

HOMŒOPATHY

Please note that this is a long leaflet. You may wish to print it out.

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INTRODUCTION TO HOMŒOPATHY

As far back as 500 BC, Hippocrates was aware of homœopathic medicine but it wasn't until around 1800 that Dr Samuel Hahnemann established the modern practice.

Homœopathy is based on 'treating like with like', the principle that a substance which causes the symptoms of an illness in large doses, can be used in minute amounts to relieve the same symptoms. Indeed the Greek word homœopathy means 'similar suffering'. The homœopathic substance mimics the effects of the illness and helps the body's ability to combat the illness.

When we are ill it is as if the body is out of balance. The symptoms that the illness produces, such as a raised temperature or a rash are indicators that the body is using all its strength and vitality to fight the illness and get itself back to normal health.

Homœopathic medicines are dilutions of a concentrated solution and are used in the smallest amount that will provoke a healing response. Each dilution is known as a potency and although some are potentially harmful in their non-homœopathic state, the minute amounts used eliminate any potential dangers. Medicines are available in 6c and 30c potencies. 30c has been diluted more than 6c and is recommended for acute conditions. A cold or flu with a sudden onset could be an example of this. 6c is usually given to treat common but chronic ailments which have developed over a period of time and the skin condition eczema could be an example of this.

Homœopathic medicine is used throughout the world. It can be used for a wide range of health and first aid problems, is suitable for all age groups and when necessary may be taken at the same time as conventional medicine.

USING HOMŒOPATHIC MEDICINES

- Before taking a homœopathic medicine always read the label and follow the directions given on the pack.
- Avoid touching the tablets with your fingers.
- Avoid eating, drinking, smoking or using toothpaste for twenty minutes before and after taking a homœopathic medicine.
- Keep all medicines out of the reach of children, in a locked medicine cabinet if possible.
- If your symptoms do not go away or are severe, always speak to your GP.

Can I treat myself?

Homœopathic remedies are available for a wide range of conditions, from cuts and bruises to stomach upsets and colds. Minor ailments can be treated easily yourself but if symptoms persist always seek medical advice. If you have a longstanding or more serious illness, a qualified homeopath or medical practitioner should be consulted. Illnesses that occurred many years ago, sometimes in childhood or even in our parents and grandparents, are believed by homeopaths to be related to areas of weakness and a skilled homeopath may spend time tracing and treating these problems.

Will homœopathy suit me?

Most people can use homœopathy, but as we all respond to illness differently, take care in matching your symptoms to a particular remedy and always follow the instructions carefully.

What reactions should I expect?

Very occasionally after taking a homœopathic medicine your symptoms may become slightly worse. This will be brief and is a sign that the body's natural energies have started to counteract the illness. The symptoms will subside as you regain your health but if there is no improvement or symptoms continue to get worse, talk to your doctor or homeopath.

What happens if I take the wrong medicine?

No harm will come from taking a homœopathic medicine unsuitable for the symptoms you are experiencing. If the medicine you have selected is not working, refer back to the self-treatment guide and try another one.

How do I take the tablets?

The tablets should be chewed or dissolved under the tongue and can be crushed when giving to children.

Always read the label before taking a homœopathic remedy, and follow the directions given on the pack.

Does handling the remedy reduce its effectiveness?

Yes. The dose is so tiny that it can easily be contaminated, so tip tablets into the cap of your container and then into your mouth to avoid touching them.

What if I am already taking conventional medicine?

Conventional and homœopathic medicines may be taken at the same time. You may want to seek the advice of your GP or a qualified Homeopath.

How do I store homœopathic medicines?

In a dry place below 25°C, in their original container and away from strong smells such as perfume, coffee and moth a repellent. Also keep away from children.

YOUR SELF-TREATMENT GUIDE

When deciding on which medicines to use for a particular condition study the medicines under the ailments listed alphabetically below and choose one that most closely matches the symptoms of the person requiring the treatment.

The following are covered in this section:

Acne	Eczema	Nausea and vomiting
Bad breath	Exhaustion	Nettle rash (urticaria)
Bereavement	First aid	PMT
Boils	Flatulence	Sore throat
Bruises	Hayfever	Sprains
Catarrh	Hangovers	Stress and nervous disorders
Colds and flu	Headaches and migraine	Styes
Constipation	Indigestion	Sunburn
Coughs	Insomnia	Toothache
Cystitis and bladder	Menopause	Travel sickness

complaints		
Diarrhoea	Menstruation	Verrucas and warts
Earache	Mouth ulcers	

Acne:

Belladonna - May be used for the treatment of acne rosacea or if the face appears flushed and skin is red, dry and hot.

Hepar sulph - The skin is generally unhealthy with many infected pustules. Good for teenage acne when there are a lot of infected spots on the face and back which hurt and feel prickly.

Pulsatilla - For teenage acne made worse by over-indulgence in rich foods.

Silicea - Used when the skin is unhealthy, easily becomes infected and has a lot of scarring.

Sulphur - There are many pustular spots which itch and feel worse from the warmth of the bed and after washing. Particularly useful in longstanding acne. The skin tends to feel hard and rough.

Bad breath:

Graphites - Breath smells rotten and there are burning blisters on the tongue.

Ignatia - Use when there is a sour taste in the mouth with excessive salivation.

Kali. phos. - If breath is offensive, the mouth is dry in the morning on waking and the tongue coated yellow-brown.

Merc. sol. - This medicine may be used when the breath is absolutely foul, the mouth and tongue feel sore when chewing food, and there is a great thirst.

Pulsatilla - The breath is offensive and the mouth dry. However, there is no feeling of thirst.

Bereavement:

Aconite - Helpful for the initial shock, especially with a sudden, unexpected death.

Ignatia - Use when a person cannot get over the death, becomes very moody and just sits and sighs. For silent grief.

Nat. mur. - For when a person becomes very depressed but hates consolation, often harbouring resentment about the death and feel they must blame someone for it, even themselves.

Boils:

Arnica - For crops of small boils which itch and burn.

Belladonna - If the boil is throbbing, painful, hot, red and swollen but worse for a cold application.

Ferrum phos. - Should be given at the start of the condition to prevent it developing further.

Hepar sulph. - The skin easily becomes infected and produces extremely tender and sore boils that throb and discharge puss.

Silicea - For slowly forming crops of boils which are slow to heal and may leave scars.

Bruises:

Arnica - Give as soon as possible after any injury but helpful for all injuries that lead to bruising.

Catarrh:

Arsen. alb. - There is a thin, watery burning discharge from the nose but symptoms appear better when out of doors and when warm.

Kali. bich. - Thick, yellow stringy catarrh, with hoarseness and a tickley cough. A very useful medicine for treating 'snuffles' in children.

Pulsatilla - Use when there is thick yellow mucus running freely from the nose which is worse in the evening and may affect the sense of smell.

Colds and flu:

Aconite - For the very early stages of the illness and colds from exposure to cold or dry winds. There is often a thirst and feelings of anxiousness.

Euphrasia - For sneezing when the eyes water, tears feel hot and a pulsating headache may develop. There may be a loose hacking cough.

Gelsemium - For a hot, flushed feeling with a headache and 'heavy' aching limbs. The throat feels sore and there is a runny nose. For colds that occur in mild, damp weather.

Nat. mur. - For sneezing and an ever 'dripping' nose when, despite feeling cold, the symptoms are worse in a warm room. Nat. Mur. is also used for cold sores around the mouth.

Silicea - The cold develops slowly and lasts longer than expected. Use this medicine when the sinuses feel blocked.

Constipation:

Bryonia - For constipation with no desire to open the bowel or where the stool is hard and dry and feels too big to pass.

Graphites - If the stool is large and painful to pass.

Nux. vom. - Frequent urge to open the bowels but it always feels as if part of the motion remains unexpelled.

Silicea - For use when there are large hard stools that seem to slip back when only partly expelled.

Sulphur - The stool is large, hard, dry and painful to pass.

Coughs:

Aconite - For a tickly, dry cough and hoarseness that develops in dry, cold weather. Use this medicine for children whose cold goes on to croup.

Belladonna - Dry, barking cough which is worse in the late evening and at night. Low back pain may accompany a bout of coughing that often ends with sneezing.

Bryonia - For a dry cough with a tickly throat. Going into a warm room causes coughing, as does too much talking. There may be a stitching pain in the chest and a bursting headache.

Chamomilla - Use this for a dry, tickling cough with bitter tasting phlegm.

Coffea - This medicine will help to relieve the short, dry cough of measles.

Drosera - When there are violent bouts of coughing sometimes ending in vomiting; worse during the night and lying down.

Hepar sulph. - For a hoarse cough, worse after drinking and in the cold. The throat may feel rough as if it has been scraped.

Pulsatilla - The cough is dry at night but loose in the morning with yellow phlegm being coughed up. It is better in fresh air.

Cystitis and bladder complaints:

If symptoms do not go away or if you have a raised temperature talk to your doctor. If a man is experiencing the symptoms of cystitis a doctor should be consulted.

Apis mel. - For a burning sensation when passing urine or a feeling of needing to pass urine frequently to prevent leakage. The urine is scanty and of high colour. The last drop burns.

Cantharis - There is an overwhelming and constant need to urinate but only able to pass it drop by drop and it feels scalding. A cutting pain may be felt before, during and after passing urine.

Lycopodium - The flow is slow to start and there may be some back pain before urination. It may be necessary to pass urine during the night.

Pulsatilla - When passing urine frequently. The symptoms feel worse when lying down and occasionally (mainly at night) urine is passed accidentally when coughing or passing wind. There is a burning sensation during and after urination.

Diarrhoea:

Acid phos. - White, watery, painless and frequently chronic, diarrhoea. The diarrhoea is often of nervous origin. *See your doctor for further diagnosis.*

Argent. nit. - Use when excitement or worry about a coming event, such as an exam or interview, causes diarrhoea. The stool may appear green like chopped spinach.

Arsen. alb. - For diarrhoea from food poisoning, frequently with vomiting at the same time. Useful for holiday diarrhoea caused by eating tainted or unusual foods. The diarrhoea tends to be at its worst in the early hours of the morning.

Chamomilla - When diarrhoea is hot, slimy and greenish or when the diarrhoea follows anger or accompanies teething. The worst time is in the evening.

Colocynthis - Use when diarrhoea is very fluid and comes after eating or drinking, especially cold things when the body is overheated. The stool may be

offensive, yellow and frothy. Painful colic relieved by bending double accompanies the diarrhoea.

Sulphur - Use when waking in the early morning with a great urge to open the bowels and the stool is loose and painless.

Earache:

Your doctor's advice should be sought if the condition does not settle quickly or if there is a discharge from the ear.

Aconite - The earache comes on after being in cold, dry winds and is worse at night. There may be a feeling of anxiousness and restlessness. The outside of the ear is hot and red.

Belladonna - Feeling hot and flushed, the pain comes on suddenly and is severe and throbbing.

Chamomilla - Use if the pain is severe and the ear feels very sore. The pain makes the sufferer irritable and angry and hearing is impaired or there may be ringing in the ear.

Pulsatilla - The earache is always worse at night, the external ear is swollen and red and hearing may be affected.

Teething granules - This preparation can be very helpful, especially in children when ear pain is severe.

Eczema:

The following are for first aid use only. For longer-term treatment consult a qualified homeopath or doctor.

Graphites - Where eczema is moist and oozes a clear 'honey-like' fluid discharge and there is itching which is worse from warmth. The skin cracks easily and the cracks feel sore and burning. There may be moist scabby eruptions on the face, behind the ears or between the fingers. The corners of the mouth can become cracked. The itching can become severe.

Nat. mur. - Use for moist eczema which is not very itchy but has a burning watery discharge. This eczema frequently occurs in the nape of the neck and around the hairline.

Rhus tox. - The eczema is red, burning, itchy and small blisters appear on the skin. There is a tendency for the skin to become scaly. It is much worse in cold, damp weather and better in the warmth.

Sulphur - Use when the rash is dry, scaly, burning and intensely itchy. Scratching only makes it worse as does the warmth of the bed and bathing. Scratching often occurs until the rash bleeds. The skin becomes rough and course with soreness in the skin folds. The scalp feels hot and dry and is particularly itchy at night.

Exhaustion:

Arnica - Very helpful for exhaustion after physical or mental effort. May be taken before a lengthy journey to prevent fatigue and is useful to counteract jet lag.

Arsen. alb - For severe exhaustion caused by the slightest effort or after an illness that leaves a feeling of tiredness and exhaustion. There is often great anguish and restlessness with a fear of death.

Acid phos. - Use when there is mental and then physical debility following a prolonged bout of grief, for whatever cause. This remedy is especially useful in rapidly growing young people.

Kali. phos. - Used to treat weakness and tiredness, particularly when it is after worry, excitement or overwork.

First aid:

Aconites - Counteracts the shock, fear and panic that often come on after being involved in an accident.

Arnica - Always give this as soon as possible after any injury. It is helpful for all injuries that lead to bruising. They may be pale and breathing heavily and deny there is anything wrong with them.

Hypericum - For crush injuries and abrasions which are extremely sensitive and painful.

Ruta grav. - In sprains when the bone may be bruised and warmth relieves the pain.

Flatulence:

Acid phos. - Use for flatulence and distension of the abdomen when there is nausea and belching after sour food and drink and a thirst for cold milk.

Argent. nit. - For flatulence with an upset, bloated stomach that rumbles and feels some mild pain. The pain may radiate to all parts of the abdomen.

Carbo veg. - This helps when there is belching with a heavy full sensation in the abdomen and a feeling of sleepiness. The flatulence is at its worse when lying down.

Cocculus - Use when there is a lot of abdominal distension through flatulence. Eating and drinking make it worse although there may be a strong desire for cold drinks, especially beer. It is helpful for the flatulent colic that occurs during pregnancy. Lying down on the side may help.

Colocynthis - This will help when flatulence is accompanied by colicky abdominal pains (*see your doctor if they do not go away*). The pain is helped by bending forward and by putting pressure on the abdomen. Eating fruit or walking make the pain worse. Distension is not relieved by bringing the wind up or down.

Lycopodium - There is a lot of flatulence and rumbling, often associated with a burning sensation in the throat. It is especially useful after eating too much starchy food.

Nux vom. - Flatulence with constipation and colic, usually caused by over-eating.

Hayfever:

Apis mell - The tears feel hot and the eyelids are swollen, red and puffy.

Argent. nit. - Use when the white of the eye swells, the eyelids feel sore and swollen

Arsen. alb. - Use when the nose itches and runs, with the discharge making the upper lip sore. Also, the eyes water, tears feel hot and there is a lot of sneezing. The symptoms are better indoors and worse in the open air.

Euphrasia - The eyes itch and water all the time, tears feel hot and burn the eyelids. There is a runny nose, sneezing and symptoms are worse in the evening. There is a profuse, watery but bland nasal discharge.

Gelsemium - Use when there are violent bouts of sneezing, the nose feels blocked or is runny, eyes feel hot and heavy, the throat itches and the face becomes flushed.

Graphites - The eyelids are red, swollen, feel dry and may flake. Often there is a 'honey-like discharge' on the eyelids.

Nat. mur. - Burning tears that make the eyelids swell, the nose constantly runs with a watery burning discharge and there are episodes of violent sneezing. The symptoms tend to be worse in the middle of the morning. The eyelids feel very itchy.

Hangovers:

Nux vom. - After too much rich food and drink, a headache develops and there is a feeling of cold, irritability and over-sensitivity to noise. They usually feel much better for a short uninterrupted sleep.

Headaches and migraine:

See your doctor if the headaches become severe or occur very frequently.

Acid phos. - Use for headaches from eyestrain. The pain feels like there is heavy pressure on the temples or top of the head and frequently comes on after fatigue or emotional upsets. Especially likely in teenagers and adolescents.

Belladonna - Use for a throbbing headache which comes on quickly. The face is flushed and red, the scalp sensitive and sore and moving the head may produce some dizziness. Worsened for bright light, noise, jarring, lying down and in the afternoon but seems better if the head is bent back. The headache is frequently right-sided.

Bryonia - The pain, often present on waking, starts at the forehead and goes over the head to the neck and shoulders. Made worse by the slightest movement.

Chamomilla - Use for a throbbing headache accompanied by hot clammy sweat on the forehead and scalp. The headache often comes on after anger and is typically worse in the evening.

Cocculus - Will help headaches brought on by travel, with nausea often present as well. Usually felt in the neck and made worse by lying down. The headache is frequently accompanied by vertigo.

Coffea - For a headache which feels as if the head is being pierced by a sharp object such as a nail. The pain seems worse in open air but better for warmth. It may come on from noise and after exertion or drinking too much alcohol or coffee and is frequently related to emotional stress.

Colocynthis - For headaches that feel as if there is a boring, burning pain in right temple or behind the left eye, helped by warmth and pressure on the painful area. It is useful for a headache that comes with indigestion and during travel.

Gelsemium - Use this homœopathic medicine for a dull heavy headache which starts in the neck and runs over the head to settle in one or both eyes. There is a sensation like a band being tightened around the head and total loss of vision may occasionally precede the headache. Passing urine often relieves the headache.

Ignatia - May be used for two different types of headache: either the head feels as if it would burst and often follows anger or grief, or a penetrating pain which feels like a nail being driven into the head, only better for pressing on the painful spot. With these headaches, the eyes and nose may feel sore, blurred vision occurs and movement of the head makes the pains worse. The attack often ends by vomiting and passing a large amount of urine.

Kali. bich. - The migraine headache requiring this medicine is situated above the eyes and is preceded by blurred vision. The pain is usually only on one side of the head and seems to be centred on one small area. Dizziness and nausea are often present as well and the scalp feels sore.

Nat. mur. - For throbbing, blinding headaches worse on waking, or after a menstrual period. Nat. Mur. will also help hammering migraine headaches preceded by numbness and tingling of lips, tongue and nose, and/or with spots, sparks or zigzags before the eyes. The headache is usually only on one side of the head, and may be accompanied by vomiting. It is at its worse from sunrise to sunset.

Nux vom. - Use this homœopathic medicine for a hangover or bilious headache in the morning when the severe pain may result in irritability and bad temper.

Silicea - The pain usually starts in the neck and goes over the head to finish over one eye (usually the right). It may be caused by not eating and is helped by wrapping up warmly or pressing on the painful area, but worse from movement, mental exertion, light, noise and draughts.

Indigestion:

Acid phos. - Helps with heartburn, abdominal distension and loud stomach rumblings. You may experience a craving for cold milk and acidic fruit drinks although the latter can make the symptoms worse.

Arsen. alb. - Use this medicine when there is no appetite and a weakness following illness. Digesting fruit, cold drinks and acidic foods, like vinegar and lemon can be difficult and diarrhoea may also develop. Ice cream may cause indigestion.

Bryonia - For indigestion straight after eating or after cold drinks taken when feeling extremely hot. The pain may also be felt between the shoulder blades. The pain is worse for movement.

Lycopodium - The indigestion that comes from eating too much starchy food, especially chocolate and sweets and there is wind and 'tummy rumblings'. The food often tastes sour.

Nux vom. - Indigestion that comes from over-eating especially of highly seasoned foods. The stomach feels swollen and heavy and there is a bitter taste in the mouth and often a feeling of irritability. There is a liking for highly seasoned food that however disagrees with them.

Pulsatilla - The indigestion comes on 1- 2 hours after eating and there is often a bloated feeling. They may dislike fatty foods and enjoy eating rich foods, but these make the symptoms worse.

Sulphur - Useful for people with a history of indigestion caused by years of over-eating and too much alcohol. Their breath smells sour when they belch. There is a ravenous hunger but their appetite goes at the sight of food.

Insomnia:

Chamomilla - Useful for sleeplessness in crying, angry and restless children, especially when teething or suffering from colic. The child does not seem to know what it wants, asks for things then refuses them and is typically hot, thirsty and irritable. When they do finally get to sleep they often moan and wail.

Cocculus - For sleeplessness after a long journey or being in a smoky atmosphere. The loss of sleep leads to great fatigue and tiredness.

Coffea - For sleeplessness and physical restlessness when the mind churns over with thoughts of the day's happenings. Because the mind seems so alert sleep is difficult and when it does occur, is often light and easily interrupted.

Nux vom. - Insomnia due to mental over-activity. There is anger at being unable to go to sleep.

Menopause:

Belladonna - There are times when the face becomes hot, red and sweaty and the vagina feels dry.

Pulsatilla - Use for hot flushes in a moody, weepy person who feels much better in the fresh air.

Sepia - There is a loss of interest in sex and intercourse may cause vaginal pain. Hot flushes, sweating and faintness occur and there is a sensation that the pelvic organs are dropping. They always feel worse towards the evening.

Menstruation:

Aconite - The period is late and scanty which may be a result of a chill, or having experienced a fright or a shock.

Belladonna - Heavy, hot, bright red loss with cramp-like pains before the period starts and a bearing down pain throughout the period that often comes on early.

Ipecac - For heavy, early periods with the passage of clots. There is often a feeling of sickness before and during the period.

Nat. mur. - Irregular periods, both late and scanty or early and heavy. They feel nervous and depressed, and can get a headache before the start and backache during the loss.

Pulsatilla - For scanty late periods with thick white vaginal discharge before the period starts when there is often pain in the lower part of the abdomen and back. Useful for young girls who are late in starting to have periods.

Mouth ulcers:

Arsen. alb. - Use when the mouth feels dry and hot and the breath has a metallic taste.

Nausea and vomiting:

Continual vomiting need a doctors attention, especially when in babies and young children.

Arsen. alb. - Use when diarrhoea and vomiting occur together as well as feeling cold, weak and becoming extremely anxious.

Cocculus - For nausea from the smell of food and eating that results in vomiting. Helpful for travel sickness and nausea accompanied by a feeling of faintness or when there may be hiccups and constant bouts of yawning.

Nux vom. - After too much rich food and alcohol when there is a lot of belching and a tendency to become very irritable. The nausea is worse in the morning especially after a binge the night before.

Phosphorus - Use when vomiting occurs immediately after the food or drink reaches the stomach.

Nettle rash (urticaria):

Apis mel. - A typical nettle rash appears with many weals that burn and sting. They feel better for cold applications but symptoms are worse in the early evening and during sleep.

Arsen. alb. - Burning, itching skin eruptions which are worse for cold and scratching. Those affected may become extremely restless and anxious about their condition. Especially useful for urticaria from eating shellfish.

Lycopodium - Use when violent itching occurs with large weals and possibly some skin cracks. The symptoms are worse when it is warm and in late afternoon and early evening.

Nat. mur. - The rash appears after exercise, especially in people with greasy skin.

Rhus tox. - Skin is red, swollen and the irritation is intense but better in the warmth.

Sepia - The rash comes out in the open air and is better in a warm room. Scratching does not relieve the itching. It is especially useful for urticaria caused by milk or milk products.

PMT:

Nat. mur - Use when breasts feel tender, the body bloated and although moody and irritable, the sufferer refuses consolation and is quite selfish. There is often a craving for salt.

Pulsatilla - Tend to feel over-sensitive and cries easily, craving sympathy with very changeable moods but feeling better outdoors. The periods are often quite irregular. There is lack of thirst often with a partial loss of the sense of taste.

Sepia - Use for those with scanty periods and a feeling of lethargy, but better after exercise. They are sad and often depressed. Severe headaches may occur.

Sore throat:

Aconite - For a sore throat after being in a cold, dry wind. The throat feels dry, has a burning sensation, appears red and it hurts to swallow. The sooner it is given after the sore throat starts the better.

Belladonna - For the sudden onset of a sore throat. The face and throat are very red and hot and the throat feels dry. Although there is a constant desire to swallow, swallowing is painful.

Bryonia - Use when mouth and throat are dry and feeling very thirsty.

Calc. fluor. - A boring pain, worse during the night and from hot and cold drinks. Rubbing the cheek gives some relief.

Gelsemium - For a throat that feels raw and scraped with pain extending to the ears, especially on the right side.

Hepar sulph. - The throat is sensitive and feels as if there is a splinter or fish-bone stuck in it.

Merc. sol. - The throat feels dry and sore and there is a constant wish to swallow although this hurts. There is bad breath and a great deal of saliva.

Nux vom. - For a sore throat from smoking or using the voice too much.

Sprains:

Arnica - This is generally used first, especially if bruising is present and followed by one of the following:

- *Bryonia* - If the sprain is painful during movement.
- *Rhus tox.* - If the pain is tearing and the joint hot and swollen but relieved by warmth.
- *Ruta grav.* - If the tendon injury and pain feel worse for the cold.

Stress and nervous disorders

If you are taking tranquillisers but intend to come off them, speak to your doctor, as the dose may need to be reduced gradually. Depression, other than the mildest forms, needs skilled medical attention.

Acid phos. (for anxiety and depression) - For those lacking in confidence, who are very nervous, full of fears and need to be frequently reassured. Over-sensitive to most things, they are usually restless, fidgety and can become quite depressed and withdrawn. This helps young people who grow rapidly and are overtaxed physically and mentally.

Aconite (for stress, anxiety and panic) - Use when under severe emotional and mental stress or for fears and anxieties that cause restlessness. Many fears and anxieties can cause a feeling of restlessness. Also useful for panic attacks.

Argent. nit. (for anxiety and panic) - Use when lacking self-confidence or feeling extremely apprehensive and anxious with a fear of heights and tendency to panic in a crowd. It is very useful to induce a calm state before an interview or examination.

Arsen. alb. (for irritability and anxiety) - If feeling restless and irritable, fears death, the dark and being alone. They may have an anxious worried expression.

Calc. carb. (for stress and anxiety) - To treat those who are mentally and physically exhausted from over-work and stress, anxious and apprehensive, forgetful and at times confused. They have a great fear of mental illness.

Chamomilla (for anger and impatience) - Helpful for whining, restless and impatient people who hate being spoken to or interrupted. They are often very angry and irritable and symptoms are often worse after drinking too much coffee.

Coffea (for hysterical behaviour) - Use for hysterical and weird behaviour especially with repeated weeping alternating with laughter. There may be nervous agitation accompanied by extreme restlessness, sleeplessness and increased sensitivity to noise and smells.

Colocynthis (for bad temper and irritability) - People helped by this are very irritable and easily angered, especially when questioned. They show great indignation and are usually very much overweight.

Ignatia (for excitability and depression) - Helps a nervous, excitable temperament when there are rapid mood swings becoming depressed, sad and weepy. It helps illness caused by suppressed grief or disappointed love.

Lycopodium (for stress and depression) - For a loss of self-confidence and constant fear of being unable to cope with the stress of a position. The sufferer may become depressed, the memory weakens, and they dislike being on their own, needing company at all times. Little things annoy them and they are unable to cope with change, strongly disliking contradiction.

Nat. mur. (for depression and irritability) - Take when depressed, yet spurning sympathy and help and becoming irritable, especially over small matters of little importance. There is a dislike of people and a preference to be alone, eventually becoming disinclined to make any mental effort at all. This remedy helps illness caused through grief, fright or anger.

Nux vom. (for stress and insomnia) - Especially useful for the tired, burnt out executive who never stops thinking about work and cannot sleep because they worry about it. There is often an over-indulgence in rich food, wine, coffee, tobacco and sometimes, sleeping drugs and tranquillisers. They are over-sensitive to other people, noise, light, smells and loud music.

Sepia (for depression and irritability) - Those helped by this are depressed, cry easily, weary, irritable and are often easily offended. They often develop an extreme indifference to their family.

Styes:

Apis mel. - Take when styes keep recurring, the eye looks red and eyelid is swollen and painful. The pain feels sharp and piercing.

Hepar sulph. - For styes when pus is present.

Pulsatilla - The eyelids stick to each other, the eye itches and there is a thick and profuse yellow-green discharge on the eyelids.

Thuja - Dry, scaly eyelids which stick together overnight and need parting in the morning on waking.

Sunburn:

The symptoms come on very quickly and in severe cases hallucination and dehydration may occur and a doctor should be consulted.

Belladonna - Use when skin feels dry, hot and burning and seems to throb with pain.

Toothache:

See your dentist if the condition does not settle quickly.

Aconite - Use when pain is shooting or stabbing and made worse by cold drinks and cold wind.

Arnica - Take before going to the dentist to reduce the bruising and after-pain from the treatment.

Calc. fluor. - Helps toothache caused by bad teeth.

Chamomilla - Useful for teething babies or children and adults who become angry, impatient, whining and restless when warm drinks make the toothache worse. Can be given by crushing a tablet and pouring the resulting powder into the baby's mouth.

Coffea - For severe toothache, helped by cold mouthwashes although it feels worse in the open and from cold air. Any pressure on the tooth is extremely painful.

Merc. sol. - There is a boring pain, worse during the night and from hot and cold drinks although rubbing the cheek gives some relief.

Teething granules - These may be used not only for teething problems in babies but also to relieve toothache in all age groups.

Travel sickness:

Travel sickness pills - this combined preparation may be helpful.

Cocculus - This is the frequently used remedy for travel sickness. There may be a headache in the back of the head and in the neck, a metallic taste in the mouth, and an aversion to the sight or smell of food.

Verrucas and warts:

Thuja - Can also be used as an ointment.