

Never leave home without... First Aid Kit Remedies

Taking remedies: The principle of homeopathy is to only administer the *minimum dose*. Don't take more than one remedy at a time. Use the remedy that most closely matches your symptoms. As a general rule, take one dose in 30c, or 6c if that's what you have. If it works, don't take another until the symptoms return. If it doesn't you can try a further dose in about an hour. With first aid, remedies can be repeated at closer intervals, but don't repeat more than three doses without professional advice.



Calendula is great for cuts and scrapes.

Calendula

In first aid Calendula is most commonly used topically as a tincture. It has fantastic anti bacterial and healing properties. To use it, first make sure the cut or scrape is clean. Put a few drops of Calendula tincture in boiled cooled water and dab on the wound. The Calendula will stop bacteria growing and will help to knit the wound quickly. It can also be used for wounds after surgery. For example after Caesarian section, put a few drops in the bath. You can buy the tincture in health shops. *Angela Zajac*



Looking ahead...Festive season!

Nux Vomica

With the holiday season fast approaching, you might want to arm yourself against the excesses with a firm favourite; Nux vom is great for people who have overdone things - for both the 'morning after' and for that frantic period when you are working flat out to be able to *have* a holiday. Symptoms include; Digestive problems and headaches, nausea, constipation, insomnia, difficulty relaxing and switching off. Irritable, oversensitive and 'hangover' on waking. Short fused under pressure, stressed, use caffeine to keep you going and alcohol to unwind. Worse from professional or emotional pressure, noise. Better as the day goes on.
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Autumn Glow!

Welcome to issue 2 of the newsletter written by Homeopaths working in the Yorkshire area. Autumn is definitely here. Nights drawing in, mercury falling, jumpers on, Temperatures down and heating up. This time of year look out for Larry the louse! We're taking a look at tips for keeping our children's friends limited to the human variety! It's also topical to be thinking about flu and colds, so we've added a few trusty remedies that might help your symptoms.

All homeopaths supporting this newsletter are registered members of professional bodies, have undergone several years of professional training and adhere to strict rules of professional conduct.

You may find some of the ideas useful for you and your family, but if you decide to seek professional help with your health a good place to start is by contacting the homeopaths named at the end of the newsletter.

Lice to see you!

By Sarah Johnston Knight

These little creatures like a warm and cosy head you catch them when your head is close to the head of someone who has head lice.

Check your kids' hair regularly under the hairline, round the back of the ears and neck. Nits - the eggs are tiny brown cases, glued firmly near the root. They are very difficult to remove. You might also see a louse or two. They look a bit like a sesame seed or a grain of rice, but with legs! They don't jump but they can crawl quite fast.

The most effective way to get rid of them is by the 3 Step Combing Method. Your health shop can advise you on shampoos, and conditioners containing essential oils to deter reinfection and loosen egg cases, or you might try www.theneemteam.co.uk or www.healthlines.co.uk. The Nitty Gritty comb is one of the most effective on the market (www.nittygritty.co.uk).



Wet the hair, shampoo and rinse

1. Using the conditioner, massage from root to tip.
2. Divide the hair into sections and using a nit comb start combing from the root and wipe it on a tissue after each stroke to check for any lice.

You will need to do this every 3 days for at least 10 days, which allows eggs to hatch and be combed out before they can reproduce. When they have all gone you could try adding a few drops of Tea Tree or lavender oil into your regular conditioner as they don't much like the smell.

Dry heat kills head lice so tumble drying bedding, towels and soft toys is quite effective, also very hot water for combs and hairbrushes as lice can live off the head for up to 36 hours.

Homeopathy can help in a couple of ways. By making sure you are really healthy, you're less likely to get them in the first place and it can also help to reduce the itching.

The 1st remedy to think of is **Staphysagria 30c**. This will take the irritation away and it can help to prevent reinfestation. You can take one three times a day during treatment. Lycopodium or Mercurius are other useful remedies which may help if this does not work for you.

If you find that your family members are being reinfected regularly then it would be advisable to contact a qualified homeopath who will be able to prescribe the most appropriate remedy and help you back to health.

And don't forget to check everyone's head in your house.... that includes you!



Colds and 'flu

By Claire O'Brien

Autumn blesses us with longer and darker days and a time of hibernation! Seasonal and weather changes sometimes leads to symptoms of 'flu' and colds. Many people trust measures such as a short course of Echinacea, increased Vitamin C, green veg and lots of

fruit to help prevent colds, but you may have already succumbed and be in need of help now!

First: Drink plenty of fluids - and REST! Homeopaths view colds as nature's way of telling us to take it easy! Here are a few remedies that might help.

Aconite Sudden intense flu with fever, anxiety, constricted pupils, and strong thirst. The person may feel fearful or agitated, and the fever can alternate with chills. Symptoms often worse around midnight. May be caused by cold wind, shock or weather change. Good remedy for early stages.

Arsenicum album Hot head, body chilly; exhausted. Restless, anxious, itching and irritable. Thirsty for sips of water. Better for hot drinks. Dislikes smell and taste of food. May have burning pains, likely to be better after midnight. Watery discharges. May have nausea or vomiting and acrid diarrhoea.

Colds are nature's way of telling us to take it easy!

Bryonia alba Everything is worse for the slightest motion - especially headaches and cough. Like a bear with a sore head. Grumpy, wants to be left alone. Very thirsty, dry mouth and lips. Dryness generally e.g. mucous membranes. Flu tends to go to the chest, resulting in a painful cough.

Eupatorium perfoliatum Deep aching in the bones -as if they were breaking, even the eyeballs feel sore. Exhausted. Thirsty with a chill. Scanty sweat. More restless than Bryonia. Shivering.

Gelsemium 'Flu gradually getting worse over a few days. Chilliness, aching, weakness and fever. Not thirsty. Indifferent to life. Face feels heavy, eyelids droopy, intense weariness. Hot head and face, chills up and down the spine. Burning headache. Worse for physical exertion and feeling better after urination. Irritable and can be trembly.

Nux Vomica Irritable, chilly and sensitive. Worse for odours, noise, open or cold air. Better lying down and for warmth. Generally complaints from getting cold, cold wind, draughts and excessive alcohol or food (good one for post Christmas and New Year! Also from overwork). Worse in the morning.

Phosphorus Good for colds that go to the chest. Dry tight cough with a burning in the chest. Thirsty for ice-cold and refreshing drinks, Fearful for health but easily reassured and wanting affection.

Remember, if you're worried about symptoms, or if they persist, or there is a high fever, always seek professional homeopathic advice, or visit your GP.