

Homeopathic First Aid and Acute Care Remedies

ACONITE	Extreme fear and stress after shock Restlessness and anxiety Symptoms begin suddenly and come from exposure to cold wind
APIS	Puffy, hot, red inflamed part Bee stings or insect bites, poison oak, hives Burning, stinging pains
ARNICA	Shock, swelling, and bruising from trauma Use before and after surgery Foremost remedy for injuries, falls, sprains, etc.
ARSENICUM	Intense anxiety with restlessness and burning pains Flu, food poisoning, pneumonia, asthma, and insomnia Feels very chilly, thirsty for small sips
BELLADONNA	High fever with intense body heat at first stage of illness Ear infections, headache, sunstroke Sudden onset of symptoms Sensitive to noise, light, and being jarred
BRYONIA	Generally symptoms made worse for any movement Irritable and thirsty Sprains, strains, flus, cough
CANTHARIS	Burns of any kind, including bad sunburn Burning pain with bladder infection
CHAMOMILLA	Extreme irritability, impatience, and restlessness No tolerance of pain Teething, colic, ear infections, diarrhea
HYPERICUM	Nerve-ending pain with sharp, shooting, pain from injury Headache or back pain from injury to spine Puncture wounds or smashed fingers or toes
LEDUM	Puncture wounds, sprains, or insect bites made better by cold applications Injured area feels cold
NUX VOMICA	Chilly, irritable, and impatient Heartburn, indigestion, muscle tension, cramping and spasms Affects of overeating, hangover
PHOSPHORUS	Bright red bleeding Desire for company, cold drinks Nosebleeds, heavy periods, coughs, loss of voice

PULSATILLA	Weepy, moody, wants to be carried and cuddled Easily overheated, desires and better with fresh air Ear infections, irregular periods Conjunctivitis or colds with thick yellow-green discharge
RHUS TOX	Stiffness and restlessness Injuries from overexertion Poison oak, chicken pox, shingles, tendonitis, bursitis
RUTA	Weak, sore, and bruised feeling of injured part Overuse of arms, legs, eyes (repetitive motion syndrome) Flu with bruised feeling, fatigue from overexertion

Use remedies in the 30c potency. Take 2-3 pellets as a dose every hour if symptoms are acute but not severe, every few minutes if more severe. Continue until symptoms have improved. See your doctor or homeopath if symptoms are not relieved after a few doses. If not getting relief, get help.

Avoid touching the pellets (tip the dose into the cap and pour onto the tongue. Remedies are absorbed through the mouth — do not eat, drink or brush teeth for 15 minutes before and after taking.

Classes in first aid and acute care homeopathy are offered by Edi Mottershead, a Berkeley homeopath with over 13 years in private practice. She is available by appointment, and may be reached at (510) 206-0582 or via her web site at www.edimottershead.com.