HOMEOPATHY: Effective Natural Medicine for the Whole Family
Component 2

- How to choose and administer a homeopathic remedy
- Learning about remedies for first aid

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Consultations for acute and chronic healthcare

Objectives for Component 2

1. Identify useful symptoms in case taking.
2. State your action when client feels better on the day after taking a remedy
3. State the name of the "trauma" remedy

What is Health and Illness?
We are all on a continuum between health and illness.
Health is more than the absence of sickness it is -freedom from limitations
Why do some people get sick and some stay well in the same circumstances?

SUSCEPTIBILITY
A weakness which prevents your body or psyche from adapting to environmental impacts
- Not about a bacteria or virus
- Can you adapt?
- Collect info needed to choose a remedy to strengthen immunity

Finding the Similar Remedy

- Taking the Case
Collect ALL the symptoms by:
- Questioning and Observing
Use open ended questions. Avoid yes or no questions.

What is a symptom?
Any change from normal which indicates a disturbance of health.

- Symptoms are the language of the body
- Symptoms have details
  - What brought it on? History
  - Location—where exactly?
  - Sensation—in detail
  - When does it happen?
  - What makes it better >>?
  - Or worse<<? (use arrows)

Symptom picture is more than the main complaint

• Totality of Symptoms

GENERAL—"feel"—tired, chilly, thirsty
MODALITIES—Worse or better from—weather (cold, wet, hot), position (sitting, lying), time of day (morning, night)
MENTAL AND EMOTIONAL—changes—mood, expression, fear, concentration, irritable, weeping, anger
A Fully Elicited Symptom

"I have back pain that started when I twisted wrong last week. It hurts on the left side up near my shoulder blade and feels as if it is deep inside. The pain feels like fire burning in there. If I stay still it does not hurt at all but if I turn to the left or bend over the pain starts immediately. And then it lasts for about 20 minutes. If I put ice on it it helps. It gets worse around midnight. I feel angry when it keeps me up at night."

* Includes history, location, sensation, modalities and mental/emotional

Analyzing the Case

Choosing the most valuable symptoms

- Most intense symptoms
- Most limiting
- Mental and emotional
- Generalities
- Modalities (better or worse from)
- Etiology (cause)
- Any change from usual state
- Avoid going on assumed causes—use only actual symptoms

Selecting the Similar Remedy

Match the valuable symptoms of the sick person to those known to cause the same symptoms in a healthy person—

By referring to Notes from this class
- Books like "Everybody’s Guide to Homeopathic Medicine" by Cummings/Ullman
- Homeopathic Reference Books
- Materia medica repertory

Administering the Remedy

- Rule of Thumb for Acute Ailments
  (Like a cold or flu that would last 2-5 days)

One dose of the selected remedy in a 30C potency
every 4-6 hours for 4-6 doses
(approximately 24 hrs. of dosing)
Then stop: re-evaluate

1-2 pellet dose is sufficient
Water dilution is good
Infant dosing—just a few drops
Don’t repeat remedy if you are better
No food or drink for 10 minutes before and after dose
Dose more often if lower potency—less often if high potency

What is a “dose”?

- One dose = 1-3 pellets (BB size) or 5-10 granules. Avoid touching balls.
- Straight onto a clear tongue (or under it). Suck—allow to dissolve.
- OR put one dose of dry pellets into 1/2 cup water and stir. Then 1 teaspoon =1 dose. This conserves supply.
- Amount and frequency of dose is not based on weight or age—based on symptom intensity

REPEATING the REMEDY
- Potency – not quantity is what counts
- If you feel better or worse (aggravation of symptoms) remedy is acting—so wait
- Don’t take remedy when you don’t need it—may cause proving

More intense symptoms need more frequent doses

- High fever, severe headache, nosebleed, constant cough, emergencies etc.—may need dosing every 10-30 minutes.
- If a real emergency you can dose on the way to the hospital
- Change remedies after 1 hour of treatment if no better

Antidotes

Camphor! is in Vicks Vapo-Rub, Mothballs, Chapstick

Penetrating odors like
- Mint—Peppermint, Spearmint, Menthol, Eucalyptus
- Coffee—? (not the caffeine)
- Other medicines
Using Homeopathic Remedies for First Aid

Remedy Kits

Have these safe over-the-counter remedies handy for acute health needs.
Use a 30C potency.
They are available over the counter at most health food stores. Inexpensive!
A nurse can educate families in how they can obtain and use them

Scope of Nursing Practice

Homeopathy works by enhancing the health—not by drugging the system—so you are practicing "wellness" coaching when you educate about which remedy might help.

How will this change your nursing practice?

Trauma, Bruising, Sprains

**ARNICA MONTANA 30**

As soon as possible after accident
Rub gel or cream on the bruised spot, and take remedy by mouth.

Not on open wound!

Some injuries need **ARNICA**: plus...later dosing with:

- **Hypericum 30**...for crushed fingertips and toes. Spinal injury, whiplash, coccyx. Nerve injury
- **Ruta Grav 30**—strained tendons or ligaments. Tendonitis, carpal tunnel, tennis elbow
- **Symphytum 30**—broken bones. Wait for bone to be set/casted. Continue dosing over weeks.
- **Rhus Tox 30**—old sprains, strains, stiffness, early arthritis

Dental and Surgical Trauma

**Arnica** 30 for pain and to start healing—take once before and "as needed" after the procedure.
**Hypericum** 30 for nerve pain—toothache, dental or surgical work on nerve rich areas.
Pre and post surgical dosing does not interfere with drugs.

**INCISION CARE**

Apply **Calendula gel or cream** to speed healing
Take **Staphysagria 30** for incised wound healing—or for any problem with incision healing

Wound Care—cuts, scrapes

Wash—then apply **Calendula** gel or cream to speed healing. Cover.
Take **Ledum 30** internally for puncture wounds or bites (animal and insect-ticks, spiders)

**BURNS**

Apply Calendula Gel asap—or Urtica Urens (stinging nettle) cream. Cold water and aloe gel OK too.
If pain does not subside or swelling or blistering start—then take **Cantharis 30** by mouth.
Cantharis is also for Urinary Burning
Sunburn

Apply *Calendula* Gel asap— or *Urtica Urens* (stinging nettle) cream. Cold application and aloe gel OK too.

If pain does not subside or swelling or blistering start then take *Cantharis* 30 internally

BUT if throbbing, angry, red and swollen use *Belladonna* 30 internally

STINGS

*Apis* 30 internally for red swollen bee and wasp stings,

*Calendula* Gel or “StingStop” on the bite.

*Ledum* 30 for other insect bites.

*Staphysagria* helps reduce the reaction to mosquito bites

Poison Ivy

*Rhus tox* 30c internally—move up to 200c if it is a bad case.

Consult a homeopath if not resolving.

Take in early Spring to prevent IF person always gets a bad case

Hives, Sun Rash

Hives—use *Apis* 30 internally *Histaminum* is another remedy idea

Sun poisoning—rash/urticaria from too much sun—*Urtica Urens* 30

HEAT STROKE

Weak, dizzy, collapse, pulsating, congestive headache, spaced out, use *Glonoinum* 30

Consult with your doctor or go to the Emergency Room!

Please consider this information as educational and get the medical care you need in an emergency.

Don’t delay! Give remedies on the way to the hospital!

Eye injuries

First take *Aconite* 30 for the shock to the system

Then: *Arnica* if trauma

Black Eye—use *Symphytum* 30 for bruised orbital bones

Injury to lids or eyeball—*Ledum* 30

Chemical Burn—*Cantharis* 30

Use Similisan Eye Drops to promote healing

Conjunctivitis

*Euphrasia* 30 for the early, tender, bloodshot stage

*Pulsatilla* 30 for pussy, glued together stage

Warm compresses and homeopathic eye drops

Stye—use *Staphysagria* 30

Eyestrain

Too much reading or computer time

Use *Ruta Grav* 30 by mouth as needed

Eyedrops-by Similisan

“Computer Eye”, “Allergy Eye”, “Dry Eye”, “Pink Eye

Warts

*Thuja Ointment*—twice a day for 2 weeks

*Thuja 30*—a few doses

Plantar Wart—

*Antimonium Crudum* 12C—twice a day for two weeks

Neem Oil or Duct Tape if no better.
Motion Sickness

Car, airplane, sea, train etc..

**Cocculus 30**—keep it in the glove compartment and take it on vacations where you may boat or fly.

Nausea, vomiting, dizzy, must lie down, worse from sight, smell or thought of food.

If no better try *nux vomica* or *tabacum*.

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First Aid at onset of Cold or Flu

Catch it early and chase it away!

**Oscillococcinum**—I use the brand name here cause it is the only one on the market!

3 doses in 24 hours at the first sign. Then stop.

Don’t follow directions—(they suggest too much!)

Use one capful only as a dose.

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Grief, Sorrow

**IGNATIA 30**

Emotional upset from loss, death, separation,

Can’t stop crying, lump in throat, sighing deeply

Needed by all in family around funeral or divorce

Fear, Panic

**ACONITE 30**

Phobia, panic attack, shock

After an accident, first in any eye injury

Before an ordeal

All in NY needed it on 9/11/01

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Nightmares—Night Terrors

Angry, Teething, Hyper Kids

**CHAMOMILLA 30**

Kids who are all over the place, can’t calm themselves,

Outbursts, and then inconsolable

Great for Teething babies—only happy if carried

Try Rescue Remedy too

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STRESS

**Kali Phos 6x**

2 tabs 3 x a day as needed

Anytime stress is extreme, overwork, mothers, commuters, teachers—EVERYONE

• Stage Fright

  Anxiety around performance, competition or examination

  **Gelsemium 30**

  shaking of body and voice, diarrhea from anticipation, weak

  **Argentum Nitricum 30**

  anticipation creates physical illness—can’t face the day

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Insomnia

Mind alert, full of ideas, hears every sound, restless

**COFFEA 30**

Sleepless from anxiety or fear. Very restless

**ARSENICUM ALB 30**

• RESCUE REMEDY

For any upsetting situation—big or small—an accident or just an emotional meltdown—drops, spray, cream or candy form.
Keep first aid remedies in purse

- Arnica—for accidents
- Aconite—for shock, panic
- Rescue Remedy
- Oscillococcinum—for onset of cold

- Millions of people around the world use homeopathy—try it out!
- Refer to a certified homeopathic practitioner for professional help!
- www.nationalcenterforhomeopathy.org

ANIMALS TOO!

- Chronic Problems and their Homeopathic Treatment
  In-depth homeopathic interview with a professional homeopathic practitioner leading to a “constitutional” remedy with follow ups over several years.

Congratulations! You have completed Component 2

- Now—if you want CE credit:
  - Buy the companion book “Everybody’s Guide to Homeopathic Medicine” to have at home!
  - Buy a homeopathic home remedy kit to be prepared for first aid needs
  - Keep the Arnica gel and Calendula gel handy at home— as well as Rescue Remedy!

- Nurses—Please take the test and fill out the evaluation form
- Get your certificate!
- Continue on to Component 3—Treatment of Common Ailments