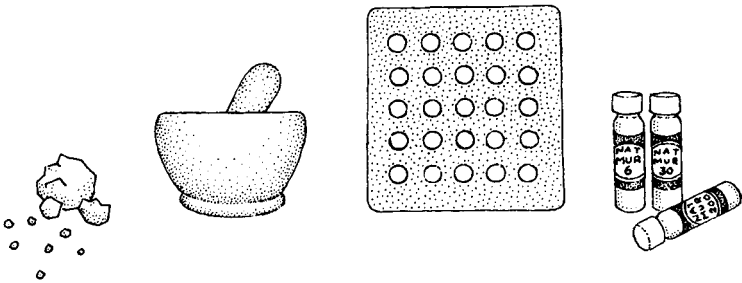


## HOMŒOPATHY

The word homœopathy comes from two Greek words, *omio* meaning 'same' and *pathos* meaning 'suffering'. It is based on the law of similars that 'like cures like'. A homœopathic remedy is chosen by matching the symptom picture of the patient with that of a remedy. For example, if a person is suffering from diarrhoea and vomiting, minute doses, in potentised form, of a remedy are given which in large, crude doses would cause vomiting and diarrhoea in a healthy person.

Homœopathic remedies do not work directly on the physical body, but rather, when the healing process is faulty, encourage the natural forces of the body to restore health and harmony. The correct homœopathic remedy will stimulate the person's vitality to send healing energy where it is needed, i.e. for physical, mental or emotional healing: thus, it is truly a holistic medicine.



The remedies suggested in this book are for use in first-aid and acute situations only (there are kits of the most useful remedies). If symptoms are severe, or persist, or are of a more chronic nature, a skilled homœopath should be consulted. If undergoing a course of homœopathic treatment from a practitioner, no other remedy should be taken without first consulting them about it. In many cases there is a 'miasmatic' background to an illness, i.e. an acquired or inherited disease tendency; and this can only be dealt with by constitutional treatment from a skilled practitioner.

## STORING AND TAKING HOMŒOPATHIC REMEDIES

Homœopathic remedies are very sensitive and should be stored in a dark, cool place, away from strong smells such as coffee, peppermint, camphor, eucalyptus and menthol. Similarly, those same substances should be avoided by the patient when taking a course of homœopathic treatment.

Homœopathic remedies should not be swallowed, but left to dissolve under the tongue. Food, drinks, smoking and toothpaste should be avoided for twenty minutes before and after taking a remedy.

Unless otherwise specified, remedies in the 6th potency should be taken one dose every three hours until there is some improvement, then dosage should be less frequent. Remedies in the 30th potency should be repeated once or twice a day, preferably at eight-hour intervals. Remedies in the 200th potency should be taken as a single dose, and not repeated unless otherwise directed. Remedies in any higher potency than the 200th should only be taken under the supervision of a qualified homœopath.

Once a homœopathic remedy has showed signs of working, and symptoms improve, then STOP taking the remedy. If the symptoms return some time after stopping taking the remedy, then repeat the remedy. Some illnesses may require more than one remedy to bring about a cure. The guideline is that if the symptoms change, then select a different remedy that covers the new picture.

## AROMATHERAPY

Aromatherapy is a form of treatment using essential oils. The term aromatherapy was first used by the French chemist Gattefosse. He researched into the medicinal properties of essential oils in the 1920's. Recorded history of the use of essential oils goes back to the time of the Ancient Egyptians who recognised the effects of fragrant plants, and discovered methods of extracting the oils from the plants

qualified aromatherapists may prescribe this. Some essential oils that are not toxic externally are toxic internally.

Essential oils are highly concentrated substances and should always be treated with care and properly diluted before use. Some people may have an adverse reaction to a particular oil, so obviously its use should be discontinued in that case. Use common sense when dealing with these powerful, therapeutic substances.

Oils to be avoided during pregnancy are aniseed, arnica, birch, cedarwood, clary sage, cypress, fennel, jasmine, juniper, marjoram, myrrh, peppermint, sage and thyme.

Essential oils should never be used on babies. Only the mildest essential oils such as lavender, mandarin and chamomile should be used on children and always ensure oils are very well diluted before use on children, i.e. do not exceed a one per cent dilution (3 drops of essential oil to 10ml (2 tsps) of base oil

Oils made from spices, such as cinnamon and clove and several of the citrus oils can irritate the skin. So do not use unless very well diluted.

## **BACH FLOWER REMEDIES**

The 38 remedies discovered by Dr Bach are made from a range of flowering plants and trees. The blooms are picked at their peak of condition, on a sunny day. They are prepared by very simple, natural means, which preserve their essence for use in the remedies. Flower remedies do not address specific illnesses or physical conditions, rather the personality, mood and emotional outlook of a person. They should be looked on as a way of restoring peace of mind, allowing the body to fight illness (whether mental or physical) by strengthening its own resources. They can be given quite safely to children or babies.

Dr Edward Bach MD, BS, DPH, MRCS, LRCP (1886-1936) trained and worked in conventional medicine in the early part of the last century.

## NEAL'S YARD NATURAL REMEDIES

His medical researches led him to the understanding that much of our ill-health originates in our emotional and mental state rather than in the physical body. Through intense study of the nature of plants he linked their qualities with certain states of being, chronic conditions and emotional states in people. He described a link between negative qualities in ourselves and the corresponding positive qualities in plants which can be used as remedies that bring hope to the desolate, strength to the exhausted and comfort to the distressed.

The Bach flower remedies work not by attacking disease but by flooding our bodies with the beautiful vibrations of our Higher Nature. They help to remake the contact with our true self, which has become hidden by our reaction to life's difficulties.

While the healing herbs of Dr Edward Bach will not interfere with other treatments, they do not replace professional advice if that is appropriate. They can be taken in any circumstances by anyone needing help.

### DIRECTIONS

Browse through the remedies using the list in the Appendix for any that you feel appropriate to you. It is usual to use a combination of remedies, limiting the number to no more than five or six. (Five Flower Remedy, if chosen, would count as one.)

Then dilute the mixture to dosage strength: put two drops from each chosen stock concentrate remedy into a small bottle of water (about 30 mls), adding a little brandy as a preservative if desired. If the Five Flower Remedy is chosen, then four drops of stock are used. Take four drops of the mixture, four times daily.

Alternatively, for short term problems, put two drops of each stock concentrate remedy into a glass of water and sip at intervals until there is relief.

Benefit comes from small quantity, regular use, rather than by the volume of remedy consumed. Don't worry that an inappropriate remedy might have an adverse reaction.

## FIVE FLOWER REMEDY

The combination that Dr Bach called the 'rescue remedy' has become the most widely used flower remedy. It is a mix of five different flower essences which together help deal with any emergency or stressful event. Use it when taking an exam or driving test, having to speak in front of a crowd, going to a job interview, after some kind of accident or even argument with a loved one - there are countless times when five flower remedy comes in useful.

Many people carry this remedy in their car, briefcase or handbag, just to have it ready should it be needed. Many pet owners also find this remedy beneficial for stress in animals, such as a visit to the vet, or fear of being left alone. The information above, and the list in the Appendix, have been provided by: Healing Herbs of Dr Bach, PO Box 65, Hereford, HR2 0UW, [www.healingherbs.co.uk](http://www.healingherbs.co.uk)

## A

Marshmallow  
(*Althaea officinalis*)



## ABRASIONS

A graze is an injury caused by scraping or rubbing. It is essential to carefully cleanse the area using an antiseptic lotion to prevent infection. A clean, dry dressing may be applied to keep the area protected. This must be changed daily.

### HERBS

*Comfrey, Golden Seal, Marigold, St John's Wort:* To promote healing and prevent infection. Combine or use separately. Make an infusion to use as an antiseptic wash, or make a poultice to apply to the affected area.

### TINCTURES

*Marigold:* Promotes healing.

*St John's Wort:* Antiseptic and pain relieving.

You may be able to purchase the above as a mixture referred to as *Hypericum and Calendula*. Dilute four or five drops of the tincture in a little cool, boiled water and bathe the area.

### OINTMENTS

*Marigold:* Promotes healing.

You may be able to purchase the above combined in an ointment referred to as *Hypericum and Calendula Ointment*. Clean the area, then apply the ointment. Cover with a piece of clean lint if required.

## NEAL'S YARD NATURAL REMEDIES

### HOMŒOPATHY

Choose the remedy that best matches the symptoms.

*Arnica 6*: To relieve soreness, promote healing and help prevent infection. One dose three times a day for two days.

*Ferrum Phos 6X*: If there is any suspicion of infection such as heat and redness around the abraded area. One dose three times a day, or crush the tablet and sprinkle the powder directly onto the wound.

### AROMATHERAPY

*Lavender, Tea Tree*: Both these oils have an antiseptic and healing effect. Choose one of them and sprinkle two to three drops onto the affected area.

## ABSCCESS

An encapsulated collection of pus. If this becomes inflamed there will be heat, redness and throbbing present.

There is a saying in relation to infections such as an abscess which is, "if there's pus about, let it out". The remedies listed below can be effective and helpful, and may well encourage the abscess to expel the pus, or help the infection to clear quickly after it has found an outlet, but it should always be considered that if the abscess does not burst of its own accord quickly then surgical incision and drainage may be necessary. If the patient develops a generalised temperature, or the symptoms are persistent, then the advice of a doctor must be sought immediately.

Anyone who is prone to such infection could benefit from a cleansing diet (see p. 16), as well as the following suggestions. Garlic capsules, (two capsules, three times a day), are a useful dietary supplement.

### HERBS

#### EXTERNAL

*Chickweed, Comfrey, Marshmallow Root, Plantain, Slippery Elm*: Combine or use separately. Make a poultice and apply to the affected area to encourage suppuration and help prevent further infection

## INTERNAL

*Burdock Root, Cleavers, Echinacea, Golden Seal, Yellow Dock:*

Combine and make a decoction, or use tinctures (one tsp in 25ml of water). Drink a cupful of the decoction or tinctures three times a day for ten days after the abscess has burst to help prevent the infection spreading or use after the abscess has cleared to help prevent any recurrence. Do not use golden seal or yellow dock during pregnancy or breastfeeding unless prescribed by a qualified practitioner.

## HOMŒOPATHY

Pick the remedy that matches your symptoms most closely. If the abscess does not resolve quickly then seek medical advice.

*Apis 30:* When there is swelling with stinging pains; there may also be redness and throbbing. One every four hours.

*Belladonna 30:* For a threatening abscess with redness pain and throbbing. The part feels hot to touch. One every four hours.

*Calc Sulph 6X:* After the abscess has burst if the discharge continues too long and the wound is slow to heal. One three times a day.

*Hepar Sulph 30:* When the pus is forming and it needs to be discharged. The area is very painful and aggravated by touch. One three times a day.

*Silica 30:* When the pus has formed but is slow to come away. Assists suppuration. One three times a day.

## AROMATHERAPY

*Chamomile, Lavender, Thyme:* Use externally, making a compress with the essential oils.

**ACCIDENTS**

Most accidents are minor and can be dealt with by using one of the remedies suggested. For more serious accidents, call emergency services and give *Arnica* or *Five Flower Remedy* while waiting. If there is any loss of consciousness, excessive bleeding or if there are breathing difficulties,