

# Build a homeopathic first aid kit



Nicole Duelli

*As a mother of an active family, having a first aid kit is an absolute necessity. Nothing beats the peace of mind felt by keeping natural remedies close at hand!*

Homeopathic remedies are perfect for natural first aid kits because they work fast, are exceptionally safe and both kids and adults love the taste. Homeopathy is a system of medicine that was discovered in Germany over 200 years ago, and works by stimulating the body's natural ability to heal, relieving symptoms gently and without side effects. While natural medicine should never replace conventional medical care in an emergency, these remedies are a perfect complement and do not interact with medications.

*The top six picks for the home remedy kit:*

## 1. Arnica montana 30 CH:

### #1 for injuries

If you must choose one, make it arnica for accidents and injuries. I've seen arnica work small miracles, whether on the soccer field or to help dissolve blood clots and bruising after a bad fall. It's the number one remedy to help the body heal after childbirth, surgery or a concussion. Arnica eases muscle pain from overexertion, for that soreness as if you have run a marathon. For minor bumps and bruises, arnica cream is recommended instead. Dr. Jean-Marcel Ferret, physician to the World Cup winning French soccer team in 1998 once remarked that homeopathy's greatest value is its speed of action. Arnica often works right on the sports field.

## 2. Nux vomica 30CH:

### #1 for hangovers

Feeling nauseous, headachy and irritable? Perhaps you've had too much rich food or

## 3. Gelsemium 30 CH:

### #1 for anticipatory anxiety

British TV star Stacey Dooley became a big



ARNICA. ILLUSTRATION © HEIN NOUWENS

alcohol on top of late hours? Nux can help a range of symptoms, from a wretched feeling associated with cramping stomach aches, trapped gas or nausea with dry heaving—whether it's due to overwork, overindulgence, jet lag or a common cold. Just remember to use remedies wisely, not routinely!

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WOMEN AND CHILDREN.

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fan of homeopathy after a friend suggested Gelsemium for anxiety. Recommended for nerves with sense of weakness and dread before an event, this remedy offers an excellent drug free approach to anxiety and insomnia from anticipation. Gelsemium is also a superb remedy for the flu if exhaustion is the main symptom. During the deadly Spanish Flu of 1918, Gelsemium was the most widely prescribed homeopathic medicine, with death rates reportedly only 1% among homeopathy patients.

#### 4. Arsenicum album 30 CH:

##### #1 for food poisoning

If nausea and vomiting is accompanied by diarrhea, restlessness, anxiety and chills, Arsenicum is sure to bring the body back to balance. Take it with you on a trip to the tropics but keep it on hand at home for the stomach flu, if symptoms fit.

#### 5. Rhus tox 30 CH: #1 for sprains

Rhus tox is recommended after arnica when symptoms shift to stiffness and pain limbering up when moving about, which usually happens in sprains that affect the ligaments and tendons. Back pains from over-lifting often need Rhus tox, too, if the person feels uncomfortable in one position for too long and must shift around.

#### 6. Hypericum 30 CH: #1 for nerve injury

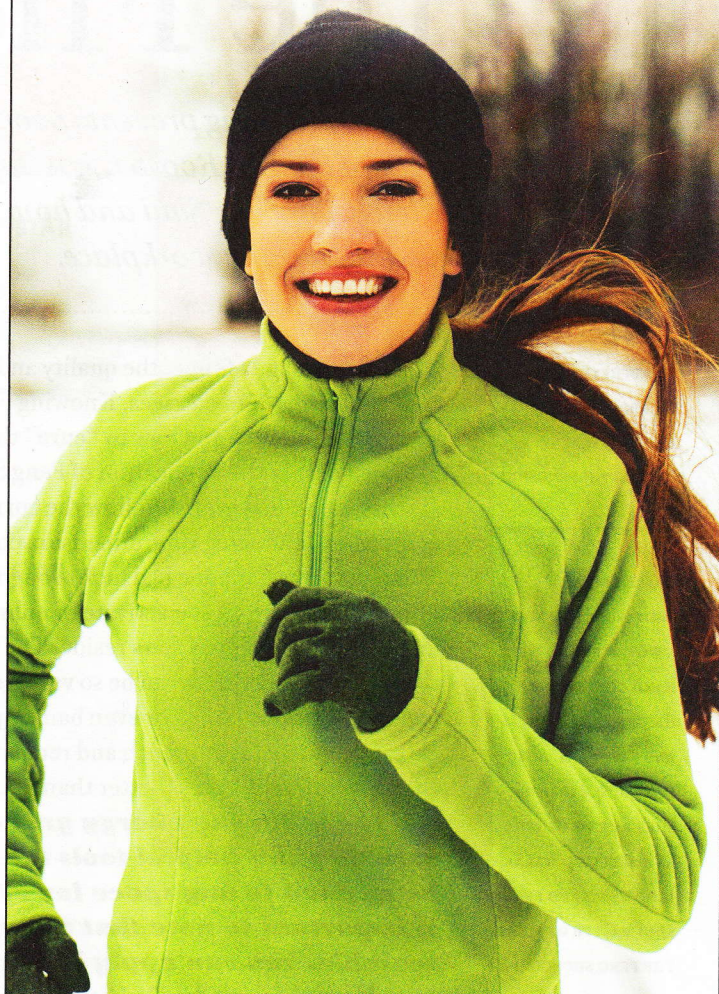
Crushed fingertips, a fall on the tailbone while skating, and sore teeth after dental work—these all require several doses of Hypericum to allay the pain of nerve injury. Hypericum is also recommended for pain caused by surgery and should be given after arnica following the removal of wisdom teeth to reduce the need for painkillers.

Dosages: Homeopathic medicines are always given according to the symptoms a person experiences rather than by illness. The dosages are tailored to intensity: strong symptoms require frequent repetition—5 pills 3 times daily—as symptoms ease, the frequency of repetition should be reduced and stopped. For the first aid kit, 30 CH potency is recommended, as it is widely available and tends to act quickly.

If symptoms do not lessen after three or four doses, an alternate remedy is likely required. When symptoms persist, seek the advice of a homeopath for a constitutional remedy, which can help relieve symptoms longer while raising the overall level of health. 🌸

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