

Homeopathy

Top Ten Remedies For Your Family



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Homeopathy is a safe, gentle, and natural system of healing that works with your body to relieve symptoms, restore itself, and improve your overall health, rather than address a specific condition.

Homeopathy uses specially prepared remedies made from plant, mineral and animal substances to stimulate the body's own healing mechanism.

Many homeopathic remedies can be used to treat common, acute ailments safely at home.

Stats

- More than 200 million people use homeopathy worldwide
- 2.9 million Canadians use homeopathy
- The Queen uses homeopathy

Arnica

- Falls, sprains, blows, wounds, fracture, soft tissue injuries
- Reduces and prevents pain, bleeding, bruising and swelling
- May prevent secondary infections
- Accelerates healing
- Excellent after surgery

Trauma



Trauma



Arnica

- Give during and after childbirth
- Dental extractions
- Braces tightened
- Overwork
- Flus with beaten-up feeling
- Concussions
- Heart attacks

Hypericum

- Injuries to nerves and nerve-rich tissues
- Shooting pains
- Puncture wounds
- Excellent after surgery, especially combined with Arnica
- Crushed fingers
- Cuts
- Blows to spine and head, tail bone

Nerve Trauma



Shock



Aconite

- Sudden, intense symptoms
- Shock, sudden fright, bad news
- Disasters, accidents, earthquakes
- Having been suddenly startled by sth
- Person may tremble from fright.
- Often after exposure to cold, dry wind
- Sudden croup after exposure to wind.
- Most useful at the onset of a cold
- Early stages of inflammation, fever

Belladonna

- Sudden, intense onset, similar to Aconite
- High fevers with flushed cheeks
- Glassy eyes
- Intense sore throats, ear infections
- Right-sided headaches
- Symptoms are throbbing
- Worse noise, light, movement
- Menstrual cramps, colic
- Worse 3 am or 3 pm

Inflammation



Colds and Flus



Oscillococcinum

THE remedy to take with first symptoms of a cold coming on, other than Aconite.

May prevent a cold or flu from taking hold if taken immediately and repeated every hour for a few doses.

Take 5-10 pellets every hour, not the whole vial once a day as on the package directions.

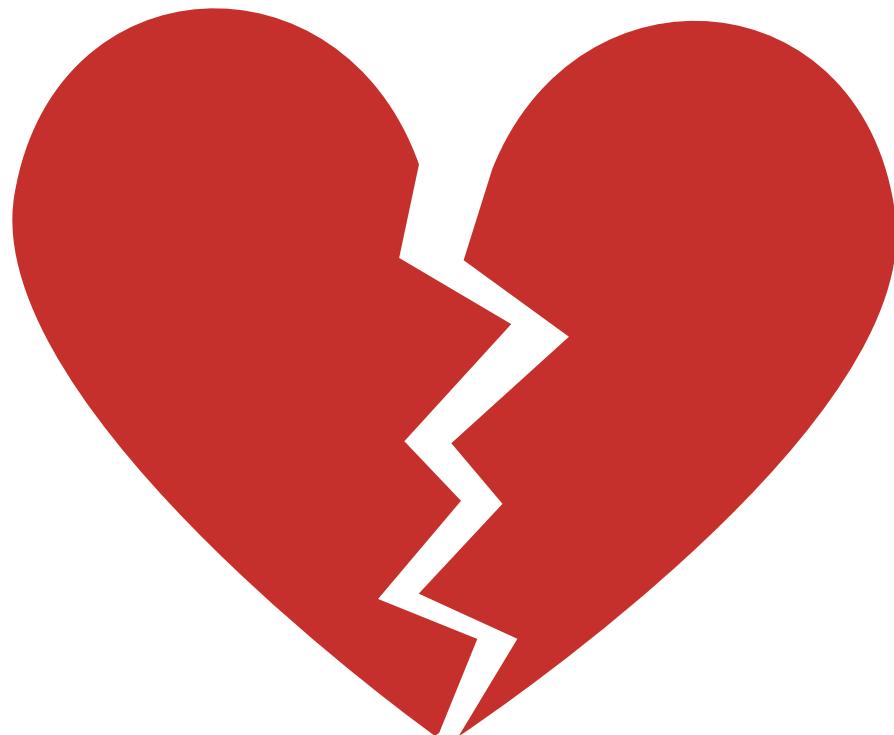
Arsenicum

Food poisoning

- Number one remedy for food-poisoning and traveller's diarrhea
- Useful for many acute conditions
- Nausea, vomiting, diarrhea, chills
- Restlessness, anxiety, fear of dying
- Pains or symptoms may be burning
- Colds or hayfever with profuse, thin, watery discharge
- All symptoms are worse from 12-2 am



Heart ache



Ignatia

- Number one remedy for acute grief, anxiety and depression after loss of a loved one, including a pet
- Disappointment
- Betrayal
- Ailments from unrequited love
- Teenagers with broken hearts
- Useful at funerals
- Much sighing

Pulsatilla

- Very frequently used for babies and children with acute illness when child is very whiny and clingy, often with an ear infection or ripe cold
- Mood may change quickly
Wants to be carried and wants attention and consolation
- Not thirsty

Clingy



Hangover



Nux vomica

- Number one remedy for hangovers
- Stomach upsets and headaches caused by overindulgence
- Side effects of medications
- Great irritability, impatient
- Worse noise, odours, jarring, light
- Worse in morning

How to take

30CH

- Take 2 pellets of 30 CH as needed
- Could be every few minutes in very acute situations
- Reduce or stop when symptoms improve
- Crush or dissolve pellets for babies, pets
- Don't touch the remedies if possible
- Nothing else by mouth for 5-10 minutes before or after



Webinars



More info

- Learn more
- Be empowered
- Become Dr. Mom or Dad
- Save time and money
- Stay tuned for upcoming webinars and facebook live events
- Or contact me anytime

Kits

- Remedy kits available
- 18 Remedies for \$50
- 36 Remedies for \$85
- Have a kit at home and call me for help when needed
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Remedies

