HOMEOPATHY: Effective Natural Medicine for the Whole Family

- COMPONENT 3
- How to use remedies for common ailments
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Objectives for Component 3

1. Describe areas where homeopathy may be helpful in common, acute ailments.
2. Discuss how a nurse might educate patients on the safety and efficacy of Homeopathy.
3. Identify homeopathic websites and organizations for reliable information.

Scope of Nursing Practice

These remedies are sold “over the counter”—but they are still considered drugs– so it is best to “educate or suggest” to others what might help—avoiding the words “diagnose, prescribe and cure”.

Stay within your Scope of Practice

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

Homeopathic Remedies for Common Ailments

Have safe, inexpensive, over-the-counter homeopathic remedies handy to use for acute ailments

Use 30C potency and lower.

Educate families in how they can obtain and use them. Share info on research!

The videos are not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a qualified health provider.

At the first sign of Colds or Flu

Catch them early and chase them away! Achy, chilly, fever, headache, sore throat, fatigue, sniffles, sneezing

Research confirms 63% of people better after 48 hours who use FLU PREVENTIVE

Generic name is “Anas Barbariae Hepatis et Cordis” 3 doses in 24 hours at the first sign. Then stop.

Don’t follow directions on packaging—too much!!

Use one capful only as a dose.

Colds and Flu

Once you have a cold—and Flu Preventive has been taken—too late now—

Now you need a remedy that fits you for THIS illness—and your specific symptoms.

Think of:

ACONITE—sudden onset, after exposure to cold wind, prodromal head cold or ear or throat pain.

Reminder about DOSING

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 dose=1-2 pellets or 5-10 granules on tongue—avoid food or drink for 5 minutes before and after.
Colds with CLEAR Nasal Discharge

**Arsenicum Album**
- Thin watery, clear, burning discharge from nose - can irritate the skin. Burning eyes and throat. Restless, chilly and worse at night.

**Natrum Mur**
- Thicker, clear, eggwhite like discharge from nose
- Watery eyes. Loss of smell and taste. Can have cold sores and cracks in lips.

**Allium Cepa**
- Nose runs like a faucet. Irritates the lip. Eyes very watery but not burning. Lots of sneezing!

**ALL OF THESE REMEDIES CAN HELP HAYFEVER TOO!**

When mucus is yellow /green

**Pulsatilla 30**
- Thick, bland, creamy yellow or green discharge. Fullness in ears. Worse in evening and in a warm room.
- Emotionally moody and wants consolation

**Kali Bichromicum**
- Thick, gluey, yellow green mucus becomes stuck in sinuses causing facial pain and head ache.
- Sinus infection - may need 200c potency
- Try homeopathic sinus nasal spray.

Hayfever—Seasonal Allergy

- Allium Cepa— sneezing with watery eyes
- Euphrasia—itchy eyes with watering
- Wyethia—itching in nose, throat, ears or palate

- See “Clear Nasal Discharge” slide notes
- Research shows efficacy
- Prevent by taking regional pollen remedy daily for one month before usual date of onset.

When you need a DECONGESTANT

**Kali Mur 6x and Ferrum Phos 6x**
- Helps to drain mucus and keep it from getting stuck in ears, sinuses and chest
- 2 tabs 3-4 times a day ongoing till cold is over.
- Homeopathic treatment in flu epidemics has long history of success.

Classic Influenza

- Achy, chilly body with headache and sore throat. Want to stay still. Dizzy, drowsy, trembly. Droopy eyes.
- Use Gelsemium (after you have tried Flu Preventive)

**Rhus Tox**—achy but restless body—must shift /toss-turn, chills, sore throat

**Eupatorium**—even more achy—even in bones or eyeballs

Fever

**Ferrum Phos 30**
- Lower grade fever 102 degrees or less. Red cheeks but without the intense heat of Belladonna.

**Belladonna 30**—
- High fever >102 degrees
- Hot, flushed skin, red lips, glassy eyes.
- Frequent doses—every 15 minutes. Go to 200 potency if 30 does not hold
Earache

**Belladonna** 30-
Sudden, piercing pain, red ear or face—Eardrum looks bright red—or streaked red. No pus formation. High fever. Frequent dosing may be needed.

**Chamomilla** 30
Teething babies, Angry crying only stops when carried, oversensitive. IRRITABLE

Ear drops for pain—contain verbascum (mullein)
Also there are ear drops for wax buildup

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Ear Infection Remedies

**Pulsatilla**—Catarrhal Otitis—Stuffed, pressure/full, yellow green mucus from nose. Sad, whiny, clingy.

**Hepar sulph**—ear sensitive to touch—can have pussy discharge—swollen glands. Irritable

**Mercurius**—ruptured eardrum—draining green, smelly. Sick, sweaty.

Always use Homeopathic Decongestants all through a cold to prevent ear involvement

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Coughs

**Bryonia**—Dry sound, no rattling of mucus, can be painful.

**Pulsatilla**—loose, rattling, yellow, green expectoration

**Arsenicum Album**—tight, wheezy, can help asthma

**Antimonium tartaricum**—very rattley, bronchitis, low energy

Croupy Cough

A barking cough like a seal or dog! Usually comes on at night. Croup Triad of remedies:

1. **Aconite**—use first! 2. **Spongia**—barking cough
3. **Hepar**—after 1-2 days if not resolving with Spongia or more congested sounding

GAGGING COUGH

**Drosera** 30—cough cough—gag—also good for whooping cough—especially a gagging cough on lying down

COUGH SYRUPS and LOSENGES
Avoid ones with eucalyptus or menthol or camphor—antidote homeo remedies. Use lemon, honey, ginger tea.

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SORE THROATS

first take Flu Preventive at first sign—3 doses in 24 hrs.

At onset, when just scratchy, before more severe symptoms develop take **Ferrum Phos** 30 every hour for a few doses.

**Belladonna**—red, throbbing, swollen, throat "strawberry tongue"

**Arsenicum Album**—burning pain that feels better from warm drinks

**Hepar sulph**—Sharp, splinter sensation up to ears, swollen glands, irritable

**Mercurius**—VERY painful throat with white patches on tonsils. Lots of saliva, coated tongue, bad breath. Strep?

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Herbal Antibiotics

When defense from infection is needed—and to enhance immunity

**Echinacea tincture and Elderberry tincture**
20 drops of each in 1 tsp water or juice.
Repeat 5 x a day for 5 days.

Children below 60 pounds use 1/2 dosage.
Gargle and swallow for sore throat.

Take **Streptococcin** 1M 2 x a year to prevent strep throat.
Now you choose a remedy! Use “miniature cold and cough repertory” on next 2 pages to decide on the best remedy for this common ailment.

Here is the scenario:

Your 18 year old daughter came down with a cold 3 days after exams. She took Flu Preventive a few times but still progressed to a ripe head cold. She blows out yellow green, thick creamy mucus that has a bad smell, though sometimes nose is completely stopped and she has full ears. She has a rattley cough that gets worse when she is in her warm room or if she tries to do any exercise or housework and the cough is better if she sits outside. She wishes you would spend time with her and acts sad and weepy.

Miniature Repertory of Common Colds and Coughs - Page 2

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Bold type</th>
<th>Plain type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasal discharge and congestion</td>
<td>Acon,  Allium,  Kali Bi,  Merc</td>
<td>2</td>
</tr>
<tr>
<td>Green</td>
<td>belladonna,  ferr</td>
<td>1</td>
</tr>
<tr>
<td>Offence (bad smell in mucus)</td>
<td>belladonna,  ferr</td>
<td>2</td>
</tr>
<tr>
<td>Hoary or stringy</td>
<td>belladonna,  ferr</td>
<td>1</td>
</tr>
<tr>
<td>Watery (thin, clear)</td>
<td>belladonna,  ferr</td>
<td>1</td>
</tr>
<tr>
<td>Yellow</td>
<td>belladonna,  ferr</td>
<td>2</td>
</tr>
<tr>
<td>Yellow discharge</td>
<td>belladonna,  ferr</td>
<td>1</td>
</tr>
<tr>
<td>Hoarsy (parched)</td>
<td>belladonna,  ferr</td>
<td>1</td>
</tr>
<tr>
<td>Hoarse (congestion)</td>
<td>belladonna,  ferr</td>
<td>2</td>
</tr>
<tr>
<td>Nose from exertion</td>
<td>belladonna,  ferr</td>
<td>1</td>
</tr>
</tbody>
</table>

Narrowing the Search for the Similar Remedy

• A homeopath uses a mathematical process to narrow the search. The remedy with the highest score is the most similar!

• A small handwritten elimination chart can be made to do the calculation. Each symptom (found in the “Miniature Repertory of Colds and Coughs”) and the remedies and their grade (1 or 2) are cross referenced (as in the chart on the next slide). By adding up each remedy’s grade the ones which cover the most symptoms are found out. Reading about the remedies with the highest scores in a Materia Medica or other reference book will confirm your choice.

• Once a remedy is chosen it is taken over 24 hours and then situation is re-assessed.

Headaches

Bryonia --sharp, frontal pain--irritable, worse from motion, better from pressure

Belladonna--violent, throbbing, worse light and noise, Migraine

Nux Vomica

“Sick headache” from overeating, alcohol, missing sleep. Very irritable. Toxic-type A

Kali Phos

stress headache, overwork, worry
Migraine Research

• While only 17% of patients given a placebo experienced relief of their migraine pain, an impressive 93% of patients given an individualized homeopathic medicine experienced good results.


Constipation

**Nux Vomica**
Ineffecutual urging

**Bryonia**
Large, dry, hard stools

**Alumina**
No urge, travelers constipation

Daily flaxseed meal

Diarrhea

try B.R.A.T Diet
First remedy to think of-if main symptom is profuse liquid stools

**Podophyllum**
Watery, irritating to skin, burning- Arsenicum Alb

**Explosive, weakness, violent vomiting, chilly**
Veratrum Alb

Clinical Research

Research replicated twice showed a highly significant result in the duration of childhood diarrhea (P=0.008) when an individualized remedy was given for acute diarrhea in 3rd world countries. These children recovered from the diarrhea approximately 20% faster than those children given a placebo.

J. Jacobs, WB Jonas, M Jimenez-Perez, D Crothers, Homeopathy for Childhood Diarrhea: Combined Results and Metaanalysis from Three Randomized, Controlled Clinical Trials, Pediatr Infect Dis J, 2003;22:229-34.

Stomach Ailments

**Abdominal Flu--or food poisoning**
Pain, diarrhea and vomiting--restless, fearful

**ARSENICUM ALBUM 30**
Indigestion, heartburn, nausea or gas from overeating or drinking, irritable, coated tongue. Toxic, Type A personality.

HANGOVERS!

**NUX VOMICA 30**

Nausea and Vomiting

**IPECAC**
Nausea, vomiting. Clear tongue

Even for morning sickness and chemo side effects

**PAIN**
Sharp abdominal pain, worse from motion

**BRYONIA**
Cramping pain, better from pressure--needs to bend over double

**COLOCYNTHIS**

Menstrual Cramps

Cramps that are better from pressure and warmth

**Magnesia Phos (also known as Homeopathic Aspirin)** (also works for leg and muscle cramps)

If pain makes you bend over double

**Colocynthis**

If cramps are like labor, with anger, moaning and irritability

**Chamomilla**
**Female Troubles**

Chronic monthly cramps or any recurrent problem show a need for constitutional treatment. Balance the body energy and cycles rather than replace your own hormones with the “PILL”.

Homeopathy has also been known to help P.M.S., infertility, herpes, P.I.D., fibroids, recurrent miscarriages, and even abnormal pap smears.

**Vaginitis**

Inflamed and itchy with creamy discharge, could be yeast

Use *Pulsatilla 30*

Herbal vaginal douche

20 drops Echinacea tincture and 20 drops Golden Seal tincture in 1 pint warm water.

Douche 2 x a day for 3-5 days

**Menopause**

Needs a constitutional remedy but the most commonly needed remedy is *Lachesis*—especially if hot flashes are the main symptom.

**Bone Loss Prevention**

To help calcium stay in bones—

*Calc Phos* 6x twice a day ongoing

Builds bone strength after a fracture

**Morning Sickness**

*Ipecac*—general nausea and vomiting

*Pulsatilla* (especially if heartburn). Sad and needy

*Sepia*—worse in the morning, sensitive to odors, may be depressed and may regret the pregnancy.

*Colchicum*—worse from smelling food cooking, thought of food, slightest movement.

*Symphorocarpus*—if nothing else helps

**Prepare for Birth with Homeopathy**

A study showed that women given a combo of 5 remedies in their 9th month experienced a 40% shorter labor than those given a placebo.

Also, the women given the placebo had four times (!) as many complications of labor as those given the homeopathic medicines.


**Breech Position**

*Pulsatilla* 200 or 1M (1000) has been known to reposition the baby.

**FEAR**

Fear of giving birth—give *Cimicifuga* in last month and during labor.
Normal Labor

Great!! Just need **ARNICA** during and after for the trauma and **RESCUE Formula** for keeping things calm and easy.

**Protracted Labor**—**Caulophyllum** speeds and stimulate. Use it to induce labor if needed. Shortens labor by 38%

Newborn!

If mom gets **Afterpains**—**Mag Phos** and **Arnica**

**Jaundice**— give baby **Chelidonium** to tonify liver

**Colic**—**Colocynthis** (if knees pulled up in pain-->>abd pressure)

Mag Phos, Chamomilla

Nursing

**Belladonna** on day that milk comes in— engorgement/pain/heat

**Phytolacca** cream for cracked nipples

**Agnus castus**— if milk is insufficient— if milk dries up too early

Breast Infections

Hot tender spot— Start taking **Belladonna**

**Bryonia** if <movement

**Pyrogen** if fever and aching become systemic

Immunizations

• Educate yourself on pros and cons

• Give **Thuja** 30 after an immunization to counteract any bad effects.

• Consider homeo-prophylaxis

For help in Stopping Smoking or Drinking Coffee

**Tabacum** 30 daily and then as needed for withdrawal

**Coffea** 30 daily as you cut down— then dose as needed— as you stop— for craving or withdrawal symptoms.

Travel Preparedness

Carry remedies in luggage

• **Ars Alb**— food poisoning— (traveler’s diarrhea/vomiting)

• **FLU PREVENTIVE** for onset of cold or flu

• **Arnica**— for injuries

• **Cocculus**— for motion sickness
The 12 Cell Salts
A 12 remedy simplified system using low potencies of the 12 minerals which make up the human body

1. Calc Fluor - ganglion cysts, fibroids, bone spurs
2. Calc Phos - bones, teeth, calcium tonic
3. Calc Sulph - acne
4. Ferrum Phos - inflammation, fever
5. Kali Mur - decongestant for mucus
6. Kali Phos - nerve nutrient, stress, nervous exhaustion
7. Kali Sulph - decongestant for yellow mucus
8. Mag Phos - muscular pain and spasm - homeo aspirin
9. Natrum Mur - water / salt distribution, headache, hayfever, edema
10. Natrum Phos - acid neutralizer, heartburn
11. Natrum Sulph - liver tonic
12. Silica - tonic for skin, hair and nails, pus formation, boils, abscesses

Use in 6x potency--2 tabs 3 x a day--ongoing for 2-3 weeks

Flower Essences
Clear emotional blocks bringing overall health

To balance yourself - Read list on next slide and choose the 3-7 essences that fit you best. Put 2 drops from each stock bottle into one ounce of water and take 3-5 drops 3 x a day till gone.

Crab Apple -- when you need detox, weight loss
Rescue Remedy-- mixture of 5 known for terror, panic, trauma
Walnut--always use when there is transition-- moving, new school, job, relationship, adolescence, menopause

End of Life / Hospice

- Reduce drugging and use Homeopathy palliatively at end of life for anxiety, fear, pain, insomnia, grief and burnout of caregivers

Chronic Problems and their Homeopathic Treatment

- Get an in-depth homeopathic interview leading to a “constitutional” remedy with follow ups over several years.
- Choose Board Certified Homeopaths
  - credential is C.C.H. (Certified in Classical Homeopathy) or DHt. for an M.D.
  - www.homeopathicdirectory.com
  - http://nationalcenterforhomeopathy.org/resources/practitioners

GUIDE TO EACH FLOWER REMEDIES

Flower Essences

- Clear emotional blocks bringing overall health

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**Homeopathic Nurses Association**

- Established in 1985
- Supports nurses in their holistic practice and is a peer group for the profession
- After training many homeopathic nurses pursue independent practice in wellness/homeopathy

http://www.nursehomeopaths.org

**Homeopathic Pharmacies**

- Reputable pharmacies are members of the American Association of Homeopathic Pharmacists.
- Best pharmacies will be prepared according to the HPUS—Homeopathic Pharmacopoeia of the United States.

**National Center for Homeopathy**

Join this membership org! Support Homeopathy

http://nationalcenterforhomeopathy.org/

**Homeopathic Remedy List**

- **ACONITE** - Onset of cold. Use first in croup and eye trauma. Shock and fear.
- **ALLIUM CEPA** - Flu with achy muscles, lethargy, dizziness, chills, headache.
- **HEPAR SULPH** - Sore throat, swollen glands, pus formation, croup, Allergies.
- **IGNATIA** - Hysteria, emotional grief, sorrow.
- **IPAP** - Vomiting, Nausea.
- **KALI BICH** - Yellow, thick, green mucus in sinuses. Sinus infection.
- **LEXUM** - Puncture wounds, bites, spider and tick bites.
- **MAJ PHOS** - Pain, spasm of muscles, meniscal cramps, headache.
- **MERCURY** - Sore throat—white spot on tonsil. Discharge from infected ear.
- **NATRUM MUR** - Clear, thick nasal discharge, sneezing, Allergy.
- **NUX VOMICA** - Nausea, indigestion, constipation, hangover.
- **PODOPHYLLUM** - Diarrhea, worse in breast-feeding children.
- **PULSATILLA** - Yellow nasal discharge, loose cough, conjunctivitis. Vaginitis.
- **RESINOCOMA** - Flower essences, use in any emergency.
- **RHSOTEX** - Rashes—poison ivy, itching, strained muscles, arthritis.
- **SPONGIA** - Croupy, barking cough, laryngitis.
- **SYMMPHYTUM** - Bruised or broken bones, black eye.
- **THUJA** - Warts, clearing bad effects of vaccines.
- **VERATRUM ALBUM** - Explains diarrhea, extreme stomach flu.

**Bibliography**

**Beginners Philosophy**

- Everybody’s Guide to Homeopathic Medicine by Cummings/Ullman • Homeopathic Medicine at Home by M. Panos/Heimplich
- The Family Guide to Homeopathy by Andrew Lockie, MD
- The Complete Homeopathy Handbook by Miranda Castro

**Developers Philosophy**

- Discovering Homeopathy: Medicine for the 21st Century by Dana Ullman
- Homeopathy: Medicine for the New Man by George Vithoulkas
- Homeopathy for Childhood Diarrhea: Combined Results and Meta-analysis from Three Randomized, Controlled Clinical Trials, Pediatr Infect Dis J 2001;20;209-34.
- Homeopathy for the New Man by George Vithoulkas
- Healing With Homeopathy by Wayne Jonas MD and Jennifer Jacobs MD
- Children’s Health
- Homeopathic Medicine for Children and Infants by Dana Ullman
- Healing Childhood Ear Infections by Michael Schmitt
- Rashes Free Kids by Judi F. and Robert Reichenburg Ullman ND
- The Vaccine Guide by Randall Neustader OMD

**Women’s Health and Midwifery**

- The Women’s Guide to Homeopathy by Andrew Lockie MD and Geddes
- Homeopathic Medicine for Pregnancy & Childbirth by Richard Moskowitz MD
- Homeopathy for Pregnancy, Birth and the First Year by Miranda Castro RSHom

**Research Citations**

- J. Jacobs, JB Jonas, MJ McCown-Perez, C. Crotty, Homeopathy for Childhood Diarrhea: Combined Results and Meta-analyses from Three Randomized, Controlled Clinical Trials, Pediatr Infect Dis J. 2001;20;209-34.