Developing a Homeopathic Brain – A Cold, A Flu, A Cough; Which Is It; Which Remedy?

Is there a fever?
  - yes
  - no

Is it above 104?
  - yes
  - no

**Belladonna 30**
Every 3 hours up to 4 doses

**Aconite 30**
Every 3 hours up to 4 doses

Is teething a factor?
  - yes
  - no

**Chamomilla 30**
Every 2-3 hours up to 4 doses

**Improved but not holding?**
  - yes
  - no

**Chamomilla 200**
Every 2-3 hours up to 4 doses

Consider Flu or Cold Symptoms

Are symptoms more flu like?
Examples – severe body aches, inability to function, profound weakness/exhaustion?

**Gelsemium 30**
Every 3 hours up to 4 doses

Is there restlessness?
  - yes
  - no

**Arsenicum 30**
Every 3 hours up to 4 doses

**Rhus tox 30**
Every 3 hours up to 4 doses

**Eupatorium 30**
Every 3 hours up to 4 doses

Are there gastro symptoms, irritability or indulgence?
  - yes
  - no

**Byronia 30**
Every 3 hours up to 4 doses

< movement?
  - yes
  - no

**Pyrogen 30**
Every 3 hours up to 4 doses

Are there gastro symptoms, irritability or indulgence?
  - yes
  - no

**Nux vomica 30**
Every 3 hours up to 4 doses

Improved but not holding?
  - yes
  - no

**Byronia 30**
Every 3 hours up to 4 doses

Consider Cold or Fever Symptoms

Joette Calabrese 2012
Developing a Homeopathic Brain – A Cold, A Flu, A Cough; Which Is It; Which Remedy?

Are there mostly cold symptoms showing within initial 24 hours?

- yes
  - Is it ushered in by sneezing?
    - no
      - yes
        - Aconitum 30
          - Every 3 hours up to 4 doses
        - no
          - no
          - yes
            - Nux vomica 30
              - Every 3 hours up to 4 doses
          - no better

- no
  - Is it predominantly gastrointestinal?
    - yes
      - Heper sulph 30
        - Every 3 hours up to 4 doses
    - no
      - yes
        - Aconitum 30
          - Every 3 hours up to 4 doses
        - no
          - Nat mur 6X
            - Every 4 hours up to 6 doses
          - no better
      - no
        - Allium cepa 30
          - Every 2-3 hours up to 4 doses
          - no better

- no
  - no
  - yes
  - no
  - yes
  - Heper sulph 30
    - Every 3 hours up to 4 doses
    - no better

Does a cough predominate?

- yes
  - Is the cough croupy?
    - yes
      - Aconite 30
        - Every 3 hours up to 4 doses
    - no
      - Is the cough within the last 12-24 hours?
        - yes
          - Spongilla 30
            - Every 3 hours up to 4 doses
        - no
          - Did it begin after midnight?
            - yes
              - Pulsatilla 30
                - Every 3 hours up to 4 doses
            - no
              - Did it begin after 3 am?
                - yes
                  - Mercurius 30
                    - Every 3 hours up to 4 doses
                - no
                  - Heper sulph 30
                    - Every 3 hours up to 4 doses
                    - no better

- no
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no
  - yes
  - no

Go to Flu, Fever or to Cough Symptoms

Heper sulph 30
- Every 3 hours up to 4 doses
- no better

Go to repertory or seek professional help
First Aid in a Pinch!

Wouldn’t it be a relief to know that as quickly as an emergency arrives, you’re capable to mitigate any first aid problem? Well here is your go to chart to get you started. There are many other remedies that I could’ve considered, but that would require a book. Instead, I offer this handy chart and urge you to stretch your ability and learn, learn, learn. The more you familiarize yourself with these methods, the more success you’ll enjoy. For further study, check our download “Perform in the Storm; A Homeopathic First Aid.” It’s a handy audio intensive that is the perfect accompaniment to this chart.

Homeopathy can handle accidents and so can you!

1st

Own a basic, homeopathic first aid kit. Own as many essential first aid remedies as you can. Below is a list of remedies referred to in my chart. These best address many common first aid cases. If you don’t have a kit, contact us at Homeopathpyworks.Net or 716.941.1045. We can help you find the right one to suit your budget.

Remedies:

<table>
<thead>
<tr>
<th>Aconitum</th>
<th>Bryonia</th>
<th>Hamamelis</th>
<th>Symphytum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apis</td>
<td>Cantharis</td>
<td>Ledum</td>
<td>Urtica urens</td>
</tr>
<tr>
<td>Arnica</td>
<td>Euphrasia</td>
<td>Rhus tox</td>
<td></td>
</tr>
<tr>
<td>Bellis perenis</td>
<td>Glonoinum</td>
<td>Silica</td>
<td></td>
</tr>
</tbody>
</table>
Cell Salt Remedies:

- Calc fluor
- Calc phos
- Ferr phos
- Kali mur
- Kali phos
- Mag phos
- Nat mur

With these remedies on hand, you’re well-prepared for everyday accidents. If the mishap is truly severe, it might be necessary and prudent to head to the ER, but that doesn’t mean it has to be an all or nothing situation. You can still administer the appropriate homeopathic remedy on the way to the hospital. Some of my students have reported to me that once they arrived to the hospital, they actually turned around and headed back home. The hospital was no longer necessary because the remedy had already brought so much healing to the injured individual while en route!

**REMEMBER** to also keep these essentials items with your **Homeopathic First Aid Kit**:

- Calendula tincture
- Clean gauzes
- Bandages
- Candle
- Matches for sterilizing
- Tweezers
- Celtic salt
- Nettles Tincture
- Coconut Oil
- Safety pins
CHECK OUT this quick and easy reference.

Remember, that a remedy’s potency, as well as how often you administer it, will sometimes vary from what is charted. **This chart is only a guideline.** When the injury is severe, the correct choice can be offered as often as once every 5 minutes. If the case is worse than the average boo-boo, you can “up” the potency to something higher than what my chart outlines. A higher potency and more frequent administration can often have surprising results.

Choose the correct remedy. Is it *Ledum, Hypericum* or *Arnica*? If after 4 doses of the same remedy, you don’t observe some improvement, consider using another remedy depending on the symptoms presenting. After that, depending how bad the injury is, let me guide you in using your best judgment for each emergency. Let’s go!

Don’t forget about calcium! It’s a natural pain reliever and nervine and during an injury, our calcium stores become depleted. So, be sure to compensate for this. Be sure to consume nutrient rich, homemade bone stock. Drink plenty of raw milk and eat butter as often as possible.
ABRASIONS

STAY CALM MOM!

Minor Scraping? Pain to the area?

**Arnica 30x:**
1 dose, every 1-2 hours. Stop when there’s improvement.

**Ferr phos 6x:**
1 dose every 2 hours, or until pain returns. Stop when there’s improvement.

**Coconut Oil or Unsalted Butter**
For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

Pain to the area? Prickling sensation?

**Hamamelis 30x:**
1 dose, every 1-2 hours. Stop when there’s improvement.

**Ferr phos 6x:**
1 dose every 2 hours, or until pain returns. Stop when there’s improvement.

**Coconut Oil or Unsalted Butter**
For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

ANAPHYLAXIS

Depending on severity, seek medical care

**STOP**
If pregnant, do not take the following remedy. It can endanger a pregnancy.

**Apis 200c or 1m:**
1 dose, every 5, 10 or 15 minutes, depending on the severity and less frequently as improvement begins.

Try This

YOUCH!

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716-941-1045

www.joettecalabrese.com
ANIMAL BITES
Depending on severity, seek medical care

Warmth to the bitten area? Relief from cold application? Swelling?

Apis 30x: 1 dose, every 1-2 hours, until improvement and for up to 3 days.

Ferr phos 6x & Kali mur 6x: 1 dose of each, every 2 hours, or until pain returns. Stop with improvement.

Coconut Oil or Unsalted Butter For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water


Ledum 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).

Ferr phos 6x & Kali mur 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s Improvement.

Coconut Oil or Unsalted Butter For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

BEE STINGS


Apis 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).

Ferr phos 6x & Kali mur 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when

Coconut Oil or Unsalted Butter

Joette Calabrese, HMC, CCH, RSHom 716-941-1045 www.joettecalabrese.com
BEE STINGS

Coldness to the bitten area?
Relieved by coldness?
Swelling?

**IS THERE**

**Main Remedy**

*Ledum 30x: 1 dose, every 1-2 hours, until improvement or for up to 3 days.*

**Cell Salt**

*Ferr phos 6x & Kali mur 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.*

**Apply This**

*Coconut Oil or Unsalted Butter*

---

BLISTERS

Burning and itching?
Better with a cold application?

**IS THERE**

**Main Remedy**

*Cantharis 30x: 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days.*

**Cell Salt**

*Kali phos 6x & Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.*

**Apply This**

*Coconut Oil or Unsalted Butter*

---

BLISTERS

Redness?
Swelling?
Itchiness?

**IS THERE**

**Main Remedy**

*Rhus tox 30x: 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days.*

**Cell Salt**

*Ferr phos 6x & Kali mur 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.*

**Apply This**

*Coconut Oil or Unsalted Butter*
BONE INJURIES

Depending on severity, seek medical care

- Swelling?
- Bruising?
- Shock to the system?
- Trauma?

**TRY THIS**

- **Arnica 30x & Aconitum 30x:**
  1 dose of Arnica on the hour, and Aconitum on the half hour. Alternate between them, for up to 10 doses of each.

- **Symphytum 30x:** (ONLY ONCE AN X-RAY HAS VERIFIED THAT THE BONES HAVE BEEN RESET) 1 dose, every 4 hours, for 3 days.

- **Calc fluor 6x:**
  1 dose, 3 times per day, daily. Once an X-RAY has verified that the bones have reset

- **Calc phos 6x:**
  1 dose, 3 times per day, daily, until the bone is healed.
### BONE INJURIES

#### Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Pain Type</th>
<th>Homeopathic Medicine</th>
<th>Dosage and Administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aching pain? Squeezing pain? Throbbing? Relief when lying down? Swelling?</td>
<td>Bellis per. 30x</td>
<td>1 dose, every hour, until there is relief and up to 7 days.</td>
</tr>
<tr>
<td>Stitching pain? Tearing pain? Sudden sharp pains? More pain and worse with movement?</td>
<td>Symphytum 30x</td>
<td>1 dose, every 4 hours, for 3 days.</td>
</tr>
<tr>
<td>Bryonia 30x</td>
<td>1 dose, every 1-2 hours, until there is relief and for up to 3-4 days.</td>
<td></td>
</tr>
<tr>
<td>Calc fluor 6x</td>
<td>1 dose, 3 times per day, daily. Once an X-RAY has verified that the bones have reset.</td>
<td></td>
</tr>
<tr>
<td>Calc phos 6x</td>
<td>1 dose, 3 times per day, daily, until the bone is healed.</td>
<td></td>
</tr>
</tbody>
</table>

**TRY THIS**

---

Joette Calabrese, HMC, CCH, RSHom  
716-941-1045  
www.joettecalabrese.com
BRUISES
Moderate to severe bruising? Goose egg?
Arnica 30x: 1 dose, every 2 hours and up to 6 doses. Then 3 times per day for up to 3 days
Ferr phos 6x: 1 dose, every 3-4 hours, until improvement up to 4 days.

BURNS
1st degree burns
Searing pain? Burning? Scalding? Better with a cold application?
Arnica 30x & Cantharis 30x: 1 dose of Arnica every 3-4 hours and up to 6 doses. If needed, 3 times per day, for up to 3 days. Then 1 dose Cantharis every 3-4 hours. Stop when there’s improvement. Repeat when pain returns.
Kali mur 6x & Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.
Coconut Oil, Unsalted Butter, Calendula Salve / Ointment

2nd degree burns
Aconite 30x & Cantharis 30x: Aconite every hour, for up to 6 doses. Then begin Cantharis, 4 times in one day and alternate it with Aconitum
Kali mur 6x & Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.
Coconut Oil, Unsalted Butter Or Calendula Salve/ Ointment
<table>
<thead>
<tr>
<th><strong>BURNS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1&lt;sup&gt;st&lt;/sup&gt;</strong> degree burns</td>
</tr>
<tr>
<td><strong>2&lt;sup&gt;nd&lt;/sup&gt;</strong> degree burns</td>
</tr>
</tbody>
</table>

2<sup>nd</sup> degree burns that aren’t too severe?
- Superficial or severe burns?
- Burning pain?
- Stinging pain?

**Urtica urens**
- 30x: 1 dose, every 3-4 hour. Stop when there’s relief and repeat when pain returns.

**Kali mur 6x & Ferr phos**
- 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.

Coconut Oil, Unsalted Butter or Calendula Salve/Ointment

<table>
<thead>
<tr>
<th><strong>BURNS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3&lt;sup&gt;rd&lt;/sup&gt;</strong> degree burns</td>
</tr>
</tbody>
</table>

Depending on severity, seek medical care

Blister formation?
- Restlessness?
- Great pain?

**Causticum**
- 30x: 1 dose every ½ hour, hour, or every 2 hours, or until the pain returns. Continue until improvement and no longer than 3-4 days.

**Kali mur 6x & Ferr phos**
- 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.

Calendula tincture

<table>
<thead>
<tr>
<th><strong>CARBON MONOXIDE POISONING</strong></th>
</tr>
</thead>
</table>

Depending on severity, seek medical care

Breathlessness?
- Fatigue?
- General wearness?
- General weakness?

**Carbo vegetabilis**
- 30x: 1 dose, every 10, 15 OR 30 minutes or every hour, until there is improvement and up to 10 doses.

**Kali phos 6x:**
- 1 dose, every 3-4 hours, until improvement and for up to 4 days.
### CUTS
**Depending on severity, seek medical care**

<table>
<thead>
<tr>
<th>Cuts? Cracks? Scratches?</th>
<th>Arnica 30x: 1 dose, every 1-3 hours or until improvement and up to 10 doses.</th>
<th>Ferr phos 6x &amp; Kali mur 6x (if swelling): 1 dose of each, every 2 hours, or until pain returns. Stop if improvement.</th>
<th>Calendula Tincture: Apply <em>Calendula</em> dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</th>
<th>Coconut Oil or Unsalted Butter</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRY THIS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### CUTS/SCRAPES
**Depending on severity, seek medical care**

<table>
<thead>
<tr>
<th>Coldness and numbness? Better with a cold application?</th>
<th>Ledum palustre 30x: 1 dose, every 1-3 hours and up to 6 doses. Then, if needed, 3 times per day, for up to 5 days.</th>
<th>Ferr phos 6x &amp; Kali mur 6x (if swelling): 1 dose of each, every 2 hours, or until pain returns. Stop if improvement.</th>
<th>Calendula Tincture: Apply <em>Calendula</em> dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</th>
<th>Coconut Oil or Unsalted Butter</th>
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<tbody>
<tr>
<td><strong>TRY THIS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CUTS/SCRAPES

Depending on severity, seek medical care

Shooting pain? Electric pain? Zinging nerve pain?

**Hypericum perforatum**
30x: 1 dose, every 2 hours and up to 6 doses. Then 3 times per day for up to 3 days.

**Ferr phos 6x & Kali mur 6x** (if swelling):
1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.

**Hypericum Tincture**: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

Coconut Oil or Unsalted Butter

DISLOCATED JOINTS

Shoulder dislocation? Lameness in joints? Numbness in joints? Coldness in limbs especially in the lower limbs? Sudden, sharp, tearing pains? Worse pain on first movement?

**Rhus tox 30x**: 1 dose, every 4 hours, or whenever the pain requires it. Continue Rhus tox for up to 8-10 days, but less frequently each subsequent day, depending on the pain level.

**Ferr phos 6x, Mag phos 6x, Calc fluor 6x & Calc phos 6x**: 1 dose of each, 3 times daily, until improvement.
**DISLOCATED JOINTS**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruised sensation in bones and joints? Worse from lying down?</td>
<td><strong>Ruta grav 30x</strong>: 1 dose, every 4 hours, or when pain returns. Continue for up to 8-10 days, but less frequently each day, depending on the pain level. <strong>Ferr phos 6x, Mag phos 6x, Calc fluor 6x &amp; Calc phos 6x</strong>: 1 dose of each, 3 times daily, until better.</td>
</tr>
</tbody>
</table>

**DRUG OVERDOSE**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches? Nausea? Constipation? Loose-stools?</td>
<td><strong>Nux vomica 30x</strong>: 1 dose, every 3-4 hours, until improvement and for no longer than 3 days. <strong>Nat sulph 6x &amp; Kali mur 6x</strong>: 1 dose of each, every 3-4 hours, until improvement and for up to 4 days.</td>
</tr>
</tbody>
</table>

**ELECTROCUTED**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Phosphorus 6X</strong>: 1 dose every 30 minutes and up to 6 doses. <strong>Ferr phos 6x &amp; Nat sulph 6x</strong>: 1 dose of each, every 3-4 hours, until improvement and for up to 4 days.</td>
</tr>
</tbody>
</table>

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## EYE INJURIES

### Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Condition</th>
<th>Remedy</th>
<th>Dosage</th>
<th>Frequency</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aconite 30x</td>
<td>1 dose, every ½ hour to hour</td>
<td>until the shock has subsided and the object has been removed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ferr phos 6x, Calc sulph 6x, &amp; Nat mur 6x (if painful with tearing)</td>
<td>1 dose (of each), every 2 hours</td>
<td>until improvement &amp; up to 4 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eyebright Tincture:</td>
<td>Apply eyebright dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut Oil or Unsalted Butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### EYE INJURIES

<table>
<thead>
<tr>
<th>Condition</th>
<th>Remedy</th>
<th>Dosage</th>
<th>Frequency</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruising around the eye? Black eye?</td>
<td>Arnica 30x</td>
<td>1 dose every 2-4 hours and up to 4 doses each day</td>
<td>for 3-4 days</td>
<td></td>
</tr>
<tr>
<td>Ferr phos 6x &amp; Calc sulph 6x</td>
<td>1 dose (of each), every 2 hours</td>
<td>until improvement, for up to 4 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calendula Tincture:</td>
<td>Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut Oil or Unsalted Butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
EYE INJURIES

Depending on severity, seek medical care

Long-lasting pain? Black eye? Better with a cold application?

Euphrasia officinalis 30x: 1 dose every 2 hours and up to 10 doses.
Ferr phos 6x & Calc sulph 6x: 1 dose (of each), every 2 hours, until improvement and for up to 4 days.

Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)
Coconut Oil or Unsalted Butter

EYE INJURIES

Depending on severity, seek medical care

Long-lasting pain? Removal of a foreign object?

Ledum palustre 30x: 1 dose every 2 hours and no more than 10 doses
Ferr phos 6x & Calc sulph 6x: 1 dose (of each), every 2 hours, until improvement and for up to 4 days.
Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)
Coconut Oil or Unsalted Butter
### FOOD & WATER POISONING

**Depending on severity, seek medical care**

| Coldness? Anxiety? Restlessness and extreme fatigue? Burning in gastrointestinal tract? Copious diarrhea? | Arsenicum 30x: 1 dose, every ½ hour to hour, or more or less frequently depending on the severity of symptoms, but at least 4 doses. Stop when there’s improvement. | Kali phos 6x, Nat phos 6x & Calc phos 6x: 1 dose of each, every 2-4 hours, and for up to 3 days. |

**FOOD & WATER POISONING**

**Depending on severity, seek medical care**

| Much bilious vomiting? Nausea? Retching? Irritability and snapping? | Nux vomica 30x: 1 dose, every ½ hour to hour, or more or less frequently depending on the severity of symptoms, but at least 4 doses. Stop when there’s improvement. | Kali phos 6x, Nat phos 6x, Nat sulph 6x & Calc phos 6x: 1 dose of each, every 2-4 hours, until improvement and for up to 3 days. |

**HEAT EXHAUSTION**

| Severe headache? Nausea? Worse with movement? | Bryonia 30x: 1 dose, every 5 minutes (or more or less frequently depending on the severity of symptoms) and up to 10 doses or until there’s improvement. | Nat mur 6x + Ferr phos 6x: 1 dose of each, every 15-30 minutes and less frequently with improvement |
**HEAT EXHAUSTION**

Rush of blood to face? Hot face?
Sweaty skin?
Splitting, throbbing headache?

**Glonoinum**

30x: 1 dose, every five minutes (or more or less frequently depending on the severity of symptoms) and up to 10 doses or until there’s improvement.

**Nat mur 6x**

Ferr phos 6x:
1 dose of each, every 15-30 minutes and less frequently as signs of improvement show.

**HEAT EXHAUSTION**

Headache after much sun exposure?
Red face?
Throbbing pain?
Worse from movement and from lying down?

**Belladonna**

30x: 1 dose, every ½ -1 hour (or more or less frequently depending on the severity of symptoms) and up to 10 doses.

**Nat mur 6x**

Ferr phos 6x:
1 dose of each, every 15-30 minutes and less frequently as signs of improvement show.
## INSECT BITES

**Bitten area feels cold?**
Better with cold application?
Swelling?
Painful?

**Arnica 30X:** 1 dose, every ½ hour to hour and up to 10 doses...

**Ledum palustre 30X:**
1 dose every ½ hour to hour (or more or less frequently depending on severity of symptoms). Stop when there’s improvement.

**Ferr phos 6X, Kali mur 6X & Calc sulph 6X:** 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

**Calendula Tincture:** Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

**Coconut Oil or Unsalted Butter**

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## INSECT BITES

**Redness? Watery-filled areas?**
Warmth & swelling?
Better with a cold application?

**Apis 30X:** 1 dose, every ½-hour, or less frequently, depending on the severity of symptoms, and for no longer than 2 days. Stop when there’s improvement.

**Ferr phos 6X, Kali mur 6X & Calc sulph 6X:** 1 dose of each, every 1-3 hours (depending on the severity), and less often with improvement, and for up to 3 days.

**Calendula Tincture:** Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture & 4 parts water)

**Coconut Oil or Unsalted Butter**
## INSECT BITES

<table>
<thead>
<tr>
<th>Swelling? Pain, especially with touch? Worse from rest?</th>
<th>Arnica 30x: 1 dose, every ½-hour, or more or less frequently, depending on the severity of symptoms. Stop when there’s improvement. Can take for up to 2-3 days.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ferr phos 6x, Kali mur 6x, Calc sulph 6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.</td>
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<td>Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</td>
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<td>Coconut Oil or Unsalted Butter</td>
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</tbody>
</table>

**TRY THIS**

<table>
<thead>
<tr>
<th>Cold location with swelling? Better with cold application?</th>
<th>Ledum 30x: 1 dose, every ½-hour to hour, or less frequently, depending on the severity, and for up to 2 days. Stop when there’s improvement.</th>
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<tr>
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<td>Ferr phos 6x, Kali mur 6x, &amp; Calc sulph 6x: 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.</td>
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<td>Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</td>
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</table>
MOTION SICKNESS


**Tabacum 30x:** 1 dose, every 15 minutes until improvement, or up to 10 doses. Stop when there’s improvement.

**Nat mur 6x, Ferr phos 6x, Calc sulph 6x & Kali phos 6x:** 1 dose of each, every hour, until improvement and up to 10 doses of each.

Chills? Queasiness? Headache over one eye? Headache at back of head? Worse from food, cigarette smoke and coffee?

**Nux vomica 30x:** 1 dose, every 15 minutes until improvement, or up to 10 doses.

**Nat mur 6x, Nat phos 6x Nat sulph 6x:** 1 dose of each, every hour, until improvement and up to 10 doses of each.
<table>
<thead>
<tr>
<th>NOSEBLEEDS</th>
<th>After a nose injury?</th>
<th>Arnica 30x: 1 dose, every 2 minutes until improvement and for up to 10 doses.</th>
<th>Ferr phos 6x: 1 dose, every 30 minutes, until bleeding stops and then along with Calc phos 6x, 3 times daily, for up to 3 days.</th>
</tr>
</thead>
<tbody>
<tr>
<td>After blowing nose?</td>
<td>Phosphorus 30x: 1 dose, every 2 minutes until improvement and for up to 10 doses.</td>
<td>Ferr phos 6x: 1 dose, every 30 minutes, until bleeding stops and then along with Calc phos 6x, 3 times daily, for up to 3 days.</td>
<td></td>
</tr>
<tr>
<td>PAINT POISONING</td>
<td>Restlessness alternating with extreme fatigue and/or collapse? Diarrhea? Coldness and disorientation?</td>
<td>Arsenicum 30x: 1 dose, every ½-hour to hour, or more or less frequently, depending on the improvement, and for no more than 3 days.</td>
<td>Kali phos 6x: 1 dose, every 30 minutes and less frequently as improvement shows.</td>
</tr>
</tbody>
</table>

**TRY THIS**

Joette Calabrese, HMC,CCH,RSHom  716-941-1045  www.joettecalabrese.com
PESTICIDE POISONING

Depending on severity, seek medical care

Restlessness alternating with extreme fatigue and/or collapse? Diarrhea? Coldness and disorientation?

TRY THIS

Arsenicum 30x: 1 dose, every ½ hour to hour, or more or less frequently, depending on the improvement, and for no more than 3 days.

Kali phos 6x:
1 dose, every 30 minutes and less frequently as improvement shows.

PUNCTURE WOUNDS

Depending on severity, seek medical care

Shock? Trauma? Swelling? Bleeding?

TRY THIS

Arnica 30x:
1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.

Ferr phos 6x, Kali mur 6x
Calc sulph 6x:
1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.

Coconut Oil or Unsalted Butter
For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water

Joette Calabrese, HMC,CCH,RSHom 716-941-1045 www.joettecalabrese.com
# PUNCTURE WOUNDS

## Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Pricking, shooting or throbbing pain?</th>
<th><strong>Ledum 30x:</strong> 1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wound feels cold but is better with cold applications? Swelling?</td>
<td><strong>Ferr phos 6x, Kali mur 6x &amp; Calc sulph 6x:</strong> 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.</td>
</tr>
</tbody>
</table>

### TRY THIS

Coconut Oil or Unsalted Butter

For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water.

---

<table>
<thead>
<tr>
<th>Lacerations? Wound to nerve-rich areas? Wounds to fingertip tips? Violent, shooting pains? Excessive pain?</th>
<th><strong>Hypericum 30x:</strong> 1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ferr phos 6x, Kali mur 6x &amp; Calc sulph 6x:</strong> 1 dose of each, every 1-3 hours (depending on the severity), and less frequently as signs of improvement show, and for up to 3 days.</td>
<td></td>
</tr>
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</table>

### TRY THIS

Coconut Oil or Unsalted Butter

For more severe abrasions, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water.
SHOCK

Depending on severity, seek medical care

- Fright?
- Anxiety?
- Anxiousness and extreme fatigue?
- Panic?
- Severe stress?

Aconite 30x: 1 dose, every 1-2 hours (or more or less frequently) depending upon the severity and/or improvement of shock.

Kali phos 6x
Nat sulph 6x:
- 1 dose of each, every 30 minutes, and less frequently, as signs of improvement show, and for up to 3 days.

SPLINTERS

- Burning, stinging pain?
- Warm application helps draw the splinter to surface?

Silica 30x:
- 4 doses in one day, until improvement, and for up to 14 days.

Ferr ph 6x:
- 1 dose, 3-4 times per day, for up to 2 weeks, or more or less frequently, depending on the severity of symptoms.

SPRAINS

- Pain?
- Stiffness?
- Pulled ligaments?
- Pulled tendons?

Arnica 30x:
- 1 dose, every 1-2 hours until improvement, and for up to 10 doses.

Ferr phos 6x:
- 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.

Ruta grav 12x:
- 4 doses in 1 day, until the stiffness and pain have improved.
**SPRAINS**

- **Inflammation?**
  - **Arnica 30x:** 1 dose, every 3-4 hours, until improvement, and for no longer than 3 days.
  - **Ferr phos 6x:** 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.
- **Swelling?**
- **Bruising?**
- **Pain from overexertion?**
  - **Rhus tox 30x:** 1 dose, every 3-4 hours, until improvement and for no longer than 3 days.
  - **Ferr phos 6x**
  - **Calc phos 6x:** 1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.

**STRAINS**

- **Inflammation?**
  - **Arnica 30x:** 1 dose, every 30 minutes, until improvement and up to 10 doses.
  - **Rhus tox 30x:** 4 doses in 1 day, or up to 3 days, until the stiffness and pain have improved.
- **Swelling?**
- **Bruising?**
- **Pain from overexertion?**
  - **Rhus tox 30x:** 1 dose, every 3-4 hours, until improvement and for no longer than 3 days.
  - **Ferr phos 6x**
# SUNBURNS

<table>
<thead>
<tr>
<th>Rawness? Smarting? Relief from cold applications?</th>
<th><strong>Main Remedy</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cantharis 6x, 12x, 30x or 200c:</strong> 1 dose, every 3 hours (or more or less frequently, depending on the remedy potency and severity of burn), until pain returns, and for no longer than 3 days.</td>
<td><strong>Cell Salt</strong></td>
</tr>
<tr>
<td><strong>Ferr phos 6x, Kali mur 6x Kali sulph 6x:</strong> 1 dose of each, 3-4 times daily, or more or less frequently, depending on the severity of the burn, for up to 3 days</td>
<td><strong>Coconut Oil or Unsalted Butter</strong></td>
</tr>
<tr>
<td><strong>Kali mur 6x:</strong> 1 dose, every 3-4 hours, until improvement.</td>
<td><strong>Apply This</strong></td>
</tr>
</tbody>
</table>

---

**TRY THIS**

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SUNBURNS

Deep, severe burn? Old burns that did not heal?

**TRY THIS**

**Causticum 6x, 12x, 30x or 200c:** 1 dose, every 3 hours (or more or less frequently, depending on the remedy potency and severity of burn), until pain returns, and for no longer than 3 days.

**Kali mur 6x:**
Take 1 dose, every 3-4 hours, until improvement.

**Ferr phos 6x, Kali mur 6x & Kali sulph 6x:** 1 dose of each, 3-4 times daily, or more or less frequently, depending on the severity of the burn, for up to 3 days.

Coconut Oil, or Unsalted Butter
SUNBURNS

STAY CALM MOM!

Prickly, stingy or itchy sensation?

**Urtica urens**
6x, 12x, 30x or 200c: 1 dose, every 3 hours (or more or less frequently, depending on the remedy potency severity of burn), until pain returns, and for no longer than 3 days.

Ferr phos 6x, Kali mur 6x & Kali sulph 6x: 1 dose of each, 3-4 times daily, or more or less frequently, depending on the severity of the burn, for up to 3 days.

Kali mur 6x: 1 dose, every 3-4 hours, until improvement.

TRY THIS

Coconut Oil or Unsalted Butter

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716-941-1045

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First Aid in a Pinch is solely intended to provide a format in assisting the student in learning the principals of Homeopathy. It is in no way to be considered a substitute for a consultation with a health professional.

Joette Calabrese, HMC, CCH, RSHom is certified classical homeopath who teaches and consults with moms the world over via phone and SKYPE. For a FREE download of 10 Toxins and How to Antidote Them With Homeopathy go to JoetteCalabrese.com and find it on the “Free Downloads and Articles” section of the homepage. Then, consider scheduling a FREE 15 minute conversation with Joette to see if homeopathy is a fit for your or your child’s health strategy.