

# Homeopathic Tips

Over the years I have been taught by my Homeopathic Master Teachers these and more little tips that I call Homeo-tips.

I share these and more with my ezine subscribers as well Nutri-tips – fun and helpful Nutritional tips for kids meal ideas – How to get healthy meals into your family.

Enjoy and get healthy!

- 1) Sleeplessness? *Arnica Montana* 6 x and *Calc phos* 6x in half glass of H2O and sipped every 30 minutes. Homeopathyworks
- 2) Hate humid weather? *Nat sulph* 6x every half hour often helps folks deal with the heat and humidity.me too. Homeopathyworks
- 3) Too much alcohol? Too much fast food? *Nux vomica* 30 every 3 hours for up to 1 day. Homeopathyworks
- 4) Menstrual cramps? *Mag phos* 6x in half cup of hot H2O and sipped every few minutes while still hot.Homeopathyworks
- 5) Injury to the eye? *Aconitum* 30 every 30c minutes until improved, but no longer than 2 days.
- 6) Babes with diarrhea? *Podophyllum* 30c every 3 hours until better. No longer than 2 days. Homeopathyorks
- 7) Anxiety before the surgical operation? *Aconitum* 30c every few hours the night before and day of Homeopathyworks
- 8) Injury to nerve rich areas, such as finger tips....*Hypericum* 30c every few minutes until pain subsides.Homeopathyworks
- 9) Puncture wound? *Ledum*200 every 2 hours. No more pain nor infection.Homeopathyworks

- 10) Insect bites? *Ledum* 30 every 30 minutes if painful. If not then every 3 hours. Stop when better. Homeopathyworks
- 11) Sprained ankle? *Ruta* 30 every 2 hours for 2 days. Homeopathyworks
- 12) **Long** lasting black and blue? Sulphuric acid 30, 4 times per day, for 4 days. Homeopathyworks
- 13) Injury to soft parts, like calves or thigh? *Arnica Montana* 30 every few hours for first few days. Homeopathyworks.
- 14) Ragged wound? *Calendula* applied directly to the wound and dressing. Emergency rooms in Europe know. Homeopathyworks.net
- 15) Food poisoning with coldness and vomiting? *Arsenicum album* 30 every hour until better. Homeopathyworks.net
- 16) Baby with **very** high fever? *Belladonna* 30 every 3 hours. Stop when improved. Most fall asleep right after. Homeopathyworks
- 17) Nausea after ice cream and other fatty foods? *Pulsatilla* 30 every 2 hours stop after 4 doses. Homeopathyworks
- 18) Baby with croup? If caught in the 1<sup>st</sup> 24 hours, then *Aconitum* 30, every 2 hours. Stop when better. Homeopathyworks
- 19) Irrascible teething baby? *Chamomilla* 30 every few hours. Stop when better. Homeopathyworks
- 20) UTI? *Nat phos* 6x every hour for few days then frozen cranberries, H<sub>2</sub>O and raw honey to make a slush. yum Homeopathyworks
- 21) Sunburn? *Cantharis* 30 every 2 hours. Stop when improved. Homeopathyworks
- 22) Muscle strains due to overexertion? *Rhus tox* 30c every 3 hours for 2 days or sooner. Homeopathyworks

23) Deep muscle injury? *Arnica montana* 30 . if no better after a day, then *Bellis perennis* 30 every 3 hours.  
Homeopathyworks

24) Torn or wrenched ligaments? *Ruta* 30 every few hours, as it gets beter, then every 4-5 hours.Homeopathyworks

25) Fractured bone? On the way to hospital try *Arnica* 200 every 2 hours for up to 5 doses.Homeopathyworks.net

26) Hard, long labor? *Arnica* 200 every hour for up to 4 doses. Then after the birth to ease mom.Homeopathyworks

27) Fractured rib? *Bryonia* 30 every few hours for a few days.Homeopathyworks

28) Indigestion? *Arsenicum Album* 30. 3 doses usually does it.Homeopathyworks

29) Heat exhaustion? *Veratum album* 30 every hour until better. Homeopathyworks

30) Jellyfish sting? *Apis* 30 every hour until better.  
Homeopathyworks

31) Hemorrhoids? *Nux vomica* 30 is the one that works for most. Twice per day for up to 3 days.Homeopathyworks

32) Extreme nausea? *Ipecac* 30 every 2 hours for up to one day.Homeopathyworks

33) Eczema? *Nat mur* 6x thrice daily helps some.  
Homeopathyworks

34) Allergic reaction to insect bites? *Urtica urens* 30 every hour. Stop when better.Homeopathyworks.

35) Cramping clutching colic in baby? *Colocynthis* 30 every 3 hours for up to 2 days.Homeopahyworks.

36) Chicken pox? *Rhus tox* 30 every 3 hours if restless and

itchy.stop when better. Resume if needed again.  
Homeopathyworks

37) Conjunctivitis? For early stage only: *Belladonna* 30 every 4 hours for up to 2 days. Homeopathyworks

38) Sinus Infection? Most folks respond to *Kali bich* 30 every 2 hours. Stop when improved. Homeopathyworks.net

39) Flu? *Influenzinum* 6 or 30 every 4 hours.Homeopathyworks.net

40) Blocked tear duct? *Silica* 6x twice daily for up to 2 weeks. Homeopathyworks.net

41) Feel shocked after bad news? *Aconitum* 30, 4 times daily for up to 3 days. Homeopathyworks.net

42) To avoid dehydration from fever: Coat bottoms of hands and feet with olive oil and insist on liquids, even ice chips.Homeopathyworks

43) Abdominal cramps but clutches the area for a modicum of comfort: *Colocynthis* 30 every 2 hours.Homeopathyworks.

44) Hair loss? For some *Silica* 6x thrice daily helps.Homeopathyworks

45) Motion sickness accompanied by copious saliva? *Nux vomica* 30 every 30 minutes.Homeopathyworks

46) Mom overwhelmed with mom-duties? *Sepia* 30 4 times per day for 2 days. Repeat in one week.Homeopathyworks

47) Sinus headache from barometric pressure change? *Kali bich* 30 every 2 hours for up to 4 doses.Homeopathyworks

48) Headache of very irritable person? *Nux vomica* 30 every 3 hours for up to 4 doses.Homeopathyworks

49) Headache of person with digestive problems? *Nux vomica* 30

every 3 hours for up to 4 doses.Homeopathyworks.

50) Overeaten again? *Nux vomica* 30 every 3 hours for up to 4 doses. Then stop that! Homeopathyworks

51) Some think there's no difference between a health tactic and strategy. I think otherwise.A health tactic is to incorporate organic foods in the diet. A strategy is to have a long term plan.Homeopathyworks.net

52) Leg cramps? *Mag phos* 6x and *Calc phos* 6x in 4 ounces of hot water and sipped 1 teaspoon at a time.Homeopathyworks.net.