

An introduction to Homeopathy part 2

Principles

Like cures like

Choose a remedy that is a match for the person's symptoms

Minimum dose

Give that remedy in the smallest appropriate dose

Direction of cure

Evaluate the action of the remedy according to the Law of Cure

Dosage & repetition



Very serious - 6c, 12c, 30c, 200c I dose every 5 - 30 mins Great pain, serious injury

Serious - 6c, 12c, 30c, 200c

'Flu, food poisoning

I dose every 1 - 2 hours

Less serious - 6c, 12c, 30c

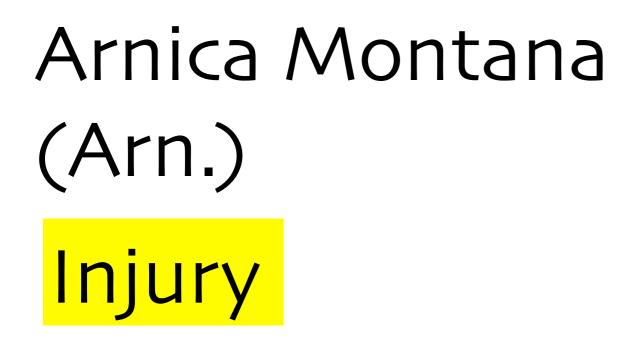
I dose every 4 - 8 hours

Cough, teething, vomiting

Accident & Injury remedies



Easy to use Most people react the same way to injury and accident A good way to learn about homeopathy





Injury to soft tissue

Pains bruised, sore, lame

Bruises Breaks Strains Post op Jet Lag Childbirth After dental work Never been well since injury

'I'm ok, leave me alone'

Fear of being touched

> Lying down< being touched</p>

Aconitum Napellus (Acon.)

Shock

Fear, anxiety Thinks going to die Restless As if in a dream

Thirsty for cold water Nausea, vomiting Tachycardia Numbness & tingling Cold



Bellis Perennis (Bel-p.)

Deep Tissue Injury



Trauma to the abdomen Recovery from operation involving uterus, liver, spleen or gallbladder

Hypericum Perfoliatium (Hyp)

Nerves



Injury to nerves Pains shooting, tearing < pressure Extreme pain

Injuries to spine, fingers, parts rich in nerves After dental work Post surgery Puncture wound Incised wound Episiotomy Calendula officinalis (Calen.)





Injury to skin

Cuts lacerated, suppurating Pain excessive for size of wound Wounds slow to heal

Often used topically along with Hypericum to treat wounds

Cracked nipples Episiotomy

Ledum Paulestre (Led.)

PunctureWounds



Puncture wounds (+ Hypericum) Bites Stings

Parts feel cold and are > cold

Cantharis (spanish fly) (Canth.)

Burns

Sunburn

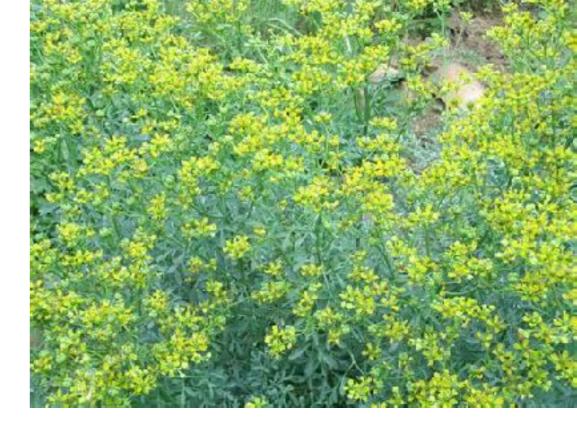
Burns, scalds, with rawness and smarting

>cold applications



Ruta Graveolens (Ruta.)

Tendons



Injury to tendons, periosteum, cartilages

Bruises to shins, elbows, knee caps - in cream form Tennis elbow in cream form

Sprains, strains (usually after arnica)

Eye strain especially from fluorescent light

< lying on painful part > for movement