (refer).

Ledum – This is the primary remedy for a black eye. It is extremely effective in treating the pain along with the blue and black discolouration, especially if the child feels relief from cold applications.

Symphytum – Remedy to be considered for injuries to the eye ball or cheekbone from a blow to the face. Use it to heal older injuries to the tissue around the eye or to the eyeball itself, when Aconitum has not worked fast enough.

SPLINTERS

Homeopathic medicines can help remove splinters, which have become deeply imbedded into the body. The correct medicine strengthens the body's efforts to push out the foreign substance.

Hepar sulphur: If *Silicea* doesn't work, for imbedded splinters and the area starts to get infected and painful.

Silicea: The primary remedy for trapped splinters or any foreign body.

STRAINS AND SPRAINS

If you discover muscles you never thought you had, trying to keep up with your kids in sports, **Arnica** will make the bruised, stiff feeling disappear as snow under the sun. If you encounter strains and strains, **Rhus tox.** will free you from pain and swelling.

Ankles or knees: Rhus tox, Ruta, Ledum

Shoulder: Rhus tox

Wrists: Rhus tox, Ruta

Arnica: First remedy to give for sprains and strains, from injury or overexertion. Other remedies should be given after Arnica.

Bryonia: When Arnica or Rhus tox are not working well enough to heal a sprain, give this medicine. It is also effective in treating pain of this kind of injury, which is worse from any slight motion.

Ledum: For people who easily sprain their ankles can benefit from this remedy.

Rhus tox: Primary remedy for sprains. While Arnica is helpful at first to keep the swelling down and help with the pain, Rhus tox will help to heal the sprain itself. The injury feels stiff and painful; it's worse on initial motion and loosens up from continued movement.

Ruta: Severe strains in which the patient wrenches or tears a tendon. The injured part will feel hot to the touch. Also severe blunt injury to the shafts of bones where the periosteum (cartilage that covers the bone) can be damaged

SUNBURN

Finally you get out in the sun and of course, you overdo it for the first few days. There is no worse punishment than being locked in your room to avoid further sunburn.

For first degree burns: **Urtica urens**

For second degree burns: **Cantharis.**

It is amazing how quickly they will restore the damage done by the sun's rays. Of course, one of your kids will stay out in the sun too long in spite of your advice. For complaints of nausea, headaches, chills and cold sweat—in other words, a sunstroke—**Glonoin** is the answer to your prayers.

TRAVELLING

Jet Lag: If jet lag ruins your vacations with sleepy days and sleepless nights, never leave home without **Cocculus.** Take

it an hour before your flight and again at your arrival and your body will adapt to the time change as if by a miracle.

Motion sickness.

Car: Suppose you are travelling by car and one of your youngsters is susceptible to motion sickness. He has his head hanging out of the window, vomiting his nutritious breakfast, while his face goes from white to yellow to green. If it were up to the kid, you would stop every half hour to give him some fresh air and a pause from his sickening ordeal. So much better than available medications (and much cheaper) is a dose of **Cocculus** an hour before your departure.

Boat: Maybe you prefer to take a cruise and pray for calm, balmy seas. But if nature plays a cruel trick and throws a storm into your party, you may be hanging over the rails, feeding the fish and praying for your boat to strand on the next little island. Instead, take **Tabacum**, which is tobacco in homeopathic form. If you forgot your kit, ask a cigarette from someone, pulverize some tobacco in a glass of water, stir well and take a few sips. You'll be a newborn seaman.

Airplane: If fear of flying gives you diarrhea, a cold sweat and knots in your stomach, homeopathy comes to the rescue: **Argentum nitricum** will make you feel like you were born on the airplane.

General Rules

When the child wakes up in **the middle of the night complaining of throat aches**, give immediately a pellet of Ferr Phos under the tongue.

Barking cough (Like sawing through a large trunk of wood or barking seal) – When **before midnight**, suddenly happens a

big cough attack during sleep, give immediately a dose of Acon (200c babies/1M children) under the tongue and wait. If the child falls back to sleep and stops coughing do not act. If the cough persists dilute 2 Spongia 200c pellets in water and give 3 to 5 ml as needed.

If the same condition will happen **after midnight**, give Acon immediately as mentioned above and if the cough does not subside, give Hep sulph 200c later on, diluted in water.

When the child starts coughing **as soon as she/he lays down**, give a dose of Puls 30c.

When the child starts coughing **on falling a sleep or 5 to 10 min after falling a sleep**, give a dose of Bell 30c.

Aconite 30c/200c/1M, Allium cepa 30c, Apis 30c/200c/1M, Antimonium tartaricum 30c, Argentum nitricum 30c, Arnica 30c, Arsenicum 30c, Belladonna 30c, Bellis perennis 30c, Bryonia 30c, Calendula 200c, Chamomilla 30/200c, China 30c, Camphora 30c, Cantharis 30c, Carbolic acid 30/200c, Carbo vegetabilis 30c, Coccus 200c, Euphrasia 30c, Ferrum phosphoricum 30c, Gelsemium 30c, Glonoin 30c, Hamamelis 30c Hepar sulphur 30c, Hypericum 30c, Kali bich 30c, Kali muriaticum 30c, Lachesis 30c, Ledum 30c, Lycopodium 30c, Mercurius 30c, Nux vomica 30c, Opium 30c, Pulsatilla 30c/200c, Rhus tox 30c, Rumex 30c, Ruta 30c, Spongia 30c, Staphysagria 30c, Symphytum 30c, Tabacum 30c, Urtica urens 30c. The strength of the remedy is expressed in 30c or 200c.

Tinctures - Calendula and Plantago

Creams: Calendula, Arnica, Hyperical

You don't have to acquire all the remedies suggested, go through the list and see the ones you are most probably going to need. The ones in bold are the ones I recommend.

Tinctures - Calendula and Plantago

Creams: Calendula, Arnica, Hyperical

Dosage: For urgent cases, put one pellet in 4 oz. of water, let it dissolve and take a little sip every 30 minutes. You can also take 3 pellets three times a day on the tongue, at least 15 minutes away from food, but you will use more pellets and it will work less quickly! Exception: for fear of flying, motion sickness and jet lag, the recommended dose is 3 pellets at a time, on the tongue, 15 minutes away from meals.

That leaves me only one thing to say: "Bon voyage and have a great Holiday!"

A brief introduction about myself:

My name is Dr. Alexandra Melo. I am originally from Portugal, and moved to Greece in 1999 with my husband upon starting our family, and remained until 2015. Since then living in London.

My educational background is as follows:

In 1989 I was awarded a BSc in Food Engineering, with high class honors, from Porto University, Portugal.

In 1992 I graduated from Reading University in the United Kingdom ("UK") having been awarded a Master's in Food Microbiology.

In 1995 I was awarded a PhD in Microbiology from King's College, London. I also continued to work in post-doctoral research programs at King's College and Imperial College

until I moved to Greece.

Whilst living in Greece my love for science, as well as my interest in health, never diminished, and I studied with the British Institute of Homeopathy, International (UK, USA, CAN) to become a fully trained homeopath.

Presently living in London and practicing for over a decade.

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