

Homeopathy for Everyone

the basics for homeopathic home care



What is it and how does it work?

Homeopathy is a system of medicine based on the Law of Similars, which states: a substance that causes, in a healthy person, symptoms similar to those of a disease state, can cure a sick person in that disease state.

In regular language, this law is known as “like cures like”. An example of this is the remedy made from a bee. This remedy, Apis, creates the following symptoms in a healthy person; red, hot swelling and stinging, burning pains. A bee sting creates these exact symptoms (red, hot swelling and stinging, burning pains), so when you give Apis to a person with a bee sting, the symptoms disappear, following the law “like cures like”. You will be choosing remedies for yourself or your family based on their reported and observed symptoms.

Homeopathic remedies stimulate the body’s immune system to heal itself, to bring itself back into balance. It doesn’t “do” anything to your body, like antibiotics kill bacteria, or like Tylenol reduces a fever. It stimulates your immune system to bring itself back into balance. Remedies correct an imbalance that is at the root of the symptom, rather than suppressing symptoms. Tylenol suppresses the fever for a short time, then it returns because nothing has changed in the fundamental imbalance. However, with remedies, your symptoms are resolved at a deep level.

Homeopathy is effective, gentle, easy to use and it is safe for babies, children and adults of every age. It is non-toxic, inexpensive, and has no side-effects.

It is easy to learn to use homeopathy. You can help your family at home, save money, time and at times, avoid medications. You can get individual remedies at health food stores, or buy a comprehensive kit to have on hand. Having remedies at home and a reference book for home use is essential, because illness can arrive at any hour of the day. My favorite home use reference book is Everybody’s Guide to Homeopathic Medicines by Dana Ullman. My favorite home kit is the home kit from Hahnemann Labs (HahnemannLabs.com). I have attached my own reference to the remedies found in this kit in this guide.

When would I use homeopathy?

Use it at home in acute illness, or basic first aid situations. In particular, it's an easy choice when Western medicine can do very little to help, such as poison oak, the flu, burns and injuries. Of course you can also use homeopathy instead of over the counter medications for fevers, pain, sprains, coughs, & allergies, to name just a few. This guide is to help you learn how to do that. It allows you more flexibility in treating your family's health. If you are concerned that their illness is beyond your scope of knowledge, use common sense and go to the doctor or the ER. In an emergency, call 911.

Overview: the four steps of practice

First you must find out what symptoms your patient has, this is taking the case. Then research and select the remedy that matches those symptoms the best by looking in your home reference homeopathy books. After choosing the remedy, you give it to your patient. Next, you observe the action of the remedy, and assess what to do next.

In summary; take the case, choose the remedy, give the remedy, assess the response.

Taking the case

Be an excellent observer of the case unfolding in front of you. Take a thorough case. The name of the illness (influenza, sinus infection, etc.) is not as important as the specific details of their symptoms. Ask questions and write down all the answers about your patient's symptoms. Notice everything about them, including if they don't want to answer your questions. Ask about every symptom; what bothers the patient the most, what makes the patient feel better or worse, symptoms unrelated to the main complaint, pace and timing of the illness, how do they differ from their normal behavior, and so on. Additionally, note general things like how warm or chilly they feel, if are they cranky, sad, weepy, clingy, averse to company and so on. Start with the case-taking questions included on the next page.

Understand that each person will have their own way of reacting to and expressing an illness or injury. You are looking for symptoms of that unique expression. Ten people with the flu could each need a different remedy. Think of how your different family members react to their illnesses; maybe one is whiny, one is needy, one is withdrawn. It can be the same illness, but each person has their own way of manifesting illness. That is why each of them may need a different remedy.

Case taking questions

What are the observable changes in appearance, behavior or mood?

What are all your symptoms? Describe each in detail.

What are the specific sensations of each symptom?

What symptom is worst or bothering you the most?

What time of day is best?

What time of day is worst?

What makes it better? - ask for each symptom.

What makes it worse? - ask for each symptom.

What side is worse?

How do cold/warm or applications/air affect you or the symptoms?

Are you warm or chilly?

What does the discharge look like?

What is the effect on you?

What do you observe to be the effect on your patient?

What season is it better/worse?

What is your mood/how are you feeling mentally emotionally?

How is the temperament/mood different during this illness?

What do you observe is different about this person during the illness?

What was happening just before this started; emotional or physical?

Other symptoms that may not seem related?

Pro tips:

Have a notebook for this purpose. Write the answers down for comparison during the remedy assessment phase. This will help you decide if the remedy is working. In addition to the questions, note your observations of the physical state and the mental/emotional state.

Many people find that the most challenging part about homeopathy is deciding which remedy to give in any given situation. There may be two or more remedies that might fit your case, each one slightly imperfectly. Do your best to pick the one that fits the most symptoms. It doesn't have to fit them all, and when you read about the remedies, there may be symptoms that your patient doesn't have. That's fine. You want the main symptoms of the patient to match as closely as possible to the main symptoms of the remedy. Look for the remedy that has a match with the:

- Most symptoms in the case
- Strongest symptoms in the case
- Unusual symptoms for the person
- Unusual symptoms for the illness
- Mental emotional symptoms in the case
- Seemingly unrelated symptoms in the case

The books are organized by illness. There will be short descriptions highlighting the differences between one remedy and another, and maybe charts comparing different remedies by specific ailment; croup, sore throat, cough, bladder infection, etc. The back of the book has a more detailed materia medica where you can look up just the remedy with all of its symptoms.

Choose one remedy to give. We only give one remedy at a time in classical homeopathy.

Understand that homeopathic medicines are different from allopathic medicines. Unlike allopathic medicines, homeopathic medicines have many uses. For an illustrated example of this, see the remedy map included in this guide for two remedies that both treat influenza. It illustrates that each remedy has multiple uses, and those uses sometimes overlap. They are multi-dimensional. One single remedy can have the ability to alleviate the symptoms of anxiety, diarrhea, food poisoning, and influenza. Another single remedy can alleviate the symptoms of acute trauma, panic attacks, acute fevers and illnesses. I am frequently asked if I have a remedy "for" something; ear infections, stomachaches, poison oak, and so on. The answer is yes, and no. There are many remedies that treat these ailments, but I can't tell you exactly which one you need until I take your case, and see which ear infection remedy matches your symptoms most closely.

Giving the remedy

In basic acute illness give a remedy 2-3 times a day for 2 days, then assess whether the remedy is working. In urgent situations, repeat the remedy hourly and assess in a few hours or at the end of the day. A dose is 1-3 pellets, there is no need to use more. Use a 30C potency, as found at health food stores. Low potencies (6X, 6C, 12C) are less effective. Higher potencies (200C, 1M) should be prescribed by a professional homeopath.

If possible, allow an overnight sleep to take place during the assessment of a remedy. Big and positive changes can occur overnight.

Assessing the action of the remedy

Take note of what has changed and what has not changed after giving the remedy for about 18-24 hours. Refer to your notebook to remember all the symptoms, and ask about each one. Some symptoms can clear up sooner than others. An improved mental state or long sleep after a remedy indicate healing action, and you should continue with the remedy for another day before moving on to a new remedy.

Situation: Patient is recovered.

Action: Stop giving the remedy. If symptoms reappear, give 1-2 more doses as needed.

Situation: Patient is 20%-85% better.

Action: Continue giving the remedy 2-3 more days until the symptoms are 90-100% better, then stop.

Situation: Patient is less than 20% better.

Action: Give the remedy one more day to watch for changes. If no change, give a different remedy.

Situation: Mixed reaction; physical or mental symptoms much better, but some symptoms have no change, or current symptoms improve but new symptoms appear.

Action: Continue giving the remedy until the symptoms are 90-100% better, or the case plateaus, then give a different remedy based on the new picture.

Situation: Patient is a little better but the main symptoms are no better.

Action: Stop giving the remedy and re-take the case. Give a different remedy.

Situation: Patient is the same or worse.

Action: Stop giving the remedy and re-take the case. Give a different remedy based on the new symptoms.

Aconite (ACON):

Think of it for: Croup, anxiety after shocking events, first 24 hours of acute inflammatory diseases or fevers. May follow a traumatic event or exposure to wind, cold weather or extreme heat.

Keynotes: Sudden onset of symptoms. Fearful. Flushed face alternating with pale face. Very thirsty. Senses are overacute. Restless anxiety. Main remedy for early stages of croup.

Allium Cepa (ALL-C):

Think of it for: Hayfever allergies, Runny nose.

Keynotes: Runny nose with nasal discharge burning the nose and upper lip. Eyes tear up. Frequent sneezing. Copious, dripping, watery discharge. Better from open air, cold air. Worse from evening, being indoors.

Tissue affinity: Mucous membranes, nerves

Apis Mellifera (APIS):

Think of it for: Insect stings; puncture wounds; allergic reactions; violent shock.

Keynotes: Swelling, shiny, red. Sharp, stinging, burning pain. Hives from contact with food or environmental allergens. Lack of thirst. Rapid onset. Irritable and/or busy mental state. Throat symptoms: Burning, stinging tonsils, throat. Swollen and red. Better from cold applications (ice, cold water). Worse from heat.

Arnica (ARN):

Think of it for: Shock to tissue or psyche. Injuries, falls, bruising to soft tissue. Concussion.

Keynotes: Feeling of being sore, lame, and bruised. Denial of help (“I’m fine”). Worse from being touched or approached. Restless from feeling unable to get comfortable. *Tissue affinity:* Muscles, bruising.

Arsenicum Album (ARS):

Think of it for: Food poisoning, gastroenteritis, colds, flu, sore throats, viral illness.

Keynotes: Restless, fastidious (cleaning up even while sick!). Burning pains, discharges. Thirst for small sips. Anxiety, or fear to be alone. Chilly. Desires warm drinks. Vomiting or diarrhea, or both simultaneously. Seems sicker than the illness warrants. Worse 12 to 1 a.m., cold in any form, wet weather, drafts. Better from warmth.

Belladonna (BELL):

Think of it for: Fever, infections, ear infection, sore throat, tonsillitis, menstrual cramps.

Keynotes: Sudden, violent onset. Intense, burning heat (face looks like a tomato). Throbbing, pulsating. Little perspiration, glassy eyes, pupils dilated, little thirst, skin and mouth dry. Often confused or delirious. May desire lemonade. Worse from being knocked or jarred, temperature changes, cold drafts, noise. Better from firm pressure, lying down.

Bryonia Alba (BRY):

Think of it for: Flu, colds, digestive problems, injuries, fractures, coughs.

Keynotes: Much worse from motion, aversion to any effort or motion. Anxious about his condition. Symptoms have gradual onset. Sensations: stiffness, stitching pain, weakness, tenderness. Very thirsty, sweats profusely. Wants to brace against movement for security (holds chest while coughing). May come on after exposure to wind. Worse from motion. Better from heat, lying still.

Cantharis (CANTH):

Think of it for: Extreme burns; sunburn; urinary tract infections.

Keynotes: Pain is so great the state is mania-like. Raw, burning, smarting pains. Restlessness. Large blisters. Pain as if on fire. UTI symptoms: Extreme burning pain especially during urination. "Voluptuous itching or pain", which is relieved somewhat by rubbing or scratching. Blood in urine. Better from cold applications.

Carbo Vegetabilis (CARB-V):

Think of it for: Shock, state of collapse. After loss of fluids (nursing, hemorrhage, vomiting, diarrhea) or in a debilitated state after long illness or worry. Hangover.

Keynotes: Needs air. Wants to be fanned. Blueness of skin, icy coldness. Cold sweat. Pulse rapid and weak. Worse from loss of fluids, becoming cold. Better being fanned, cool air.

Causticum (CAUST):

Think of it for: Skin burns, colds, coughs, flu.

Keynotes: Burning pains with rawness and soreness. Constant urge to swallow or clear throat without relief. Irritated, tickling cough with almost no expectoration. Feeling of mucus in the chest creates an urge to cough more deeply to get it up. Worse from lying down, cold air, drafts. Better from cold drinks, warm and humid weather.

Chamomilla (CHAM):

Think of it for: Teething, colic, ear infection.

Keynotes: Extreme irritability. Cries for something, then refuses it. Throws things. Wants to be carried, and is better from being carried. Hot, sweaty, thirsty. Stool looks like chopped spinach or cut grass, may smell like rotten eggs. Most important remedy for teething in children.

Colocynthis (COLOC):

Think of it for: Colic, diarrhea, abdominal cramps, menstrual cramps, sciatica.

Keynotes: Extreme, cutting, cramping, neuralgic pains. Abdominal pains which are better from bending double or from applying hard pressure and heat. Anger and screaming with the pain. Better from bending double, pressure, warmth.

Eupatorium Perfoliatum (EUPAT):

Think of it for: Fractures or other trauma to bones, influenza, viral illness.

Keynotes: Intense pain in the bones and/or chilled to the bone. Restless with pain. Chilled but wants cold drinks or food. Lack of sweat with a fever.

Euphrasia (EUPH):

Think of it for: Conjunctivitis, acute hayfever. Infection or contusion to eye.

Keynotes: Profuse, acrid watering of the eyes. Bland nasal discharge. Sensitivity to light. Hayfever, with postnasal drip which causes coughing. Eyes inflamed with burning and itching. Tickling, constant coughing. Better from lying down at night. Worse during the day.

Ferrum Phosphoricum (FERR-P):

Think of it for: Conjunctivitis, sore throat, ear infection, bronchitis, tonsillitis, fever.

Keynotes: Useful at the beginning stages of respiratory illness beginning with high fever (over 102) but few other symptoms. The person may seem quite sick, but the symptoms are vague and don't point obviously to another remedy. May have a flushed complexion or areas of bright red on cheeks. No restlessness or agitation. Slow onset. Chilly.

Gelsemium (GELS):

Think of it for: Headache, influenza, anticipatory anxiety (stage fright).

Keynotes: Extreme weakness and weariness. Slow onset. Desire to lie down, can hardly sit up. Can't keep eyes open. Trembling. Face is hot, extremities are cold. Chills up and down the back. Thirstless. Headache in the back of the head. Diarrhea from stage fright. Better from lying down. Worse from wet weather, heat, sunlight.

Hypericum Perforatum (HYP):

Think of it for: Nerve damage, especially crushed fingers, toes, heels, etc. Puncture wounds with shooting pain, a preventative remedy after puncture wounds.

Keynotes: Excessive pain in nerve rich areas. Shooting pains, especially fingers, toes, nails. Puncture wounds with shooting pains. Intense thirst with trembling. Worse from touch, cold.

Ignatia Amara (IGN):

Think of it for: Grief.

Keynotes: Hysteria from grief. Sobbing, sighing, hiccups. Spasms or twitches. Worse from tobacco smoke. Sensation of a lump in the throat.

Ipecac (IPEC):

Think of it for: Gastroenteritis, morning sickness, post-chemotherapy sickness.

Keynotes: Persistent nausea and/or vomiting which nothing relieves. Very sick. Suffocating, spasmodic cough. Coughing to vomiting. Aversion to food. Thirstless. Profuse bloody nose. Stomach pain worse from rich foods.

Kali Bichromicum (KALI-B):

Think of it for: Sinusitis

Keynotes: Mucous is very thick, ropy, or stringy. Hawking cough. Pain and pressure at the root of the nose. Frontal headache. Voice sounds nasal. Chilly. Worse at 1-2 a.m. or from becoming cold.

Lachesis (LACH):

Think of it for: Tonsillitis, sore throat, coughs, ear infection, hayfever, bleeding.

Keynotes: Talks a lot. Excessive bleeding. Parts are hot, inflamed, purplish or bluish. Left-sided throat infections or tonsillitis. Looks angry, deep red, mottled with blue or purple, swollen. Better from cold drinks. Worse from warm drinks. Pain worse on swallowing, although there is an urge to swallow. Aversion to tight clothes around the neck. Worse after sleep and heat. Better from cool drinks.

Ledum Palustre (LED):

Think of it for: Insect stings, bites, puncture wounds (blood tests, vaccinations), black eye.

Keynotes: The wound is like a white doughnut with a red, indented center. It is cold and feels better from cold applications. The wound bleeds scantily, but is followed by puffiness, pain, and coldness of the part. The pain is tearing or stabbing. Eye bloodshot or bruised from a blow.

Lycopodium (LYC):

Think of it for: Sinusitis, sore throat, bronchitis, pneumonia, flatulence, gastritis, urinary infection, ear infection.

Keynotes: Dictatorial manner (bossy or bratty) when ill. Fearful to be alone (just wants to know someone's in the room). Chilly. Bloating, gassy. Often some sort of GI disturbance with other complaints. Craving for sweets, warm drinks. Averse cold drinks. Right-sided sore throat or pneumonia. Worse from being left alone, at 4-8 p.m., cold, drafts. Better from warm drinks and food.

Mercurius vivus (MERC):

Think of it for: Ear infections, tonsillitis, sinusitis, diarrhea, respiratory infection, urinary tract infection.

Keynotes: Increased perspiration and salivation, which smell putrid. Offensive breath and discharges. Chilliness, alternating with heat. Swollen glands are spongy. Pains are burning and raw. Narrow range of comfort. Worse at night. Metallic taste in the mouth.

NuxVomica (NUX-V):

Think of it for: Stomach cramping, colic, constipation, allergies, hangover, overeating.

Keynotes: Type A personalities. Can be irritable and impatient. Straining to have a bowel movement. Cramping and sharp pains. Uncontrollable sneezing in the morning after waking. Watery nasal discharge during the day with obstruction at night. Worse in the open air and morning. Better warm room and hot drinks.

Phosphorus (PHOS):

Think of it for: Coughs, bronchitis, pneumonia, colds, nose bleeds, gastroenteritis.

Keynotes: Gastritis with nausea and vomiting. Throat pain w/ burning, lingering coughs. Burning pains. Tendency to bleed. Desires company. Desires cold, carbonated drinks, ice cream. Chilly. Every cold goes into chest. Better from cold drinks and sleep.

Podophyllum (PODO):

Think of it for: Diarrhea, gastritis, pregnancy nausea.

Keynotes: Painless or involuntary diarrhea. Explosive and profuse diarrhea. Stool is watery, profuse, offensive. Stool with undigested food in it. Main remedy for childhood diarrhea. Gagging without vomiting. Faintness after diarrhea. Nausea, uncertainty if he is to vomit or have diarrhea.

Pulsatilla (PULS):

Think of it for: Ear infections, colds, sore throats, bronchitis, conjunctivitis, coughs, gastritis, sinus infection, allergies.

Keynotes: Creamy, yellow, green or white discharges. Weepy and clingy, better from company and consolation. Wants attention. Thirstless. Night time coughs of children. Ear infections with pains that wake the child, who needs comfort. Cold with runny nose, sneezing and conjunctivitis. Better from open window or open air. Worse from heat and sun.

Rhus Toxicodendron (RHUS-T):

Think of it for: Poison oak, strains and sprains, influenza, childhood illnesses.

Keynotes: Strains and sprains from overexertion. Stiffness, soreness. Cannot get comfortable. Feeling of weariness. Restlessness. Desires milk. Cramps in legs that feel achy. Burning thirst. Burning, itching skin eruptions (poison oak). Worse from first moving around, but better from loosening up. Better from heat. Worse from cold and wet.

Ruta Graveolens (RUTA):

Think of it for: Overexertion, tendinitis, strains, sciatica, eyestrain.

Keynotes: Bruised, beaten up feeling. Feeling lame. Eyestrain. Repeated occupational strain. Extreme thirst for cold water. Sprains; trauma to tendons or ligaments, especially wrists and ankles. Better from motion, warmth. Worse from cold and wet.

Sarsaparilla (SARS):

Think of it for: Urinary tract infections, eczema.

Keynotes: Severe pain at end of urination. Frequent urging to urinate. A sensation of coldness in the bladder after urinating. Cracking on hands and soles of feet. Dry palms. Itching that moves around after scratching. Herpes, eczema. Chilly and worse from cold.

Sepia (SEP):

Think of it for: Menstrual cramps, pregnancy nausea.

Keynotes: Irritability and exhaustion. Desire to be alone. Bearing down sensation during menstrual cramps. Constant nausea better from eating. Worse in the morning and 3-5 p.m. Sensitive to odors. Chilly. Worse from cold, damp. Better from vigorous exercise. Desires sour things like vinegar or pickles.

Silica (SIL):

Think of it for: Ear infection, sinusitis, tonsillitis, constipation, expelling splinters.

Keynotes: Chronic recurring sore throat and suppurating tonsils. Constant infections. Pain is stitching or like a fishbone. Glands are enlarged and hard. Slow pace of illness. Chilly. Increased perspiration of head and feet. Takes cold easily. Helps expel splinters or other foreign bodies. Better heat and warmth. Worse wet weather, cold, vaccination, splinters.

Spongia tosta (SPONG):

Think of it for: Croup, laryngitis, cough, bronchitis.

Keynotes: Dry cough remedy. Dry, barking cough waking in the night with suffocating sensation. Hard, barking, ringing cough, like a seal. Cough is set off by a tickling and dryness in throat. Worse warm air, heat and motion. Better eating and drinking, especially warm drinks. Cough is worse from cold drinks.

Sulphur (SUL):

Think of it for: Colds, bronchitis, ear infections, sore throats, skin rashes.

Keynotes: Red, burning, raw sore throat. Burning pains. Sweaty. Red lips. Tends to be warm-blooded. Itching and burning skin eruptions or eczema. Desires spicy food, sweets. Worse from vaccinations, heat. Better from fresh air.

QUICK REFERENCE TO REMEDIES

Allergic reactions: Apis

Allergies (Hayfever): Allium Cepa, Euphrasia, Nux Vomica, Pulsatilla, Sabadilla*

Broken bone: Symphytum, Eupatorium

Burns: Cantharis, Causticum

Colds: Aconite, Allium Cepa, Arsenicum, Bryonia, Causticum, Phosphorus, Silica, Sulphur

Conjunctivitis: Pulsatilla, Eupatorium, Ferrum Phos

Croup: Aconite, Spongia, Hepar Sulph*, Drosera*

Cystitis: Cantharis, Pulsatilla, Sarsaparilla, Petroselinum*, Nux Vomica, Staphysagria

Ear infections: Belladonna, Pulsatilla, Chamomilla, Ferrum Phos., Mercurius

Fever: Belladonna, Ferrum Phos, Aconite

Flu: Gelsemium, Bryonia, Arsenicum, Rhus Tox., Eupatorium, Nux Vomica, Oscillococcinum*

Gastrointestinal problems: Arsenicum, Podophyllum, Nux Vomica, Bryonia, Colocynthis, Ipecac, Lycopodium, Mercurius, Phosphorus, Pulsatilla, Sepia

Grief: Ignatia

Injury: Arnica, Hypericum, Rhus Tox., Ruta

Insect Sting: Apis, Ledum, Arnica

Nausea: Ipecac, Sepia

Rash: Sulphur, Rhus Tox.,

Sinusitis: Kali Bichromicum, Lycopodium, Mercurius, Silica

Sore throat: Mercurius, Lycopodium, Pulsatilla, Belladonna, Apis, Sulphur, Arsenicum, Ferrum Phos, Lachesis, Phosphorus, Causticum, Arsenicum, Sulphur, Silica

Teething problems: Chamomilla, Belladonna, Calc Phos.*

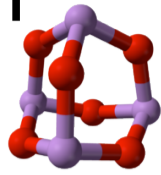
Urinary Tract Infections: Cantharis, Sarsaparilla, Lycopodium, Mercurius

Wounds: Calendula*

*not in this kit, but widely available at health food stores.

Comparing two flu remedies

Arsenicum
Album



Affinity for
gastrointestinal tract

Affinity for
respiratory tract

Fastidiousness

Vomiting and diarrhea

Pneumonia,
bronchitis

Anxiety and Fear

Food poisoning

Hay fever

Extreme
restlessness

Colitis, IBS,
Crohn's disease

Excoriating
discharges

Burning
pains

Extremely
chilly

Influenza

Rhus
toxicodendron



Affinity for
joints & tendons

Affinity for skin

Extreme
restlessness

Rheumatic pain, arthritis

Skin eruptions;
poison oak

Better from
motion

Stiffness and tension

Worse from
being still

Strains and sprains

Influenza

These instructions apply to treating acute disease and first aid situations at home. For treatment of chronic issues, call a professional homeopath. Chronic diseases are defined by anything that lingers longer than 2 months, or that recurs, or is periodic in nature.

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MEDICAL EMERGENCY

If you have a medical emergency, call your doctor or 911 immediately.