

A GUIDE TO NATURAL HEALING IN  
THE HOME

# The Homeopathic Medicine Cabinet



Karen Louise Bell, LSCH  
[www.naturallybloom.co.uk](http://www.naturallybloom.co.uk)



# Table of Contents

1. Hello and Welcome
2. Healing Naturally
3. About Homeopathy
4. How to take a Homeopathic Remedy
5. Arnica
6. Aconite
7. Euphrasia
8. Chamomilla
9. Pulsatilla
10. Bryonia / Ledum Pal

# Table of Contents

11. Apis Mel / Cantharis

21. ABC / Skin creams

12. Belladonna

22. Emotional well-being

13. Arsenicum Album

23. Resources

14. Ignatia

15. Gelsemium

16. Nux Vomica

17. Urtica Urens / Hypericum and Calendula

18. Silica

19. Hepar Sulph

20. Rhus Tox

## INTRODUCTION

# Hello and Welcome

My name's Karen, I'm a family homeopath and holistic health therapist.

I am passionate about using natural remedies to support the body to heal. I am equally passionate about teaching this knowledge to empower others.

This guide will be especially helpful for the person that is drawn to discovering ways in which they can support their own and their little ones health with natural, safe and non toxic remedies.

Over the years, I have prescribed homeopathic remedies and flower essences for both acute and chronic health conditions. I have raised my own family on homeopathy after discovering the benefits of using homeopathy in childbirth, for hormonal acne and to support my own mental and emotional health.

I have created this very simple guide for you, from a collection of what I have learnt through both personal and clinical experience of the most helpful and useful remedies that will come handy when addressing acute ailments.



Think of this guide as a little like a natural first aid kit, that will address not just the physical ailments, but emotional well-being too. If you are completely new to homeopathy, there are some good resources towards the end where you can get some great acute homeopathic advice as well as purchasing some remedies or a home kit. If this guide has wet your appetite to learn more, I teach an online day course that will enable you to feel more confident in using homeopathy in the home.

I hope you enjoy,  
With love,



*Karen Louise Bell*

## CHAPTER I

# Healing Naturally

When the body gets sick, it will produce certain symptoms in order to try and heal itself.

Believe it or not, the human body is incredibly intelligent and is continuously striving towards homeostasis ( a state of balance), like when we cut ourselves we bleed, cells are rapidly produced to form a scab and later it will heal. When we have a virus attacking our system, the body may produce a fever to make the environment hostile to the invading pathogen and stimulate the white blood cells to fight the disease. Catarrh that is produced when we have a cold has a cooling function to inflammation. The body has an innate built in system that is always trying to regulate internal physiological processes. The symptoms that are produced in an acute illness are the body's attempt to heal itself, the symptoms have a purpose.

If we can naturally support the body through acute illnesses, with least amount of suppression (unless medical attention is needed) then long term it can help to strengthen the body's overall immune system.

This is why I fell in love with using homeopathy, because it goes **with** the body's natural processes and not **against** it. It recognises that the body has an innate vital life force and aims to stimulate this to promote self-healing.

This is not to say that homeopathy is to replace or be a substitute for medical advice or treatment. In the case of a first aid situation, medical attention is always priority.

Homeopathic remedies are never used to replace medical advice or treatment, remedies can be used alongside where indicated..

In this guide, we will be exploring some common homeopathic remedies that can be used for acute conditions such as coughs, colds and fevers. For any chronic conditions you will need to have a consultation with a qualified Homeopath and see your GP.

# About Homeopathy

Homeopathic remedies are made from highly diluted forms of natural substances taken from the plant, animal and mineral kingdoms.



Remedies can help to stimulate and trigger the body's own healing ability. It is based on the principle of 'like cures like'; a substance which can cause symptoms when taken in large doses, can be used in small amounts to treat similar symptoms.

As an example, whilst cutting an onion, your eyes may stream and burn. You may want to rub them.



In homeopathy, the remedy *Allium Cepa* made from red onion is used to address hayfever symptoms with burning, red and streaming eyes.

There are no physical or material substances in a remedy due to the high level of dilution and succession.

The remedy contains an energetic imprint ( or memory) of the substance it has been derived from.



I often liken this to a seed, which contains all the information of the plant, but it is not the plant.

A homeopathic remedy can relay this information to our body and stimulate a healing response when there is a good *simillimum* ( a likeness between the remedy and our symptom).

Due to homeopathic remedies being free of anything material, they can be used by the whole family including babies, children , in pregnancy and post partum recovery and even on your beloved pets.

## CHAPTER II

# How to take a Remedy



## Dosing and potencies

Homeopathic remedies come in different potencies, in this guide, I recommend the ones that you use will be in a 30c potency, this is a standard potency that is sold over the counter in homeopathic pharmacies.

Remedies are taken in a clean mouth and it is best to avoid drinking strong beverages and food close by, such as coffee or peppermint tea.

When finding the most suitable remedy for yourself or your child, Homeopaths often refer to 'the three legged stool'; find three symptoms in a remedy that match, often there may be more than one that seems appropriate, just concentrate on one at a time and go with the one that seems to be the best match.

There is no set protocol for taking remedies, as a general guide, I usually recommend taking one pill every 2 – 3 hours (every 30 minutes in a very acute illness such as a high fever) for a maximum of 6 doses. Where symptoms are less intense, I recommend one pill three times daily for 3 to 5 days and stop taking the remedy when you notice an improvement or a change in the expression of symptoms. If there has been no change in this time frame you can look at another remedy which may be a better match. You can purchase homeopathic remedies and kits at Helios Homeopathic pharmacy (details given on reference page).

*In homeopathy, essentially we are treating the person, not the illness itself. We are looking to match the expression (or nature) of the symptoms with the remedy picture. Two people in your family both suffering from a cold may be expressing different symptoms, we are matching the remedy to the individual symptoms, not the cold itself.*

## What to look for?

When using a remedy to help with a symptom, it is best to take one pill and then wait to see if there has been any changes or a response. Signs that there has been an improvement may be that the person will naturally start to 'perk up', a baby or child may go to sleep (a wonderful healing response), the symptom may shift, improve or change in some way. Observation is always key, and if you are not sure it is always best to consult with a qualified Homeopath or phone a Homeopathic pharmacy for professional advice.

## CHAPTER III

# Arnica ( perennial herb)

*Injuries, bruising, bleeding, swelling, jet lag.*

Arnica is one of the most widely used and helpful remedies for any ailments that have resulted from shock, injury or trauma. It is a classic remedy for any internal or external bruising, pain, injury or swelling.

Arnica would be the first remedy to think of where the person may have experienced a shock (emotional or physical) and they are saying that they are fine and want to be left alone – this is a key indication to give Arnica and often results from a shock response.

Arnica can be used after surgery or dental work where there may be bruising, excess bleeding, swelling and inflammation.

For back pain, it would be indicated where the cause is from over exertion, they will have a bruised and beaten sensation,. Another indicator would be that the patient will complain that the bed is too hard and cannot get comfy.

It is often used to help combat the effects of jet lag.





# Aconite (Wolf's Bane)

***Fears, panic, sudden shocks, initial stages of croup.***

This is an important remedy to be used in cases of shock, fear and frights. Think of this remedy where there is intense fear, or any complaint that been brought on after a shock or fright.

It can be used for acute anxiety and panic where there has been a sudden fright such as a car accident (rather than anticipatory anxiety). The person may be experiencing feelings of a panic attack such as a racing heart and fear they will die.

It can also be used at the beginning of any inflammatory conditions or infections that have been triggered by a cold, dry wind.

Used in fevers where the patient feels predominantly chilly.

Aconite can be used for a cough that is dry, hoarse, barking and tickling, it would be worse at night. Also used in the early stages of croup and in the very initial stages of a cold.



# Euphrasia (Eye bright)

***Conjunctivitis, hay fever, allergies that mainly affect the eyes.***

Euphrasia is a common homeopathic remedy that comes in handy for when the person has any burning, swelling or soreness around the eyelids.

Used in hayfever symptoms that are causing the eyes to continually water and the discharge coming from the eyes may feel like it's burning the cheeks.

The eyelids may feel swollen and there is a sensation of grit in the eyes.

Useful if the person develops a little blister on the eye as part of the allergic response.

It can also be used in catarrhal conjunctivitis when there is a burning discharge.

The person will feel better in the dark and in the open air but worse inside.



***Euphrasia can also be purchased in a tincture where it can be diluted with sterile water and used as a very comforting and soothing eye compress.***

# Chamomilla (chamomile plant)

***Teething, anger associated with pain, diarrhoea from colic.***

Chamomilla is a remedy that can be used for childhood complaints when the main indications are anger associated with pain, a fractious child, irritability and sensitivity.

The child may be very whiny and not easily placated. They may throw things away that you give them and cry (an angry cry rather than a weepy cry). The baby will cry unless they are being carried.

It can be used for teething which may be accompanied by facial flushing that is one sided (not necessarily) and green, offensive smelling diarrhoea. Heat, irritability, thirst and pain are big indications for this remedy.

Chamomilla can also be used for labour pains when there is anger associated with the pain and it feels unbearable. It can also be used for a toothache that is extremely painful and made worse by warm drinks and the is feeling highly irritable.



# Pulsatilla (the wind flower)

***Catarrh, clingines, conjunctivitis, earache, moodiness, changeable symptoms.***

Pulsatilla is often used as a remedy where the main indications are weepiness, clinginess, changeability (moods and symptoms) and where the cararrh is a thick green/yellow colour. As an acute remedy it can be used for labour pains, headaches, eye inflammations, earaches, coughs, cystitis, fevers, colds and diarrhoea that has been brought on by rich, fatty foods and where the emotional picture is presenting. For coughs, it may be dry at night time but in the morning it will be loose with a thick yellow/green mucus.

People needing Pulsatilla can appear quite emotionally needy and feel better for a hug and some reassurance. They also feel better after a good cry and a sympathetic ear.

They can have a lack of thirst and although chilly, they do not like warm stuffy rooms. Sometimes, their illnesses can start from becoming overheated. Their symptoms improve outside in the fresh air.



# Bryonia ( wild hops)

***Painful, dry coughs, inflammatory conditions that come on slowly.***

A useful cough remedy where the cough is very hard, dry and painful. The person may hold on to their chest as they cough because of the pain.

They will often be quite irritable and want to be left alone. They are worse for any sudden movement and will feel better for lying still.

There is a key indication of dryness with this remedy, they may drink vast quantities of water.

Bryonia can also be used for a broken bone (alongside arnica) if the person does not want to move the affected area. It can be used for constipation if the stools are large, hard and dry and also for any joint inflammation where there are red swollen, hot, shiny joints which are better for hard pressure.

Ledum is commonly used for puncture wounds that are characterized by a sharp, stabbing pain and for septic conditions that are swollen and taut, but do not look red. It is used for very

itchy, swollen bites.

It can be used for black eyes and sprains where the bruising and discolouration is still present, where you may have given Arnica but it has not cleared it up.

A strong indication for this remedy would be the person and the injury feels soothed by coldness or a cold compress.

Ledum is the main remedy for Tetanus, after bites and vaccinations (along with arnica and hypericum).



# Ledum Pal (wild rosemary)

***Puncture wounds, bites, stings.***



# Apis mel (honey bee)

**Bee stings, allergic reactions, stinging pains, cystitis, styes.**

The main remedy for bee stings and allergic reactions where there is swelling, stinging, puffiness, burning and itching.

There will also be a degree of heat, redness and sensitivity to the affected area.

The symptoms will feel better from cold applications and worse from any heat.

Apis mel can be used for cystitis where there are burning and stinging pains on urination. It can also be used for eye inflammations, sore throats and joint inflammations where the above symptoms fit.

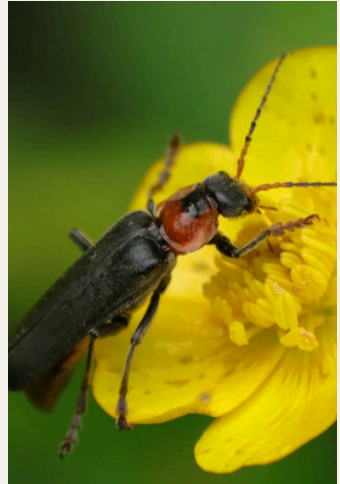


# Cantharis (Spanish fly)

**Burns, scalds, cystitis, sunburn.**

A useful remedy for second degree burns, any burns with intense pain and scalds. It can be used for bladder and kidney infections where there is a great deal of burning and cutting pains in the bladder, there may even be traces of blood in the urine.

A keynote for this remedy is that the person may feel worse for drinking, even though they will feel thirsty. They will feel better for warmth. They may feel very sensitive to any external stimulation with a sense of restlessness and irritation.





# Belladonna (deadly nightshade)

***Fevers with rapid onset, mastitis, boils, abscesses, mumps, swollen painful tonsils, angry inflammations, dry, painful sore throats.***

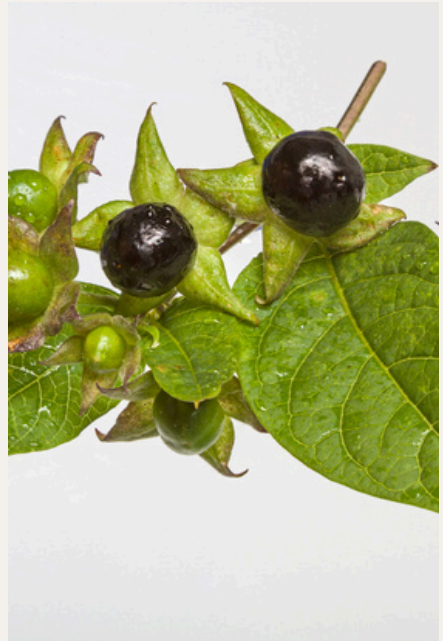
An important remedy to keep at home as it can be useful for fevers where the symptoms come on quite aggressively.

The key indications are heat, redness, throbbing, mild delirium, flushed face and dilated pupils.

The person may say that they are chilly or in some cases hot, the limbs may be cold with most of the heat going to the head and torso. The person may have no thirst.

The keynote would be a rapid onset of symptoms, redness, heat, pain and throbbing.

it can be used for fevers, tonsillitis, coughs, earaches, sunstroke, boils, teething and in any complaints where the above indications are present. It can also be used at the beginning stages of an infection or acute inflammatory response.



# Arsenicum Album (arsenic)

***Burning pains, cramps, food poisoning, gastroenteritis, anxiety around health and money.***

Arsenicum is a very useful remedy to keep in the cupboard just in case anyone comes down with a bout of sickness and diarrhea from food poisoning.

Indications for this remedy would be chilliness, burning sensations, cramps and pains. The person may be very restless and pacing up and down or they may feel a compulsion to tidy.

There will be a noticeable thirst but they will only be able to take small regular sips of water.

It can also be used in an acute anxiety state where the main fears are around their health (they may feel fearful around catching colds or getting sick) or money situation; anything where their security may be threatened and they feel a sense of being out of control. They will have a fear of being alone but can come across as quite demanding and needy.

It can also be used in an acute asthma attack where there is wheeziness, breathlessness with a fear of dying.

In hayfever symptoms if there is a burning, watery running nose and a wheezy cough with swollen eyes.





# Ignatia (seeds of the St. Ignatius tree)

***Emotional shock from disappointment, grief, spasms/ cramps after a grief or fright.***

Ignatia is a useful remedy that can be used for someone that has suffered a recent bereavement, shock or emotional upset. There will be a sense of disappointment and will find it difficult coming to terms with the reality of what has happened.

The person may be very upset and sobbing hysterically with inability to control their emotions. The expression of the symptoms may be dramatic but can equally be used for someone who is brooding in private and wants to be left alone.

It can be used for children that are in shock after being told off and react very dramatically, for when someone has suffered a break up, divorce or separation of some kind and they may be experiencing symptoms such as a lump in the throat, a spasmodic cough, sleeplessness or spasms or cramps that have been brought on by this event. In the case of a sore throat, it will be made better by dry, irritating food.



# Gelsemium (yellow jasmine)

***Anticipatory anxiety, influenza, weakness, colds and migraines.***

Gelsemium is one remedy that can be useful for anticipatory anxiety that would include any form of nervous dread towards an upcoming event such as an exam, public appearances, stage fright, or a visit to the Dr's or hospital. The anxiety would be so strong that the person will feel paralysed by fear, they may even feel shaky.

This may express itself on a mental level where the person's mind may go blank and they will have difficulty thinking.

Gelsemium is also a very common remedy used for influenza when the person feels very lethargic, with dull, achey limbs. They may have droopy eyelids and can feel shivery and shaky from a fever. There is a typical expression of dullness on a mental level.

Especially indicated if the person has a sensation of shivers going up and down their spine.

For migraines or headaches, the main indications would be the person may experience an aura of blurred vision preceding the headache and they will feel better from passing urine. There will be a dull pain that begins at the back of the head that spreads to the forehead.



# Nux Vomica (seeds from the strychnos tree)

***Hangovers, over indulgence, irritability, stuffy colds, nausea, indigestion, insomnia from business stress.***

A useful remedy for any complaints brought on by over indulgence, such as alcohol, rich foods or too much coffee drinking.

The key indications of this remedy would be an irritable, impatient mood that is very sensitive to smells, light and sounds.

There will be signs of nervous tension, a little like a coil that is tightly sprung and not able to relax. The nervous system is wired and they may feel highly strung.



It can be used for insomnia when the person is waking between 3-4am and will lie awake thinking about work and business related issues. They will eventually fall back to sleep to wake up feeling very groggy.

It can be used for hangovers where there is nausea and retching. For constipation where the person only passes a little stool at a time and for colds where there is a marked chilliness, irritability and stuffed up feeling at night time.

The person that may benefit from a dose of Nux Vomica will crave stimulants to get them going in the morning and may need alcohol or a calming drink to relax them at night time.



# Urtica Urens (stinging nettle)

*Urticaria, burns, allergic reactions, stings.*

Urtica urens is a remedy that is commonly used for allergic responses that are characterised by a stinging nettle appearance; blistering, swelling, heat, redness, itching and blotchiness. It can be useful where hives have appeared on the skin. The itching is usually quite intense.

It can also be used for first degree burns or mild sunburns .

It can be used to help increase breast flow of milk in a nursing mother (under a Homeopath's instructions).



# Hypericum and Calendula tincture

*Wound healing, helps prevention*

*infection*

This is a combination of two tinctures - hypericum and calendula. Combined together they are used to help with any cuts and abrasions on the skin, to heal wounds. and prevent the area from becoming infected. It can be purchased at most homeopathic pharmacies (see further resources for more details).



# Silica ( found in flint, quartz and sandstone)

*Splinters, abscesses, colds, earache, constipation, catarrh.*

Silica can be used to help expel foreign bodies, such as splinters. It can be helpful to ripen abscesses and help promote healing from infections that are slow to clear up. For constipation if there is a 'shy' stool; which means as soon as it appears it recedes back. Silica can be helpful at the tail end of a cold where there is lots of stuck mucus that is not clearing, It can help the mucus to come out as well as strengthening the person's resources to fight the illness.



# Hepar Sulph (calcium sulphide)

***Sore throats, croup, coughs, boils, infections.***

Hepar sulph can be useful for boils, abscesses or painful inflammations that are discharging a smelly green/yellow puss.

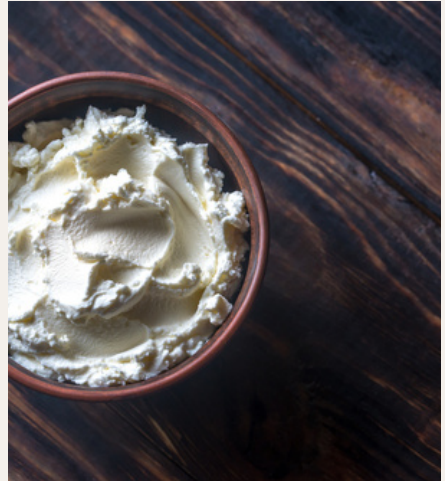
It can be used for ear infections where the discharge from the ear may smell like old cheese!

Sore throats where the pain feels like a sharp splinter on swallowing, respiratory infections where there is thick green, infected expectoration coming from the lungs.

It can be used for a rattling, choking cough where there is lots of mucus on the chest.

In croup, is often given in the second stage when the wheezy, rattling cough has begun.

The person needing this remedy will be extremely sensitive to any cold and will have be extremely irritable.



# Rhus Tox (poisen ivy)

***Muscular stiffness, sprains, joint inflammation, flu, backache, shingles, itchy rashes, blisters.***

Rhus tox is a great around remedy to keep in your cupboard and can be used to address many different ailments if they follow the main key notes such as : ***stiffness*** that is worse on ***initial movement*** but feels better once ***moving***.

Symptoms may be aggravated from damp and cold weather and will be improved by warmth(such as a warm bath ) and moderate movement.

It can also be used for blisters and itchy rashes such as in shingles or coldsores where there may be tingling and itching which look similar to poisen ivy reactions. The symptoms will be ameliorated with a warm compress.



Mentally, the person may feel very restless, such as needing to change positions continuously in bed at night. There may also be a night time anxiety accompanied by restlessness.

A craving for cold drinks can be common with people needing this remedy if the other symptoms are present.





# ABC remedy, Helios

*Fevers, pain, inflammation, teething.*



ABC is a very useful combination remedy to keep in your cupboard. It is sold by Helios pharmacy and is a combination of three homeopathic remedies; Aconite, Belladonna and Chamomilla.

Combined together, this remedy can be used for ailments such as the onset of a sudden fever or any acute inflammatory condition. It can be used in teething babies where there is pain, irritability and heat. The key indications are heat, pain and inflammation.

## Natural skincare creams



**Helios creams are made using natural ingredient, they do not contain lanolin, artificial preservatives or petroleum derivatives and are not tested on animal.**

### Arnica cream

Contains organic tincture of arnica and essential oils of lavender and geranium to naturally soothe bumps, bruises and minor injuries.



### Rhus tox/ Ruta cream

Contains organic tinctures of rhus tox and ruta and ginger essential oil to create a soothing topical application for joints and muscles.



### Calendula and Graphites cream

Contains organic tinctures of calendula and graphites powder to create a soothing topical application for sore, cracked or broken skin .



# Emotional well-being

## A gentle and natural way to balance the emotions

Flower essences are a great way to support your family's emotional wellbeing. They are gentle, fast acting and can often provide some comfort in times of emotional shock, panic and acute anxiety. They are easy to use, such as a few drops on the tongue or diluted in a water bottle.



Flowers have been known to have healing qualities which are transferable to water via sunlight, these are captured and bottled in a mother tincture and made into flower essences (usually diluted in water and brandy).

There are a few different brands available but the most common ones are Bach flowers and Australian Bush essences which are sold in most healthfood shops and natural pharmacies.



### Bach Flower Remedies

**Rescue remedy** (Rock rose, Imatiens, Clematis, Star of Bethlehem and Cherry Plum).

Helpful for exam nerves, shock, acute panic, stressful and emotionally demanding days.

### Australian Bush Flowers

**Calm and Clear** (Crowea, Black-eyed Susan, Boronia, Bottlebrush, Bush Fuchsia, Jacaranda, Little Flannel Flower and Paw Paw).

Encourages you to relax, wind down and find time for yourself. Great for someone who feels stressed, constantly on the go and full of worries and 'things to do'.

It comes in a spray bottle too so perfect to spritz around the house to create a calmer home atmosphere or if your child is having a difficult time falling to sleep, a few squirts before bedtime can be really beneficial.



# Further resources

**Helios Pharmacy - for brief acute advice, to buy remedies and basic kits.**

[www.helios.co.uk](http://www.helios.co.uk)

01892 537 254 (Tunbridge Wells)

0207 379 7434 (Covent Garden)



**A parent's guide to homeopathy course**

[www.naturallybloom.co.uk](http://www.naturallybloom.co.uk)

**Find a homeopath near you**

[www.findahomeopath.org](http://www.findahomeopath.org)

**Online consultations with Karen - Women and children's health -**

**[www.naturallybloom.co.uk](http://www.naturallybloom.co.uk)**



@naturally.bloom\_uk