

Lucy's top twelve

HOMEOPATHIC REMEDIES FOR HOME PRESCRIBING

Here are twelve of my favourite homeopathic remedies for use at home.

This list is by no means exhaustive, and you will find here just a brief description of each remedy, with more detail in the articles on my website.

There are also some great books for home prescribing, and on the back page, you can see details of where to buy remedies, and the courses I offer on home prescribing.

I offer short, acute consultations for when you can't find the right remedy, and until midnight, you can also call the UK-based Homeopathic Helpline on 09065 343404. It charges by the minute, but they are lightning quick at getting you sorted!

Lucy Reynolds

TOP FIRST AID REMEDIES

ACONITE

For symptoms that come on very suddenly after exposure to the cold, or a cold wind for example ear ache that starts after a blustery beach walk, or a cold that starts after getting soaked through in the rain.

Aconite is also a great remedy for panic attacks, anxiety or sudden shock such as a car accident.

APIS

Made from the bee, think of this remedy for stings, bites and rashes, and anything else that also blows up red, puffy, shiny, swollen and hot and is better for a cold compress, eg a red puffy stye to the eye, cellulitis, and localised, sudden allergic reactions. Also red, swollen throat - compare with belladonna.

ARNICA

Make sure you never run out of arnica! It's for bumps, bruises, falls, sprains, strains, post-op and post-dentist. If you've really hurt yourself, take regularly at first. I once hit my wrist so badly that I took it every minute, then every 5, then every half hour. Also for exhaustion during and after labour.

ARSENICUM

This is your food poisoning, delhi belly, gastroenteritis, diarrhoea & vomiting, and dodgy-kebab remedy par excellence! It is also a good anxiety remedy, when you feel restless and worried, perhaps about your health. After D&V, you could then take the remedy 'china' for any residual dehydration and exhaustion.

BELLADONNA

A god send when your little one has a raging fever or ear ache. They may be delirious and have unusual hallucinations. Great for sudden, throbbing painful headaches, heat stroke, sun burn, and symptoms with dilated pupils, a burning, flushed face, strawberry tongue, and a dry mouth but not wanting water.

CHAMOMILLA

The peaceful life remedy for parents of screaming infants, and partners of screaming women in labour! Great for teething, ear aches, colic, tooth ache, labour pains and toddler tantrums where to pain is so bad, you just cannot be reasoned with. They ask for a toy, then throw it. Ask for a hug, then push away.

HYPERICUM

Another injury and post-surgery remedy for cuts, wounds, c-sections and lacerations. Also good for pain to very sensitive, nerve rich areas such as stubbed fingers, toes, the coccyx, dental work, and pain that is nerve related. (Post-surgery also consider bellis for deep tissue pain.)

LEDUM

Another great bite and injury remedy where there is a puncture wound (eg insect bite, stab with a blunt object) or a blow to the eye socket, where the bite or area is cold and maybe even blue/purple. Great for wasp stings, and also good to take after a tick bite if you are worried.

RHUS TOX

For muscular pain, or a pulled or strained muscle, or twisted ankle. Often goes well with arnica. Ideal for that type of muscle pain that hurts most when you first stand up, or use that muscle, but gets a bit better once you are moving. For tendons and ligaments, also add in some Ruta Grav.

TOP FIRST AID REMEDIES

NUX VOM

For the morning after the night before, when it seemed sensible to work late, and then over eat, drink too much, and generally burn the candle at both ends. This is the over-indulgence, over-stressed, over worked, and hangover remedy that should live by your bed!

CALENDULA

There's not too much to know about this remedy other than that it heals wounds so fast that you want to ensure the cut is clean before you take or apply this! Really great for things that need soothing - rashes, cuts, dermatitis, abrasions etc. Also look up hypercal cream.

PULSATILLA

Another great children's remedy, for ear infections or upset stomachs, where they are weepy, clingy and do not want to be left alone. They want cuddles and sympathy. Also for anything with mild, yellow discharge eg conjunctivitis with weepy, yellow goo that doesn't sting.

MY TOP TIPS

Invest in a remedy kit. All homeopathic pharmacies sell kits that you can fit in your suitcase for holidays, throw in your handbag for outings, or simply have at home to save that 3am trip to the late pharmacy.

I recommend the Ainsworth 42 remedy Kit at £60 because trust me - you will use it, wonder how you ever lived without it, and it will last a life time.

This is the best tip I can give you for you and your family's health. You can avoid trips to the doctor, the vet, antibiotics, sick days, screaming children, and partners with hormonal outbursts or man flu!

HOME PRESCRIBING BOOKS

Some of my favourite books for home prescribing are Miranda Castro's Complete Homeopathy Handbook, Misha Norland's Get Well Soon, Marcus Fernandez's The Home Prescriber Guide, Vivienne Rawnsley's Pictorial Guide to Homeopathy and Tricia Allen's The Healthy Child. Also check out the blog posts on my website. There is one specifically for home prescribing.

TALKS, COURSES AND GIFT VOUCHERS

I offer 1:1 and group talks to your organisation - in person or online, including gift vouchers to gift a friend a 1:1 course which includes their very own remedy kit. Ask me when my next event is, or get a group together and let me teach you what you want to know - first aid at home, pet remedies, low-tox living etc