Ouch! Don’t touch

Sunburns, like chicken wings can be mild, medium or hot! Keep the following handy as the summer progresses to keep the heat down. First and foremost, never leave for a long weekend or vacation without your homeopathy kit. If you don’t own one, contact us (above)…we have a selection to fit all budgets.

My remedy of choice is to always consider Cantharis first. It’s useful for all sorts of burns including scalds and chemical burns, so sunburns usually respond well. Use a potency that matches the severity of the burn. This means; the more severe the burn, the higher the potency. For mild sunburn a 6c, 12c or 30c is likely to do the trick. For a more alarming incident; that is, one with severe pain, chills, blistering, etc. and only if you have knowledge of homeopathic medicine use a 200c.

Generally speaking in acute situations, the more severe the pathology, the more frequently the remedy needs to be repeated. So if the sunburn is moderate, very red but without blistering, and you’re using a 30c potency, you might offer it every 30-60 minutes to keep the pain from ensuing. In fact, use pain as your indicator as to repetition.

If after giving Cantharis, there is no improvement, consider two other remedies. Urtica urens is the remedy of choice if the pain has a prickly, stingy or itchy sensation. In fact, if the sensation is of this nature from the beginning, then start with this remedy and don’t bother with Cantharis. For a deep, severe burn use Causticum. The more severe the burn, the more likely that Causticum is the correct remedy. Causticum is also handy for old burns that have taken a long time to heal. You should see a change in intensity of symptoms within 30-40 minutes of taking the correct remedy.



I also like to use cell salts as an intercurrent with higher potency remedies. So, for instance, once it's established whether Cantharis or Urtica urens is the correct remedy; then offer Kali mur 6x every 30 minutes or so to bring down the discomfort and pain. As always, when improved, stop administering. Topical ointments or tinctures can also be soothing. Try coconut oil, aloe vera gel or Calendula tincture. But to be honest, you'll likely find the homeopathic remedy to be enough. The entire picture is resolve with the remedies, pain is just the indicator. Peeling may still ensue but not as severely. A sunburn isn't a day at the beach. But don't worry, homeopathy, as always, has the solution.

Want to learn more? Joette's book Cure Yourself and Family with Homeopathy is your #1 guide by going to: www.homeopathyworks.net/products.html.