3 Effective Homeopathic Topical Medicines to Make a Boo-Boo Better



Remember when you were little, and you'd fall and scrape your knee? Remember how Mommy would fuss over you a bit, rubbing a little something on your injury to make you feel more comfortable?

Even though our oral homeopathic medicine pillules and tablets address scrapes, bites, stings, burns and pain, sometimes there is no substitute for a little tactile pampering. There's just something about applying lotion to a boo-boo.

Enter homeopathic topical medicines.

These medicines are carefully formulated creams, ointments and

gels designed to deliver homeopathic relief to external ouchies with pinpoint precision.

While I still prefer to meet the condition with an oral homeopathic, adding this extra step of topical therapeutic attention often makes the sufferer feel a bit more tended to. After all, who doesn't feel all warm and fuzzy after a little hands-on care from time to time?



Homeopathic Topical Medicines: Stings and Bites

Have you ever stepped into a mound of fire ants? Believe me, if you have, you will never forget it. The same goes for sitting out on the beach and being consumed by no-see-ums. Of course, all of us have had an itchy mosquito bite or two in our lives.

I've kept SssstingStop® by Boericke & Tafel in my medicine cabinet for a long time, as I find it to be very soothing when used in conjunction with my well-chosen homeopathic medicine taken orally.

SssstingStop can be especially comforting to put on stings and bites. This can buy a little time while someone newer to homeopathy takes the time to determine the best matching oral homeopathic medicine for their particular condition. *Apis,*

Ledum, *Urtica urens* and even *Arsenicum album* may be considerations. (Insider tip: Click the underlined links to the blog posts on specific biting pests that I previously mentioned in this section. They may help you make your choice.)

SssstingStop does work when I've used it in the past. In fact, for just a couple of little mosquito bites – nothing major – it can be very useful even *without* involving an oral medication.



Homeopathic Topical Medicines: Muscle Pain, Swelling and Bruises

If you've followed me for any time at all, you know that *Arnica montana* is the gem of our first aid kit. It is the chief medicine to consider for muscle pain, swelling from sprains, and bruises from bumps. I've probably written more about Arnica than any other homeopathic medicine. It's that versatile and effective.

Consequently, it should come as no surprise that topical *Arnica*, employed directly on the affected area(s), would be an excellent adjunct to one's use of oral homeopathic *Arnica*.

Arnicare® by Boiron comes in several different formats

(creams, ointments, gels and even a roll-on).

It's a premier medicine for overuse of muscles. However, I also had someone tell me that she used it on her varicose veins every day, and the topical application seemed to help subdue the condition.

Again, I generally prefer to use the oral method, but I see the topical as an extra bonus.



Homeopathic Topical Medicines: Scrapes, Chafing, Minor Burns and Skin Irritation

Calendula should be part of any well-curated first aid kit. I often use it in Mother Tincture form, as mentioned in my blog, My Top 5 Sizzling Summer Remedies.

However, the experts at Boiron have created topical *Calendula* cream, ointment and gel that can be quite handy.

The gel formula is especially cooling, making it a soothing remedy for razor burn. When we think of razor burn, we need not only think of men. It's summertime, so many ladies are shaving more frequently under their arms, a sensitive area prone to razor burn as well.

Plus, topical application can be very comforting for sunburns

as well.

Homeopathic Topical Medicines as an Introduction to Homeopathy

Folks who are new to homeopathy can often be a bit skittish about employing it for the first time. People may say, “I don’t know if I want to put that in my mouth,” or “I don’t feel comfortable taking homeopathy orally yet,” or “The store didn’t have the remedy in pillule form, but they had this.”

So, in my experience, topicals could be a good introduction to homeopathy for people who don’t want to ingest it yet.

Why? Because putting a dab of something on a bug bite, a sore muscle, or razor burn is familiar. That makes sense to most folks.

But to take a few tiny white pills to help your muscles? Sometimes, that can result in a skeptical, “Really? Hmmmm.”

Once they experience how well a homeopathic topical medicine can act, they’ll often be more open to trying the remedies in pillule form.

So, keep some topicals in your well-curated kit. You never know when your family might need a bit of added comfort or when a loved one new to homeopathy may be willing to give it a try.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. My Memo to Mighty Members #271 last week covered a condition one member asked about: spinal stenosis.

This is precisely the kind of thing we discuss in Joette's Mighty Members – members' questions, as well as more personal reflections I don't feel comfortable sharing publicly.

And yes, you read that right. I've written 271 of these extra blog posts for my Mighties to power up their education – with more on the way every week. Mighty Members even have a searchable archive in case they've missed one along the way.

What? You haven't joined us yet? Why not?

Remember, all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.