

First Aid in a Pinch!

Wouldn't it be a relief to know that as quickly as an emergency arrives, you're capable to mitigate any first aid problem? Well here is your go to chart to get you started. There are many other remedies that I could've considered, but that would require a book. Instead, I offer this handy chart and urge you to stretch your ability and learn, learn, learn. The more you familiarize yourself with these methods, the more success you'll enjoy. For further study, check our download "[Perform in the Storm; A Homeopathic First Aid.](#)" It's a handy audio intensive that is the perfect accompaniment to this chart. Homeopathy can handle accidents and so can you!

1st

Own a basic, homeopathic first aid kit. Own as many essential first aid remedies as you can. Below is a list of remedies referred to in my chart. These best address many common first aid cases. If you don't have a kit, contact us at JoetteCalabrese.com/remedy-kits or 561-537-5900. We can help you find the right one to suit your budget.

Remedies:

Aconitum

Apis

Arnica

Bellis perennis

Bryonia

Cantharis

Euphrasia

Glonoinum

Hamamelis

Ledum

Rhus tox

Silica

Symphytum

Urtica urens

Cell Salt Remedies:

Calc fluor
Calc phos
Ferr phos
Kali mur

Kali phos
Mag phos
Nat mur

With these remedies on hand, you're well-prepared for everyday accidents. If the mishap is truly severe, it might be necessary and prudent to head to the ER, but that doesn't mean it has to be an all or nothing situation. You can still administer the appropriate homeopathic remedy on the way to the hospital. Some of my students have reported to me that once they arrived to the hospital, they actually turned around and headed back home. The hospital was no longer necessary because the remedy had already brought so much healing to the injured individual while en route!

2nd

REMEMBER to also keep these essentials items with your **Homeopathic First Aid Kit:**

Calendula tincture

Clean gauzes

Bandages

Candle

Matches for sterilizing

Tweezers

Celtic salt

Nettles Tincture

Coconut Oil

Safety pins

3rd

CHECK OUT this quick and easy reference.

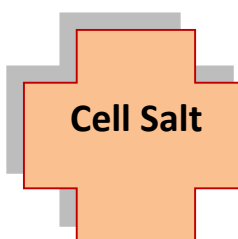
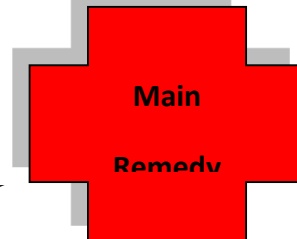
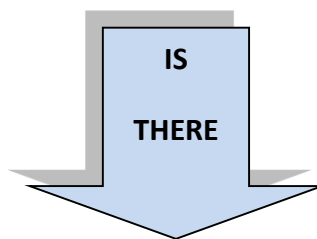
Remember, that a remedy's potency, as well as how often you administer it, will sometimes vary from what is charted. This chart is only a guideline. When the injury is *severe*, the correct choice can be offered as often as once every 5 minutes. If the case is worse than the average boo-boo, you can "up" the potency to something higher than what my chart outlines. A higher potency and more frequent administration can often have surprising results.

4th

Choose the correct remedy. Is it *Ledum*, *Hypericum* or *Arnica*? If after 4 doses of the same remedy, you don't observe some improvement, consider using another remedy depending on the symptoms presenting. After that, depending how bad the injury is, let me guide you in using your best judgment for each emergency. Let's go!

5th

Don't forget about calcium! It's a natural pain reliever and nervine and during an injury, our calcium stores become depleted. So, be sure to compensate for this. Be sure to consume nutrient rich, homemade bone stock. Drink plenty of raw milk and eat butter as often as possible.



ABRASIONS

STAY CALM MOM!

Minor Scraping?
Pain to the area?



Arnica 30x:
1 dose, every 1-2 hours. Stop when there's improvement.

Ferr phos 6x:
1 dose every 2 hours, or until pain returns. Stop when there's improvement.

Coconut Oil or Unsalted Butter
For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

ABRASIONS

Pain to the area?
Prickling sensation?



Hamamelis 30x: 1 dose, every 1-2 hours. Stop when there's improvement.

Ferr phos 6x:
1 dose every 2 hours, or until pain returns. Stop when there's improvement.

Coconut Oil or Unsalted Butter
For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

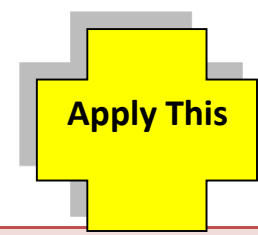
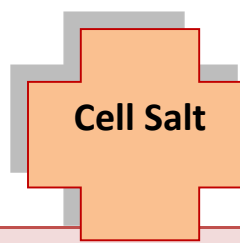
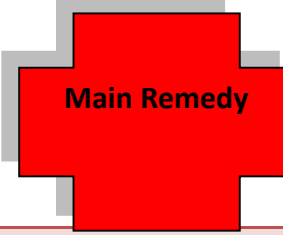
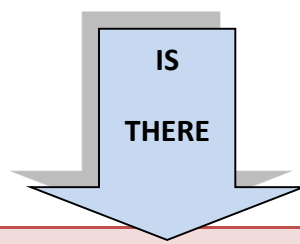
ANAPHYLAXIS
Depending on severity, seek medical care



If pregnant, do not take the following remedy. It can endanger a pregnancy.



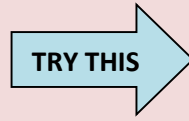
Apis 200c or 1m: 1 dose, every 5, 10 or 15 minutes, depending on the severity and less frequently as improvement begins.



ANIMAL BITES

Depending on severity, seek medical care

Warmth to the bitten area?
Relief from cold application?
Swelling?



Apis 30x: 1 dose, every 1-2 hours, until improvement and for up to 3 days.

Ferr phos 6x & Kali mur

6X:1 dose of each, every 2 hours, or until pain returns. Stop with improvement.

Coconut Oil or Unsalted Butter

For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

ANIMAL BITES

Depending on severity, seek medical care

Coldness to the bitten area?
Relief with coldness? Burning pain?
Swelling?
Redness?
Watery-like areas?



Ledum 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).

Ferr phos 6x & Kali mur

6X:1 dose of each, every 2 hours, or until pain returns. Stop when there's Improvement.

Coconut Oil or Unsalted Butter

For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

BEE STINGS

Warmth to the bitten area?
Relieved by coldness? Burning pain?
Swelling?
Redness?

Apis 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).

Ferr phos 6x & Kali mur

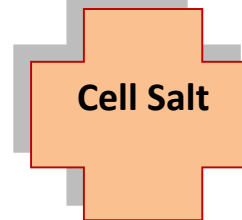
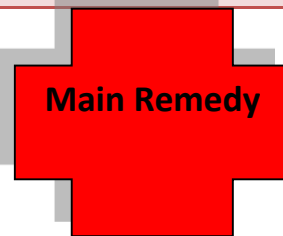
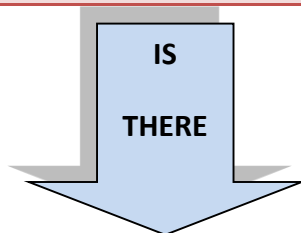
6X:1 dose of each, every 2 hours, or until pain returns. Stop when

Coconut Oil or Unsalted Butter



Watery-like areas?

there's improvement.



BEE STINGS

Coldness to the bitten area?
Relieved by coldness?
Swelling?



Ledum 30x: 1 dose, every 1-2 hours, until improvement or for up to 3 days.

Ferr phos 6x & Kali mur 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.

Coconut Oil or Unsalted Butter

BLISTERS

Burning and itching?
Better with a cold application?



Cantharis 30x: 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days

Kali phos 6x & Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.

Coconut Oil or Unsalted Butter

BLISTERS

Redness?
Swelling?
Itchiness?

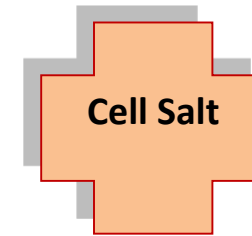
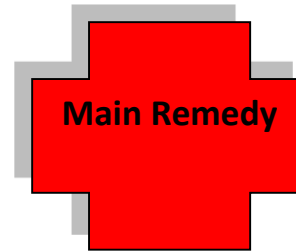
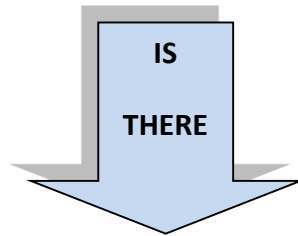


Rhus tox 30x: 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days

Ferr phos 6x & Kali mur 6x: 1 dose of each, every 2 hours, or until pain

Coconut Oil or Unsalted Butter

returns. Stop when there's improvement.



BONE INJURIES

Depending on severity, seek medical care

Swelling?
Bruising?
Shock to the system?
Trauma?



Arnica 30x & Aconitum 30x:
1 dose of *Arnica* on the hour, and *Aconitum* on the half hour. Alternate between them, for up to 10 doses of each.



Symphytum 30x: (ONLY ONCE AN X-RAY HAS VERIFIED THAT THE BONES HAVE BEEN RESET) 1 dose, every 4 hours, for 3 days.

Calc fluor 6x:
1 dose, 3 times per day, daily.
Once an X-RAY has verified that the bones have reset



Calc phos 6x:
1 dose, 3 times per day, daily, until the bone is healed.

BONE INJURIES

Depending on severity, seek medical care

Aching pain?
Squeezing pain?
Throbbing?
Relief when lying down?
Swelling?

TRY THIS

Bellis per.

30x: 1 dose, every hour, until there is relief and up to 7 days.



Symphytum

30x: (ONLY ONCE AN X-RAY HAS VERIFIED THAT THE BONES HAVE BEEN RESET) 1 dose, every 4 hours, for 3 days.

Calc fluor 6x:

1 dose, 3 times per day, daily.
Once an X-RAY has verified that the bones have reset



Calc phos 6x:

1 dose, 3 times per day, daily, until the bone is healed.

BONE INJURIES

Depending on severity, seek medical care

Stitching pain?
Tearing pain?
Sudden sharp pains?
More pain and worse with movement?

TRY THIS

Bryonia 30x:

1 dose, every 1-2 hours, until there is relief and for up to 3-4 days



Symphytum

30x: (ONLY ONCE AN X-RAY HAS VERIFIED THAT THE BONES HAVE BEEN RESET) 1 dose, every 4 hours, for 3 days.

Calc fluor 6x:

1 dose, 3 times per day, daily.
Once an X-RAY has verified that the bones have reset



Calc phos 6x:

1 dose, 3 times per day, daily, until the bone is healed.

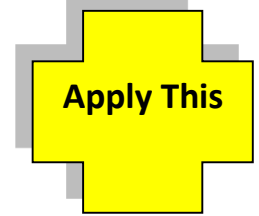
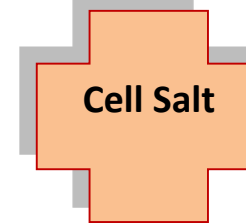
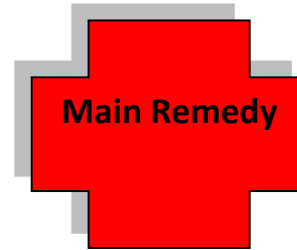
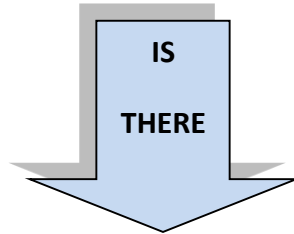
BRUISES

Moderate to severe bruising?
Goose egg?



Arnica 30x: 1 dose, every 2 hours and up to 6 doses. Then 3 times per day for up to 3 days

Ferr phos 6x: 1 dose, every 3-4 hours, until improvement up to 4 days.



BURNS

1st degree burns
2nd degree burns

Searing pain?
Burning?
Scalding?
Better with a cold application?



Arnica 30x & Cantharis 30x: 1 dose of *Arnica* every 3-4 hours and up to 6 doses. If needed, 3 times per day, for up to 3 days. Then 1 dose *Cantharis* every 3-4 hours. Stop when there's improvement. Repeat when pain returns.

Kali mur 6x & Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.

Coconut Oil, Unsalted Butter, Calendula Salve / Ointment

BURNS

1st degree burns
2nd degree burns

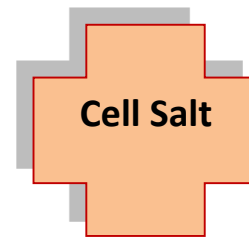
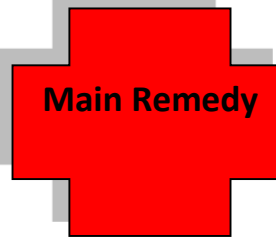
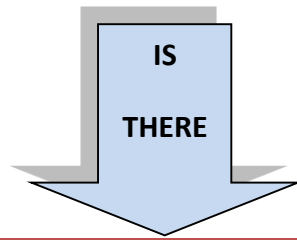
Shock?

Searing pain?
Burning?
calding?
Violent pains?
Severe warmth in the burnt area?
Better with a cold application?

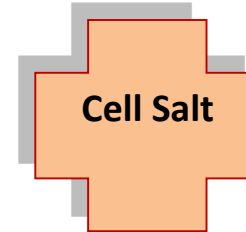
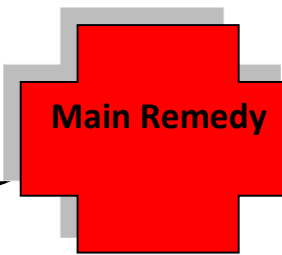
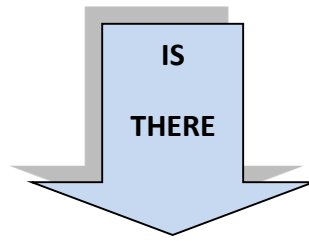
Aconite 30x & Cantharis 30x: Aconite every hour, for up to 6 doses. Then begin *Cantharis*, 4 times in one day and alternate it with *Aconitum*

Kali mur 6x & Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.

Coconut Oil, Unsalted Butter Or Calendula Salve/ Ointment



	IS THERE	Main Remedy	Cell Salt	Apply This
<p>BURNS</p> <p>1st degree burns 2nd degree burns</p>	<p>2nd degree burns that aren't too severe? Superficial or severe burns? Burning pain? Stinging pain?</p> <p>TRY THIS →</p>	<p><i>Urtica urens</i></p> <p>30x: 1 dose, every 3-4 hour. Stop when there's relief and repeat when pain returns.</p>	<p><i>Kali mur 6x & Ferr phos</i></p> <p>6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.</p>	<p>Coconut Oil, Unsalted Butter or Calendula Salve/Ointment</p>
<p>BURNS</p> <p>3rd degree burns</p> <p><u>Depending on severity, seek medical care</u></p>	<p>Blister formation? Restlessness? Great pain?</p> <p>TRY THIS →</p>	<p><i>Causticum</i></p> <p>30x: 1 dose every ½ hour, hour, or every 2 hours, or until the pain returns. Continue until improvement and no longer than 3-4 days.</p>	<p><i>Kali mur 6x & Ferr phos</i></p> <p>6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.</p>	<p>Calendula tincture</p>
<p>CARBON MONOXIDE POISONING</p> <p><u>Depending on severity, seek medical care</u></p>	<p>Breathlessness? Fatigue? General weariness? General weakness?</p> <p>TRY THIS →</p>	<p><i>Carbo vegetabilis</i></p> <p>30x: 1 dose, every 10, 15 OR 30 minutes or every hour, until there is improvement and up to 10 doses.</p>	<p><i>Kali phos 6x:</i></p> <p>1 dose, every 3-4 hours, until improvement and for up to 4 days.</p>	



CUTS

Depending on severity, seek medical care

Cuts? Cracks?
Scrapes?



Arnica 30x:

1 dose, every 1-3 hour or until improvement and up to 10 doses.

Ferr phos 6x

& Kali mur

6x (if swelling):

1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement

Calendula

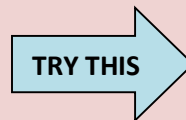
Tincture: Apply *Calendula* dilution to bandage. (1:4 dilution: 1 part *Calendula* tincture & 4 parts water)

Coconut Oil or Unsalted Butter

CUTS/ SCRAPES

Depending on severity, seek medical care

Coldness and numbness?
Better with a cold application?



Ledum

palustre 30x:

1 dose, every 1-3 hours and up to 6 doses. Then, if needed, 3 times per day, for up to 5 days.

Ferr phos 6x

& Kali mur

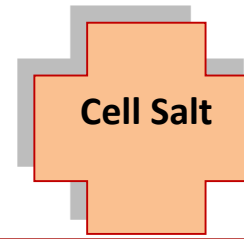
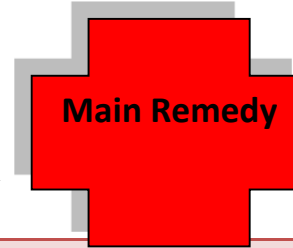
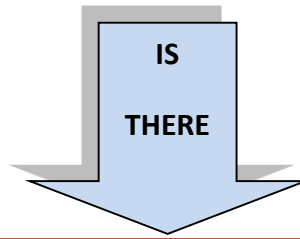
6x (if swelling):

1 dose of each, every 2 hours, or until pain returns. Stop if improvement.

Calendula

Tincture: Apply *Calendula* dilution to bandage. (1:4 dilution: 1 part *Calendula* tincture & 4 parts water)

Coconut Oil or Unsalted Butter



CUTS/ SCRAPES

Depending on severity, seek medical care

Shooting pain?
Electric pain?
Zinging nerve pain?



Hypericum perforatum

30x: 1 dose, every 2 hours and up to 6 doses. Then 3 times per day for up to 3 days.

Ferr phos 6x & Kali mur 6x (if swelling):

1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.

Calendula

Tincture: Apply *Calendula* dilution to bandage. (1:4 dilution: 1 part *Calendula* tincture & 4 parts water)

Coconut Oil or Unsalted Butter

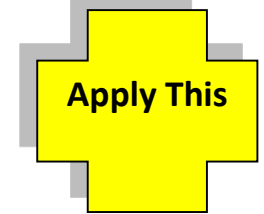
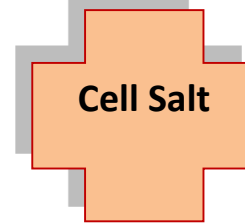
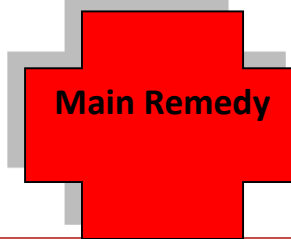
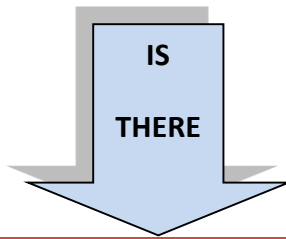
DISLOCATED JOINTS

Shoulder dislocation?
Lameness in joints? Numbness in joints?
Coldness in limbs especially in the lower limbs?
Sudden, sharp, tearing pains?
Worse pain on first movement?



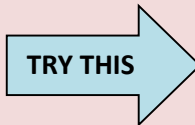
Rhus tox 30x: 1 dose, every 4 hours, or whenever the pain requires it. Continue *Rhus tox* for up to 8-10 days, but less frequently each subsequent day, depending on the pain level.

Ferr phos 6x, Mag phos 6x, Calc fluor 6x & Calc phos 6x: 1 dose of each, 3 times daily, until improvement.



DISLOCATED JOINTS

Bruised sensation in bones and joints?
Worse from lying down?



Ruta grav 30x:
1 dose, every 4 hours, or when pain returns. Continue for up to 8-10 days, but less frequently each day, depending on the pain level.

Ferr phos 6x, Mag phos 6x, Calc fluor 6x & Calc phos 6x: 1 dose of each, 3 times daily, until better

DRUG OVERDOSE

Depending on severity, seek medical care

Headaches?
Nausea?
Constipation?
Loose-stools?

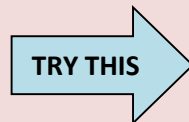


Nux vomica 30x: 1 dose, every 3-4 hours, until improvement and for no longer than 3 days.

Nat sulph 6x & Kali mur 6x: 1 dose of each, every 3-4 hours, until improvement and for up to 4 days.

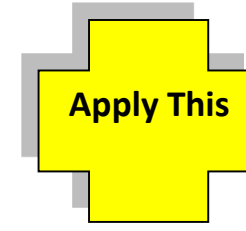
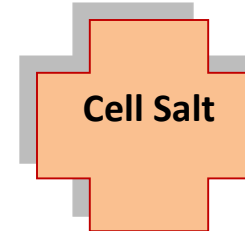
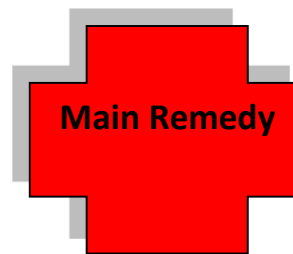
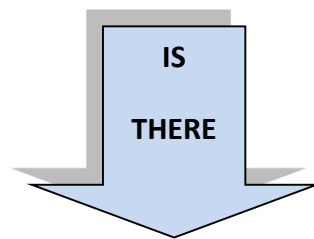
ELECTROCUTED

Depending on severity, seek medical care



Phosphorous 6X: 1 dose every 30 minutes and up to 6 doses.

Ferr phos 6x & Nat sulph 6x: 1 dose of each, every 3-4 hours, until improvement and for up to 4 days.



EYE INJURIES

Depending on severity, seek medical care



Aconite 30x: 1 dose, every ½ hour to hour, until the shock has subsided and the object has been removed.

Ferr phos 6x, Calc sulph 6x, & Nat mur 6x (if painful with tearing): 1 dose (of each), every 2 hours, until improvement & up to 4 days.

Eyebright Tincture: Apply *eyebright* dilution to bandage. (1:4 dilution: 1 part *Calendula* tincture & 4 parts water)

Coconut Oil or Unsalted Butter

EYE INJURIES

Depending on severity, seek medical care

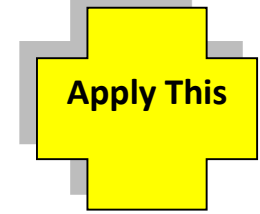
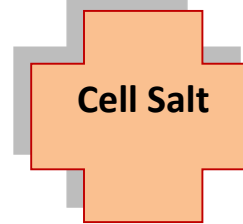
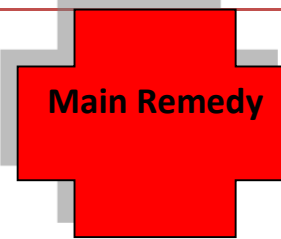
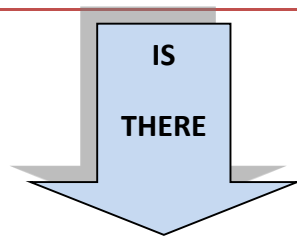
Bruising around the eye?
Black eye?



Arnica 30x: 1 dose every 2-4 hours and up to 4 doses each day, for 3-4 days

Ferr phos 6x & Calc sulph 6x: 1 dose (of each), every 2 hours, until improvement, for up to 4 days.

Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)
Coconut Oil or Unsalted Butter



EYE INJURIES

Depending on severity, seek medical care

Long-lasting pain?
Black eye?
Better with a cold application?



Ledum

palustre 30x: 1 dose every 2 hours and no more than 10 doses

Ferr phos 6x & *Calc sulph*

6x: 1 dose (of each), every 2 hours, until improvement and for up to 4 days.

Calendula

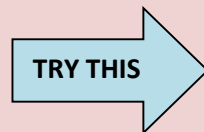
Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

Coconut Oil or Unsalted Butter

EYE INJURIES

Depending on severity, seek medical care

Long-lasting pain?
Removal of a foreign object?



Euphrasia

officinalis 30x: 1 dose every 2 hours and up to 10 doses. Stop when there's improvement.

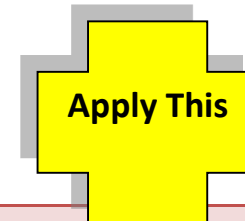
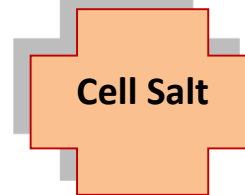
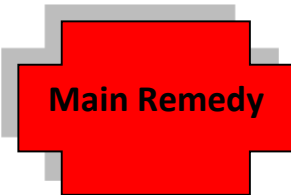
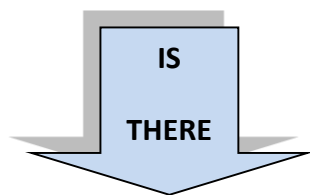
Ferr phos 6x & *Calc sulph*

6x: 1 dose (of each), every 2 hours, until improvement and for up to 4 days.

Calendula

Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

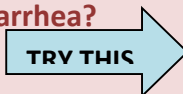
Coconut Oil or Unsalted Butter



**FOOD & WATER
POISONING**

Depending on
severity, seek
medical care

Coldness?
Anxiety?
Restlessness and
extreme fatigue?
Burning in
gastrointestinal
tract? Copious
diarrhea?



Arsenicum
30x: 1 dose, every
½ hour to hour, or
more or less
frequently depending
on the severity of
symptoms, but at
least 4 doses. Stop
when there's
improvement.

Kali phos 6x,
Nat phos 6x
& Calc phos
6x: 1 dose of
each, every 2-4
hours, and for up
to 3 days.

**FOOD & WATER
POISONING**

Depending on
severity, seek
medical care

Much bilious
vomiting?
Nausea?
Retching?
Irritability and
snapping?



Nux vomica
30x: 1 dose, every ½
hour to hour, or more
or less frequently
depending on the
severity of symptoms,
but at least 4 doses.
Stop when there's
improvement.

Kali phos 6x,
Nat phos 6x,
Nat sulph 6x
Calc phos 6x:
1 dose of each,
every 2-4 hours,
until improvement
and for up to 3
days.

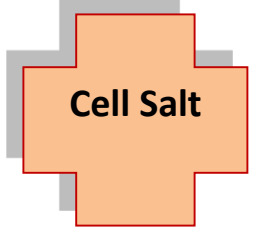
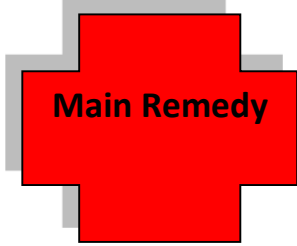
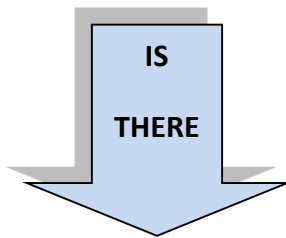
**HEAT
EXHAUSTION**

Severe headache?
Nausea?
Worse with
movement?



Bryonia 30x: 1
dose, every 5 minutes
(or more or less
frequently depending
on the severity of
symptoms) and up to
10 doses or until
there's improvement.

Nat mur 6x +
Ferr phos 6x:
1 dose of each,
every 15-30
minutes and less
frequently with
improvement



HEAT EXHAUSTION

Rush of blood to face? Hot face?
Sweaty skin?
Splitting, throbbing headache?



Glonoinum
30x: 1 dose, every five minutes (or more or less frequently depending on the severity of symptoms) and up to 10 doses or until there's improvement.

Nat mur 6x
Ferr phos 6x:
1 dose of each, every 15-30 minutes and less frequently as signs of improvement show.

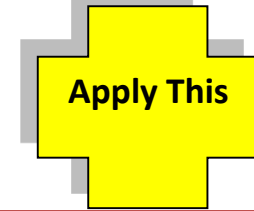
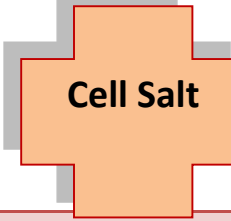
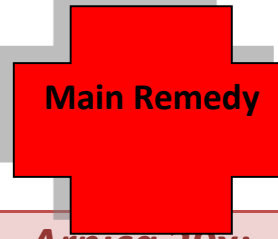
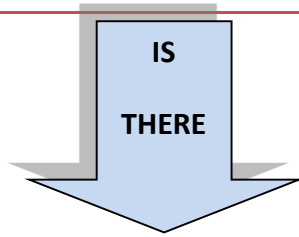
HEAT EXHAUSTION

Headache after much sun exposure?
Red face?
Throbbing pain?
Worse from movement and from lying down?



Belladonna
30x: 1 dose, every ½ -1 hour (or more or less frequently depending on the severity of symptoms) and up to 10 doses.

Nat mur 6x
Ferr phos 6x:
1 dose of each, every 15-30 minutes and less frequently as signs of improvement show.



INSECT BITES

Bitten area feels cold?
Better with cold application?
Swelling?
Painful?



Arnica 30x: 1 dose, every ½ hour to hour and up to 10 doses...



Ledum palustre 30x: 1 dose every ½ hour to hour (or more or less frequently depending on severity of symptoms). Stop when there's improvement.

Ferr phos 6x, Kali mur 6x & Calc sulph

6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

Calendula

Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

Coconut Oil or Unsalted Butter

INSECT BITES

Redness? Watery-filled areas?
Warmth & swelling?
Better with a cold application?



Apis 30x: 1 dose, every ½-hour, or less frequently, depending on the severity of symptoms, and for no longer than 2 days. Stop when there's improvement.

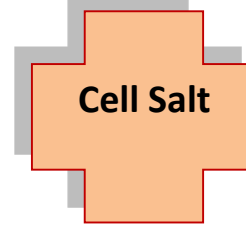
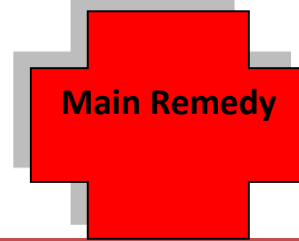
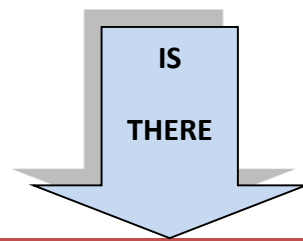
Ferr phos 6x, Kali mur 6x Calc sulph

6x: 1 dose of each, every 1-3 hours (depending on the severity), and less often with improvement, and for up to 3 days.

Calendula

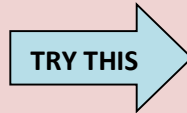
Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

Coconut Oil or Unsalted Butter



INSECT BITES

Swelling? Pain, especially with touch? Worse from rest?



Arnica 30x:

1 dose, every ½-hour, or more or less frequently, depending on the severity of symptoms. Stop when there's improvement. Can take for up to 2-3 days.

Ferr phos 6x,

Kali mur 6x Calc sulph

6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

Calendula

Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

Coconut Oil or Unsalted Butter

INSECT BITES

Cold location with swelling? Better with cold application?



Ledum 30x:

1 dose, every ½-hour to hour, or less frequently, depending the severity, and for up 2 days. Stop when there's improvement.

Ferr phos 6x,

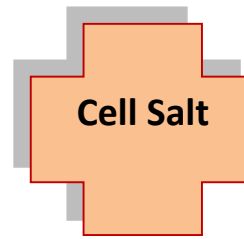
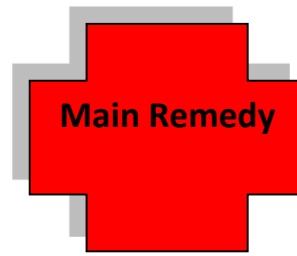
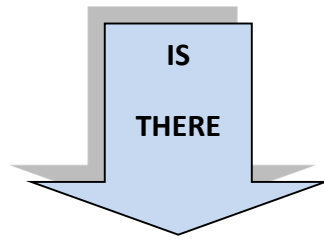
Kali mur 6x & Calc sulph

6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

Calendula

Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

Coconut Oil or Unsalted Butter



MOTION SICKNESS

Faintness?
Dizziness?
Nausea?
Swearing?
Worse near
cigarette smoke?



Tabacum 30x:
1 dose, every 15
minutes until
improvement, or up
to 10 doses. Stop
when there's
improvement.

Nat mur 6x,
Ferr phos 6x,
Calc sulph 6x
& Kali phos

6x: 1 dose of
each, every hour,
until improvement
and up to 10 doses
of each.

MOTION SICKNESS

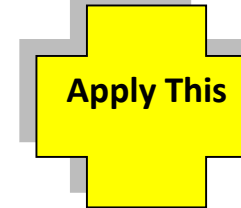
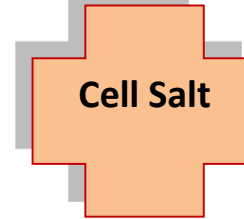
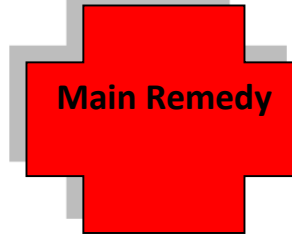
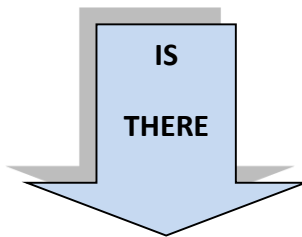
Chills?
Queasiness?
Headache over
one eye?
Headache at back
of head?
Worse from food,
cigarette smoke
and coffee?



Nux vomica
30x: 1 dose, every
15 minutes until
improvement, or up
to 10 doses.

Nat mur 6x,
Nat phos 6x
Nat sulph

6x: 1 dose of
each, every hour,
until improvement
and up to 10 doses
of each.



NOSEBLEEDS

After a nose injury?



Arnica 30x:

1 dose, every 2 minutes until improvement and for up to 10 doses.

Ferr phos 6x:

1 dose, every 30 minutes, until bleeding stops and then along with

Calc phos 6x,

3 times daily, for up to 3 days.

NOSEBLEEDS

After blowing nose?



Phosphorous

30x: 1 dose, every 2 minutes until improvement and for up to 10 doses.

Ferr phos 6x:

1 dose, every 30 minutes, until bleeding stops and then along with

Calc phos

6x, 3 times daily, for up to 3 days.

PAINT POISONING

Depending on severity, seek medical care

Restlessness alternating with extreme fatigue and/or collapse?
Diarrhea?
Coldness and disorientation?

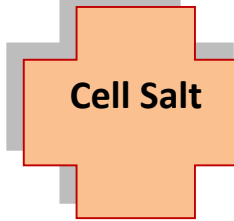
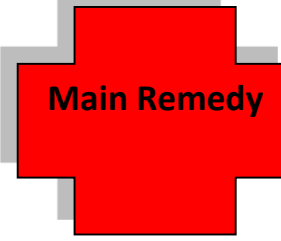
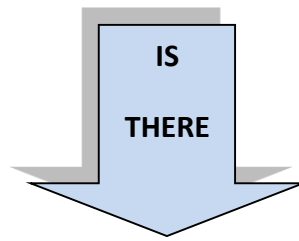


Arsenicum

30x: 1 dose, every ½-hour to hour, or more or less frequently, depending on the improvement, and for no more than 3 days.

Kali phos 6x:

1 dose, every 30 minutes and less frequently as improvement shows.



PESTICIDE POISONING

Depending on severity, seek medical care

Restlessness alternating with extreme fatigue and/or collapse?
Diarrhea?
Coldness and disorientation?



Arsenicum

30x: 1 dose, every ½ hour to hour, or more or less frequently, depending on the improvement, and for no more than 3 days.

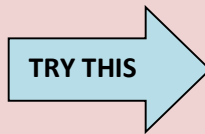
Kali phos 6x:

1 dose, every 30 minutes and less frequently as improvement shows.

PUNCTURE WOUNDS

Depending on severity, seek medical care

Shock? Trauma?
Swelling?
Bleeding?



Arnica 30x:

1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.

Ferr phos 6x,

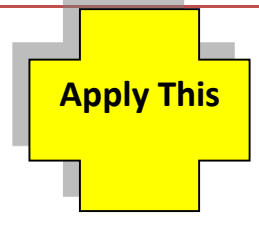
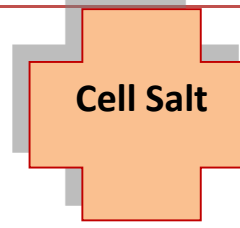
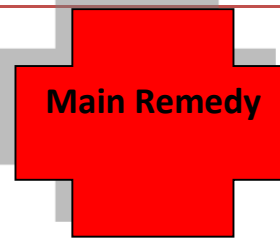
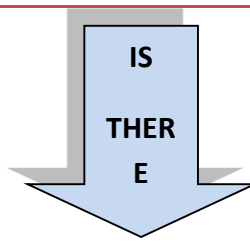
Kali mur 6x

Calc sulph

6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

Coconut Oil or Unsalted Butter

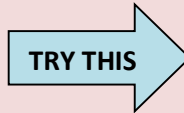
For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water



PUNCTURE WOUNDS

Depending on severity, seek medical care

Pricking, shooting or throbbing pain?
Wound feels cold but is better with cold applications?
Swelling?



Ledum 30x:

1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.

Ferr phos 6x, Kali mur 6x & Calc sulph

6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

Coconut Oil or Unsalted Butter

For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water.

PUNCTURE WOUNDS

Depending on severity, seek medical care

Lacerations?
Wound to nerve-rich areas?
Wounds to fingertips? Violent, shooting pains?
Excessive pain?



Hypericum

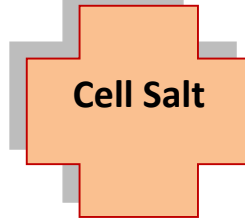
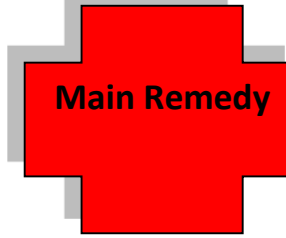
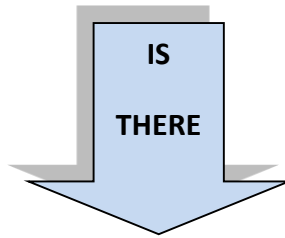
30x: 1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.

Ferr phos 6x, Kali mur 6x & Calc sulph

6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

Coconut Oil or Unsalted Butter

For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water.



SHOCK

Depending on severity, seek medical care

Fright?
Anxiety?
Anxiousness and extreme fatigue?
Panic?
Severe stress?



Aconite 30x: 1 dose, every 1-2 hours (or more or less frequently) depending upon the severity and/or improvement of shock.

Kali phos 6x
Nat sulph
6x: 1 dose of each, every 30 minutes, and less frequently, as signs of improvement show, and for up to 3 days.

SPLINTERS

Burning, stinging pain?
Warm application helps draw the splinter to surface?



Silica 30x:
4 doses in one day, until improvement, and for up to 14 days.

Ferr ph 6x:
1 dose, 3-4 times per day, for up to 2 weeks, or more or less frequently, depending on the severity of symptoms.

SPRAINS

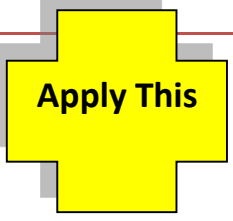
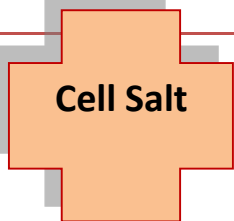
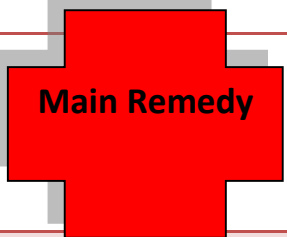
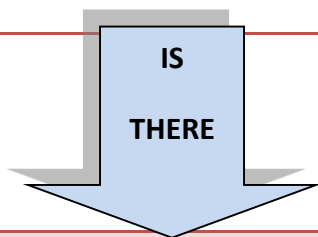
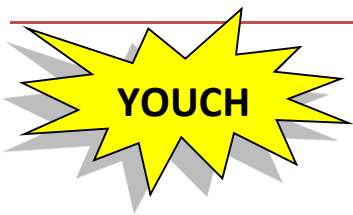
Pain?
Stiffness?
Pulled ligaments?
Pulled tendons?



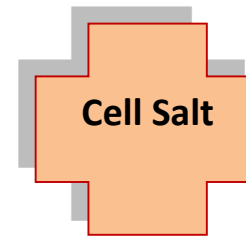
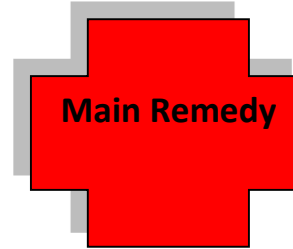
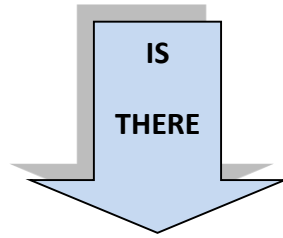
Arnica 30x:
1 dose, every 1-2 hours until improvement, and for up to 10 doses.

Ruta grav 12x:
4 doses in 1 day, until the stiffness and pain have improved.

Ferr phos 6x:
1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.



<p>SPRAINS</p>	<p>Hot swollen joints? Torn muscles? Worse on first movement? Better with continued movement?</p> <p>TRY THIS →</p>	<p>Arnica 30x: 1 dose, every 30 minutes, until improvement and up to 10 doses.</p> <p>↓</p> <p>Rhus tox 30x: 4 doses in 1 day, or up to 3 days, until the stiffness and pain have improved.</p>	<p>Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</p>
<p>SPRAINS STRAINS</p>	<p>Inflammation? Swelling? Bruising?</p> <p>→ TRY THIS</p>	<p>Arnica 30x: 1 dose, every 3-4 hours, until improvement, and for no longer than 3 days.</p>	<p>Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</p>
<p>SPRAINS STRAINS</p>	<p>Pain from overexertion? Worse with first movement? Better with continued movement?</p> <p>→ TRY THIS</p>	<p>Rhus tox 30x: 1 dose, every 3-4 hours, until improvement and for no longer than 3 days.</p>	<p>Ferr phos 6x Calc phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</p>

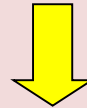


SUNBURNS

Rawness?
Smarting?
Relief from cold applications?



Cantharis 6x, 12x, 30x or 200c: 1 dose, every 3 hours (or more or less frequently, depending on the remedy potency and severity of burn), until pain returns, and for no longer than 3 days.



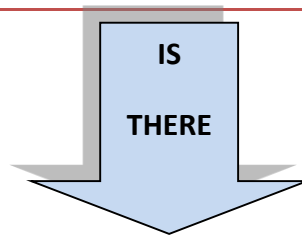
Kali mur 6x: 1 dose, every 3-4 hours, until improvement.

Ferr phos 6x, Kali mur 6x, Kali sulph 6x: 1 dose of each, 3-4 times daily, or more or less frequently, depending on the severity of the burn, for up to 3 days

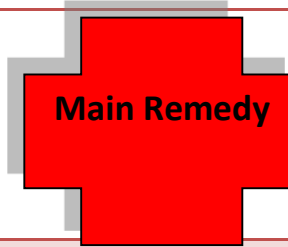
Coconut Oil or Unsalted Butter



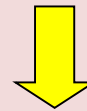
SUNBURNS



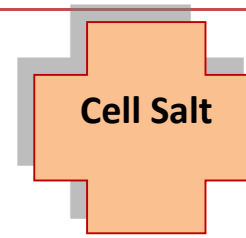
Deep, severe burn?
Old burns that did not heal?



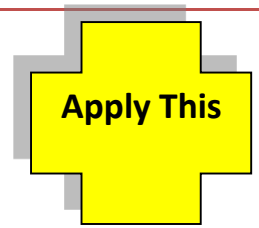
Causticum 6x, 12x, 30x or 200c: 1 dose, every 3 hours (or more or less frequently, depending on the remedy potency and severity of burn), until pain returns, and for no longer than 3 days.



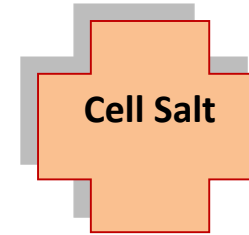
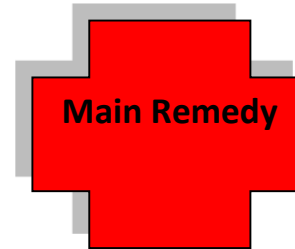
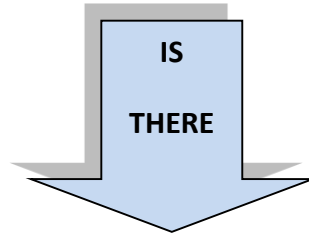
Kali mur 6x:
Take 1 dose, every 3-4 hours, until improvement.



Ferr phos 6x, Kali mur 6x & Kali sulph 6x: 1 dose of each, 3-4 times daily, or more or less frequently, depending on the severity of the burn, for up to 3 days



Coconut Oil, or Unsalted Butter



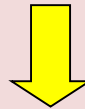
SUNBURNS

STAY
CALM
MOM!

Prickly, stinging or
itchy sensation?



Urtica urens
6x, 12x, 30x or
200c: 1 dose, every
3 hours (or more or
less frequently,
depending on the
remedy potency
severity of burn), until
pain returns, and for
no longer than 3 days.



Kali mur 6x: 1
dose, every 3-4 hours,
until improvement.

Ferr phos 6x,
Kali mur 6x
& *Kali sulph*
6x: 1 dose of
each, 3-4 times
daily, or more or
less frequently,
depending on the
severity of the
burn, for up to 3
days

Coconut Oil
or Unsalted
Butter

First Aid in a Pinch is solely intended to provide a format in assisting the student in learning the principals of Homeopathy. It is in no way to be considered a substitute for a consultation with a health professional.



Joette Calabrese, HMC, CCH, RSHom is certified classical homeopath who teaches and consults with moms the world over via phone and SKYPE. Want to know if Homeopathy is a fit in your health strategy? Then consider contacting us for a [FREE conversation](#).

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