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 JoetteCalabrese.com/remedy-kits or 561-537-5900. We can help you find the right one to suit your budget.

Remedies:

Aconitum  
Apis  
Arnica  
Bellis perennis

Bryonia  
Cantharis  
Euphrasia  
Glonoinum

Hamamelis  
Ledum  
Rhus tox  
Silica

Symphytum  
Urtica urens
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

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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.

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### Animal Bites

#### Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedy</th>
<th>Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warmth to the bitten area? Relief from cold application? Swelling?</td>
<td>Apis 30x: 1 dose, every 1-2 hours, until improvement and for up to 3 days.</td>
<td>Ferr phos 6x &amp; Kali mur 6x:1 dose of each, every 2 hours, or until pain returns. Stop with improvement.</td>
</tr>
<tr>
<td>Coldness to the bitten area? Relief with coldness? Burning pain? Swelling? Redness? Watery-like areas?</td>
<td>Ledum 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).</td>
<td>Ferr phos 6x &amp; Kali mur 6x:1 dose of each, every 2 hours, or until pain returns. Stop when there’s Improvement.</td>
</tr>
</tbody>
</table>

#### Youch!

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warmth to the bitten area? Relieved by coldness? Burning pain? Swelling? Redness?</td>
<td>Apis 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).</td>
</tr>
</tbody>
</table>

#### BEE STINGS

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warmth to the bitten area? Relieved by coldness? Burning pain? Swelling? Redness?</td>
<td>Apis 30x: 1 dose, every 15-30 minutes until improvement (or sooner, in cases of severe allergic reactions).</td>
</tr>
</tbody>
</table>

**Coconut Oil or Unsalted Butter**

For more severe bites, soak injured area in a 1:4 dilution: 1 part Calendula tincture & 4 parts water.
<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms</th>
<th>Main Remedy</th>
<th>Cell Salt</th>
<th>Apply This</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEE STINGS</td>
<td>Coldness to the bitten area? Relieved by coldness? Swelling?</td>
<td><em>Ledum 30x:</em> 1 dose, every 1-2 hours, until improvement or for up to 3 days.</td>
<td><em>Ferr phos 6x &amp; Kali mur 6x:</em> 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.</td>
<td>Coconut Oil or Unsalted Butter</td>
</tr>
<tr>
<td>BLISTERS</td>
<td>Burning and itching? Better with a cold application?</td>
<td><em>Cantharis 30x:</em> 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days</td>
<td><em>Kali phos 6x &amp; Ferr phos 6x:</em> 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.</td>
<td>Coconut Oil or Unsalted Butter</td>
</tr>
<tr>
<td>BLISTERS</td>
<td>Redness? Swelling? Itchiness?</td>
<td><em>Rhus tox 30x:</em> 1 dose, 4 times in one day, until there is improvement, but for no longer than 3 days</td>
<td><em>Ferr phos 6x &amp; Kali mur 6x:</em> 1 dose of each, every 2 hours, or until pain</td>
<td>Coconut Oil or Unsalted Butter</td>
</tr>
</tbody>
</table>
returns. Stop when there's improvement.

**BONE INJURIES**

Depending on severity, seek medical care

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

**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.

---

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www.joettecalabrese.com
**BONE INJURIES**

Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Aching pain?</th>
<th>Squeezing pain?</th>
<th>Throbbing?</th>
<th>Relief when lying down?</th>
<th>Swelling?</th>
<th><strong>Bellis per. 30x:</strong> 1 dose, every hour, until there is relief and up to 7 days.</th>
<th><strong>Calc fluor 6x:</strong> 1 dose, 3 times per day, daily. Once an X-RAY has verified that the bones have reset</th>
</tr>
</thead>
</table>

- **Try This**

**Symphytum**

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

- **Try This**

**Bryonia 30x:** 1 dose, every 1-2 hours, until there is relief and for up to 3-4 days

- **Try This**

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

<table>
<thead>
<tr>
<th>Stitching pain?</th>
<th>Tearing pain?</th>
<th>Sudden sharp pains?</th>
<th>More pain and worse with movement?</th>
<th><strong>Symphytum 30x:</strong> (ONLY ONCE AN X-RAY HAS VERIFIED THAT THE BONES HAVE BEEN RESET) 1 dose, every 4 hours, for 3 days.</th>
<th><strong>Calc fluor 6x:</strong> 1 dose, 3 times per day, daily. Once an X-RAY has verified that the bones have reset</th>
</tr>
</thead>
</table>

- **Try This**

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

- Moderate to severe bruising?
- Goose egg?

**TRY THIS**

- 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**

1<sup>st</sup> degree burns
2<sup>nd</sup> degree burns

**TRY THIS**

- 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

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**BURNS**

1<sup>st</sup> degree burns
2<sup>nd</sup> degree burns

**TRY THIS**

- Shock?
- Searing pain?
- Burning?
- Scalding?
- Violent pains?
- Severe warmth in the burnt area?
- Better with a cold application?

- 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

---

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<table>
<thead>
<tr>
<th>BURNS</th>
<th>1\textsuperscript{st} degree burns</th>
<th>2\textsuperscript{nd} degree burns that aren’t too severe?</th>
<th>Superficial or severe burns?</th>
<th>Burning pain?</th>
<th>Stinging pain?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>2\textsuperscript{nd} degree burns</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30x: 1 dose, every 3-4 hour. Stop when there’s relief and repeat when pain returns.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kali mur 6x &amp; Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coconut Oil, Unsalted Butter or Calendula Salve/Ointment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BURNS</th>
<th>3\textsuperscript{rd} degree burns Depending on severity, seek medical care</th>
<th>Blister formation? Restlessness? Great pain?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kali mur 6x &amp; Ferr phos 6x: 1 dose of each, every 2 hours, or until pain returns. Stop when there’s improvement.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calendula tincture</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CARBON MONOXIDE POISONING</th>
<th>Depending on severity, seek medical care</th>
<th>Breathlessness? Fatigue? General weariness? General weakness?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Carbo vegetabilis 30x: 1 dose, every 10, 15 OR 30 minutes or every hour, until there is improvement and up to 10 doses.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kali phos 6x: 1 dose, every 3-4 hours, until improvement and for up to 4 days.</td>
</tr>
</tbody>
</table>

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**CUTS**

## Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Cuts? Cracks? Scrapes?</th>
<th>Arnica 30x: 1 dose, every 1-3 hour 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 when there’s improvement</th>
<th>Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water) Calendula Tincture: Apply Calendula dilution to bandage. (1:4 dilution: 1 part Calendula tincture &amp; 4 parts water)</th>
<th>Coconut Oil or Unsalted Butter</th>
</tr>
</thead>
</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>Coconut Oil or Unsalted Butter</th>
</tr>
</thead>
</table>

**TRY THIS**
<table>
<thead>
<tr>
<th>CUTS/SCRAPES</th>
<th>DISLOCATED JOINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shooting pain?</strong></td>
<td><strong>Shoulder dislocation?</strong></td>
</tr>
<tr>
<td><strong>Electric pain?</strong></td>
<td><strong>Lameness in joints?</strong></td>
</tr>
<tr>
<td><strong>Zinging nerve pain?</strong></td>
<td><strong>Numbness in joints?</strong></td>
</tr>
</tbody>
</table>

**TRY THIS**

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

**IS THERE**

- **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.

**Cell Salt**

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

Bruised sensation in bones and joints? Worse from lying down?

**Main Remedy:**

- **Ruta grav 30x:** 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.

**Cell Salt:**

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

**Apply This:**

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

### DRUG OVERDOSE

- Headaches?
- Nausea?
- Constipation?
- Loose-stools?

**Main Remedy:**

- **Nux vomica 30x:** 1 dose, every 3-4 hours, until improvement and for no longer than 3 days.

**Cell Salt:**

- **Nat sulph 6x & Kali mur 6x:** 1 dose of each, every 3-4 hours, until improvement and for up to 4 days.

### ELECTROCUTED

Depending on severity, seek medical care

**Main Remedy:**

- **Phosphorous 6X:** 1 dose every 30 minutes and up to 6 doses.

**Cell Salt:**

- **Ferr phos 6x & Nat sulph 6x:** 1 dose of each, every 3-4 hours, until improvement and for up to 4 days.
# EYE INJURIES

**Depending on severity, seek medical care**

- **Aconite 30x**: 1 dose, every ½ hour to hour, until the shock has subsided and the object has been removed.
- **Ferr phos 6x, Calc sulph 6x, & Nat mur 6x (if painful with tearing)**: 1 dose (of each), every 2 hours, until improvement & up to 4 days.
- **Eyebright Tincture**: Apply *eyebright* dilution to bandage. (1:4 dilution: 1 part *Calendula* tincture & 4 parts water)
- **Coconut Oil or Unsalted Butter**

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**EYE INJURIES**

**Depending on severity, seek medical care**

- **Arnica 30x**: 1 dose every 2-4 hours and up to 4 doses each day, for 3-4 days
- **Ferr phos 6x & Calc sulph 6x**: 1 dose (of each), every 2 hours, until improvement, 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?
Black eye?
Better with a cold application?

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

TRY THIS

EYE INJURIES

Depending on severity, seek medical care

Long-lasting pain?
Removal of a foreign object?

Euphrasia officinalis 30x: 1 dose every 2 hours and up to 10 doses.
Stop when there’s improvement.

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

TRY THIS
### FOOD & WATER POISONING

**Depending on severity, seek medical care**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Main Remedy</th>
<th>Cell Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coldness? Anxiety? Restlessness and extreme fatigue? Burning in gastrointestinal tract? Copious diarrhea?</td>
<td><strong>Arsenicum</strong> 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.</td>
<td><strong>Kali phos 6x, Nat phos 6x &amp; Calc phos 6x:</strong> 1 dose of each, every 2-4 hours, and for up to 3 days.</td>
</tr>
<tr>
<td>Much bilious vomiting? Nausea? Retching? Irritability and snapping?</td>
<td><strong>Nux vomica</strong> 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.</td>
<td><strong>Kali phos 6x, Nat phos 6x, Nat sulph 6x Calc phos 6x:</strong> 1 dose of each, every 2-4 hours, until improvement and for up to 3 days.</td>
</tr>
<tr>
<td>Severe headache? Nausea? Worse with movement?</td>
<td><strong>Bryonia</strong> 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.</td>
<td><strong>Nat mur 6x + Ferr phos 6x:</strong> 1 dose of each, every 15-30 minutes and less frequently with improvement</td>
</tr>
</tbody>
</table>
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.

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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

#### Swelling? Pain, especially with touch? Worse from rest?

**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.

**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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#### Cold location with swelling? Better with cold application?

**Ledum 30x:**
- 1 dose, every ½-hour to 1 hour, or less frequently, depending on the severity, and for up to 2 days. Stop when there’s improvement.

**Ferr phos 6x, Kali mur 6x & Calc sulph 6x 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**
**MOTION SICKNESS**

**MOTION SICKNESS**

Faintness?  
Dizziness?  
Nausea?  
Swearing?  
Worse near cigarette smoke?

**Main Remedy**

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

**Cell Salt**

**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.

**TRY THIS**

**MOTION SICKNESS**

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.

**TRY THIS**
## NOSEBLEEDS

**After a nose injury?**

<table>
<thead>
<tr>
<th>Remedy</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arnica 30x</strong></td>
<td>1 dose, every 2 minutes until improvement and for up to 10 doses.</td>
</tr>
<tr>
<td><strong>Ferr phos 6x</strong></td>
<td>1 dose, every 30 minutes, until bleeding stops and then along with</td>
</tr>
<tr>
<td></td>
<td><em>Calc phos 6x,</em> 3 times daily, for up to 3 days.</td>
</tr>
</tbody>
</table>

**After blowing nose?**

<table>
<thead>
<tr>
<th>Remedy</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phosphorous 30x</strong></td>
<td>1 dose, every 2 minutes until improvement and for up to 10 doses.</td>
</tr>
<tr>
<td><strong>Ferr phos 6x</strong></td>
<td>1 dose, every 30 minutes, until bleeding stops and then along with</td>
</tr>
<tr>
<td></td>
<td><em>Calc phos 6x,</em> 3 times daily, for up to 3 days.</td>
</tr>
</tbody>
</table>

## PAINT POISONING

Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Remedy</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arsenicum 30x</strong></td>
<td>1 dose, every ½-hour to hour, or more or less frequently, depending on the improvement, and for no more than 3 days.</td>
</tr>
<tr>
<td><strong>Kali phos 6x</strong></td>
<td>1 dose, every 30 minutes and less frequently as improvement shows.</td>
</tr>
</tbody>
</table>

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Joette Calabrese, HMC, CCH, RSHom

561-537-5900

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### Pesticide Poisoning

Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Remedy</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restlessness alternating with extreme fatigue and/or collapse?</td>
<td>Arsenicum 30x</td>
<td>1 dose, every ½ hour to hour, or more or less frequently, depending on the improvement, and for no more than 3 days.</td>
</tr>
<tr>
<td>Diarrhea?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coldness and disorientation?</td>
<td>Kali phos 6x</td>
<td>1 dose, every 30 minutes and less frequently as improvement shows.</td>
</tr>
</tbody>
</table>

**Try This**

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

### Puncture Wounds

Depending on severity, seek medical care

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Remedy</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shock? Trauma?</td>
<td>Arni 30x</td>
<td>1 dose, every 1-2 hours, or whenever the pain returns, for up to 10 doses and for no longer than 3 days.</td>
</tr>
<tr>
<td>Swelling?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bleeding?</td>
<td>Ferr phos 6x, Kali mur 6x, Calc sulph 6x</td>
<td>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**

- **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

---

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**PUNCTURE WOUNDS**

**Depending on severity, seek medical care**

| Pricking, shooting or throbbing pain? Wound feels cold but is better with cold applications? Swelling? | **Ledum 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. |

**TRY THIS**

**PUNCTURE WOUNDS**

**Depending on severity, seek medical care**

| Lacerations? Wound to nerve-rich areas? Wounds to fingertips? Violent, shooting pains? Excessive pain? | **Hypericum 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. |

**TRY THIS**
### 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.

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

**Ferr phos 6x:**

1 dose, every 2-4 hours, and less frequently depending on the severity of symptoms and for up to 3 days.
SPRAINS

Hot swollen joints?
Torn muscles?
Worse on first movement?
Better with continued movement?

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.

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

TRY THIS

SPRAINS STRAINS

Inflammation?
Swelling?
Bruising?

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.

TRY THIS

SPRAINS STRAINS

Pain from overexertion?
Worse with first movement?
Better with continued movement?

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.

TRY THIS
<table>
<thead>
<tr>
<th>SUNBURNS</th>
<th>Rawness? Smarting? Relief from cold applications?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Cantharis</strong> 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.</td>
</tr>
<tr>
<td></td>
<td><strong>Ferr phos</strong> 6x, <strong>Kali mur</strong> 6x, <strong>Kali sulph</strong> 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.</td>
</tr>
<tr>
<td></td>
<td><strong>Kali mur</strong> 6x: 1 dose, every 3-4 hours, until improvement.</td>
</tr>
<tr>
<td></td>
<td><strong>Coconut Oil or Unsalted Butter</strong></td>
</tr>
</tbody>
</table>

**Apply This**

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561-537-5900  
www.joettecalabrese.com
## SUNBURNS

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

### Main Remedy

**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.

**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.

### Cell Salt

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

### Apply This

- Coconut Oil, or Unsalted Butter

---

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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.

**Coconut Oil or Unsalted Butter**
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. Want to know if Homeopathy is a fit in your health strategy? Then consider contacting us for a FREE conversation.