

# Sunburn and Dehydration? Homeopathy Offers the Cure



We love the warmth and sun of summer. But too much sun and heat can cause problems. Before you set out for a sunny excursion, be sure your remedy kit is stocked and ready!

One of the most common problems of overexposure to the sun, sunburn can be helped with one of the following remedies. Administer one dose every three hours until improvement is seen or less frequently depending on the severity of the burn.

[Cantharis 30C](#) – The premiere burn remedy, *Cantharis* 30 is

used for a burning sensation that is relieved by cold applications. This is generally the first remedy to think of for just about any kind of burn. The more severe the affliction, the more frequently the remedy should be administered. A 200 potency is often highly recommended for more extreme burns and the frequency should be matched with the pain, swelling and other symptoms.

[Urtica urens 30C](#) – For burns with a stinging or prickly feeling.

[Belladonna 30C](#) – For red hot sunburn, perhaps with a pulsing sensation in the skin. This is for the sunburn that is REALLY red and hot.

The cell salts [Ferrum phos 6X](#), [Kali mur 6X](#) and [Kali sulphuricum 6X](#) can be given in addition to the selected remedy. Administer one dose of each 3 to 4 times daily or less frequently, depending on the severity of the burn, for up to three days.

To soothe the skin topically, include aloe vera gel (directly from the leaf of the plant if possible), a vinegar bath consisting of one cup of raw vinegar in a bathtub of tepid water, coconut oil or unsalted butter.

My family's favorite is [coconut oil](#).

Meanwhile, dehydration can also occur around the time of too much sun. The best treatment is rehydration with water and electrolytes. The following concoction is my favorite for rehydrating or avoiding dehydration altogether. It is purer than sports drinks or Gatorade, and it's tasty, too!

16 pills of [Bioplasma](#)

1/4 cup acidophilus bifidus yogurt or kefir

1/4 to 1/2 cup fresh lemon or lime juice

Maple syrup or raw honey to taste

1 teaspoon Celtic salt

1/2 cup coconut milk (optional)

Combine all ingredients in a gallon container and fill to the top with ice water. Shake well. This tasty beverage is mildly sour with a hint of sweetness. Always shake well before each drink.

If dehydration becomes extreme, try one of these remedies. Administer every 15 minutes until the symptoms diminish in intensity, then every 1-4 hours until significant improvement is seen.

[Cinchona officinalis 30C](#) (China) – For exhaustion and debility from loss of fluids. Indicators include digestive bloating, headache, sensitive scalp, flushed face, sensation of sand or pressure in the eyes and buzzing in the ears.

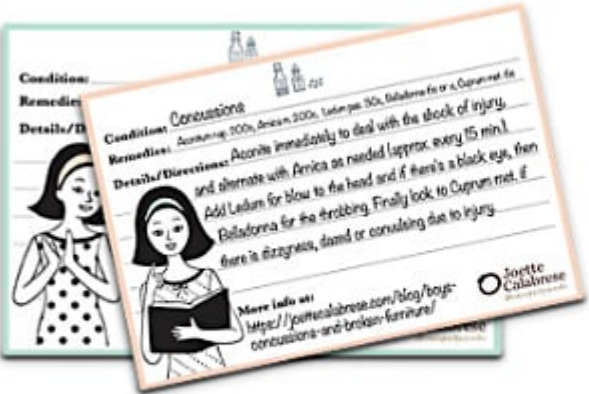
[Phosphoricum acidum 30C](#) – For mental and physical exhaustion, apathy, listlessness, pale face and sunken eyes, stumbling and milky urine.

Be prepared! Homeopathy helps keep you and your family on track for a safe and fun summer!

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