

Never leave home without... First Aid Kit Remedies

By Claire O'Brien

Start planning your first aid kit of homeopathic remedies for your holiday. There are many useful remedies depending on your type of holiday, but here are three suggestions to help you begin.



People needing arsenicum are often thirsty .

My family sometimes have tummy upsets when there is a change in food or water. One remedy that is great for holiday tummies and food poisoning involving both diarrhoea and vomiting is **Arsenicum album**. People needing this remedy often find they are suddenly weak and pale. They are restless and thirsty for sips of water and they may feel anxious. They are usually better for warmth. You may have noticed this remedy in the help for both Hayfever and Cystitis. Homeopathic remedies can help many conditions where the person gets ill in the way that is characteristic of that particular remedy.

I would also recommend adding **Arnica** to your holiday first aid kit. It's well known for helping bruises and sprains. But it can also help if you've over done things and are feeling sore and bruised, stiff and weary. People are restless, agitated and bad tempered with pain and they don't really want people helping them, especially after the shock of an accident or fall. Could be a good one after a hard day travelling too!

Finally, think about **Belladonna**. Its one of the first remedies to think of for sunstroke or heatstroke. Symptoms come on suddenly and there are pulsating pains moving down the body from the head. Lots of throbbing, especially in the head. Red hot dry skin and very irritable. Worse for bright light. Not perspiring enough. It's also good for fevers that come on suddenly, so might be useful if a child is ill with a sudden fever while you're away.

More remedies for first aid kits next newsletter!

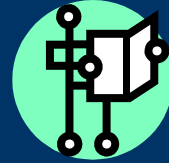
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This is a new publication written by Homeopaths working in the Yorkshire area to inform and promote Health through Homeopathy. We are all registered members of professional bodies, have undergone several years of professional training and adhere to strict rules of professional conduct.

You may find some of the ideas useful to use for you and your family or you may decide you need professional help with your health in which case a good place to start is by contacting the homeopaths named at the end of the newsletter.

This is just a taster of the things that homeopathy can do to help you improve your health - if you want to find out more, call us and we will be happy to answer your questions or direct you to find out more yourself.

Hayfever - the gentle approach

By Angela Zajac



Hayfever affects lots of people and can be very debilitating. Constitutional treatment from a homeopath is best as a preventative or to reduce the symptoms during the season, however there are some homeopathic remedies available from health food stores or pharmacies, which are very effective, but it is important to match up the characteristics of the remedy with *YOUR* type of symptoms:

Arsenicum

Everything is running and streaming, making skin around the area red. Restless and anxious. Sneezing, sore nostrils, burning inside nose, throat, irritating cough. Better for warmth.

Nux-vomica

Everything streaming, with lots of bouts of sneezing. Very irritable, sensitive to light. Itchy inside ear and Eustachian tube. Stuffy nose, obstructed breathing.

Apis

Allergic reaction with spots like stings or blisters, sensitive to touch

Gelsemium

Non stop sneezing, eyes heavy, puffy, watering. Apathetic, listless, dizzy shaky

Pulsatilla

Bland yellow discharge from eyes and nose better outside. No Thirst

Here are a few other remedies that may suit your type of hayfever but you may have to order these from a specialist homeopathic pharmacy, or consult your homeopath:

Sabadilla

Violent sneezing, watery eyes, eyelids red and swollen. Headache - head feels like shrinking, thinking dull and slow. Sore throat better for warm drinks. Chilly

Dulcamara

Constant sneezing, stuffy or streaming nose, eyes swollen and watering. All symptoms worse outside, damp, smelling new mown hay, becoming chilly after exertion

Allium-cepa

Burning discharge from nose, bland discharge from eyes worse indoors. Light hurts eyes, larynx feels like hooks sticking into it.

Euphrasia

The opposite symptoms from Allium cepa -Thick burning discharge from eyes, bland from nose. Coughing up phlegm. Worse indoors



Cystitis - gently does it

By Annie Riggs

Cystitis can be a troublesome, painful and debilitating problem, which affects women more often than men.

Symptoms can include the following:

- Pain when passing water this can be burning, at the beginning or the end of the stream.
- A heaviness or dragging sensation with discomfort in the bladder
- A fever or general feeling of being unwell
- The urine may be dark and concentrated or contain traces of blood.
- A strong smell

Some of the ways you can help yourself include:

- Drink plenty of water in order to dilute the urine. Avoid tea and coffee as these may make things worse.
- Drink sugar-free barley water or cranberry juice or cranberry tablets may help make the urine less acidic.
- Prevention includes wiping front to back after passing stool and take time to respond when you need to visit the loo rather than hanging on!
- Keep warm. Massage may help.

You may find one of these remedies for cystitis helpful

Homeopathy helps cystitis

Here are a few of the more common homeopathic remedies that can help cystitis:

Cantharis

Burning pains at the start, middle and end of passing water. Feeling you need to go frequently to urinate. Feverishness with shivery chilly feelings. Worse from coffee, straining to go and moving around. Better for massage, keeping warm and during the night.

Staphysagria

Symptoms may come on after sex. Pain continues after urine is past. A feeling that the bladder is not empty. Worse from touch or pressure, after sex. Better for warmth and rest.

Arsenicum Album

Chilliness, nausea, restlessness and anxiety. Worse from alcohol, at night and getting chilled. Better from fresh air around the head, sipping warm drinks and lying propped up in bed.

Apis

Scanty urine, drowsiness, thirst less. Urine can be dark. Frequent desire to urinate with only a few drops at a time. Stinging pains, possible incontinence. Worse for heat in any form. Better for cool air, cool bathing.