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**HOMEOPATHIC FIRST AID
AND
YOUR IMMUNE SYSTEM**

Homeopathic Treatment of:

Flu Symptoms

Cold Symptoms

Earache

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THE IMMUNE SYSTEM

The immune system can be most simply described as the body's natural defense or army; the system within our bodies that maintains a barrier between our environment and us. In the event that a virus, bacteria or fungus should invade the body; the immune system, with its sophistication and complexity, responds appropriately and immediately to destroy the unwanted invader.

Our twentieth century lifestyle, which has provided us with many conveniences is, unfortunately, also responsible for western society's poor state of health. Our fast pace of life has resulted in people eating on the run - fast food restaurants, microwave-cooked food, and food loaded with chemical additives. All of these processes result in the demineralization and devitalizing of food. The chemical additives contained in these foods are fat soluble, making them toxic. Fat-soluble substances are retained in the body, rather than being excreted. The effect on the body of these additives is slow but cumulative, culminating in impaired health. There also exist environmental health hazards in the form of water and air pollution.

The discovery of antibiotics such as penicillin, streptomycin, and many others has certainly provided us with potent agents against bacterial infection, especially in the case of tropical and epidemic diseases. Unfortunately however, they are also being used too frequently for minor conditions like colds and flus, which could very well be dealt with by simpler means. Too frequent dosing with synthetic antibiotics constitutes a danger, which should not be overlooked. In the first place, the body customizes itself to these substances and immunizes itself against them. Secondly, the germs for which they are given develop progressive immunity against the drug; the end result being that the antibiotic becomes useless and ineffective. The third danger associated with frequent antibiotic use is the destruction of intestinal flora, which is similar in make-up to the invading agents and is thereby harmed by antibiotics. This, in turn can result in the development of digestive disorders.

Modern civilization has created the twentieth century disease termed immune deficiency. This is the general expression used to describe weakened immune systems. Deficient immunity can lead to viral infections, allergies, candidiasis, chronic Epstein-Barr syndrome, arthritis, cancer, and virtually every other disease affecting people today, including of course, the most frightening disease of the century; AIDS. It has been noted with people who are chronically ill that, preceding their illness, the following symptoms were often present: general fatigue, loss of vitality, inability to cope with daily stress, and frequent colds and flus that cannot be fought off without the aid of antibiotics, and which frequently relapse. These symptoms are indicative of immune deficiency.

If we are to maintain an optimally functioning immune system and thereby not fall prey to immune deficiency and its associated maladies, we must get back to the basics. This includes, wholesome food, a pace of life that affords more free time with lowered stress, and most importantly, dealing with every day trivial complaints such as colds and flus with the use of botanical and homeopathic remedies. These remedies have no side effects, and can actually help to build and maintain a healthy immune system.

Remember, your immune system is your army against disease.

BUILDING A HEALTHY IMMUNE SYSTEM

Building a healthy immune system requires an effective program designed with the objectives of repairing the damage, caused by illness or injury, revitalizing all body systems, enhancing bodily energy, and bringing about a sense of well-being. Only when this has been accomplished will your immune system perform with optimal efficiency, thus protecting your body against disease.

Our modern day society with its fast pace of life and extravagant living has brought about several unfortunate effects on our health – constipation, digestive disorders, obesity and a loss of bodily energy. This state of health is referred to as Auto Intoxication, or in other words you have become a walking cesspool of poison. This can result in a weakened immune system as well as causing a host of other diseases.

The following steps may prove most effective in restoring the body to a state of homeostasis, improved body vitality and a healthier immune system.

First and foremost is detoxification of the body, in other words, clean house. This is accomplished with Lyle's Boldo Complex and Lyle's Nephro Complex. These unique formulations of herbs can subtly detoxify, stimulate, and improve function of liver, kidneys, lymphatic system and blood. This cleanse should be taken twice yearly, a spring and fall ritual. You would take 15-20 drops of each in a small amount of water on an empty stomach three times daily. The second step required for detoxifying, is the body's colon, which can be referred to as the body's sewer works. With today's dietary habits the colon becomes very corroded, resulting in the formation of unfriendly bacteria. It's not surprising to hear the increasing incidents of colon cancer. Cleansing of the colon must be daily. Nature has provided us with the perfect remedy; high fibre, often referred to as nature's broom. LYLE'S MUSELI is a unique blend of whole grains, dried fruits and nuts. This nutritious, tasty breakfast cereal will ensure that every day your colon is perfectly clean.

SUPPLEMENTING YOUR DIET

In the past the need for vitamin and mineral supplements was a controversial topic. Non-believers made the statement that a nutritionally balanced diet would supply the body with all its necessary nutrients.

This may have been true in the past, however, with the added stresses that our bodies are forced to endure in this day, immunology research has clearly proven that supplementation of one's diet is in fact necessary, and the intelligent application of sound nutritional principles can enhance the body's immunity. All nutrients are necessary, however, when it comes to immunity, the most powerful boosters are: Vitamins A, B, C and E, and the minerals Selenium and Zinc. For those interested in preventative medicine, it is suggested that vitamin and mineral supplements be taken during the months September through April. In this geographical region the weather undergoes erratic changes. No doubt you have noticed that, when the weather is changing – especially from hot to cold, or when we experience extremely damp weather, people are more susceptible to colds and flus. It is often said that a flu virus must be “going around”. This remark is misleading. The flu virus you are suffering from may well be with us 365 days

a year. The changeable weather results in the need for the body to continually “adjust its thermostat”. This is an added stress on our body’s energy, and results in sub-optimal efficiency of the body’s immune system and an increased susceptibility to infection. This is the primary reason for supplementation of one’s diet at this time of year. Vitamins increase the body’s vitality, assisting its never-ending battle to cope with our daily stresses. Thus they are of vital importance in maintaining resistance to colds and flu.

THE FOLLOWING SUPPLEMENTS ARE SUGGESTED:

NEWBORNS

Bio-Strath Drops

This product contains all of the necessary vitamins, minerals and amino acids, including RNA and DNA factors, which are needed for proper development and a healthy immune system.

Dosage: Two drops morning and night. At two months of age, increase to five drops morning and night. Increase dosage by one drop each subsequent month.

CHILDREN

Progressive – Children’s Chewable Vitamins

This product is specially formulated with the vitamins and minerals required for this growth period.

Dosage: One tablet daily.

ADULTS

Lyle’s Rosehip Vitamin C 500 MG

This product helps to boost the immune system during the winter months.

Dosage: One tablet daily.

Lyle’s Mega One Vitamin and Mineral

This product contains a mega dose of all the primary immune system boosters.

Dosage: One tablet daily.

Kelpasan

This product contains powdered seaweed. Seaweed is very rich in minerals, trace minerals and organic iodine; an element not found in the soils of this area. The action of iodine is directed at the thyroid gland, which plays an important role in the metabolic process. A deficiency of this important element can lead to hypothyroidism, which can result in lowered vitality and obesity.

FOR ALL AGES

Bio-Strath Elixir

This food supplement is unique, and cannot be compared to any other supplement. The Bio-Strath process involves over ninety selected medicinal herbs that are fed to live Candida Yeast. Under special growing conditions, the yeast cells absorb the active principles. The end product contains ten B-vitamins, nineteen

minerals and eighteen amino acids. It is rich in RNA, DNA and ATP, all of which are necessary for proper cell function. Bio-Strath works synergistically in the body to help in the assimilation and utilization of nutrients from other foods, thereby aiding the body's immune system, and increasing physical capacity. Bio-Strath is recognized to combat fatigue, nervousness, and lack of concentration, and to build resistance and promote vitality.
Dosage: One teaspoon three times daily, taken before meals.

PREVENTION

The following remedies should be taken from September through April. They are especially important for those who are susceptible to colds, flus or other infections.

Lyle's Echinacea:

While the biochemistry of this natural product is complex, a number of chemicals have been identified that possess natural antibiotic properties.

Dosage: 15-20 drops taken in a small amount of water, morning and night.

Influenzinum:

This remedy acts as a natural flu vaccine, totally free of side effects.

Dosage: 3 pellets dissolved in the mouth once weekly or at any time there is a suspicion of impending flu.

Thymuline:

This product stimulates the thymus gland, which, in turn is responsible for activating T-cells, an integral part of the immune system.

Dosage: Dissolve the contents of an entire tube under the tongue every second week.

Oscilloccinum:

This product quickly mobilizes the immune system, preventing the early flu or cold symptoms from manifesting into more severe symptoms or complications.

Dosage: Dissolve 1/3 of the contents of a tube under the tongue every 2 hours beginning at the onset of cold or flu symptoms.

INFLUENZA

A family of viruses that commonly infect our bodies causes influenza, "the flu". Although not usually life threatening or long lasting, the effects of these viruses can be extremely debilitating.

Even the strongest and healthiest among us can be sent staggering to their beds with a host of symptoms, including fever, headache, weakness, dry cough and aching muscles. Although these symptoms usually disappear after a few days without lasting effects, occasionally the flu can lead to more serious conditions. Among the complications that

can develop after a cold or flu are chronic fatigue syndrome, mononucleosis, bronchitis, and even asthma.

As well as creating discomfort and inconvenience for the sufferer, the flu is also costing our society. According to an article appearing in the October, 1993 issue of Reader's Digest, in Canada alone, the flu results in 70,000 hospital admissions and one million days of hospital care per year, at a cost of approximately \$500 million. At least 2000 people die each year of the flu and resulting complications. There are also a countless number of workdays lost by employees each winter because of the flu.

For many people, treatment of the flu is accomplished by taking a pain reliever or one of the many products advertised as providing flu relief. However, it is important to realize that relief from symptoms does not mean that the virus has been eliminated. In fact, the suppression of flu symptoms is accomplished by eliminating the body's immune response to the infection. In this way, these preparations can actually be increasing the length of the illness and the chance of developing complications.

On the other hand, homeopathic remedies work by stimulating the body's immunity. This enables the body to fight the infection faster and more effectively, decreasing the length of illness and the possibility of complications. Additionally, homeopathy is able to provide those individuals with a predisposition to colds and flus with preventative measures to decrease the frequency and severity of infection.

DO I REQUIRE THE FLU VACCINE?

The flu vaccine has become very popular in the western world. Physicians are promoting the vaccine with the hope of a flu free winter. My observation thus far has concluded that the vaccine has badly fallen short of its objective. In fact, for many, the vaccine has had a catastrophic effect. The statement, I have not been well since receiving the flu vaccine is not uncommon. Notwithstanding the fact that the flu vaccine is preserved with mercury and aluminum, which for many is extremely toxic, there are many more considerations that may influence one's decision, do I, Or do I not take the flu shot?

During my beginning years in homeopathy, I presented this same question to one of my mentors, Dr. Michael Buclevy. I would like to share with you his explanation. He stated that every second of everyone's life, the body's immune system, with total unawareness to the individual is at war with the viruses about us. At any time this system innate to us all becomes decompensated due to stress depleting ones vitality, poor dietary habits or maybe weather change which so many people are sensitive to; results in what we refer to as susceptibility. How can a single vaccine address so many causes? He continued by mentioning a very important point, which I consider common sense. Viruses usually enter the body via the respiratory tract not by means of an inner muscular injection. When a virus enters the body in the normal way, the respiratory tract, the body's defense system can respond to the intruder in a very analytical sophisticated manner producing the necessary antibodies and more importantly making sure that the body's immunity remains intact preventing the invasion of other viruses. This response may take several days. This is why we often experience what is referred to as pre-flu symptoms, which more often are nothing more than fatigue. However, with the flu shot, considering the manner in which it is administered necessitates the need for an immediate response of the

immune system. This response is unnatural, often leaving the body's defense in a strained run down state, producing susceptibility to other viruses. I have often observed in many patients receiving the flu vaccine, they didn't succumb to the flu, however, they did fall prey to another unrelated virus and remained ill considerably longer than if they had fell ill to the flu.

Each winter I treat several thousand people suffering some kind of virus. Several years past the old fashion flu, characterized by high fever, chills, profuse sweats, body pain and extreme lassitude was a common occurrence and experienced by many. In recent years numerous viruses, gastro intestinal, sinusitis, bronchitis and pneumonia have replaced flu. One observation of concern, many individuals succumbing to one of these viruses do not experience any degree of fever which I strongly feel is a necessity, demonstrating good immune system response to the intruder. Furthermore, our present day society is in serious state of immune suppression. It's time to return to a more natural way of thinking, good dietary habits, sensible nutrition, natures remedies including homeopathy which can help to build a strong immune system reducing your susceptibility to our present day viruses.

ACUTE STAGE OF INFLUENZA

Aconite:

Sudden onset of influenza after exposure or shock.
High fever with flushed face, restlessness, and a desire for cold drinks.
Symptoms usually occur evening or during night.
Dosage: See potency and frequency of remedy use.

Baptisia Tinct.:

Advanced influenza with mental dullness or even stupor.
Patient falls asleep in mid-sentence.
Throat and tongue very dry and coated.
Soreness of the body, the bed feels hard, can't get comfortable.
Dosage: See potency and frequency of remedy use.

Belladonna:

Influenza with rapid onset and frightening high fever.
Fever often as high as 40 C.
Hands and feet icy cold but face and body hot.
Thirst less.
Rapidly developing delirium and hallucinations.
Dosage: See potency and frequency of remedy use.

Bryonia:

Slowly progressive influenza with aching.
Fever: heat with perspiration.
Tremendous thirst, large gulps infrequently
Extreme lassitude, every motion causes pain.

Irritability, wants to be left alone.
Dosage: See potency and frequency of remedy use.

Camphora:

Should be taken for a sudden icy coldness of the entire body.
Sneezing and nasal congestion.
Dosage: See potency and frequency of remedy use.

Eupatorium Per.:

Influenza with high fever and severe, unbearable aching.
Terrible aching of muscles and bones.
Thirsty for cold drinks during chills.
Pains as if the bones would break open.
Pain in head with eye pain.
Restless with pains.
Desperate and moaning with the pain.
Dosage: See potency and frequency of remedy use.

Rhus Tox.:

Influenza with aching and restlessness.
Moderate to high fever usually resulting from getting chilled.
Stiffness with the desire to stretch and move.
Symptoms relieved by warm bath.
Desire to constantly move.
Dosage: See potency and frequency of remedy use.

Arnica Mont. and Gelsemium Sem.:

Are indicated when the subject feels extremely achy and exhausted.
They are also recommended for a fever with exhaustion.
Dosage: See potency and frequency of remedy use.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

POST-FLU SYMPTOMS

Gelsemium Sem.:

Influenza with marked debility, weakness and sleeplessness.
Slow onset of fever, one to three days.
Chills alternate with flushes of heat.

Thirst less.
Headache from occiput to forehead.
Eyelids heavy and drooped.
Can hardly lift head off of pillow.
Dosage: See potency and frequency of remedy use.

China Rubra:

Extreme weakness and debility.
Heat alternating with chills with perspiration worse at night.
Abdominal distension with or without diarrhea.
Indicated remedy when there has been a loss of fluids.
Dosage: See potency and frequency of remedy use.

H6 – Kali. Phos. 6x:

Fatigued with nervousness.
Dosage: One tablet dissolved on the tongue ½ hour before meals, 3 times a day.

Phos. Acid:

Mentally and physically exhausted.
Dosage: 3 pellets dissolved in the mouth twice daily, morning and night.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to ½ tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

FEVER

A fever itself is not a disease, but a defense measure on the part of the body's immune system against the disease. The purpose of the fever is to destroy the virus. In fear and ignorance, we rush all too often to take ASA, or some other anti-fever drug. A suppression of fever results in the disease getting a stronger hold upon the body. This can result in serious repercussions in the future. If the fever process is assisted rather than suppressed, the temperature will not rise to a dangerous level, but will slowly decrease.

The following homeopathic remedies can assist the body's immune system to deal with a fever.

Chamomilla:

Fever especially in young children.
Long lasting heat phase; unbearable heat, often without chills.
Usually occurring in bed or at night.
One cheek red and hot, the other pale.

Worse dentition (teething).
Marked excitement, irritability and capriciousness.
Dosage: See potency and frequency of remedy use.

China Rubra:

Heat with prickling all over body.
Heat alternates with chills.
Fever afternoon and evening.
Succession; chill followed by heat then by perspiration.
Marked weakness and debility during fever.
Worse after diarrhea. Hemorrhage or loss of fluids.
Dosage: See potency and frequency of remedy use.

H4 - Ferr. Phos. 6x:

The remedy taken in the first stage of all infections and inflammations, before exudation (drainage) begins. It is especially helpful for catarrhs affections of the respiratory tract. The fever is low grade, and the subject is pale or slightly flushed and experiencing violent local congestion.
Dosage: One tablet dissolved on the tongue ½ hour before meals, 3 times a day.

Aconite:

The remedy needed when fever has a rapid onset, and is worse in the evening. An unquenchable thirst, a red, hot, dry face, the absence of perspiration, and extreme restlessness characterize this remedy. This is also the main remedy for a fever resulting from exposure to cold dry winds.
Dosage: 3 pellets every two to four hours, as required.

Belladonna:

This is indicated in the case of a high fever, which has a rapid onset, and is accompanied by a flushed face and profuse perspiration, especially about the head. No thirst alternates with intense thirst, and the sensation of a burning, steaming head may be experienced. Belladonna is also recommended when delirium accompanies a fever.
Dosage: 3 pellets every two to four hours, as required.

Apis Mel.:

Is effective for treating a high fever, when the sufferer is thirst less, passes little urine, and exhibits swelling about the face, eye lids, and throat. A meningial reaction, characterized by a stiff neck, also responds well to this remedy.
Dosage: 3 pellets every two to four hours, as required.

Gelsemium Sem.:

Should be used in the case of a high fever, accompanied by trembling or shaking, exhausting sweats, and a headache with sleepiness. The subject is usually thirst less.
Dosage: 3 pellets every four hours.

Sulphur Iod.:

Is indicated in glandular afflictions when Belladonna or Aconite seem indicated, but have failed to arrest the fever.

Dosage: 3 pellets once daily until condition improves.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

SORE THROAT AND LARYNGITIS

Sore throats are common complaints, often treated easily by such means as a salt water gargle. They can, however, progress into more serious conditions, including Streptococcus, laryngitis, tonsillitis, and possibly even bronchitis or asthma. Because of the possibility of developing these illnesses, any sore throat, regardless of how minor, should be promptly treated. The following homeopathic remedies can be very helpful in the treatment of many sore throat symptoms.

For Mild Sore Throats:

Lyle's Echinacea:

Is a natural antibiotic. It should be taken when symptoms are vague, or when there is a minor symptom that may indicate the onset of a sore throat.

Dosage: 20 to 30 drops taken in a small amount of water every two hours.

Children: 10 drops every two hours.

Lyle's Apis Complex:

Contains Belladonna, Hepar Sulph., Ferrum Phos., Lachesis, Apis Mel. and Mercurius Viv. It is recommended for fever, sore throat and tonsillitis, and is particularly effective at their onset.

Dosage: 10 to 20 drops taken in a small amount of water every one to two hours.

Reduce frequency with improvement.

H4 – Ferr. Phos. 6x and H3 – Calc. Sulph. 6x:

Are taken for the first stage of a sore throat when the throat feels raw and the Eustachian tubes are inflamed.

Dosage: Dissolve one tablet in the mouth hourly, alternating remedies.

Kali Bich.:

Is taken for a sore throat accompanied by nasal congestion and post-nasal mucus.

Dosage: 3 pellets dissolved in the mouth every two to four hours.

Hepar Sulph.:

Is indicated for swollen glands, often characterized by the sensation of a plug in the throat when swallowing. It is also recommended for hoarseness and sharp pains in the throat, which extend to the ear. This remedy often compliments H4 – Ferr. Phos. 6x and H3 - Calc. Sulph. 6x.

Dosage: 3 pellets dissolved in the mouth every two hours.

For More Severe Sore Throats:

Aconite:

Is taken at the beginning stage of a severe sore throat which has resulted from exposure to dry, cold winds, and when symptoms appear in the evening, before midnight.

Dosage: 3 pellets dissolved in the mouth every two to four hours.

Belladonna:

Is suggested when the throat is dry, angry-looking and very red. The tonsils are enlarged, creating difficulties swallowing, especially liquids. There is the sensation of a lump in the throat, with a continual inclination to swallow.

Dosage: 3 pellets dissolved in the mouth every two to four hours.

Apis Mel.:

Is indicated when the throat is swollen, inside and out, and feels constricted. The tonsils are swollen, as well as the uvula. There may be the sensation of a fishbone in your throat. This remedy compliments Belladonna.

Dosage: 3 pellets dissolved in the mouth every two to four hours alternating with Belladonna.

Dulcamara:

Is effective for a sore throat that has resulted from exposure to cold, damp weather, especially during the spring and fall.

Dosage: 3 pellets dissolved in the mouth every two hours.

Diphthericum 7 CH:

Is recommended for severe, acute tonsillitis. This remedy can be alternated with any of the remedies indicated previously when there is a predisposition to severe sore throats or tonsillitis.

Dosage: 3 pellets dissolved in the mouth every four hours.

Phytolacca:

Is taken to treat a throat that is dark red or bluish-red. The throat may feel very sore and hot, with pain shooting into the ears on swallowing. Swollen tonsils can create the sensation of a lump in the throat, and swallowing anything is extremely difficult. Pain is right sided.

Dosage: 3 pellets dissolved in the mouth every two to four hours.

Mercurius Viv.:

Is characterized by a severe sore throat and a constant desire to swallow. The tongue is heavily coated, and the subject has very putrid breath. There is a great deal of mucus in the back of the throat, and the tonsils are ulcerated.

Dosage: 3 pellets dissolved in the mouth every four hours.

Mercurius Iod. Flav.:

Right- sided sore throat or tonsillitis.

Pain may begin on right side and move to left side.

Dosage: See potency and frequency of remedy use.

Mercurius Iod. Rub.:

Left-sided sore throat or tonsillitis.

Dosage: See potency and frequency of remedy use.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

IMPORTANT

Upon reviewing the given remedies and your symptoms, if you are unable to choose a single remedy that best describes your situation, choose three or four remedies and take them one hour apart.

Example: Belladonna, Hepar Sulph., Mercurius Viv. and Phytolacca.

HEAD COLDS AND SINUSITIS

It is not uncommon for a head cold to manifest into an acute sinus infection. The sinuses are narrow bone cavities located behind the forehead and face. Sinusitis is the inflammation of the membranes lining these cavities. Characteristic symptoms of a sinus infection include: fever, sinus obstruction (a “stuffy head”) with or without post nasal catarrh, sore throat and painful sinuses. The pain associated with sinusitis can be very severe until there is sufficient nasal discharge. For many, treatment for this malady involves painkillers and decongestants. However, this practice can prevent the natural evolution of your infection. The objective in the natural treatment of a head cold or sinusitis is to bring about a quick nasal discharge. This will provide immediate relief of pain. More importantly, the nasal discharge contains bacteria. Suppressing nasal discharge with decongestants, which dry up the sinuses, could lead to chronic sinusitis, allergies and possible surgery.

Homeopathic remedies are extremely useful in the natural treatment of this condition.

Allium Cepa:

Is the remedy for a runny, watery head cold when eyes and nasal passages are affected and can be accompanied with sneezing.

Dosage: 3 pellets dissolved on the tongue every two hours. Reduce frequency with improvement.

Arsenicum Alb.:

Thin watery, irritating discharge.

Nose feels stuffed up.

Sneezing without relief.

Worse in open air, and is improved indoors.

Dosage: 3 pellets dissolved on the tongue every two hours. Reduce frequency with improvement.

Belladonna:

When there is throbbing pain especially in the frontal sinus, worse on stooping.

Dosage: 3 pellets dissolved on the tongue every four hours.

Bryonia:

Is effective in treating sinus pain caused by exposure to cold air; sinuses are dry, without discharge; pain is worse with motion and relieved by pressure. Extremely thirsty.

Dosage: See potency and frequency of remedy use.

H3 – Calc. Sulph. 6x and H7 – Kali. Sulph. 6x:

Are used when cold or flu symptoms have abated, but residual mucus remains.

Dosage: One tablet of each dissolved in mouth 20 minutes before each meal until mucus subsides.

Cinnabaris:

Sinusitis with acute pain from the root of the nose extending or shooting outward or above the eyebrow.

Much post-nasal discharge but scant discharge from nostrils.

Dosage: See potency and frequency of remedy use.

H4 – Ferr. Phos. 6x and H5 – Kali. Mur. 6x:

Is recommended for minor sore throats with white nasal mucus.

Dosage: One tablet dissolved on the tongue hourly alternating these two remedies. With improvement reduce to one tablet of each three times a day until all symptoms subside.

Hepar Sulph.:

Sinusitis with obstruction and thick yellow nasal and post-nasal discharge. Worse after every exposure to cold.

Dosage: See potency and frequency of remedy use.

Lyle's Echinacea Complex:

When sinus symptoms predominate, use 20 drops taken in a small amount of water 3 to 4 times daily. This is a general sinus remedy, used to compliment whatever homeopathic remedy is indicated by actual symptoms.

Hydrastis Can.:

Thick, ropy or stringy yellow discharge.
Especially post-nasal catarrh. Swelling and obstruction worse on left side.
Dosage: See potency and frequency of remedy use.

Kali Bich.:

Is also for throbbing sinus pain that may be accompanied by a thick, stringy discharge.
Dosage: 3 pellets dissolved on the tongue every two hours until the sinus pressure is relieved.

Kali Iod.:

Greenish nasal catarrh, frontal sinus pain; relieved by open air.
Dosage: 3 pellets dissolved on the tongue every two hours. Reduce frequency with improvement.

Pulsatilla:

If head congestion is worse in the morning or in a warm room, and relieved in open air.
Dosage: 3 pellets dissolved on the tongue three times daily, reduce frequency with improvement.

Sticta Pulmon.:

This remedy is indicated for throbbing sinus pain when there is no discharge.
Dosage: 3 pellets dissolved on the tongue every two hours until the sinus pressure is relieved.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

COUGH AND UNCOMPLICATED CROUP

Aconite:

Mainly useful in the first day of the attack.
Often comes on after exposure to cold, especially dry cold winds.

Wakes from first part of sleep with dry, barky cough.
Worse: with inspiration, as well as when drinking.
Suffocating cough causes child to cling to parents.
No mucus present.
Dosage: 3 pellets dissolved on the tongue every 4 hours. Reduce with improvement.

Antimonium Tart.:

Chest full of mucus.
Loud rattling.
Inability to expectorate.
Tongue very often coated white.
Dosage: See potency and frequency of remedy use.

Belladonna:

Croup starts suddenly in a child seemingly well in the morning.
Strong paroxysms of cough with marked redness of the face.
Worse: Touch or pressure on the larynx.
Dosage: See potency and frequency of remedy use.

Bryonia:

Is used when there is a deep non-productive cough, with onset towards the evening.
Dosage: 3 pellets dissolved on the tongue every 4 hours. Reduce with improvement.

Causticum:

Dry, deep painful coughs without expectoration; cough relieved by cold drinks.
Dosage: 3 pellets dissolved on the tongue every 2 to 4 hours until cough loosens.

Coccus Cacti:

Bronchial tubes loaded with mucus, nightly attacks of coughing and difficult expectoration causes retching and vomiting.
Dosage: 3 pellets dissolved on the tongue every 4 hours.

Cuprum Met.:

Suffocating cough; spasm and constriction of chest; spasmodic asthma; cough relieved by a drink of water. Vomiting and spasms with a purple face.
Dosage: 3 pellets dissolved on the tongue as needed.

Drosera:

Worse lying down, eating, drinking and talking.
Dosage: 3 pellets dissolved on the tongue every 4 hours.

Hepar Sulph.:

Croup coming on in the night.

Loose productive cough with yellow expectoration.
Thick rattling mucus.
Worse: being uncovered. Becoming cold. Cold air and cold drinks.
Better: throwing the head backwards.
Dosage: 3 pellets dissolved on the tongue every 4 hours.

Ipeca:

Choking cough leading to gagging, nausea and vomiting.
Dosage: 3 pellets dissolved on the tongue every 4 hours.

Lyle's Echinacea Complex:

Bronchial cough with mucus, remedy helps in the expectoration of mucus.
This remedy is complimentary to other remedies for specific symptoms.
Dosage: 15-20 drops of each taken in a small amount of water 3 to 4 times daily.

Pulsatilla:

Worse in warm room, better in open air.
Dosage: 3 pellets dissolved on the tongue every 4 hours.

Rumex:

Cough aggravated by cold air, tickling in the pit of the throat.
Dosage: 3 pellets dissolved on the tongue every 2 to 4 hours, or as needed.

Sambucus:

Is taken for spasmodic croup, with a cough that comes on around midnight.
Dosage: See potency and frequency of remedy use.

Spongia Tosta:

Dry, barking cough. Often described as a seal's bark.
Child awakens with fright and suffocative cough.
Worse: at midnight, cold air or drinks.
Better: Eating, drinking or nursing.
Sitting upright or even bent forward.
Dosage: 3 pellets dissolved on the tongue every 2 to 4 hours. Reduce with improvement.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

GASTROENTERITIS

Gastroenteritis is the medical term for infectious illness of the gastrointestinal tract. Gastroenteritis has many causes: bacteria, amoebae, parasites, viruses, and ingestion of toxins, enzyme deficiencies and food allergens. Along with its many causes are many names used to describe what is essentially the same condition. Among them are: stomach flu, intestinal flu, traveler's diarrhea, viral enteritis, and food poisoning. The chief symptoms of gastroenteritis are vomiting, diarrhea and possibly abdominal cramping, which may be quite severe. Other symptoms may include fever and malaise.

Although it is decidedly an uncomfortable experience, vomiting and diarrhea are an important and effective healing mechanism. They are the body's way of ridding itself of the toxins or germs, which have caused the infection.

The symptoms of this condition usually last from 24 to 48 hours, and generally produce no lasting complications. Prolonged diarrhea or vomiting, however, can result in dehydration. Dehydration involves excessive fluid loss, which, in turn, leads to mineral loss. Excessive mineral loss can be a serious health risk, since minerals play an important role in many physiological functions, including; contractions of muscles, transmission of nerve impulses and regulation of heart beat. Prolonged vomiting or diarrhea requires medical attention.

The proper home treatment and homeopathic remedies can prevent prolonged symptoms, and eliminate the need for further care.

HOME CARE

Anyone with an acute illness, especially the stomach flu should avoid food. Chief among foods to avoid are dairy products, as they are particularly difficult for the body to digest. Because the gastrointestinal tract is the system that is "out of sorts", it makes sense to give it a rest by avoiding food. Ingestion of food tends to prolong vomiting and diarrhea. Diet should consist only of fluids: water, fruit juices, flat ginger ale and vegetable broth. After vomiting and diarrhea abate, reintroduce solid foods slowly starting with soft, bland, easily digestible foods, such as vegetable soups and cooked vegetables. Spicy food, meats and dairy products should be the last foods to be reintroduced.

HOMEOPATHIC REMEDIES

Aloe:

Acute enteritis, spastic colon.

Acute diarrhea produced much flatus and sputtering.

Much gurgling and rumbling in the abdomen before stool.

Diarrhea generally worse in the morning, driving patient out of bed.

Dosage: See potency and frequency of remedy use.

Arsenicum Alb.:

Is effective in treating many acute cases of gastroenteritis. The classic Arsenicum patient will experience violent vomiting and diarrhea with extreme abdominal

colic. The patient will alternate between restlessness and exhaustion, and may be fearful, especially of being alone. The Arsenicum patient will be chilly and thirsty, with a desire to drink small amounts of preferably warm liquids. Vomiting and diarrhea are made worse by drinking large quantities at one time, and by eating. Moving about or the ingestion of dairy products may result in a return of symptoms, which had abated. Any pain associated with the illness is always of a burning type, but is relieved by warmth and made worse by the cold. Symptoms typical of Arsenicum are worse at night, after midnight.
Dosage: See potency and frequency of remedy use.

Ipeca:

Is the remedy used to treat nausea that persists regardless of whether or not vomiting or diarrhea is present. While most times nausea would be relieved somewhat by vomiting, the Ipeca patient feels no better. Ipeca is also recommended when vomiting becomes constant at times, and when the material being thrown up contains mucus. Diarrhea accompanied by persistent nausea also calls for Ipeca. The Ipeca patient's tongue is usually clean, and often experiences hyper salivation.
Dosage: See potency and frequency of remedy use.

Colocynthis:

Is the indicated remedy for severe abdominal cramping, characterized by clutching pain, which is relieved by bending forward, pressure and heat. Colocynthis is also the remedy for abdominal cramping preceding diarrhea, which is relieved by a bowel movement. The Colocynthis patient has a desire to lie on the stomach.
Dosage: See potency and frequency of remedy use.

H8 – Mag. Phos. 6x:

Is a remedy for symptoms similar to Colocynthis, however, the Mag. Phos. patient may obtain the greatest relief from warmth, whereas Colocynthis gains relief from persistent pressure. The Mag. Phos. patient rarely experiences vomiting or diarrhea.
Dosage: One tablet dissolved in the mouth every two hours; reducing frequency with improvement.

Belladonna:

Symptoms have a rapid onset. The gastrointestinal symptoms of nausea, vomiting, and diarrhea are usually accompanied by fever and a flushed face. Belladonna may be helpful when infection elsewhere in the body is accompanied by vomiting and diarrhea. Pains relieved by Belladonna appear and disappear suddenly, and are aggravated by walking, or being jarred. Gentle pressure aggravates, whereas firm pressure relieves.
Dosage: See potency and frequency of remedy use.

Bryonia:

Is recommended when all of the acute symptoms of the gastrointestinal tract, nausea, vomiting, and diarrhea are made worse with motion. Even the slightest motion of the head will bring a return of nausea and vomiting. Bryonia is also recommended for diarrhea, which is worse after rising in the morning, and abdominal pain that is relieved by pressure or bowel movement. The Bryonia patient feels warm, and irritable, and wants to be left alone. Bryonia is also indicated for diarrhea, which sometimes occurs during hot weather.

Dosage: See potency and frequency of remedy use.

H4 – Ferr. Phos. 6x and H9 – Nat. Mur. 6x:

Are indicated in the early first stage of gastroenteritis. The symptoms indicating these remedies is much less severe than those of other remedies mentioned. The typical patient is pale and anemic looking, and may have a low-grade fever.

Diarrhea is painless and watery.

Dosage: One tablet dissolved in the mouth every two hours; reducing frequency with improvement. If two tissue salts are indicated, alternate hourly.

Phosphorus:

Symptoms are very similar to that of Arsenicum, and include much vomiting and diarrhea, burning pains, weakness, anxiety, restlessness and thirst for cold drinks. When trying to choose between the two, Arsenicum should be tried first unless some of the following symptoms are also present; nausea and vomiting are momentarily relieved by cold water, but return within a few minutes, when the water in the stomach warms up; nausea or vomiting aggravated by warm drinks; and the sensation as if the anus were open.

Dosage: See potency and frequency of remedy use.

Podophyllum:

Is frequently indicated for acute diarrhea, when stools are profuse, gushing, green, watery, very fetid and painless. A prolapsed rectum before or after stool is possible, and vomiting is rare.

Dosage: See potency and frequency of remedy use.

Colubrina:

Is the remedy for diarrhea resulting from mental exertion, over-eating, alcohol, coffee and drugs. The Colubrina patient generally feels dull and irritable in the morning, with nausea and a headache, and often feels that his discomfort would be relieved by vomiting. There can be a strong urging for stool, only to pass a small amount, and urging may persist after stool evacuation.

Dosage: See potency and frequency of remedy use.

Pulsatilla:

Is the remedy for digestive symptoms aggravated by rich food, fats, pastries and ice cream. Vomiting and diarrhea are not as prevalent as heartburn, queasiness and a bad taste in the mouth after eating.

Dosage: See potency and frequency of remedy use.

Veratrum Alb.:

Should be taken for diarrhea that is very painful, watery, copious and forcibly evacuated. It may also be helpful when extreme weakness, chilliness and a cold sweat, especially on the forehead, accompany vomiting or diarrhea.

Dosage: See potency and frequency of remedy use.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

EARACHE

Facts, Causes & Treatments

Ear infection is the most frequently occurring childhood illness, except perhaps a runny nose. Almost every child will have experienced at least one earache by the age of six. This complaint should not be treated lightly; frequent recurrences of ear infection can greatly interfere with your child's health and happiness. Further, complications can result in impaired hearing and retarded acquisition of language skills.

There are two main types of ear infections. Otitis Externa involves infection of the outer canal that leads to the eardrum; while the second type, Otitis Media, is an infection of the middle ear and eardrum.

Symptoms of external ear infection (Otitis Externa) often includes extreme ear pain and throbbing due to inflammation, and possibly, but not necessarily, fever. The pain is characteristically aggravated by moving the outer ear. External ear infections do not endanger the organs of hearing, although ear canal swelling may temporarily impair hearing at the time of infection. Some children develop an earache as the aftermath of a cold, or following exposure to cold winds. Earache is also a common occurrence during the time your child is teething. Gum inflammation generated by the teething process often extends upward to the ear canal, giving all the classic symptoms of Otitis Externa. Concerned parents, in an effort to reduce their child's suffering may rely on non-prescription pharmaceutical products to reduce pain and fever. It is crucially important that your child's immune system not be suppressed during the beginning years of development. The indiscriminate use of the above-mentioned products may retard

healthy development of your child's immune system, increasing susceptibility to future infection. Homeopathy is a safe, effective and reliable way of dealing with every day, minor health problems including earaches.

Otitis Media is the most serious type of ear infection. This condition results when germ-laden fluids from the nose and throat enter the middle ear. As a middle ear infection progresses, white blood cells and antibodies are secreted into the tissues of the middle ear area where they attack and kill infecting bacteria. As dead bacteria and white blood cells accumulate, pus will form, putting pressure on the eardrum. The thin eardrum membrane will bulge outward, and, as the pressure increases, the pain will increase. Eventually, the eardrum membrane will tear, allowing pus to drain to the external auditory canal. This is the body's way of expelling pus, and a torn eardrum usually heals rapidly. Children who are prone to allergies, frequent and long-lasting colds and chronic sinus congestion are frequently susceptible to inner ear infection. Children exhibiting a predisposition to the above ailments are probably suffering from a suppressed immune system. To help such a child strengthen his or her immune system, and reduce incidence of middle ear infection, refer to **IMMUNE SYSTEM** section of this pamphlet.

Many parents are readily influenced by what they read, and of course, by the convincing television advertisements telling of the effectiveness of their product in relieving cold and allergy-type symptoms. The most frequently used products for colds, allergies and "fluid on the ear" are decongestants. Such products act by drying up excessive mucus within the mucus membranes. Theoretically, this seems to be a logical approach to the problem, however, it is important to realize that such products do not deal with the cause, but merely palliate symptoms of these conditions temporarily. It is understandable to wish relief of these symptoms; the inconvenience and discomfort of nasal discharge, which usually accompanies sinus or head congestion, is obvious. However, nasal catarrh is the medium by which bacteria and infection is removed from mucus membranes, as well as chronic serious Otitis. This may result in impaired hearing, and usually requires the insertion of tubes into the eardrum to allow drainage of middle ear fluid.

TREATMENT

Homeopathy offers no single remedy for earache. But we have a choice of remedies, which are selected on the basis of cause, and totality of symptoms. To select the right one, you must carefully observe all symptoms.

Aconite:

Caused by exposure to cold or sudden changes in temperature. Symptoms are worse towards evening. Ear is hot and painful. Child is very restless and thirsty. If fever accompanies earache, there is an absence of perspiration.
Dosage: See potency and frequency of remedy use.

Belladonna:

The face is flushed, and head is hot. Pain comes and goes suddenly. Pains are deep, and extend into throat. Pain is relieved by heat; worsens with touch.

Frequently required at the time of teething, as it helps to reduce gum inflammation.

Dosage: See potency and frequency of remedy use.

Capsicum Annum:

Pain and swelling behind ears, going to mastoid bone. Painful to the touch. The person feels very chilly. Sluggish constitution.

Dosage: See potency and frequency of remedy use.

Chamomilla:

Intolerant to pain. The patient is extremely irritable. One cheek is red while the other is pale. The child continually cries, and wants to be held and rocked. This is the main remedy for earache due to teething.

Dosage: See potency and frequency of remedy use.

Dulcamara:

Earache is worse from the cold, and, or rainy weather.

Dosage: See potency and frequency of remedy use.

H4 – Ferr. Phos. 6x and H5 – Kali. Mur. 6x:

These Schuessler tissue salts are indicated at the beginning stage of a cold, especially for those who experience earache as an aftermath to a cold. Symptoms appear gradually. Earache relieved by cold.

Dosage: One tablet dissolved in the mouth every two hours; reducing frequency with improvement. If two tissue salts are indicated, alternate hourly.

Hepar Sulph.:

Severe earache. Worse: late at night, cold or open air, wind and open air. Better: Warmth, wrapping the ear. Earache is often accompanied by sinus catarrh. Very sensitive to the pain; screams from the pain. Hates to be examined or touched.

Dosage: See potency and frequency of remedy use.

Kali Bich.:

Chronic sinusitis and nasal obstruction with thick, stringy, yellow or yellow green mucus. Usually left sided earache.

Dosage: See potency and frequency of remedy use.

Kali Sulph.:

Deep catarrhal conditions with sinusitis. Hearing loss caused from accumulation of catarrh of the Eustachian tubes. Catarrh with chronic yellow discharge.

Uncomfortable and irritated in a warm room. Mouth breathing and snoring.

Dosage: See potency and frequency of remedy use.

Lachesis:

Left-sided earache. Sore throat is worse when swallowing. Earache may progress to right side.

Dosage: See potency and frequency of remedy use.

Mercurius Viv.:

Abscessed ears, piercing pain, tonsils swollen and tender. Worse at night. Worse from heat, from bed and from perspiration. Tongue is coated and moist. Thirsty, with profuse salivation. This remedy may be used alternately with Hepar Sulph.

Dosage: See potency and frequency of remedy use.

H8 - Mag. Phos. 6x:

Pains are spasmodic, relieved by heat and pressure.

Dosage: One tablet dissolved in the mouth every two hours; reducing frequency with improvement.

Pulsatilla:

Suited to gentle, sensitive children, who are easy to cry, with a desire for consolation, discharge from ear; yellowish-green. Deafness due to middle ear fluid. When no other remedy is indicated, start with Pulsatilla. Most frequently used remedy for earaches.

Dosage: See potency and frequency of remedy use.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

COMPLEMENTARY REMEDIES

Complementary remedies are those, which have the ability to enhance the action of the indicated homeopathic remedy. It is recommended that Lyle's Echinacea be given during the acute stage, ten drops taken in a small amount of water three times daily. It is also recommended for those showing predisposition to ear infection to take Lyle's Echinacea as a preventative measure from September through April. Indicated Dosage For Children: Drops per age twice daily 5 days per week. Refer to section on building a healthy immune system.

TOPICAL TREATMENT

Providing the ear canal is free of discharge, Lyle's Plantago Major, a few drops on a cotton ball and placed into ear canal can help to reduce pain and promote healing within ear canal and drum.

CONSTITUTIONAL REMEDIES

A constitutional remedy is not directed at the disease or even the patient's chief complaint, but at the whole of the person's being. Many factors are taken into consideration such as mental and emotional makeup, temperament, body build, food cravings, aversions and sensitivities to hot or cold. The correct constitutional remedy acts like an electric spark upon the defense mechanism or vital force. These remedies may be required in the treatment of chronic ear infection.

Calcarea Carb.:

Constitutional Type

Plump, fair skinned, flabby muscle toned, nocturnal head sweats, slow dentition, slow to walk and talk, craves eggs, milk intolerance, catches cold easily, prone to swollen glands and fluid on the ear, night terrors.

Calcarea Phos.:

Similar symptoms as Cal Carb. except body build is thin, pale, anemic, less trouble with tonsils than Cal Carb, more with adenoids, consequently they are mouth breathers.

Pulsatilla:

Milk, yielding, sensitive, tearful, desires consolation when ill, dislikes hot weather, sinus congestion relieved by open air, craves rich foods, main remedy for earache.

Silicea:

Lean, pale; infants do not thrive well in spite of good appetite, perspires upper body which can be offensive, slow dentition, tooth decay, milk intolerance, prone to glandular swellings. This remedy may be required to complete the treatment of Hepar and Pulsatilla.

Sulphur:

All types of skin lesions, always hungry, thirsty, warm-blooded, throws blankets off at night, follows Aconite and Belladonna.

Psorinum:

A chilly Sulphur, sensitive to the cold, seasonal allergies.

Tuberculinum:

History of respiratory diseases, allergies, asthma in family.

POTENCY AND FREQUENCY OF REMEDY USE

GIVE 30C ONCE WEEKLY OF INDICATED REMEDY UNTIL TENDENCY TO EAR INFECTION HAS SUBSIDED.

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

DIET

There is growing evidence that supports the theory that many children suffering from chronic catarrhal, including allergies and ear infection suffer from food sensitivities. The primary foods being, dairy products, wheat and refined sugars which effect most children. Although it may be necessary to restrict your child's intake of the aforementioned foods, it is also important to realize that this unfortunate condition with which so many children are afflicted, is part of the child's constitutional weakness. With constitutional strengthening, these foods may be reintroduced in small quantities.

FIRST AID

Everyone has undoubtedly had the misfortune to experience a minor injury at one time or another. Very often these injuries do not require medical attention, however, they can be painful, as well as incapacitating. It is in the treatment of accidental injuries and shock that homeopathy excels all other therapies. Homeopathy acts by stimulating and enhancing the body's ability to heal itself, giving speedy relief of discomfort.

Aconite:

All cases of mental or physical shock, fright, accompanied by any of: tremors, palpitations, hyperventilation or gasping for breath, a tight feeling in the chest, feeling cold or hot, collapse, or obvious fright or distress.

Dosage: See potency and frequency of remedy use.

Arnica Mont.:

Bruises, sprains, contusions, head injuries, concussion and post-concussion headaches. Arnica also prevents and relieves muscle fatigue from overexertion.

Dosage: See potency and frequency of remedy use.

Bellis Perennis:

Similar in action to Arnica, may be used to compliment Arnica for deep tissue damage following accidents or major surgical work. Valuable remedy for bruising of the breast. **Used in tincture form.**

Calendula Of.:

Cuts, lacerations, abrasions, burns, sore fissures and bed-sores. Calendula is also used as a therapeutic mouthwash after dental extraction. **INTERNALLY:** 3 pellets three times daily. **TOPICALLY:** 25 drops in 3 oz. of water, bathe wound 4 times daily.

H4 – Ferr. Phos. 6x and H8 – Mag. Phos. 6x:

Alternate remedies hourly for acute muscle spasm.

Hypericum Per.:

Nerve injuries, such as crushed fingertips, as well as penetrating puncture wounds, such as from splinters, thorns or nails.

Dosage: See potency and frequency of remedy use.

Ledum Pal.:

The chief remedy for puncture wounds such as a nail in the foot. Ledum is also indicated for bruising around the eye.

Dosage: See potency and frequency of remedy use.

Rhus Tox.:

Indicated for the effects of strains, where movement temporarily relieves the muscle stiffness and aching, are worse at rest, and still worse after prolonged rest.

Dosage: See potency and frequency of remedy use.

Ruta Grav.:

Indicated for treating strained ligaments around joints; compliments Arnica for joint surgery.

Dosage: See potency and frequency of remedy use.

Staphysagria:

Useful in incised wounds and therefore after surgery, especially gynecological procedures. It relieves pain and promotes healing.

Dosage: See potency and frequency of remedy use.

Symphytum Of.:

Indicated in accelerating the union of fractures, also useful in treating contusions of the eye. The tincture may also be applied topically. Rhexorubia contains potensized calcium as well as other minerals for fracture consolidation. Half a teaspoon should be dissolved in the mouth three times daily, in combination with Symphytum to ensure strong bone consolidation after a fracture.

Lyle's Traumasan:

Contains a combination of all trauma homeopathic remedies. Dosage: Adults: 15-20 drops in a small amount of water every 2 hours. Children: 10-15 drops taken in a small amount of water every 2 hours.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

HEAD INJURIES

When drowsiness persists despite medication with Arnica, give Papa . Patient should be hospitalized for observation. For persistent post-concussional headaches, unrelieved by Arnica, use Natrum Sulph 30ch three times daily.

INSECT STINGS AND BITES

Ledum is traditionally given for bee and wasp stings, when the sting or bite is relieved by cold applications. However, it is preferable to use Apis Mel for bee stings, and Vespa Vulgaris for wasp stings. As a local application, a compress of Stinging Nettle is very soothing, as is St. John's Wort.

BURNS

The treatment of burns is directed to relieve pain and secondly to speed healing and avoid infection. General first-aid measures should always be taken. Application of cold water for a few minutes. Cleansing only if wound is open using the appropriate topical antiseptics. The next concern is always to relieve the pain. Homeopathic remedies work rapidly to relieve the intense pain of burns. Another vital concern is to promote healing. For minor burns when the skin is not broken the use of Aloe Vera or Stinging nettle can be of great value. Hamamelis tincture is recommended when there is redness and an engorgement of blood vessels.

In open second and third degree burns, Aloe Vera is no longer useful. Cleansing of the wound should be done twice-daily using mild antiseptics. Do not use calendula tincture, but rather calendula ointment.

Apis Mel.:

Minor burns with marked pain, redness and swelling appears. Minor burns which is relieved by cold applications.

Dosage: See potency and frequency of remedy use.

Arsenicum Alb.:

Especially beneficial in serious burns. Burns with marked pain, anxiety and restlessness. The person may feel very chilly with weakness. Worse: cold, needs to be kept warm. Blackened skin with threatening gangrene.

Calendula:

Recommended in high potency in second and third degree burns.

Cantharis:

Serious burns

Horribly painful burning; better when cold is applied. Patient can't remove cold for a second. Burns become blistered. If given immediately may prevent blistering from occurring. Scalds to the mouth and throat.
Dosage: See potency and frequency of remedy use.

Belladonna:

Sunburns with heat and throbbing.
Dosage: See potency and frequency of remedy use.

HEAT STROKE

Belladonna is an excellent remedy for the effects of sun exposure. It rapidly controls the fever, headache and malaise that can occur. If headache persists, use Glonoinum. Cold compresses should also be applied to the neck and forehead.

POTENCY AND FREQUENCY OF REMEDY USE

In acute cases, 30ch potency taken every two hours; reducing frequency with improvement.

(For infants it is advised to place several pellets into 2 ounces of water, stir vigorously for one minute, giving 1/3 to 1/2 tsp. of fluid hourly. Before each application, stir mixture.)

ALL REMEDIES ARE TO BE DISSOLVED IN THE MOUTH: MAKING SURE MOUTH IS FREE OF FOOD OR DRINK TWENTY MINUTES BEFORE AND AFTER TAKING REMEDY.

First and foremost, homeopathic remedies are natural and totally free of any side effects. In the event your child was to swallow a bottle of any remedy do not be alarmed. Homeopathic remedies do not conflict with prescription drugs. The most frequently prescribed potency is 30ch. Frequency should always be reduced with improvement. All of the above-mentioned remedies are available for purchase at:

**NATURAL HEALTH CARE CLINIC
In harmony with nature is the prevention of disease.**

NOTES
