My Top 5 Sizzling Summer Remedies



Summertime is filled with sun and fun but, unfortunately, it can also be more than a little treacherous.

However, when armed with homeopathy, we can be ready for anything. Here are my favorite remedies for summer – my go-to treatments for when the going gets tough:

YIKES! (*Aconitum napellus*)

We mothers know summertime means our kids spend more time outside. Outside, where hazards containing homing devices to attract our children are lurking! *Aconitum napellus* (*Aconite*, for short) is known for addressing shocking situations. And believe me, as a mother, I know that feeling!

When my boys were little, they insisted on climbing the tallest tree they could find. Yikes! I'm betting your kids do the same; I'm also betting it drives you just as crazy as it did me. You know, when your monkey is so high up in a tree, you have to look the other way because your nerves can't take the stress?

But they're having great fun!

Unfortunately, however, it seems their inevitable fall always comes. With any luck, there will be no serious injuries.

But even so, I don't doubt your child will be shaken up by any bumps received in the fall and might also be frightfully upset by gravity's betrayal. That's a call for *Aconitum* 200 every few hours, depending on the severity: especially for your child – but also for you!

Of course, if the injury is severe enough, professional medical help would be warranted.

BANG! (*Arnica montana*)

If that aforementioned fall from a tree – or any other event, for that matter – happened to involve a bump to the old noggin', my first thought would be *Arnica montana*. Generally used in the 200th potency, *Arnica* is highly effective in cases of head injury. I utilize it every 1-12 hours, depending on the severity of symptoms.

Arnica is also excellent in cases of bleeding and bruising (ecchymosis). And let's face it, summer means bikini season, right? You don't want your carefully curated poolside look to be marred by an assortment of black and blue (and purple and yellow) spots!

To combat this fashion faux pas, keep *Arnica* handy as an integral part of your summertime wardrobe!

MOMMY!!!!!!!!! (*Calendula*)

Skinned knees and elbows are summertime rites of passage. The weather is hot, so our children are dressed in shorts and t-shirts as they run, play ball, ride bikes or skate outside.

I bet I could have built an entirely new child with all the skin my boys lost off their knees and elbows!

While an abrasion of this sort might not be the most severe injury of summer, it can certainly elicit a loud, "Mommmmmmmy!"

Remember the old traditional mercurochrome our mothers used for almost everything? Well, it may have fallen out of favor, but our modern drug store shelves are littered with other antibacterial antiseptics – old and new sprays, creams and gels – all filled with questionable ingredients.

Calendula has the natural ability to clean out wounds. Along with your own cleaning of them with soap and water.

I prefer to use *Calendula* in Mother Tincture form. (A Mother Tincture is an extract of the raw material, botanical or otherwise, with a specified amount of alcohol and distilled water).

I clean the injury with the *Calendula* solution and pour a bit of the dilution on the dressing I'll use to cover the wound. I change the dressing every few hours (with fresh *Calendula* solution added to it each time).

OUCH! (*Ledum palustre*)

As if inanimate objects didn't pose enough danger already, doesn't it sometimes seem as if the peskiest of pest residents of summer are out to get us? By air, land and sea, creatures who bite put *us* in their crosshairs. *Ledum* is a wonderful answer to bee stings and insect bites.

Plus, *Ledum* is an equal opportunity remedy. There's no species-ism with *Ledum*! In addition to insect bites, it effectively addresses dog bites, cat bites, and even naughty raccoon, snapping turtle, or feisty squirrel bites. (Ouch! Bad squirrel!)

Frankly, *Ledum* is appropriate for anything pointy and sharp going into the body – even puncture wounds! And yes, that includes the unavoidable, dreaded summertime pain from pouncing on perilous prickers! (Say that five times fast!)

I find it most effective to utilize *Ledum* 200 immediately after a bite or prick, then four times a day for the first several days (until very much better).

Keep in mind, *Ledum* is also the first step in dealing with Lyme Disease, so it's essential after a tick bite.

ARE YOU KIDDING ME!? (*Glonoinum*)

Then there are those few summer days each year that are so hot, it feels as if we are living on the surface of the sun – *with* humidity. I mean, 95°F is hot, but then when the weatherperson says the heat index is actually 110°F, I can't help but snap back at them with, "Are you *kidding* me?"

And then I reach for another of my favorite summer remedies: *Glonoinum*. When it's really sizzling, *Glonoinum* 30, taken every three hours, buffers from the heat and humidity. It's also invaluable during heatstroke.

And, in fact, it can even be used for those in the throes of menopause who can't escape their own, self-generated heat.

Combat summer!

Put these five remedies – *Aconitum, Arnica, Calendula, Ledum and Glonoinum* – in your purse, your pocket, your beach bag or your picnic basket. The spills and thrills, sharp-toothed creatures, and wickedly high heat won't stand a chance

against you!!

And … pass on the good news of summertime homeopathy!

Warmly,



P.S. A *materia medica* is invaluable when determining which remedies you need for your family. There are free ones available for view on the internet (such as Dr. James Tyler Kent's). But you may find older *materia medicas* tend to be written in a somewhat difficult-to-understand language.

Because of that, I have written my own: A Materia Medica: Practical Homeopathy® for Busy Families. I hope you'll find it's written just as I speak – in easily accessible language, complete with my own stories and experiences to help you fully grasp each remedy I cover. I strongly urge you to add it to your homeopathy library.

P.P.S. Interested in my years' worth of collections of homeopathic methods on how to treat extreme situations, conditions, and illnesses? Check out what I call my opus, "The Survivalist Guide to Homeopathy: Over 500 Safe, Natural Medicines to Address Dozens of Disaster Scenarios for Those Who Seek Health Independence." Be prepared for not just the mild scenarios but the cataclysmic.



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