

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!

2nd

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

Calendula tincture

Clean gauzes

Bandages

Candle

Matches for sterilizing

Tweezers

Celtic salt

Nettles Tincture

Coconut Oil

Safety pins

3rd

CHECK OUT this quick and easy reference.

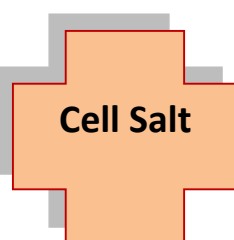
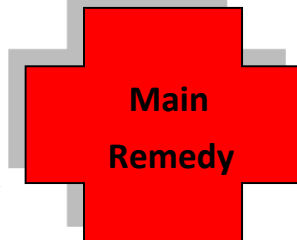
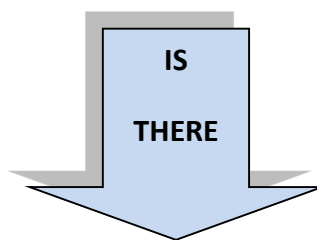
Remember, that a remedy's potency, as well as how often you administer it, will sometimes vary from what is charted. This chart is only a guideline. When the injury is *severe*, the correct choice can be offered as often as once every 5 minutes. If the case is worse than the average boo-boo, you can "up" the potency to something higher than what my chart outlines. A higher potency and more frequent administration can often have surprising results.

4th

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!

5th

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

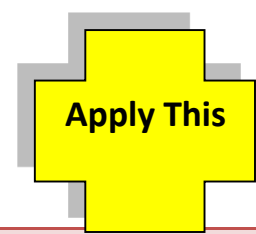
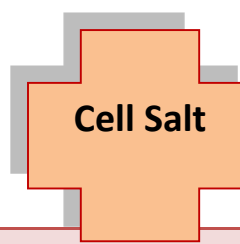
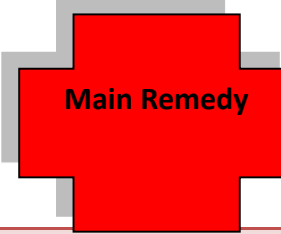
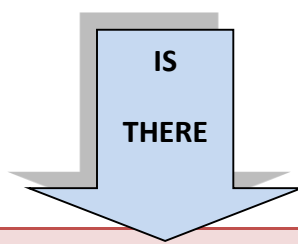
ANAPHYLAXIS
Depending on
severity, seek
medical care



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.



ANIMAL BITES

Depending on severity, seek medical care

Warmth to the bitten area?
Relief from cold application?
Swelling?

TRY THIS

Apis 30x: 1 dose, every 1-2 hours, until improvement and for up to 3 days.

Ferr phos 6x & Kali mur

6x: 1 dose of each, every 2 hours, or until pain returns. Stop with improvement.

Coconut Oil or Unsalted Butter

For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

ANIMAL BITES

Depending on severity, seek medical care

Coldness to the bitten area?
Relief with coldness? Burning pain?
Swelling?
Redness?
Watery-like areas?

TRY THIS

Ledum 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).

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

For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

BEE STINGS


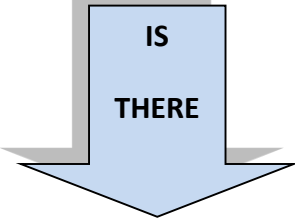
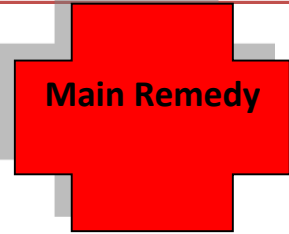
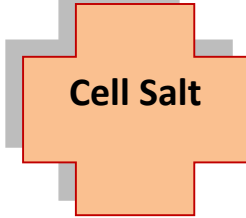



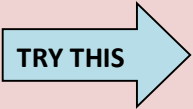
Warmth to the bitten area?
Relieved by coldness? Burning pain?
Swelling?
Redness?

Apis 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).

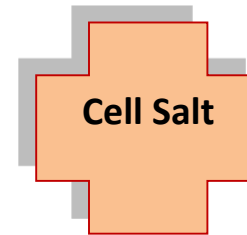
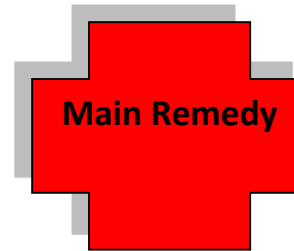
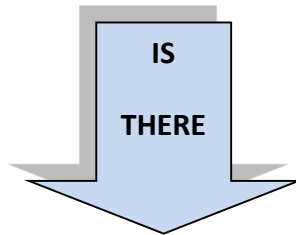
Ferr phos 6x & Kali mur

6x: 1 dose of each, every 2 hours, or until pain returns. Stop when

Coconut Oil or Unsalted Butter

	Watery-like areas?		there's improvement.	
				
BEE STINGS	Coldness to the bitten area? Relieved by coldness? Swelling? 	<i>Ledum</i> 30x: 1 dose, every 1-2 hours, until improvement or for up to 3 days.	<i>Ferr phos</i> 6x & <i>Kali mur</i> 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.	Coconut Oil or Unsalted Butter
BLISTERS	Burning and itching? Better with a cold application? 	<i>Cantharis</i> 30x: 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days	<i>Kali phos</i> 6x & <i>Ferr phos</i> 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement.	Coconut Oil or Unsalted Butter
BLISTERS	Redness? Swelling? Itchiness? 	<i>Rhus tox</i> 30x: 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days	<i>Ferr phos</i> 6x & <i>Kali mur</i> 6x: 1 dose of each, every 2 hours, or until pain	Coconut Oil or Unsalted Butter

returns. Stop when
there's
improvement.



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.

BONE INJURIES

Depending on severity, seek medical care

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

TRY THIS

Bellis per.

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



more

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



more

Calc phos 6x:

1 dose, 3 times per day, daily, until the bone is healed.

BONE INJURIES

Depending on severity, seek medical care

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

TRY THIS

Bryonia 30x:

1 dose, every 1-2 hours, until there is relief and for up to 3-4 days



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.

BRUISES

Moderate to severe bruising?
Goose egg?

TRY THIS

Arnica 30x: 1 dose, every 2 hours and up to 6 doses. Then 3 times per day for up to 3 days

Ferr phos 6x: 1 dose, every 3-4 hours, until improvement up to 4 days.

YOU CH

IS
THERE

Main Remedy

Cell Salt

Apply This

BURNS

1st degree burns
2nd degree burns

Searing pain?
Burning?
Scalding?
Better with a cold application?

TRY THIS

Arnica 30x & 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. 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, Calendula Salve / Ointment

BURNS

1st degree burns
2nd degree burns

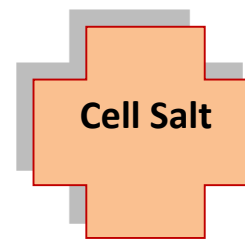
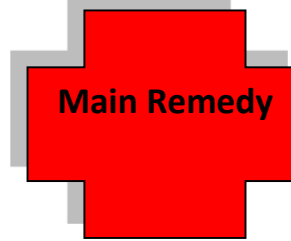
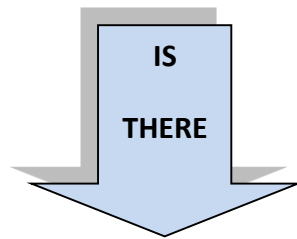
Shock?

Searing pain?
Burning?
calding?
Violent pains?
Severe warmth in the burnt area?
Better with a cold application?

Aconite 30x & Cantharis 30x: Aconite every hour, for up to 6 doses. Then begin *Cantharis*, 4 times in one day and alternate it with *Aconitum*

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

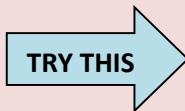
Coconut Oil, Unsalted Butter Or Calendula Salve/ Ointment



BURNS

1st degree burns
2nd degree burns

2nd degree 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
Depending on
severity, seek
medical care

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?

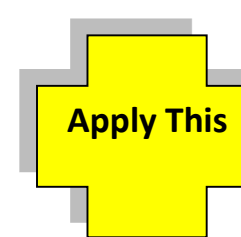
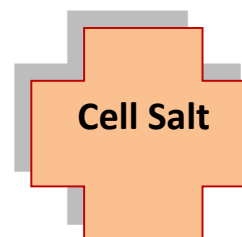
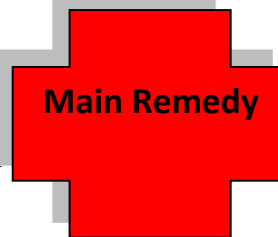
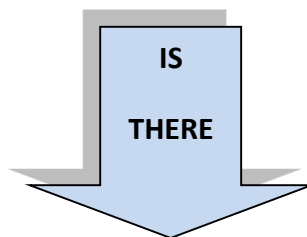


*Carbo
vegetabilis*

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

Cuts? Cracks?
Scrapes?



Arnica 30x:

1 dose, every 1-3 hour or until improvement and up to 10 doses.

Ferr phos 6x

& Kali mur 6x (if swelling): 1 dose of each, every 2 hours, or until pain returns. Stop when there's improvement

Calendula

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

Coconut Oil or Unsalted Butter

CUTS/ SCRAPES

Depending on severity, seek medical care

Coldness and numbness?
Better with a cold application?



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.

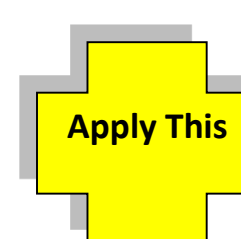
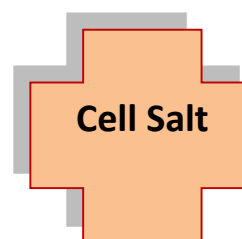
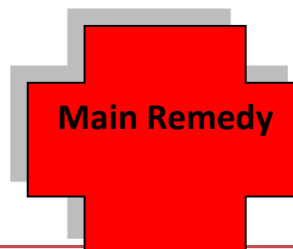
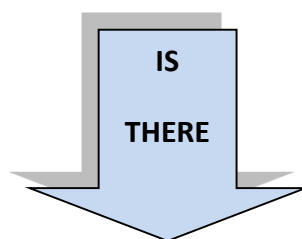
Ferr phos 6x

& Kali mur 6x (if swelling): 1 dose of each, every 2 hours, or until pain returns. Stop if improvement.

Calendula

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

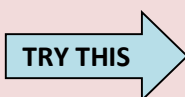
Coconut Oil or Unsalted Butter



CUTS/ SCRAPES

Depending on
severity, seek
medical care

Shooting pain?
Electric pain?
Zinging nerve
pain?



***Hypericum
perforatum***

30x: 1 dose, every 2
hours and up to 6
doses. Then 3 times
per day for up to 3
days.

***Ferr phos 6x
& Kali mur***

**6x (if
swelling):** 1
dose of each, every
2 hours, or until
pain returns. Stop
when there's
improvement.

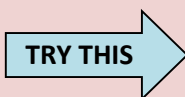
Calendula

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

**Coconut Oil or
Unsalted Butter**

DISLOCATED JOINTS

Shoulder
dislocation?
Lameness in
joints? Numbness
in joints?
Coldness in limbs
especially in the
lower limbs?
Sudden, sharp,
tearing pains?
Worse pain on
first movement?



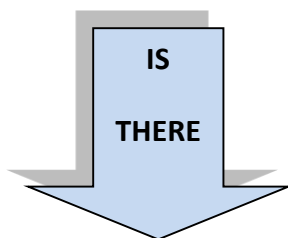
Rhus tox 30x: 1
dose, every 4 hours,
or whenever the pain
requires it. Continue
Rhus tox for up to 8-
10 days, but less
frequently each
subsequent day,
depending on the
pain level.

***Ferr phos 6x,
Mag phos
6x, Calc fluor
6x & Calc***

phos 6x: 1
dose of each, 3
times daily, until
improvement.

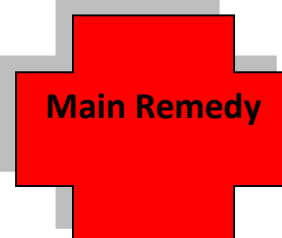


YOU

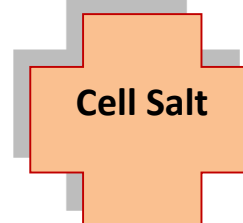


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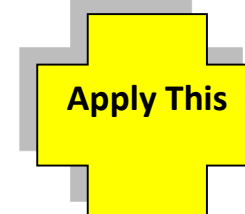
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Main Remedy



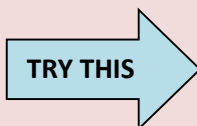
Cell Salt



Apply This

DISLOCATED JOINTS

Bruised sensation in bones and joints?
Worse from lying down?



TRY THIS

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, 3 times daily, until better

DRUG OVERDOSE

Depending on severity, seek medical care

Headaches?
Nausea?
Constipation?
Loose-stools?



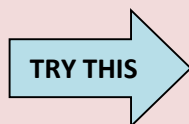
TRY THIS

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

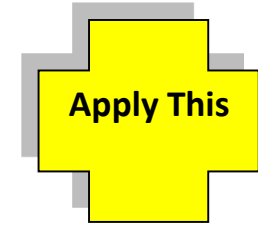
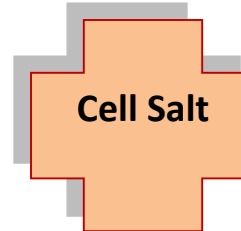
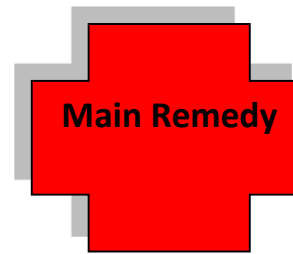
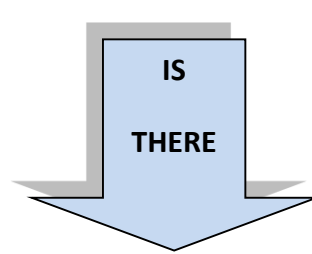
Depending on severity, seek medical care



TRY THIS

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 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.

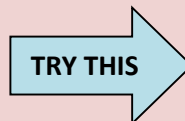
Eyebright Tincture: Apply *eyebright* dilution to bandage. (1:4 dilution: 1 part *Calendula* tincture & 4 parts water)

Coconut Oil or Unsalted Butter

EYE INJURIES

Depending on severity, seek medical care

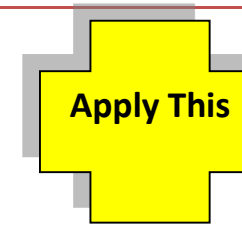
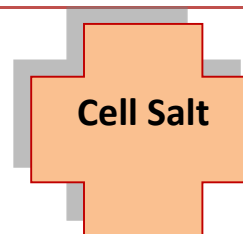
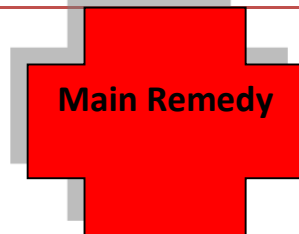
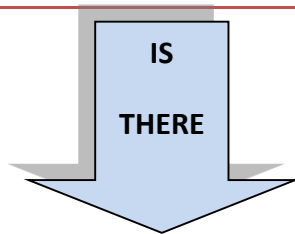
Bruising around the eye?
Black eye?



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

Long-lasting pain?
Black eye?
Better with a cold application?

TRY THIS

Ledum

palustre 30x: 1 dose every 2 hours and no more than 10 doses

Ferr phos 6x & *Calc sulph*

6x: 1 dose (of each), every 2 hours, until improvement and 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

Long-lasting pain?
Removal of a foreign object?

TRY THIS

Euphrasia

officinalis 30x: 1 dose every 2 hours and up to 10 doses. Stop when there's improvement.

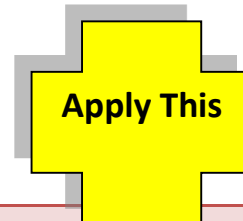
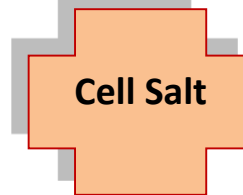
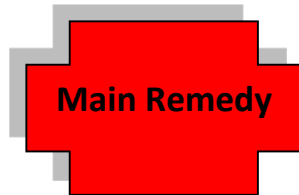
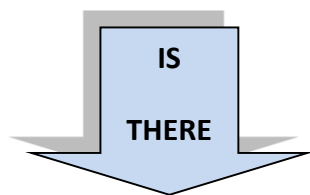
Ferr phos 6x & *Calc sulph*

6x: 1 dose (of each), every 2 hours, until improvement and 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



FOOD & WATER POISONING

Depending on
severity, seek
medical care

Coldness?
Anxiety?
Restlessness and
extreme fatigue?
Burning in
gastrointestinal
tract? Copious
diarrhea?

TRY THIS

Arsenicum
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.

Kali phos 6x,
Nat phos 6x
& Calc phos
6x: 1 dose of
each, every 2-4
hours, and for up
to 3 days.

FOOD & WATER POISONING

Depending on
severity, seek
medical care

Much bilious
vomiting?
Nausea?
Retching?
Irritability and
snapping?

TRY THIS

Nux vomica
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.

Kali phos 6x,
Nat phos 6x,
Nat sulph 6x
Calc phos 6x:
1 dose of each,
every 2-4 hours,
until improvement
and for up to 3
days.

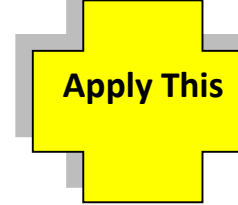
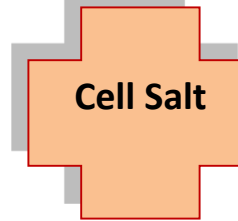
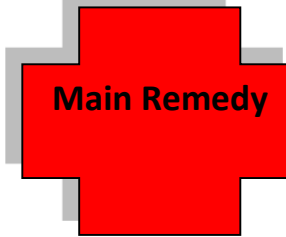
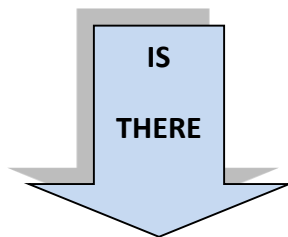
HEAT EXHAUSTION

Severe headache?
Nausea?
Worse with
movement?

TRY THIS

Bryonia **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.

Nat mur 6x +
Ferr phos 6x:
1 dose of each,
every 15-30
minutes and less
frequently with
improvement



HEAT EXHAUSTION

Rush of blood to
face? Hot face?
Sweaty skin?
Splitting,
throbbing
headache?

TRY THIS

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.

Nat mur 6x

Ferr phos 6x:
1 dose of each,
every 15-30
minutes and less
frequently as signs
of improvement
show.

HEAT EXHAUSTION

Headache after
much sun
exposure?
Red face?
Throbbing pain?
Worse from
movement and
from lying down?

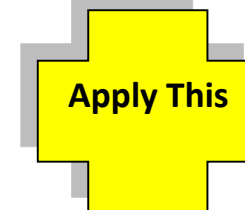
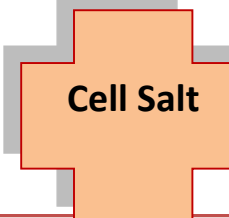
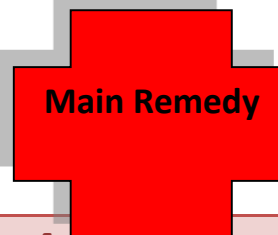
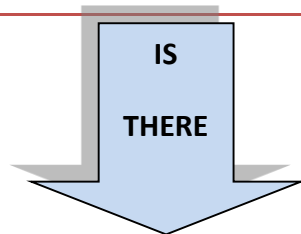
TRY THIS

Belladonna

30x: 1 dose, every
½ -1 hour (or more or
less frequently
depending on the
severity of symptoms)
and up to 10 doses.

Nat mur 6x

Ferr phos 6x:
1 dose of each,
every 15-30
minutes and less
frequently as signs
of improvement
show.



INSECT BITES

Bitten area feels cold?
Better with cold application?
Swelling?
Painful?

TRY THIS

Arnica 30x: 1 dose, every ½ hour to hour and up to 10 doses...



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.

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

INSECT BITES

Redness? Watery-filled areas?
Warmth & swelling?
Better with a cold application?

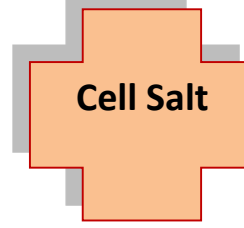
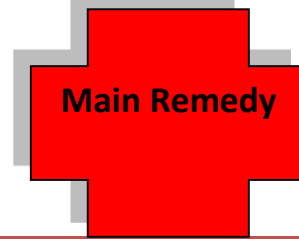
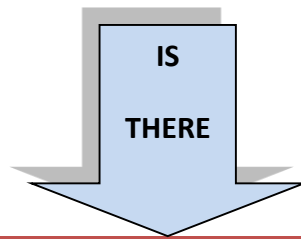
TRY THIS

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.

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.

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

Coconut Oil or Unsalted Butter



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.

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

INSECT BITES

Cold location with swelling? Better with cold application?



Ledum 30x:

1 dose, every ½-hour to hour, or less frequently, depending the severity, and for up 2 days. Stop when there's improvement.

Ferr phos 6x,

Kali mur 6x

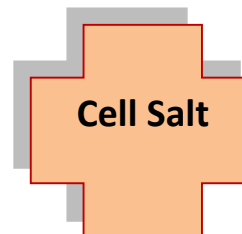
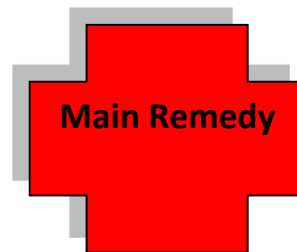
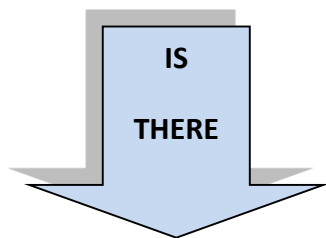
& Calc sulph

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



MOTION SICKNESS

Faintness?
Dizziness?
Nausea?
Swearing?
Worse near
cigarette smoke?

TRY THIS

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.

MOTION SICKNESS

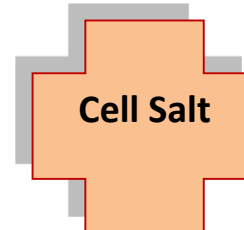
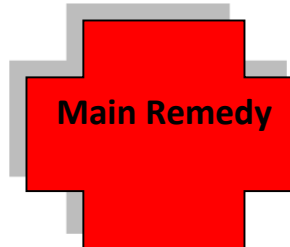
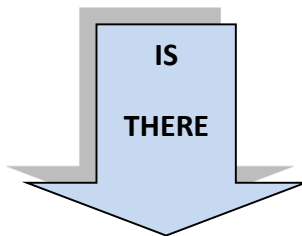
Chills?
Queasiness?
Headache over
one eye?
Headache at back
of head?
Worse from food,
cigarette smoke
and coffee?

TRY THIS

Nux vomica
30x: 1 dose, every
15 minutes until
improvement, or up
to 10 doses.

***Nat mur 6x,
Nat phos 6x
Nat sulph***

6x: 1 dose of
each, every hour,
until improvement
and up to 10 doses
of each.



NOSEBLEEDS

After a nose injury?

TRY THIS

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.

NOSEBLEEDS

After blowing nose?

TRY THIS

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

Restlessness alternating with extreme fatigue and/or collapse?
Diarrhea?
Coldness and disorientation?

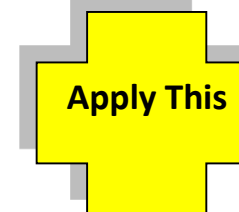
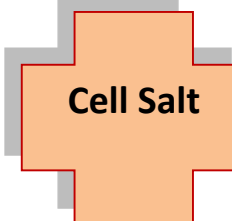
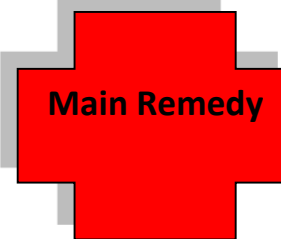
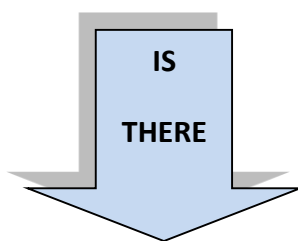
TRY THIS

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.



PESTICIDE POISONING

Depending on
severity, seek
medical care

Restlessness
alternating with
extreme fatigue
and/or collapse?
Diarrhea?
Coldness and
disorientation?

TRY THIS

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.

PUNCTURE WOUNDS

Depending on
severity, seek
medical care

Shock? Trauma?
Swelling?
Bleeding?

TRY THIS

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,

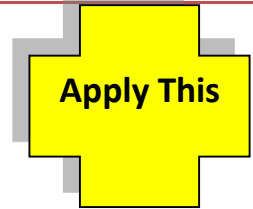
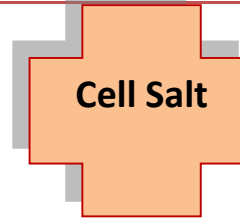
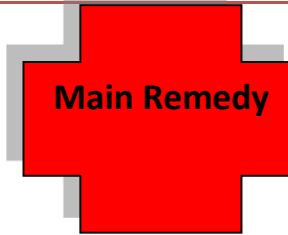
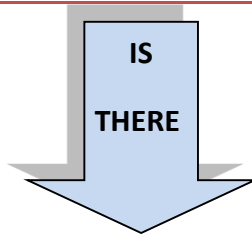
Kali mur 6x

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



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.

PUNCTURE WOUNDS

Depending on severity, seek medical care

Lacerations?
Wound to nerve-rich areas?
Wounds to finger-tips? Violent, shooting pains?
Excessive pain?



Hypericum

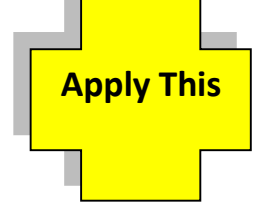
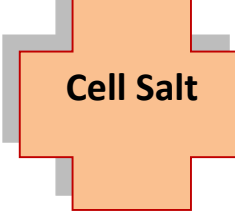
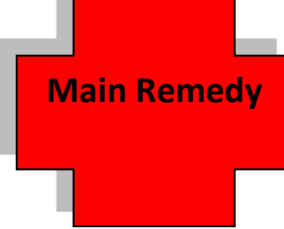
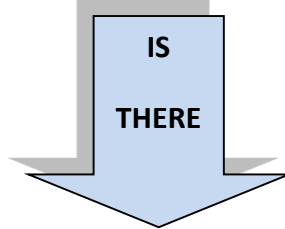
30x: 1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.

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

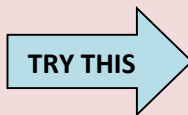
For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water.



SHOCK

Depending on severity, seek medical care

Fright?
Anxiety?
Anxiousness and extreme fatigue?
Panic?
Severe stress?



Aconite 30x: 1 dose, every 1-2 hours (or more or less frequently) depending upon the severity and/or improvement of shock.

Kali phos 6x
Nat sulph 6x: 1 dose of each, every 30 minutes, and less frequently, as signs of improvement show, and for up to 3 days.

SPLINTERS

Burning, stinging pain?
Warm application helps draw the splinter to surface?



Silica 30x: 4 doses in one day, until improvement, and for up to 14 days.

Ferr ph 6x: 1 dose, 3-4 times per day, for up to 2 weeks, or more or less frequently, depending on the severity of symptoms.

SPRAINS

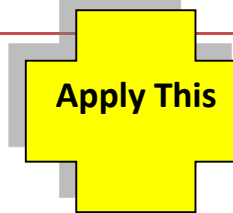
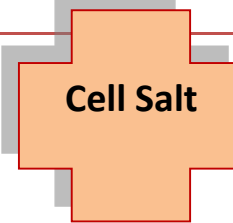
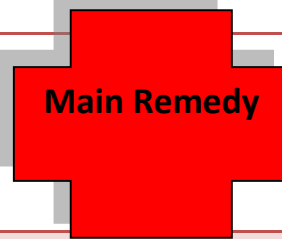
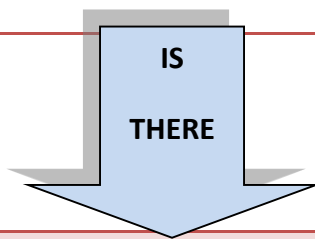
Pain?
Stiffness?
Pulled ligaments?
Pulled tendons?



Arnica 30x: 1 dose, every 1-2 hours until improvement, and for up to 10 doses.

Ruta grav 12x: 4 doses in 1 day, until the stiffness and pain have improved.

Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.



SPRAINS

Hot swollen joints?
Torn muscles?
Worse on first movement?
Better with continued movement?

TRY THIS

Arnica 30x: 1 dose, every 30 minutes, until improvement and up to 10 doses.



Rhus tox 30x: 4 doses in 1 day, or up to 3 days, until the stiffness and pain have improved.

Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.

SPRAINS STRAINS

Inflammation?
Swelling?
Bruising?

TRY THIS

Arnica 30x: 1 dose, every 3-4 hours, until improvement, and for no longer than 3 days.

Ferr phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.

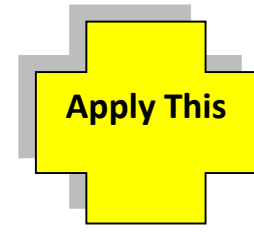
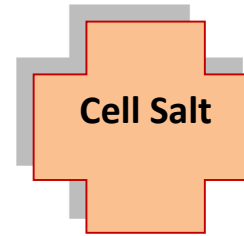
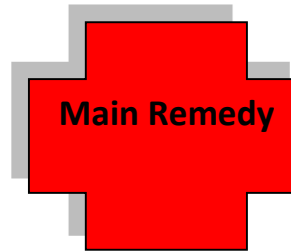
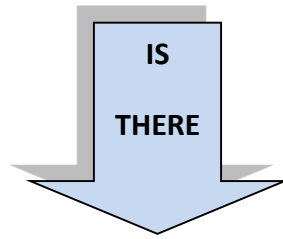
SPRAINS STRAINS

Pain from overexertion?
Worse with first movement?
Better with continued movement?

TRY THIS

Rhus tox 30x: 1 dose, every 3-4 hours, until improvement and for no longer than 3 days.

Ferr phos 6x
Calc phos 6x: 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.

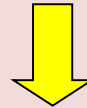


SUNBURNS

Rawness?
Smarting?
Relief from cold
applications?



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.



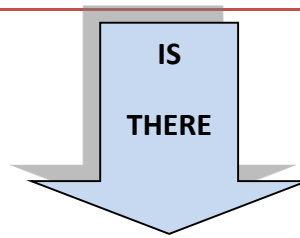
Kali mur 6x: 1
dose, every 3-4 hours,
until improvement.

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

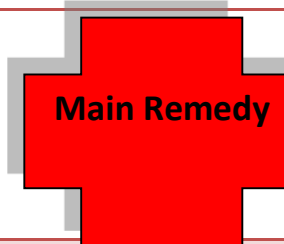
**Coconut Oil
or Unsalted
Butter**



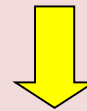
SUNBURNS



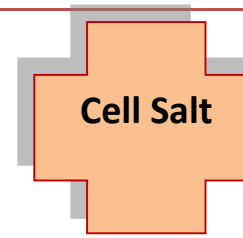
Deep, severe burn?
Old burns that did not heal?



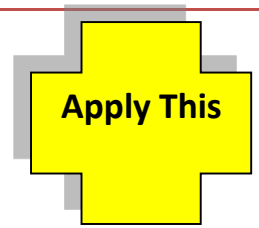
Causticum 6x, 12x, 30x or 200c: 1 dose, every 3 hours (or more or less frequently, depending on the remedy potency and severity of burn), until pain returns, and for no longer than 3 days.



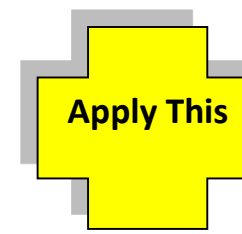
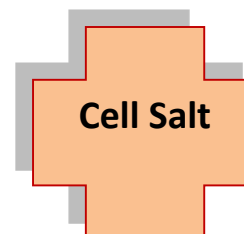
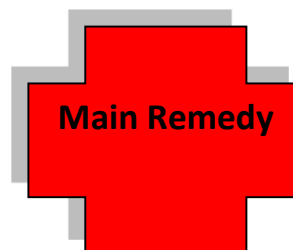
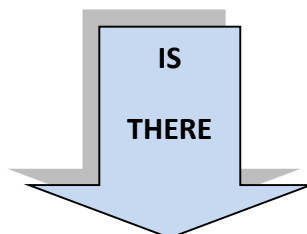
Kali mur 6x:
Take 1 dose, every 3-4 hours, until improvement.



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



Coconut Oil, or Unsalted Butter



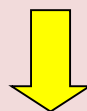
SUNBURNS

STAY
CALM
MOM!

Prickly, stinging or
itchy sensation?

TRY THIS

Urtica urens
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.



Kali mur 6x: 1
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Ferr phos 6x,
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6x: 1 dose of
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Coconut Oil
or Unsalted
Butter

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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