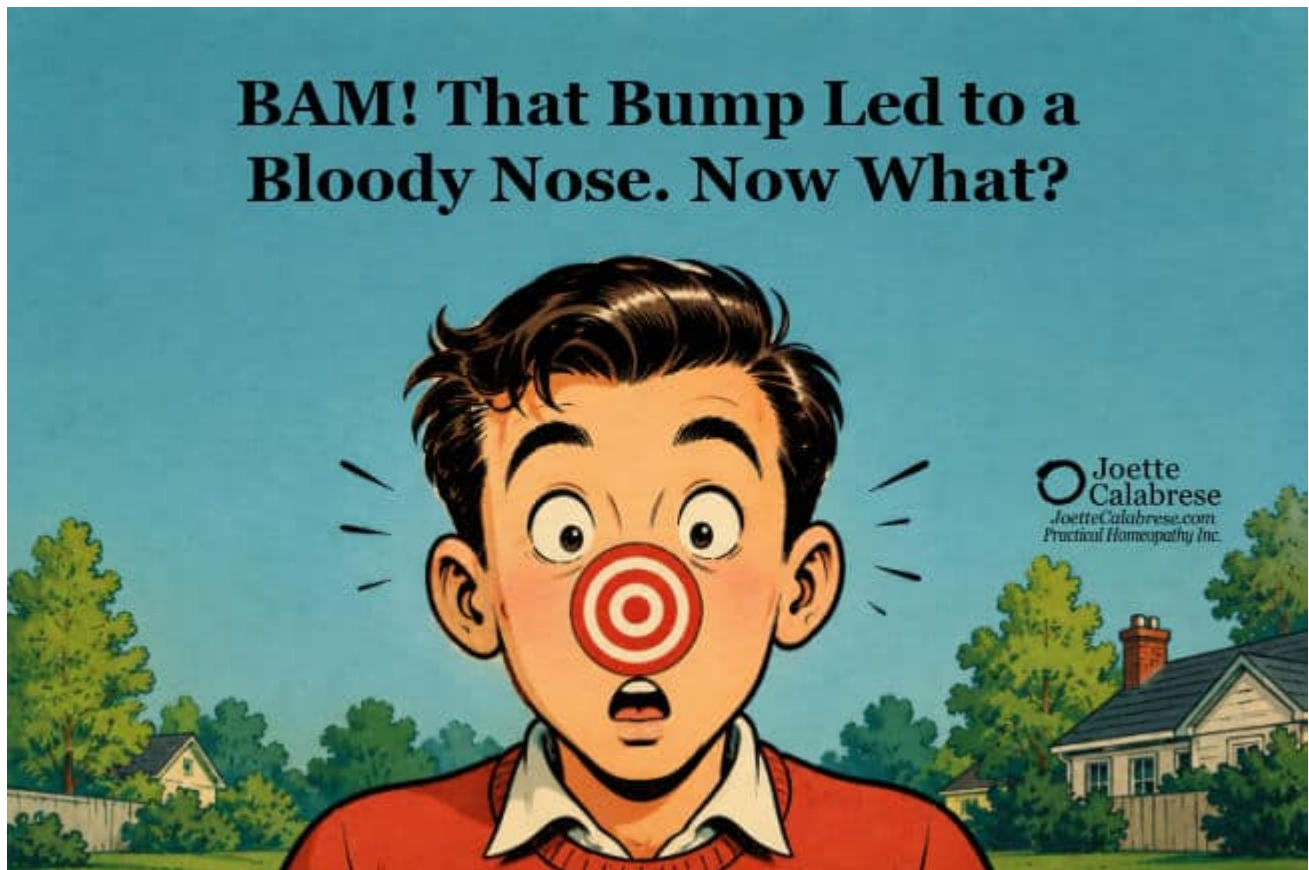


BAM! That Bump Led to a Bloody Nose. Now What?



Jimmy was playing softball with his friends in the park when BAM! He caught a line drive with his face. Unfortunately, Jimmy's nose took the brunt of the contact. To hear his father describe it in a panic, "Jimmy's bloody nose looked like we'd turned on a faucet!"

Nicole, while looking down at her cell phone as she seemingly always does, walked smack dab into a fountain at the mall and fell flat on her face. BAM! She regained her composure, now sporting a bright red fountain of her own, as her nose bled slightly from the impact.

Dan loved boogie boarding in the waves, until another surfer ran smack dab into him. BAM!! His nose began bleeding so badly

that his main concern was attracting sharks. (He pinched it. He packed it. But his nose didn't stop bleeding for two days.)

Summertime is rife with injuries because we're more active ... and, possibly, more distracted.

All three of our sufferers were injured by some type of blunt force trauma – a projectile, a face-plant or a collision.

So, today, we're going to focus on the most commonly utilized homeopathic medicine for first aid for a nosebleed after an injury.



Our first thought for first aid for a bloody nose

First and foremost, when we see bleeding – actual blood flowing – we would consider a medicine that has become more and more mainstream these days. I bet it was the first homeopathic medicine you ever used: [*Arnica montana*](#).

Arnica is a stellar medicine, not only for ailments from an injury but also for bleeding.

We would choose the potency and frequency according to the severity of the injury. If the injury is mild – only a slight blow with a light bloody nose – then we would think of *Arnica* 30. Hopefully, Nicole had *Arnica* 30 with her, and it didn't

get completely soaked in the mall fountain. A dose immediately after the injury occurred would set her on the right path again. Sometimes, one dose is enough. However, Nicole might have decided to take additional doses, perhaps as often as every few minutes – only as needed – until improvement ensued.

On the other hand, if the nosebleed was more severe, as Jimmy and Dan experienced, then by all means we might consider a higher potency, *Arnica* 200.

When the nosebleed itself isn't the only symptom

If the person appears weak and wobbly, now we might consider the medicine [*Ferrum phosphoricum 6X*](#), also known as *Ferrum phos* for short, perhaps every 30 minutes or so until the bleeding stops.

However, this comes with a caveat, my friends. Homeopathic medicines are not continued ad infinitum. This is medicine. While it is relatively safe, we all know that even good things can be overdone. Only utilize the chosen medicine until improvement is observed, then either taper off the frequency to match the occurrence of symptoms or halt altogether if very much better.

I'll continue this discussion with my [Mighty Members](#) in their exclusive Memo later this week. We'll talk about the homeopathic medicine most often chosen for a nosebleed that just won't stop. (Yes, we're looking at you, Dan.) We'll also mention a remedy that may be considered to help the sufferer regain their footing after a severe loss of blood.

Bleeding can be scary

Now, I would be remiss if I didn't mention that if the nose is broken, it should be reset by a medical professional. However, nosebleeds, in and of themselves, are not inherently dangerous – even though they may feel that way.

Noses can bleed profusely. Unless it's an out-and-out

hemorrhage – blood is pouring down the throat – I wouldn't panic. Well-chosen homeopathic medicine can often right the ship.

However, if the sufferer is in a bit of a fright, they might consider a dose or two of *Aconite* to rebalance their emotional reaction. Learn the potency and frequency in [Podcast 119 – Yikes! Emergencies and Aconite](#), or in my blog's [Emergency Remedy Series: Aconite in My Purse](#).

Homeopathy works!

Injury is not the only cause of nosebleeds

Here's a closing note: If a nosebleed occurs without an injury, one might think that it's related to the vascular system. In a way it is, but I think it has more to do with irritation of the mucosal membrane – the lining in the nose and the sinuses. That irritation can, I believe, often come from allergies, food intolerances and even frequent colds.

You'll find in the repertory that quite a few potential medicines to consider. If you're the curious sort – which I assume you are, since you're here with me – I discussed several homeopathic medicines for different types of nosebleeds during [one of my Monday Night Lives](#). Listen, as I try to break down what could seem complex into the most common causes and their accompanying medicines.

Simplifying the formerly esoteric: That's *Practical Homeopathy*®!

Warmly,



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