Frozen Solid: Homeopathy Treats Frostbite and Chilblains the Easy Way

Pipes a'burstin, doors a'freezin and heating units unable to keep up. Whatever happened to global warming?



No doubt low temperatures are something we must take seriously since if not adequately covered when they hover near zero, frostbite can set in quickly.

The windier the conditions, the faster such maladies occur. These methods will protect you and your family in case you fail to cover up.

Oh, and don't forget family pets and livestock.

Let's begin with frostbite.

It is a term used to describe frozen body tissue. The most commonly affected areas of the body are fingers, toes, cheeks, ears and nose. The signs include numbness, tingling or stinging pains, a waxy white appearance to the skin, with a hard texture that becomes bluish or gray as damage progresses, or redness and swelling with blisters. Frozen tissues are particularly prone to traumatic damage. For example, a frozen finger or foot can be easily fractured in

a fall.

Then there are chilblains which refers to a condition where exposure to cold causes permanent damage to the small blood vessels in the skin, usually to the cheeks, ears, fingers or toes. This results in redness and itching that continues with each additional exposure. There may also be blistering, inflammation and even ulceration.

It is reported that frostbitten skin is best warmed by immersion in water around 105-110° F until circulation, color and sensation return. Overly warm or hot water may burn the skin.

Numb frostbitten skin may not be able to discern the true temperature of water or a warming device, so make sure to test it on healthy skin first. Body heat may also be used to warm the affected area, for example, holding frostbitten fingers in the armpit. To avoid damage to frostbitten skin, limit vigorous or jarring movement and do not massage or rub the skin.

Those suffering from chilblains should warm the skin slowly and avoid scratching. Ulcers or blisters should be kept clean, dry and covered.

Here are the remedies I used to sort through with their classical indications. I say, “I used to,” because now I chose the Banerji Protocols for their elegant simplicity and swiftness.

Here’s the classical method; you must choose one:

- Homeopathic poison ivy or *Rhus tox 200* is the remedy for when itching is present. The person will be restless, searching for a comfortable position but unable to find it.
- An angry, irritable frostbite victim may need *Nux Vomica 30C* for healing. There's burning and itching, but the swollen parts may crack and bleed and have bright red color to them.
- *Apis mellifica 200C* is indicated for stinging pains and swelling, not unlike a bee sting.
- *Sulphur's* profile includes the proclivity to form pus, with a thickness to the skin, redness, swelling and cracks usually near the joints.
- In cases of more severe frostbite, *Agaricus muscarius 200C* would be the choice. The victim may be incoherent and unable to answer questions or may act intoxicated. Symptoms also include hot, red, burning pains.

Here's the Banerji Protocol:

Hamamelis 200C mixed with *Arnica 3*.

That's it!

Taken twice daily, for mild cases and every 1-3 hours when the frostbite or chilblains is more severe. Any of the previous remedies could be added to this protocol for more specific symptoms that may present, but this is the protocol foundation.

By the way, this protocol will work for any coldness to extremities, including Renaud's.

Remember this winter, to stay covered, use common sense, and keep extremities warm. Be prepared for frostbite and other emergency situations with your knowledge, spunk and trusty

homeopathy kit.

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