Ouch! I Got Stung!

What to do when confronted with a bee sting?

Turn to ***Ledum*** & ***Apis****-these are premier bee sting remedies. If there's coldness to the site, but ironically, the stung area feels better with cold, look to *Ledum* 30. The protocol is to give one dose, every 1-2 hours, until improvement or for up to 3 days.

Apis, on the other hand, is perfect for stung areas that are warm to the touch, burning, red and swollen. The swelling might also be edematous and remote. That is, if the sing is on the foot, the ears may swell. Try 1 dose every 1-2 hours, until improvement or for up to 3 days.

You may also administer two cell salts: *Ferr phos* 6x and *Kali mur* 6x, every 1- 2 hours, until improvement. Use these on alternating hours from *Ledum* or *Apis.*

Remember, if the reaction is severe or if there is anaphylaxis, seek medical care immediately. Along the way, administer the appropriate remedy. Generally, *Apis* in a high potency is best suited for allergic reactions.

*Pregnant women in the first trimester should not take *Apis* repeatedly.