50+ Homeopathic Medicines: How to Create an Economical, Well-Curated Homeopathy Kit

What good does knowledge about homeopathic medicines do if we don't have the remedies on hand when they're needed? Not much. That's why I encourage my clients and students to create a well-curated homeopathy kit – an inventory of the most utilized medicines for common injuries, illnesses and complaints.

Over the past year and a half, I have been writing specific blog posts about homeopathic medicines that everyone should

own. It's not an exhaustive list – only you can know what your family may specifically need. However, these 50+ remedies lay a substantial groundwork for developing a powerful at-home inventory, enabling you to have what you need when you need it!

Granted, homeopathy is sold in many local health and wellness stores, and reliable homeopathic manufacturing pharmacies can ship rapidly in an emergency. However, in my experience, the clock never moves more slowly than when a loved one is sick and the mail carrier hasn't yet arrived.

Plus, overnight shipping can be costly, and that defeats the purpose. One of the many desirable aspects of homeopathy is how economical it is – when you plan ahead.

So, at my readers' request, here is my list of the 50+ homeopathic medicines I've recently written about. In my opinion, these should be included in any well-curated homeopathy kit. I hope you'll add additional ones you know will be indispensable to your family's health autonomy.

How do you learn what your family may need?

Why through a Gateway to Practical Homeopathy® study group, a subscription to my Mighty Members, and individual protocol courses on specific areas of concern (like gut issues, pain, allergies, women's health and more found in my Learning Center). Or take a deeper dive into The Academy of Practical Homeopathy®.

Meanwhile, the most important thing is that we have what we need *at the moment* we need it. Addressing an acute condition immediately can help us get through the disease or injury faster and with fewer symptoms.

50+ homeopathic medicines to include in a well-curated homeopathy kit

Click on the remedy name to be taken to the corresponding blog post.

1. ColdCalm®
2. *Ruta graveolens*
3. *Symphytum officinale*
4. *Arnica montana*
5. *Hypericum perforatum*
6. *Oscillococcinum®*
7. *Arsenicum album*
8. *Aconitum napellus*, *Aconitum napellus*
9. *Hepar sulphuris calcareum*
10. *SleepCalm®*
11. *Pulsatilla nigricans*, *Pulsatilla nigricans*, *Pulsatilla nigricans*
12. *Ignatia amara*
13. *Rhus toxicodendron*
14. *Helleborus niger*
15. *Euphrasia officinalis*
16. *Lycopodium*
17. *Nux vomica*

18. *Sepia*
19. *Cantharis vesicatoria*
20. Cyclease® Menopause
21. *Sulphur*, *Sulphur*
22. *Bryonia alba*
23. *Berberis vulgaris*
24. *Ledum palustre*
25. *Belladonna*
26. *Gelsemium sempervirens*
27. *Hyoscyamus niger*
28. *Coffea cruda*, *Coffea cruda*
29. *Calendula*
30. *Cina maritima*
31. *Natrum sulphuricum*
32. *Ammonium carbonicum*
33. *Cuprum metallicum*
34. *Apis mellifica*
35. *Caulophyllum*
36. *Silicea*
37. *Veratrum album*
38. *Staphysagria*
39. *Urtica urens*
40. *Sanguinaria canadensis*
41. *Kali phosphoricum*
42. *Natrum muriaticum*
43. *Natrum phosphoricum*
44. *Aurum metallicum*
45. *Chamomilla vulgaris*, *Chamomilla vulgaris*
46. *Petroleum*
47. *Camphor*
48. *Ipecacuanha*
49. *Spongia tosta*
50. *Mercurius solubilis or Mercurius vivus*
51. *Cimicifuga racemosa*
52. *Lachesis mutus*
53. *Cinchona officinalis (China)*

Again, this is not a comprehensive list of either must-have remedies *or* blog posts containing information on these subjects. I've been writing a weekly free blog since 2008, so there is too much valuable information here for one list to include. I recommend you also use the search feature on my site to glean more from my earlier blog posts.

I will undoubtedly add a few more over time and update this list. However, I hope giving you this information all in one place will inspire you to collect as many homeopathic medicines as you can afford. There is no better place to invest than in your education and the remedies that your education calls for.

Pass on the good news of Practical Homeopathy®!

Warmly,

P.S. My latest article, "Include Homeopathy as an Adjunct to Any Practice" is now featured in the July/August 2024 issue of Energy Magazine.

I look forward to sharing the article with my Mighty Members later in the week. Extra content is just one of the many benefits they receive.

Do you know of a publication that would welcome an article about homeopathy? If so, please let me know in the comments. With your help, I want to spread the word far and wide!