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!

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

- Calendula tincture
- Candle
- Celtic salt
- Coconut Oil
- Clean gauzes
- Matches for sterilizing
- Nettles Tincture
- Safety pins
- Bandages
- Tweezers
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.

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!

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

STOP 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.
<table>
<thead>
<tr>
<th><strong>ANIMAL BITES</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Depending on severity, seek medical care</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Warmth to the bitten area?</strong></td>
<td><strong>Apis 30x</strong>: 1 dose, every 1-2 hours, until improvement and for up to 3 days.</td>
</tr>
<tr>
<td><strong>Relief from cold application?</strong></td>
<td><strong>Ferr phos 6x &amp; Kali mur 6x</strong>: 1 dose of each, every 2 hours, or until pain returns. Stop when improvement.</td>
</tr>
<tr>
<td><strong>Swelling?</strong></td>
<td><strong>Coconut Oil or Unsalted Butter</strong> For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture &amp; 4 parts water</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>BEE STINGS</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Warmth to the bitten area?</strong></td>
<td><strong>Apis 30x</strong>: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).</td>
</tr>
<tr>
<td><strong>Relieved by coldness? Burning pain?</strong></td>
<td><strong>Ferr phos 6x &amp; Kali mur 6x</strong>: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.</td>
</tr>
<tr>
<td><strong>Swelling? Redness? Watery-like areas?</strong></td>
<td><strong>Coconut Oil or Unsalted Butter</strong> For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture &amp; 4 parts water</td>
</tr>
</tbody>
</table>
### BEE STINGS

**Watery-like areas?**

- **IS THERE**
  - **Main Remedy**
    - **Ledum 30x**: 1 dose, every 1-2 hours, until improvement or for up to 3 days.
  - **Cell Salt**
    - **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**

**Coldness to the bitten area?**

- **Relieved by coldness?**
- **Swelling?**

**TRY THIS**

### BLISTERS

**Burning and itching?**

- **B**etter 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**

**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**
BONE INJURIES

Depending on severity, seek medical care

Swelling? Bruising? Shock to the system? Trauma?

**TRY THIS**

**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.

returns. Stop when there's improvement.
BONE INJURIES
Depending on severity, seek medical care

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

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

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

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

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

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

Try This

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

Try This

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

<table>
<thead>
<tr>
<th>Bruises</th>
<th>Arnica 30x: 1 dose, every 2 hours and up to 6 doses. Then 3 times per day for up to 3 days</th>
<th>Ferr phos 6x: 1 dose, every 3-4 hours, until improvement up to 4 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate to severe bruising? Goose egg?</td>
<td>TRY THIS</td>
<td></td>
</tr>
</tbody>
</table>

## BURNS

### 1st degree burns
- Searing pain?
- Burning?
- Scalding?
- Better with a cold application?

### 2nd degree burns
- Searing pain?
- Burning?
- Scalding?
- Violent pains?
- Severe warmth in the burnt area?
- Better with a cold application?

<table>
<thead>
<tr>
<th>Burns</th>
<th>Arnica 30x &amp; 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.</th>
<th>Kali mur 6x &amp; Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.</th>
<th>Coconut Oil, Unsalted Butter, Calendula Salve / Ointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st degree burns</td>
<td>TRY THIS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd degree burns</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Burns</th>
<th>Aconite 30x &amp; Cantharis 30x: Aconite every hour, for up to 6 doses. Then begin Cantharis, 4 times in one day and alternate it with Aconitum</th>
<th>Kali mur 6x &amp; Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.</th>
<th>Coconut Oil, Unsalted Butter Or Calendula Salve / Ointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shock?</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Joette Calabrese, HMC, PHom M

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Joettecalabrese.com
### BURNS

#### 1st degree burns
- Burns that aren’t too severe?
- Superficial or severe burns?
- Burning pain?
- Stinging pain?

#### 2nd degree burns
- Burns that aren’t too severe?
- Superficial or severe burns?
- Burning pain?
- Stinging pain?

#### Urtica urens
- 30x: 1 dose, every 3-4 hour. Stop when there’s relief and 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 or Calendula Salve/Ointment**

---

#### BURNS

#### 3rd degree burns
- Blister formation?
- Restlessness?
- Great pain?

#### Causticum
- 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.

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

- **Calendula tincture**

---

#### CARBON MONOXIDE POISONING

#### Depending on severity, seek medical care
- Breathlessness?
- Fatigue?
- General weariness?
- General weakness?

#### Carbo vegetabilis
- 30x: 1 dose, every 10, 15 OR 30 minutes or every hour, until there is improvement and up to 10 doses.

#### Kali phos 6x:
- 1 dose, every 3-4 hours, until improvement and for up to 4 days.

---
### CUTS
**Depending on severity, seek medical care**

<table>
<thead>
<tr>
<th>Cuts? Cracks? Scrapes?</th>
<th>Arnica 30x: 1 dose, every 1-3 hours or until improvement and up to 10 doses.</th>
<th>Ferr phos 6x &amp; Kali mur 6x (if swelling): 1 dose of each, every 2 hours, or until pain returns. Stop if improvement.</th>
<th>Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</th>
<th>Coconut Oil or Unsalted Butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRY THIS</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### CUTS/SCRAPES
**Depending on severity, seek medical care**

<table>
<thead>
<tr>
<th>Coldness and numbness? Better with a cold application?</th>
<th>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.</th>
<th>Ferr phos 6x &amp; Kali mur 6x (if swelling): 1 dose of each, every 2 hours, or until pain returns. Stop if improvement.</th>
<th>Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</th>
<th>Coconut Oil or Unsalted Butter</th>
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<tr>
<td>TRY THIS</td>
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<td></td>
</tr>
</tbody>
</table>
### CUTS/SCRAPES

**Depending on severity, seek medical care**

<table>
<thead>
<tr>
<th>Shooting pain?</th>
<th>Electric pain?</th>
<th>Zinging nerve pain?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypericum perforatum 30x:</td>
<td>1 dose, every 2 hours and up to 6 doses. Then 3 times per day for up to 3 days.</td>
<td></td>
</tr>
<tr>
<td>Ferr phos 6x &amp; Kali mur 6x (if swelling):</td>
<td>1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.</td>
<td></td>
</tr>
<tr>
<td>Calendula Tincture:</td>
<td>Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</td>
<td></td>
</tr>
<tr>
<td>Coconut Oil or Unsalted Butter</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### DISLOCATED JOINTS

<table>
<thead>
<tr>
<th>Shoulder dislocation?</th>
<th>Lameness in joints?</th>
<th>Numbness in joints?</th>
<th>Coldness in limbs especially in the lower limbs?</th>
<th>Sudden, sharp, tearing pains?</th>
<th>Worse pain on first movement?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhus tox 30x:</td>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ferr phos 6x, Mag phos 6x, Calc fluor 6x &amp; Calc phos 6x:</td>
<td>1 dose of each, 3 times daily, until improvement.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**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, every 3-4 hours, until improvement and for up to 4 days.

**DRUG OVERDOSE**

- **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**

- **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 1 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

## 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

<table>
<thead>
<tr>
<th>Long-lasting pain?</th>
<th>Black eye?</th>
<th>Better with a cold application?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ledum palustre 30x</strong>:</td>
<td>1 dose every 2 hours and no more than 10 doses</td>
<td></td>
</tr>
</tbody>
</table>

#### TRY THIS

**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

<table>
<thead>
<tr>
<th>Long-lasting pain?</th>
<th>Removal of a foreign object?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Euphrasia officinalis 30x</strong>:</td>
<td>1 dose every 2 hours and up to 10 doses. Stop when there’s improvement.</td>
</tr>
</tbody>
</table>

#### TRY THIS

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

**Coconut Oil or Unsalted Butter**

---

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### FOOD & WATER POISONING

**Depending on severity, seek medical care**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Main Remedy</th>
<th>Cell Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coldness? Anxiety? Restlessness and extreme fatigue? Burning in gastrointestinal tract? Copious diarrhea?</td>
<td><strong>Arsenicum</strong> 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.</td>
<td><strong>Kali phos 6x, Nat phos 6x &amp; Calc phos 6x</strong>: 1 dose of each, every 2-4 hours, and for up to 3 days.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Main Remedy</th>
<th>Cell Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Much bilious vomiting? Nausea? Retching? Irritability and snapping?</td>
<td><strong>Nux vomica</strong> 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.</td>
<td><strong>Kali phos 6x, Nat phos 6x, Nat sulph 6x Calc phos 6x</strong>: 1 dose of each, every 2-4 hours, until improvement and for up to 3 days.</td>
</tr>
</tbody>
</table>

### HEAT EXHAUSTION

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Main Remedy</th>
<th>Cell Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe headache? Nausea? Worse with movement?</td>
<td><strong>Bryonia</strong> 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.</td>
<td><strong>Nat mur 6x + Ferr phos 6x</strong>: 1 dose of each, every 15-30 minutes and less frequently with improvement</td>
</tr>
<tr>
<td>Heat Exhaustion</td>
<td>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.</td>
<td>Nat mur 6x Ferr phos 6x: 1 dose of each, every 15-30 minutes and less frequently as signs of improvement show.</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Rush of blood to face? Hot face? Sweaty skin? Splitting, throbbing headache?</td>
<td>Nat mur 6x Ferr phos 6x: 1 dose of each, every 15-30 minutes and less frequently as signs of improvement show.</td>
<td></td>
</tr>
<tr>
<td>Headache after much sun exposure? Red face? Throbbing pain? Worse from movement and from lying down?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### INSECT BITES

| Bitten area feels cold? | Arnica 30x: 1 dose, every ½ hour to hour and up to 10 doses... |
| Better with cold application? | 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. |
| Swelling? | Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water) |
| Painful? | 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. |

**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.

**TRY THIS**

![Try This](https://joettecalabrese.com)

### INSECT BITES

| Redness? Watery-filled areas? | 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. |
| Warmth & swelling? | 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. |
| Better with a cold application? | Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water) |

**TRY THIS**

![Try This](https://joettecalabrese.com)
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.

INSECT BITES

Cold location with swelling? Better with cold application?

Ledum 30x: 1 dose, every ½-hour to hour, or less frequently, depending on the severity, and for up to 2 days. Stop when there’s improvement.

INSECT BITES

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

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

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### 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.

#### 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

& **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.

**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**

**Arsenicum 30x:**
1 dose, every quarter 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.

TRY THIS

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

TRY THIS

Joette Calabrese, HMC, PHom M

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### 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. |

**TRY THIS**

| 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. |

**TRY THIS**
<table>
<thead>
<tr>
<th>Condition</th>
<th>Main Remedy</th>
<th>Cell Salt</th>
<th>Apply This</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SHOCK</strong></td>
<td><strong>Aconite 30x</strong></td>
<td><strong>Kali phos 6x</strong></td>
<td><strong>Silica 30x</strong></td>
</tr>
<tr>
<td>Depending on severity, seek medical care</td>
<td>1 dose, every 1-2 hours (or more or less frequently) depending upon the severity and/or improvement of shock.</td>
<td>6x: 1 dose of each, every 30 minutes, and less frequently, as signs of improvement show, and for up to 3 days.</td>
<td>4 doses in one day, until improvement, and for up to 14 days.</td>
</tr>
<tr>
<td><strong>SPLINTERS</strong></td>
<td><strong>Silica 30x</strong></td>
<td><strong>Ferr ph 6x</strong></td>
<td><strong>Arnica 30x</strong></td>
</tr>
<tr>
<td>Burning, stinging pain?</td>
<td>4 doses in one day, until improvement, and for up to 14 days.</td>
<td>1 dose, 3-4 times per day, for up to 2 weeks, or more or less frequently, depending on the severity of symptoms.</td>
<td>1 dose, every 1-2 hours until improvement, and for up to 10 doses.</td>
</tr>
<tr>
<td>Warm application helps draw the splinter to surface?</td>
<td><strong>Ferr phos 6x</strong></td>
<td><strong>Ruta grav 12x</strong></td>
<td><strong>Ferr phos 6x</strong></td>
</tr>
<tr>
<td><strong>SPRAINS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pain?</td>
<td><strong>Arnica 30x</strong></td>
<td><strong>Ferr phos 6x</strong></td>
<td><strong>Ferr phos 6x</strong></td>
</tr>
<tr>
<td>Stiffness?</td>
<td>1 dose, every 1-2 hours until improvement, and for up to 10 doses.</td>
<td>1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</td>
<td>4 doses in 1 day, until the stiffness and pain have improved.</td>
</tr>
<tr>
<td>Pulled ligaments?</td>
<td><strong>Ruta grav 12x</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Condition</td>
<td>Remedy 1</td>
<td>Remedy 2</td>
<td>Remedy 3</td>
</tr>
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<td>-----------</td>
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</tr>
<tr>
<td><strong>Sprains</strong></td>
<td>Arnica 30x: 1 dose, every 30 minutes, until improvement and up to 10 doses.</td>
<td>Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</td>
<td>Calc phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</td>
</tr>
<tr>
<td><strong>Sprains</strong></td>
<td>Arnica 30x: 1 dose, every 3-4 hours, until improvement, and for no longer than 3 days.</td>
<td>Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</td>
<td>Calc phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</td>
</tr>
<tr>
<td><strong>Sprains</strong></td>
<td>Rhus tox 30x: 4 doses in 1 day, or up to 3 days, until the stiffness and pain have improved.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sprains</strong></td>
<td>Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</td>
<td>Calc phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.</td>
<td></td>
</tr>
</tbody>
</table>
## SUNBURNS

<table>
<thead>
<tr>
<th>Is There</th>
<th>Main Remedy</th>
<th>Cell Salt</th>
<th>Apply This</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rawness? Smarting? Relief from cold applications?</td>
<td>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.</td>
<td>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</td>
<td>Coconut Oil or Unsalted Butter</td>
</tr>
</tbody>
</table>

**TRY THIS**

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

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

**TRY THIS**

*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.

*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.

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

Coconut Oil, or Unsalted Butter

Joette Calabrese, HMC, PHom M

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<table>
<thead>
<tr>
<th>SUNBURNS</th>
<th>STAY CALM MOM!</th>
<th>Prickly, stingy or itchy sensation?</th>
<th><strong>Main Remedy</strong></th>
<th><strong>Cell Salt</strong></th>
<th><strong>Apply This</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Urtica urens</strong></td>
<td>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.</td>
<td><strong>Ferr phos 6x, Kali mur 6x &amp; Kali sulph 6x</strong>: 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.</td>
<td>Coconut Oil or Unsalted Butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kali mur 6x</strong>: 1 dose, every 3-4 hours, until improvement.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
*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.

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