



FIRST AID REMEDIES/ TRAVEL KIT  
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<b>Aconite</b>	Sudden onset of acute conditions, especially after change in weather or wind.
<b>Arnica</b>	After effects of falls, accidents, shocks or operations. Physical or mental exhaustion. Bruised, sore, tired. Jet lag.
<b>Apis Mel</b>	Bites and stings; watery, rosy-red swellings with burning, stinging pains. Better for cold applications.
<b>Arsen Alba</b>	Stomach upsets/nausea/vomiting/diarrhoea; food poisoning. Anxious/fussy/restless/chilly/irritable. Thirsty-sips.
<b>Belladonna</b>	Burning hot fever or inflammations. Sudden onset. Violent symptoms. Often with sore throat, earache, headache, cough. Hypersensitive. Throbbing pains. Redness.
<b>Bryonia</b>	Fevers, headaches, sore throat, dry, barking cough. Rheumatism. Irritable, wants to be left alone. Worse slightest motion. Thirsty. Conditions come on slowly.
<b>Calendula</b>	Healing wounds – Injuries that are hard to heal. Ulcers. After operations. Promotes healing without scarring.
<b>Chamomilla</b>	Teething babies/children. Anger from pain. Pain killer. Inconsolable anger. Childhood fevers & acute infection.
<b>Gelsemium</b>	Influenza. Head colds, headaches. Pre-ordeal nerves. Feel dull, heavy eyed, aching, chilly, not thirsty, trembley.
<b>Hypericum</b>	Nerve pains, injuries fingers, toes, spine (fall on bottom), teeth. Lacerations. Crush injuries.
<b>Ignatia</b>	Grief, bereavement, disappointments. Spasms in response to bad news. Hyperventilation. Sighs, yawns. Better for eating, changing position, warmth.
<b>Ledum</b>	Puncture wounds, stings, bites, eye injuries, sprains. Tetanus. Injury swollen, purplish, numbness or cold round the site, but better for cold applications.
<b>Pulsatilla</b>	Later stages of coughs, dry morning, loose evening. Colds with thick greenish yellow discharge. Earache. Affectionate & sensitive, want company & open air.
<b>Nux Vom</b>	Hangover, indigestion, constipation, vomiting. Colds. Irritable. Overdo things and suffer next day.
<b>Rhus tox</b>	Rheumatism, strains, sprains. Worse start of moving, better continued, gentle motion. Chickenpox & Shingles.