

## Never leave home without... First Aid Kit Remedies

Homeopathic remedies can each help many different complaints, the key is how someone feels and acts when they are ill, not the name of the particular illness.



### Chamomilla is useful for teething in children.

**Chamomilla** Is a remedy that is very useful for teething in children. Drinking too much chamomile tea can show you the way that people needing this remedy will feel - irritable and sleepless. People needing it may have been in a highly emotional state (especially angry) for a long period of time. Pains are intolerable and there is anger with the pain. They may be hot and sweaty especially around the head. Teething children may have one pale and one red cheek. Children want to be carried and ask

for things then discard them; they may be spiteful and hit their parents. Worse: 9pm-12mn. Better: uncovering. May help many conditions where the patient is showing these type of symptoms from teething, cough & earache, to insomnia and period problems.

### Bryonia

This remedy is made from wild hops. It is nicknamed the bear because of the irritability that often accompanies complaints that need it, from coughs & fevers to headaches & sore throats. It's useful in conditions that are slow in onset such as painful, dry coughs where you want to hold the ribs still. People who need this do not want fuss, are irritable and want to be very still. It is useful for sprains that are worse for movement. There is thirst for large amounts. Children may be capricious and reject things they have just asked for. Worse: movement, after cabbage/beans, 9pm Better: lying down.

Annie Riggs

### Last Word....

If you're going skiing - DON'T FORGET THE ARNICA!!

### Your local homeopaths are

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# 'H' is for Homeopathy

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## Coughs & sneezes!

There are many remedies that may be useful in treating coughs, but this issue we're looking at three important remedies to help winter coughs.

We also take a look at ways of helping the aches and pains of rheumatic conditions. Mostly the remedies can be obtained by asking your local health shop or chemist, but sometimes we may mention ones that you might need to obtain from a homeopathic pharmacy. We list some suggestions of pharmacies in the newsletter.

Don't forget that the winter is the ideal time to be thinking about constitutional treatment for hay fever! During the hay fever season there are lots of remedies that can help alleviate acute symptoms, but constitutional treatment helps your body to stop reacting in such an extreme way. The winter months are the time to contact your homeopath about this type of treatment. A local homeopath will be listed at the back of the newsletter.



## Winter coughs

By Claire O'Brien

There are three main types of coughs in the winter, dry, loose and spasmodic.

**Dry**, hacking coughs feel tight and there is often an irritating tickle with not much discharge of mucous or phlegm. A good remedy is **Bryonia**, made from wild hops.

**Bryonia** coughs usually develop slowly, often after getting a cold. Mucous membranes feel dry and sore. They feel irritable and don't want to talk, be disturbed or move. There may be sharp, stitching pains in the chest, which are worse for breathing deeply or coughing.

They may feel better for pressing or holding the chest when coughing. The cough seems worse in hot, stuffy rooms and better in the cool or open air.

**Loose** coughs as you would expect produce lots of loose mucous that comes up easily, or if thick and stringy it may be difficult to cough up. The chest may sound rattley and it may be difficult to breathe.

**Antimonium tart** is a good remedy for this type of cough. It's often useful when the cough is loose but the patient is unable to cough up the mucous. So much mucous or phlegm may build up that they vomit it up, after which they feel a lot better. This remedy is often needed for the coughs of babies and old people. The coughs are rattling and feeble and they can do nothing about it.

*“There are three types of winter cough: Dry, Loose and Spasmodic”*

Mucous can be heard rattling around in the chest especially when taking deep breaths. They feel weak and drowsy and want to be left alone. This cough is worse at night and when laying flat and trying to get to sleep.

**Spasmodic coughs** have a spasmodic or explosive nature. There may be long bouts of uncontrollable coughing. There may be a violent tickling in the larynx which brings on the cough and will wake them in the night. Asthma patients may experience this type of cough - long whoops or gasping to catch one's breath.

**Drosera** (Sundew) can often help these coughs. People needing Drosera often go into fits of coughing that can last for hours, sometimes following each other so quickly that they hardly have time to catch their breath. Because the coughing causes so much strain on the body, the patient may start to sweat, vomit or even suffer a nosebleed. The cough is worse for lying down and is often prescribed for children who might get coughing fits after midnight.

Homeopathic pharmacies on line:

Helios [www.helios.co.uk](http://www.helios.co.uk) 01892 537254

Ainsworths [www.ainsworths.com](http://www.ainsworths.com) 020 7935 5330

Nelsons [www.nelsonshomeopathy.com](http://www.nelsonshomeopathy.com) 020 7079 1288

## Winter Aches

By Carol Lister



Cold damp weather can bring on aching joints: Here are some Homoeopathic remedies and other preparations we can take to ease these symptoms.

**RHUS TOX** There is pain and stiffness in the joints, the pains are tearing and feel worse in the mornings after getting up or sitting for long periods. You know when you need Rhus Tox as the aches and stiffness improve as the day goes on and are better for exercise. You may also feel fed up with winter and the cold, but strangely aching joints feel better for cold applications. Take Rhus Tox 30c every evening.



**RUTA GRAV** This is the 'skiers' remedy. Sore, aching, bruised feeling joints which get worse as the day goes on and are better for rest. Joints feel better for wrapping warmly and rubbing. Going upstairs really aggravates hips, knees and ankles. This is a great remedy for rheumatism in bones and joints that have suffered injury in the past. Take Ruta Grav 30c every morning.

Other things that can help: Cider Vinegar: one capful in ¼ glass of water 3 times a day. Glucosamine, green lipped muscle extract and rose hip powders are all recommended to aid synovial membrane health between joints and ease pain and stiffness. Take according to manufactures recommendations.

Cut down on red wine and beverages with high caffeine content as these tend to exacerbate joint stiffness

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.