



## SOME USEFUL FIRST AID REMEDIES/ TRAVEL KIT

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