

Cocculus

For “*travel sickness*” with nausea, vertigo and faintness, worse for motion and smell of food; can be from loss of sleep, eg jet lag.

Hypericum and Calendula

For **painful wounds** to relieve pain, prevent infection and promote healing. Usually used as a cream or tincture applied to the affected area.

Ledum

For **bites, stings**, puncture wounds – dog bites, rusty nail for e.g. when it can act as anti-tetanus remedy. Wound looks bluish, puffy and cold yet feels better for cold applied to it.

Nux. Vomica

For **hangovers** and over-indulgences for example, rich food & coffee. Headaches with irritability, “*thick head*” or toxic feeling.

How to take Remedies

All remedies are sucked not swallowed whole. In acute conditions remedies can be taken as follows:

6c *Suck 1 tablet every hour for up to 6 doses then up to 4 times a day for 3 - 4 days.*

30c *Suck 1 tablet every 2 hours for up to 6 doses then up to 2 - 3 times a day for 2 - 3 days.*

Stop the remedy if you feel any worse and when you feel a lot better.

If you would like to ask more about homeopathy, to make an appointment or if you would like a **First Aid Kit designed especially for you** please contact:

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Homeopathic First Aid For Holidays

There are many homeopathic remedies that can help in many minor first aid situations. Whilst it is recommended that you seek medical advice for more serious problems, here are just a few examples of common ailments that you can often treat yourself.

(If travelling abroad you should avoid allowing remedies to go through X-ray equipment - this can affect them adversely).

Apis mel.

For **bites/stings** resulting in red, puffy swelling, e.g. jelly fish stings. Especially for allergic reactions to bites.

Arg. Nit.

For **fear of flying** with shaking/trembling legs/running to the toilet beforehand.

Also good for panic attacks generally.

Arnica

A very popular natural medicine that no first aid box should be without! Made from the mountain daisy, Arnica is the most common remedy for **shock, trauma accidents & injuries.**

Arnica can help to relieve aches & pains after over-exertions, strains & sprains, bumps, any injuries and after dental work and surgery. It is also good if you feel "shaken up" and feel sore & bruised even if you've not injured yourself.

It is good for jet lag and prevention of clots on long haul flights.

Arsenicum album

This remedy is "*a must*" for **tummy bugs & diarrhoea** - especially from food poisoning. It can help with stomach cramp, loss of appetite & burning pains, feeling very weak, restless and chilly.

Arsenicum can help to calm you down generally if you feel anxious or worried. It is also an excellent remedy for asthma when breathing is difficult, making you feel anxious & restless.

Belladonna

"*Deadly nightshade*" is a very effective treatment for **sunstroke and sunburn, fever & inflammation**, especially where there is sudden onset redness/heat, swelling, throbbing pain.

Headache, ear infections & tonsillitis, respond well to **Belladonna** and are especially useful in children, often avoiding the need for anti-biotics.

Calendula

The "*marigold flower*" is used to make this excellent anti-septic remedy which can be used to treat **cuts, grazes, wounds** & many skin problems including acne, spots & eczema. Calendula is commonly used in a lotion or cream, but can be taken as a tablet to help wounds heal & stop/ treat infection.

Cantharis

The "*Spanish Fly*" is used to treat **burns & scalds**, or even urine infections (*cystitis*) when there is burning pain when you go to the toilet to pee.