A Good Starter Kit

For treating ailments that come on from time to time, it is prudent to keep remedies available at home or with you on vacations. It can be most frustrating when you finally decide on a remedy to find you don’t own it. Sometimes it takes the beginner trying a few different remedies to get the right one. Even an expert doesn’t always get the correct remedy the first time. Purchasing a kit in a 3oth potency (30C or 30X) is an affordable way to begin. Kits come with remedies at a fraction of the cost of what you would pay if you were to purchase the remedies individually. Here is a list of the top 31 remedies.

Aconitum napellus Acon

Allium cepa All-c

Antimonium tartaricum Ant-t

Apis mellifica Apis

Arnica montana Arn

Arsenicum album Ars

Belladonna Bell

Bryonia alba Bry

Calcarea phosphorica Calc phos

Cantharis Canth

Carbo vegetabilis Carb veg

Chamomilla Cham

Ferrum phosphoricum Ferr phos

Gelsemium sempervirens Gels

Hepar sulphuris calcareum Hep

Hypericum perforatum Hyp

Ignatia amara Ign

Ipecacuanha Ip

Ledum palustre Led

Magnesia phosphorica Mag phos

Mercurius vivus Merc

Nux vomica Nux-v

Oscillococcinum Oscill

Phosphorus Phos

Podophyllum Podo

Pulsatilla Puls

Rhus tox Rhus-t

Ruta graveolens Ruta

Spongia tosta Spong

Sulphur Sul

Veratrum album Verat

The use of Latin names in homeopathy is used because Latin represents the universal language and was used by scholars in Samuel Hahnemann’s day. It allows for no mistaken identity from language to language and country to country. Since homeopathic preparation is a precise science, not a folk medicine, common names which vary regionally, are not utilized.