

Homeopathic First Aid Kit

“Sticks and stones will break my bones” taunt children. How often we have heard this and hoped it would never come to fruition! However, should an injury occur, there’s nothing more comforting than the homeopathic first aid kit. First aid is the arena in which most people are introduced to homeopathy. Every household, school, ambulance, summer camp and dorm room should be equipped with a homeopathy kit so as to prevent a simple emergency from becoming a serious casualty.

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Aconitum napellus

The best remedy for any injury to the eye is *Aconitum napellus*. A stab or puncture, as well as a laceration or scratched cornea, can all be benefited by a few rounds of *Aconitum* say the great medical minds of the homeopathic world. The use of this remedy has a history of bringing down swelling, reducing the chance of infection and minimizing pain.

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First Aid

Homeopathy has a sterling reputation for addressing injuries and first aid. In England, during WWI, the homeopathic hospitals reported many cures and recoveries that were remarkably beyond the capacities of the other hospitals of conventional medicine. While conventional hospitals were still wallowing in mercuriochrome and other quaint nostrums, the homeopaths were forging ahead using powerful, but gentle, medicines that have been used for 200 years and remain in use throughout the world today.

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Glonoine

Glonoine is a homeopathic remedy that is useful for a person experiencing the effects of heat stroke. For such a person, symptoms after over heating may include: severe, throbbing headache, fever, and stupor. Symptoms are better in open air or by uncovering and worse from applying cold to the body. Glonoine is often helpful for the after-effects of heat stroke, as well. Heatstroke is a life threatening condition and requires immediate professional treatment.

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Side Effects

Homeopathy has no side effects. One of the great advantages in using homeopathy is that it offers gentle medicine that not only doesn't have side effects, but can even be used to eliminate the side effects a less superior medicine, such as drugs, creates. Often, people new to homeopathy confuse side effects with aggravations. Allow me to clarify. An aggravation is an exacerbation of symptoms presenting shortly after taking a homeopathic remedy. An exacerbation of symptoms rarely occurs when a patient is in a high-pitched state. That is, when the migraines are occurring, when the menses is flooding, when the arthritis is inflamed. And even less frequently occurs in the hands of an experienced homeopath. However, if indeed an aggravation ensues, it often occurs within the first few days of the first dose. It is the sign that the correct remedy has been chosen, but is dreaded by some patients. This is unfounded, since it is often fleeting. Most importantly, an experienced homeopath can keep an aggravation from occurring.

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Outings

Taking needed or potentially useful homeopathic remedies with you on your outings and excursions is a very good idea. Remember, however, not to leave them in a closed vehicle during the hot summer heat. Prolonged high temperatures can damage your remedies, rendering them useless when you need them. Keep them with you or in a place that will ensure that they are safe from the heat.

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Homeopathy Useful for Motion Sickness

Summertime brings family vacations and with them often comes motion sickness, whether the travel is by car, plane, bus, train or boat. Over the counter medications often cause drowsiness, affect cognitive function and can interfere with other medications. Homeopathy offers safe alternatives that address the discomfort of the symptoms and often avert them. Doses of the chosen remedy may be given every twenty to thirty minutes for up to three doses for severe symptoms. If the symptoms are relieved, use the remedy only if symptoms return. If there is no relief after 15 minutes of the third dose of a remedy, try a different one.

Nux Vomica is a commonly used remedy that may fit many of the symptoms of motion sickness. Nausea seems constant with a severe headache. Sometimes there may be a ringing in the ears.

If motion sickness symptoms don't point to any one remedy, *Cocculus* is the recommended remedy to try. It addresses the common symptoms of dizziness, vomiting and nausea. The person feels better lying down and craves quiet. The smell, sight or even the thought of food often make nausea worse.

Petroleum will be useful for the person who gets nauseas and dizzy from riding in a boat or car. There may be much salivating, he becomes pale and faint, and breaks out in a cold sweat. There may be a headache and eating often relieves an uncomfortable, sometimes painful, sensation in the stomach.

Tobacum should be considered for one who exhibits symptoms of extremely intense nausea and suffers from severe vomiting made worse from movement. There is cold perspiration and he is pale and cold. Symptoms are better in open air with closed eyes.

If you or a loved one is troubled with motion sickness, give homeopathy a try for safe and effective relief.

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Bug Bites and Homeopathy



Let this summer be a
chemical free one for
your family!

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Summer is almost upon us. Long sunny days to enjoy many outside activities of sports and leisure. These activities are often hampered, however, by the many creepy, crawly, flying critters that share our summer days and often cause us injury or discomfort! Commercial bug sprays and medications often carry many dangers, but homeopathy can easily come to the rescue in the event of an insect bite or sting.

Let us first look at the most broadly capable insect

remedy, *Ledum pall.* It covers the reactions from the stings and bites of all bees, mosquitoes and ticks, as well as unidentified crawly creatures. It eliminates pain and the nasty swelling as well as remote swelling from allergic reactions. *Ledum* has been shown to reduce the reaction even in an allergic person. In fact, in the compendium of homeopathic medical literature, it has been credited for having reversed anaphylaxis reactions.

However, not all reactions to stings are alike. Occasionally, the site of the sting is hot and puffy in an edematous way. This would be a call for the remedy *Apis mell* instead of *Ledum*. Generally, *Apis mell* is the second choice, but if the site has a look as though the area is holding water, then *Apis* is the better remedy to begin with. If, after choosing a remedy that appears to be insufficiently addressing the problem, give the next best remedy. Do this after at least 3 doses have been tried.

Make homeopathy *your* family's choice of health care and creepy, crawly creatures will no longer threaten the fun of summer.

P.S. ~Would you would like to learn more about how to be prepared for all types of first aid situations and sourcing these remedies? Then you need my upcoming course *The Survivalist Guide to Homeopathy*. Learn more about how homeopathy is THE medicine for when the SHTF. For more information on how YOU can Think Outside of the Box, click here >> <https://homeopathyworks.iljmp.com/3/toanu>.



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Joette Says...

Men can maximize their output and minimize their downtime. Homeopathy has the ability to set your compass on course with success. This is not an empty promise, because homeopathy, a natural medical model, stimulates the body's ability to bring it to its best economy.

Downtime is unproductive, whether it be a simple cold that requires you to sleep more or an injury that keeps you out of your game. Even psychological issues can force the brain to become, not only unproductive, but irritable or uncreative. The remedies homeopathy employs are without side effects, so they're safe and have stood the test of time. They go after

the imbalances by stimulating the body's ability to bring about health. This is because the promise behind homeopathy's laws of nature includes the law that the body is always in search of equilibrium. We experience illness when that equilibrium is stalled or suppressed. The stalling process is often a result of the use of meds. They kill the messenger instead of allowing the body's natural process to complete. Homeopathy, on the other hand, uses the process to its advantage and stimulates the healing process that is a natural direction.

Homeopathic remedies can be self prescribed for simple injuries and illnesses of common origin or can be addressed with a homeopathic consultant for fine tuning the areas of greater depth. In either case, homeopathy's focus and reputation is to resolve the problem, not cover it up. Sounds like a plan.

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Homeopathy Is...

Safe, holistic therapy. It does not mean home remedies, but instead is a respected branch of medicine that has been the choice of such cultural heroes as John D. Rockefeller, Chopin, Tony Blair, Florence Nightingale and Paul McCartney. Is it a coincidence that these public figures choose homeopathy as their course of action for their health care, or is it that when one has the where-with-all that the preference is for the more supreme? Homeopathy is the choice of medicine for the discerning.

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