

Homeopathic Remedies for First Aid Emergencies

By Erika Price, DIHom, DHM, BIHF (U.K.).

Homeopathic Self-Sufficiency www.geocities.com/HotSprings/7776/

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Emergencies are the conditions which people are most afraid of and the least prepared for. Being prepared with a little knowledge of homeopathic remedies can prevent a worse problem from developing in an emergency and even cure the problem. This is a wonderful power in the realm of self healing.

There are many acute disorders and emergency situations. Some are caused by an illness or accident, others are caused by man-made toxins, and still others are caused by conventional medical drugs and procedures.

It's very healthy to avoid medical drugs and procedures whenever possible because they tend to cause what they call "side-effects." These are actually iatrogenic disorders, disorders caused by the medical treatment itself. Sometimes these are impossible to avoid because one finds oneself in a situation where the benefits of modern medicine or surgery are needed. But, too many patients are conditioned to believe that drugs and knives are the only recourse because the authority-figure Doctor says so. Whatever the case, there are homeopathic remedies that will either prevent the need for "drugs and knives" or cure the problems they cause.

Being self-sufficient in dealing with **acute** disorders that are not life threatening is very possible if you pay careful attention. I will give you the homeopathic information to do this.

But please understand that for **chronic health problems**, one needs to consult a true classical homeopath. You may also prefer to consult with a homeopath for your acute problems. You can contact me for treatment of all these problems.

The recommended potencies are listed for each indicated homeopathic remedy. The dosing per day is dependent upon the individuals symptoms and responses. See Homeopathic Guidelines for more on this.

Toxic Poisoning, Chemical Sensitivities & Allergic Reactions:

APIS 12c: Is the homeopathic **Anti-inflammatory and Anti-histamine.**

Multiple Chemical Sensitivities. Hypersensitive and anaphylactic shock from allergens, chemicals, antibiotics such as penicillin, and certain foods like nuts; with swelling of tongue, lips, eyelids, and possibly difficulty breathing. **Sore Throat** due to allergy; back of throat bright red, swollen uvula, pain is burning and stinging; mouth is dry, without thirst, tongue and throat are red. Many symptoms in the **mouth** caused by allergic reactions. **Tongue** dryness; scalded feeling with burning pain as if burnt. **Coughs** short dry, hollow cough from allergies and pollutants; from irritation in throat-pit; suffocative; with crawling sensation and tickling in chest that prevents sleep. Allergic reaction to insect stings and bites from bees, wasps, spider, mosquito, and jellyfish; with rapid swelling and large shiny red lumps that itch, burn or sting. **Symptoms** are worse from heat and touch, and better from cold applications and air.

ARSENICUM ALBUM 30c:

Prone to allergies and the toxic effects of **pesticides, chemicals, Multiple Chemical Sensitivities** with extreme sensitivity to pollutants, and other toxic elements with anaphylaxis reaction. **Food allergies** especially to milk, wheat, sugar, ice cream, with hypoglycemia. Very sensitive to **odors** with acute sense of smell, and also imagines odors. Symptoms are worse from cold, wet weather, after midnight, and better from heat, in the morning, and elevating head.

PHOSPHORUS 12c:

Toxic Poisoning from chemical fumes; chloroform; with panting and gasping for air. **Hypersensitive to strong odors**, and highly aromatic such as flowers, or of chemicals and gases. Asthma related to allergies, worse from humid weather. Coughs and headaches from strong odors; sinusitis; very sensitive to gas fumes. **Multiple Chemical Sensitivities** especially those with reactions to strong odors and respiratory problems; hypersensitive to smells and illusions of odors; acute sense of smell with sensitivity to gas fumes, which cause vertigo. Very sensitive to the atmosphere. Ailments from electric shocks, being struck by **lightning**. And, ailments after **electro shock therapy** (Electro Convulsive Therapy). Symptoms are worse from electrical changes, twilight, left side, cold, and better from sympathy, and warmth.

BOVISTA 30c:

Until medical help arrives to prevent death caused by **suffocation from gas fumes** or **asphyxia** due to fumes of **tar and charcoal**. **Toxic Poisoning** in an individual who has been down in a mine, in the swamp, down in the mud, in the sewers, who has inhaled foul gases, and who goes into bed with a sort of stupor.

CARBO VEGETABILIS 30c:

Asphyxia from **carbon monoxide** poisoning, and Situations in which there is a **lack of oxygen** with difficult and accelerated breathing. **Headaches** with a heavy lead-like feeling from smog and carbon monoxide poisoning from car exhausts.

Adverse Reactions to Drugs:

ARSENICUM ALBUM 30c:

Hypersensitive and allergic to **allopathic drugs** of any kind and especially antibiotics. Over-reacts to allopathic drugs without curing. Side-affects from chemotherapy. Anaphylaxis reaction, exhaustion, collapse, insomnia, restlessness and great weakness; prophylactic protection if taken before and during drugging. Drug **overdose**. **Drug addiction** to narcotics, morphine and heroin; during **detoxification**. **Fearful** of being disabled, of never recovering, of medicine.

Symptoms are worse from cold, and better from heat and in the morning.

SULPHUR 12c:

Hypersensitive reactions to allopathic drugs especially antibiotics, with candida infection. **Oversensitive** from prescription drugging, constipation from drug abuse, insomnia after drugging and in spite taking narcotics; symptoms are generally worse from idleness. SULPH aids in cleansing system of previous allopathic drugging, and to counteract drug suppression of disease.

Symptoms are worse from heat of any kind, in a warm bed, and better from open air, and after perspiring.

CADMIUM SULPHURICUM 30c:

For **Chemotherapy and Radiation Therapy**, to antidote the severe side effects of these cancer therapies which cause violent nausea, retching, and persistent vomiting which may be black; [30c may cause patient to throw up soon after remedy and then they feel much better]; lifts spirits of cancer sufferer in general; many of these patients die because they cannot eat but this remedy can save them.

PHOSPHORUS 30c:

Hypersensitivity to anesthesia drugs and narcotics. **Drug dependency** on prescription drugs with need for instant gratification. **Perspiration odor** like the corresponding drug.

ARNICA 200c:

Convulsions after drugs.

GELSEMIUM 200c:

Drug overdose and insomnia after drugs.

Allergy & Flu Shots

GELSEMIUM 200c:

Ailments and bad reaction to flu shots. Ailments from **Allergy Injections**.

THUJA 30c:

Ailments from Flu vaccinations; anxiety; restlessness; insomnia; stomach pain; diarrhea; cough; conjunctivitis; headache.

Injections

LEDUM 30c:

Injections: puncture wound from them becomes cold, puffy, pale, mottled, with very little bleeding and are very sensitive to touch and better from cold compresses; after affects of **steroid** and cortisone injections. Jaw stiffness after **dental** injection of local anesthesia; for puncture wound from a dental instrument especially if it has not bled sufficiently and when the site of injury feels cold. Use prophylactically to prevent side-effects.

HYPERICUM 30c:

Pain from injections when the nerve trunk is damaged.

RUTA 12c:

Pain after injections of local anesthesia in dental work.

Vaccinations

THUJA 12c:

Acute toxic reactions after a vaccination with ailments of: swelling of upper arm and shoulder, atrophy of right arm after re-vaccination; eruptions; whitlows and suppuration of fingers; asthma; anxiety; restlessness; insomnia; stomach pain; diarrhea; cough; conjunctivitis; headache; convulsions; loss of speech and an imbecile-like state; **chronic ailments after** and has **not been well since**; to prevent side-effects.

APIS 12c:

Sudden illness or shoulder swelling after a vaccination; edema at injection site of local anesthesia with burning or stinging pains.

Medical & Dental Anxiety

ACONITUM 200c:

Great fear and anxiety on going to the dentist, doctor, or medical tests, MRI, CAT scan, and surgery.

ARGENTUM NITRICUM 12c:

Apprehension, agitation and nervousness with belching. Fear of going to the dentist or doctor, of heart disease, cancer, strokes, of having an incurable disease, of fainting, and of hospitals.

ARSENICUM ALBUM 30c:

Great concern and anxiety about their health and their symptoms, which causes even more stress. They go to many doctors, and try every kind of therapy. Their concern about diet leads to rigorous health regimes which they follow religiously, even if the chosen foods are not compatible with their system.

CALCAREA CARBONICA 12c:

Fear of going to the dentist. Of being examined and weighed by the doctor. Anxiety and fear about germs, contamination, and infection. Anxious about health, cancer, heart disease, pain, and mental illness.

GELSEMIUM 12c:

Paralyzed by dread and apprehension before dentist or doctor visits with diarrhea. Fear that heart will cease to beat unless they keep moving.

ARNICA 1M:

Anxiety and Fear of surgery, they cannot bear anything penetrating their body.

Surgical Problems

ARNICA 1M, 200c, 30c:

Pre-op before procedure to reduce pain bruising and hemorrhaging, take 1M or just before and right after surgery then followed by 200c and then 30c for recuperation period. Anxiety and Fear before surgery, they cannot bear anything penetrating their body. For initial pain and trauma of Joint Dislocations, use before, during and after medical attention to relocate the extremity into the joint; of knee, shoulder, wrist and jaw.

HYPERICUM 30c:

Pain reliever for intolerable "exquisite" pain and the equivalent of a morphine-like medicine in homeopathy. For **surgery** to prevent and treat post operative sensory nerve pain, prostration, trauma, and other disorders as a result of surgery. For pain following surgery in which nerves are cut or injured; for detached retina, amputation, dental surgery, to remove a bullet, spinal and abdominal surgery, appendectomy. Depression and apprehension before and after surgery.

Amputation pain after amputation of limbs, upper and also lower; traumatic neuralgia in amputated **limb stump**, and **phantom limb pains**. **Preserves integrity of torn** and lacerated members when almost entirely separated from body.

ACONITUM 200c:

Shock after surgery.

STAPHYSAGRIA 30c:

Pain around the surgical incision, in which there is cutting with knife; circumcision, eye surgery, ovarian surgery, abdominal surgery, surgery for urethra/bladder stones; caesarean, childbirth, long drawn-out, painful birth and exhausting birth.

RUTA 30c:

Before and after **joint surgery** to reduce the pain and speed healing; (and alternate with Arnica).

CARBO VEGETABILIS 30c:

For the bad effects of **general anesthesia** during surgery where the lack of oxygen causes problems; extreme weakness as a result of, and after surgery.

CAUSTICUM 12c:

Post-surgery paralysis of bladder when cannot pass urine.

ALUMEN 30c:

Post-surgical care after **eye surgery** for cataracts with prolapse of the iris. Hemorrhage from leech bites used in re-attaching severed parts.

BELLIS PERENNIS 12c:

Surgery when there is injury to glandular and the deeper tissues and **muscles**, and it acts on muscular fibers of the blood vessels. Surgical injury to muscles, nerves, joints and ligaments with intense soreness. **Breast surgery** including mastectomy.

PHOSPHORUS 30c:

For toxic affects of **General Anesthesia** during surgery [30c as needed right after surgery].
If a known bleeder to **prevent hemorrhaging** [30c just before and right after surgery]. **Amputated finger** for pain in stump of.

SILICA 9c:

The "homeopathic surgeon," promotes explosion of pus, splinters, glass, fish bones, nettles, needles, thorns, bullets; broken bones slow to repair; reopening of old wounds and scars.

Child-Birthing

ARNICA 200c:

Ailments from a catheter or forceps at childbirth for mother and child; and before and after childbirth.

HYPERICUM 30c:

Severe pain after delivery and afterpains from instrumental delivery, e.g. forceps, with violent pains in the sacrum and hips, and severe headaches. Nerve pain from surgical incisions, e.g. cesarean delivery and episiotomy. Episiotomy, Caesarian delivery, forceps delivery, etc.

ARSENICUM ALBUM 12c:

Inactive bladder, with suppression of urine and paralysis of splinter after childbirth and surgery; better from heat and lying in a hot bath.

CAUSTICUM 12c:

Paralysis with no desire and difficulty urinating after childbirth.

Dental Emergencies

MERCURIUS SOL 6c:

This is an amazing remedy when taken at the first sign of dental discomfort or pain, to either cure the problem or prevent further development until you can get to the dentist if necessary. **Toothaches** with pains that are aching, throbbing, pulsating, drawing, pressing, and soreness of the tooth; pain extending to ears and face; toothaches from decayed teeth, cold air and change in weather; toothache with an abscess, swollen cheek, swelling and decay generally at the crown and/or root of the tooth worse in the lower teeth, and bad breath; inflamed dentine; pain with involuntary flow of saliva; pain can alternate with dizziness, vertigo, and pain in limbs; teeth feel on edge during menses; teeth feel sensitive to touch, chewing, cold, and damp weather; **pain is worse** from cold foods and drinks, while eating, inhaling cold air, 9 p.m., at night in bed, warmth of bed, and on going to sleep; **pain is better** after sleep, from rubbing cheek, and external warm compresses. **Jaw** swelling, abscess, inflammation and decay. **Gum Boils.** **Mercury toxicity** from dental fillings.

HYPERICUM PERFORATUM 30c:

Injury to dental nerves; traumatized tooth; injury to front teeth, including in children. **Toothaches** to relieve the pain of abscess and in the nerve; also use mother tincture locally on afflicted gums and teeth; pain is worse from cold, movement, 3-4 a.m., and better when lying on the painful side and keeping still.

RUTA 30c:

Dental Pain from a **dry socket**, at the onset of an infected tooth socket. **Tooth Trauma** from a tooth loosened in the socket, or dislocated.

Dental Surgery

ARNICA 30c:

Dental Surgery & treatment: take 30c before and after dental visits to prevent physical shock, bruised soreness, dental pain and bleeding gums after any dental work and extractions. **TMJ** in an acute isolated case of, and to prevent an aggravation of TMJ dental work. **Toothache** after a head injury, concussion, or dental work. **Dental surgery** alternate Arnica and Hypericum before, during and after tooth extraction, root canal, and fillings.

HYPERICUM 30c:

Dental Surgery hemorrhage in dental surgery, and shooting pains sensory nerves in gums and teeth after tooth extraction, root canal, fillings; it promotes the regeneration of the severed nerves.

RUTA 30c:

Before and after a **tooth extraction** to reduce pain and speed healing; bone and periosteal pain after **dental surgery; bone pain** in and after any oral surgery; and scraping of the periosteum; bone and periosteal pain after dental surgery.

STAPHYSAGRIA 12c:

Tooth extraction for pain and nervousness after.

Eye Injuries

ARNICA MONTANA 30c:

Black-eye; eye hemorrhage. **Vision floaters** after an accident.

ACONITUM NAPELLUS 30c:

Eye Injuries for acute inflammation from getting something in the eye.

LEDUM PALUSTRE 12c:

Black eye with contused wound, bloodshot or bruised and caused by a soft object, with pain in the eyeball itself.

RUTA GRAVEOLENS 12c:

Eye Injury if surrounding tissue is more injured or whole eye looks inflamed.

SYMPHYTUM 9c:

Eye injury with pain in eye ball; trauma from a blunt instrument; eye bruises especially to the eye ball without swelling; black eye.

Bone Fractures & Injuries

ARNICA MONTANA 200c:

Fractures and compound fractures after bone is set; [take Arnica 200c alternating with Symphytum 12c 3-4 times daily].

SYMPHYTUM 9c:

Bone Fractures, to assist union, fractures that are slow to heal. To know if the bone is broken give Symphytum 30c and if it relieves the pain then the bone is broken, but if it does not relieve pain the bone is not broken.

HYPERICUM PERFORATUM 30c:

Fractured jaw for the sensory nerve pain.

RUTA GRAVEOLENS 30c:

Fractures, Broken Jaw: pain from fracture when the bones are severely contused; and to speed healing. **Bone injuries:** bruises, pain and injuries that are slow to heal; lumps as a result of a blow with a stick or a hammer or from bumping the shin bone; ailments from bone injury; extreme bone pain; broken jaw.

Puncture Wounds

LEDUM PALUSTRE 30c:

Puncture Wounds especially in soles and palms; needles, pins, nails and stab wounds from sharp pointed objects; wounded parts become cold, puffy, pale, mottled, with very little bleeding and are very sensitive to touch and better from cold compresses; to prevent tetanus take 30c immediately.

STAPHYSAGRIA 30c:

Stab Wounds caused by sharp instruments- stab, puncture, cuts.

HYPERICUM PERFORATUM 30c:

Cuts and Wounds with **nerve pain** that is burning, stinging, shooting, throbbing; more painful than the wound appears; open and lacerated wounds; wounds with scurf. **Injuries** with **nerve pain** from puncture wounds, incised wounds and laceration; bruises and contusions; prostration from injuries; injury in which victim lies on their back, jerking head back.

Back & Spinal Injuries

HYPERICUM 30c:

Spinal Injury after a **fall**; spine very sensitive to touch; bad effects of spinal cord concussion; fall on coccyx and tailbone injury; blow or injury to base of spine; pain, great soreness, irritation and congestion in spinal cord; back and neck pain after injury.

RUTA 6c:

Herniated Disc, slipped or ruptured disc caused by lifting heavy weights, over-exertion, back sprains and strains; vertebrae slip out of place easily; with chronic back pain; from spinal wounds.

ARNICA MONTANA 30c:

Herniated Disc Immediately take Arnica 30c every 1/2 hr-up to 10 doses, then every four hours for up to 5 days and alternate with Ruta 6c.

SILICA 12c:

Injuries: to coccyx from a fall with painful soreness.

Acute and Sudden Illness

ACONITUM NAPELLUS 30c

Early Stages of a sudden illness when the patient is hot, thirsty, shivery, and can have high **fever**, pounding pulse, with anxiety and impatience; symptoms come on after exposure to sudden cold, dry, frosty, windy weather.

ARSENICUM ALBUM 30c

Acute Diseases: bacterial infections; streptococcus; staphylococcus; mumps. **Weakness:** with sudden and rapid onset with great **exhaustion** and **collapse**, as if about to die; too weak to move, and excessive weakness from any exertion. Worse from cold, on rising, wine, after eating and moving bowels, and better lying still.

BAPTISIA 12c

Acute and Sudden Illness: Acute diseases with septic high fevers and complaints have the appearance of infections like scarlet fever, diphtheria, typhoid, and the plague. With septic conditions of the blood, malarial poisoning and extreme prostration. Loss of strength with weakness and low fevers.

Common Colds

BRYONIA 30c:

Taken immediately it will abort a cold with sneezing, headache, aching limbs, or fever; a chest cold that moves downward into the chest with a dry cough; better in open air.

GELSEMIUM 30c:

Colds that are influenza-like, with aching; watery discharge makes nostrils sore; eyelids heavy; coated tongue; dull, heavy, achy, drowsy, sluggish, weak; limbs chilly, shivering, chills up and down spine; with sore throat and difficulty swallowing; sensation of lump in throat; no thirst; bursting headache; tickling tearing cough; frequent urination; colds are worse from change in weather, morning, passing urine, and better from open air, outdoors, near a fire.

MERCURIUS SOL 12c:

Colds in which the nasal symptoms are key, with sudden and frequent sneezing, nose sore, raw with profuse watery discharge that burns, upper lip and nostrils become raw and ulcerated; with profuse sweating, excessive salivation, bad breath, sore throat, cough that is dry, tickling, hacking with green mucus, and nose may bleed during sleep; with chilliness; watery eyes with sensitivity to light, worse from warmth of bed or heat of fire; with headache that feels as if head is in a tight vice and is worse at night and when bending down; sinusitis; preceding fever with heat and chills alternating, feels chilled in open air but overheated in a stuffy room, and worse at night in bed; mucous becomes thick and yellowish-green; worse for heat or cold, and at night.

NATRUM MURIATICUM 12c:

Stops a cold in the early stage, that starts with sneezing; also influenza-like colds, with lots of fluent discharge, sneezing, mucous like raw egg white, blocked nose, cold sores; with sinusitis; worse in the morning.

ACONITUM 30c:

Sudden **head colds** with **high fevers**. Fever with intense, dry, burning heat that is internal, and alternating with coldness and chills, succession of chills followed by heat with sweat, waves of chills along the spine, with thirst; sweating profuse; one cheek is red and hot, the other pale and cold; symptoms are worse in the evening, at night, and in bed, and better uncovering and from sweating.

ARSENICUM ALBUM 30c:

Colds with thin, fluent, watery discharge (especially right nostril), burning discharge (possibly blood streaked) causing sore and red nostrils and upper lip; violent and frequent sneezing spasms; chilly and thirsty; nose is blocked at night and worse initially of right nostril; lips are cracked and may bleed; eyes are dry and burning; with headaches and sinusitis; later can become thick, yellow discharge, and move to chest.

Influenza

GELSEMIUM 30c, 200c:

Influenza symptoms with slow onset or to prevent in case having been exposed to someone infected [30c 2-3 times daily to prevent], or if already manifested [200c 2-3 times daily]; with extreme chilliness, shivering and chills especially up and down the back, overall weakness, paralyzing exhaustion, numbness, heaviness, muscle aches, stiffness and heaviness of limbs, stiff neck, neck ache, sore throat, runny nose, shivering, trembling in limbs; with fever and malaise;

ARSENICUM ALBUM 30c:

Intestinal flu with nausea, vomiting, diarrhea and exhaustion; fearful from vomiting; Flu's that start to come on after a chill, change of temperature and exhaustion; with neuralgia, fever and thirst.

BRYONIA 30c:

Respiratory flu with chest cold and dry cough; bronchitis; aching in every muscle and cannot bear to move a muscle. **Stomach flu** with gastric complaints and fever.

EUPATORIUM PERFOLIATUM 12c:

Flu with intense **bone pain** and violent aching as if broken, dares not move, muscle aches in chest, back and limbs, aching in extremities, fever with great thirst, burning heat, shivers and chills begin in the small of back, bursting headache with soreness internally and restlessness, sore eyeballs, desire for warmth; stomach flu with nausea at sight or smell of food, with vomiting of food and bile, with fever.

BAPTISIA 12c:

Epidemic type flu's, with muscles pains and soreness all over, high fevers, profound prostration, weak and stiff limbs, aching head, bleary eyes, sore throat, stomach flu with gastric complaints and severe diarrhea. Onset of possible CFIDS.

ACONITUM NAPELLUS 30c:

Generally for the immediate conditions and early stages of illness that come on rapidly and should be taken immediately in acute disease, after exposure to very cold winds while warming.

Fevers

ACONITUM 30c:

Sudden **high fevers** with intense, dry, burning heat that is internal, external and ascending, and alternating with coldness and chills, succession of chills followed by heat with sweat, waves of chills along the spine, with thirst; continual, relapsing and intermittent in recent cases, with desire to uncover; sweating profuse; one cheek is red and hot, the other pale and cold;

symptoms are worse in the evening, at night, and in bed, and better uncovering and from sweating.

ARSENICUM ALBUM 30c:

Sudden fevers with the onset of a sudden disease, flu, measles etc., with dry burning heat, alternating with chills, with sweat and thirst, with gastric problems, with pain, paralysis, spasms, with anxiety, delirium, exhaustion and restlessness; worse at night and after midnight. **High Fevers** that come on in the evening 8-9 p.m., at night with dry, burning heat and not thirsty, at 2 a.m.

Earaches

BELLADONNA 30c:

Earache sudden onset of throbbing pain and anguish, hot skin, especially on right-side; with radiating pains that extend to face and neck; middle ear infections; earaches in children.

MERCURIUS SOL 12c:

Earache piercing, pressing, burning, tearing pain; ear feel blocked; worse from warmth, and at night. **Pain:** constant pain; causes fainting; with a sore throat; extending to face; from taking cold; below ear extending to lower jaw; tearing pain during menses; stitching pain when stooping, worse from warmth of bed; pain at night; burning pain in meatus.

HEPAR SULPHURIS 12c:

Earache with inflammation inside ear and stitching pain that may extend from one ear to the other; inflammation of the eardrum and the pointed bone right behind the ear; with discharges; worse from cold air, drafts, cold compresses, yawning, and at night, and better from warmth and wrapping up.

PULSATILLA 12c:

Earache pain is cramp-like, darting, pressing, piercing, throbbing and pulsating; ear is hot, red, swollen; also in children; bursting sensation on sneezing; from head colds; pain extending to eyes; extreme pain almost deprives one of reason; worse at night, in warm room, and from suppressed menses, and better from cold compresses and in open air. Discharge is yellow-green and thick; and fullness on blowing nose.

LACHESIS 30c:

Earache with sore throat.

GRAPHITES 12c:

Earache with pain in left ear.

AURUM METALLICUM 12c:

Earaches with boring pain; pain is better in open air, and covering during motion.

Shock & Trauma of Accidents

ACONITUM NAPELLUS 200c:

In any circumstance when there is an initial traumatic and violent shock to the system, such as from a **vehicle crash**. **Shock** after an injury, accidents or surgery; from animal bites. **Hyperventilation** from shock, anxiety, injury, acute illness. **Wounds** with shock, and that bleed freely.

ARNICA MONTANA 1M, 200c, 30c:

Accidents experienced during athletic sports or any other physical activity. **Injuries** with swelling and aching, soreness, and pain feels bruised or beaten; injury to male genitals; injuries from blows, including from blunt instruments, and causing much bleeding. **Shock and Trauma** to the whole system after traumatic injury; 1st remedy given in accidents and injury (especially traumatic). **Head Injuries** concussion, contusion, unconscious. Headaches from shock or injury; concussions to base of spine (followed with Hypericum 30c); forgetful, memory loss and amnesia caused by a head injury; meningitis when symptoms start after a head injury. Arnica can be taken before and after a physical workout to prevent straining. Take 1M 1st during initial trauma, then 200c every 20 minutes for up to 6 doses, then 30c 2-4 times daily as needed until cure; depending on injury it may be alternated with another appropriate remedy such as Ruta.

HYPERICUM 30c:

Faintness caused by the shock of an injury with intolerable nerve pains and inflammation, from **lacerations, deep wounds, stab and gunshot wounds**, with shooting pains which shoots up from the injury. Male genital injuries.

Sprains, Strains & Sports Injuries

ARNICA MONTANA 1M, 200c, 30c:

Sprains that are very painful particularly of the ankles and wrists; with pain; with bruising; also from over-exertion; worse from warmth, movement and reclining.

Sports injuries and weakness while and after playing sports, work-outs or exercising; wrenched muscle.

1M immediately upon injury, then follow with several doses of 200c, and next day 30c every hour for up to 6 doses. 30c can be taken before and after a physical workout as a preventative.

RUTA GRAVEOLENS 6c:

Sprains with lameness after an ankle sprain; sprained with dislocated feeling; foot turns under from weak ankle.

Strains and complaints are often brought on from straining the part; over lifting heavy weights, strains in weight-lifters, overtraining or overexertion of parts but principally confined to parts that are of a tendinous character; of aponeurotic fibers and white fibrous tissue; of the flexor tendons especially; flexor tendons that are overtrained by exertion.

LEDUM PALUSTRE 12c:

Sprains when the joints are swollen, cold and numb, but cold applications do not relieve.

BELLIS PERENNIS 12c:

Sprains that feel contracted as from elastic band around joint; sprains with great soreness and ligament injury; sprains with **Injury to Muscles** and muscular soreness acts on muscular fibers of the blood vessels; joints are sore. Good for old laborers especially gardeners; pain down anterior of thighs. Worse left side, hot bath or cold bathing, warmth of bed.

BRYONIA 12c:

Sprain to ankle with damage to joint ligaments in which the joints feel hot, painful, swollen, stiff, with redness; sprain to muscles and tendons from lifting.

Symptoms are worse from least movement, motion, and better from pressure, lying on painful side.

Torn Muscle if incapable of movement; burning pain.

RHUS-TOX 30c:

Strains to muscles, tendons and ligaments, with painful swollen joints, skin red swollen, symptoms worse at night. Strains from lifting, with residual stiffness and rheumatic pain.

HYPERICUM PERFORATUM 30c:

Sprains and Strains with severe pain and inflammation. Also male genital injuries with nerve pain.

Bruises

ARNICA MONTANA 30c:

Bruises to soft sensitive parts of flesh or muscle; **black and blue marks** (it repairs damaged blood vessels and reduces swelling); blood blisters after an injury.

RUTA 12c:

Bruises that go away slowly and leave a hardened spot; thickening of periosteum; a knotty nodular condition it remains sore; slow repair; a lump in the periosteum that has existed for months or years; sensitive and sore and nodular.

SYMPHYTUM 12c:

Blows from blunt instruments, that cause black and blue marks; injury to hard parts that are penetrating to perineum and bones.

The following is a more complete text of the information that was given by Erika Price, DHM, in an interview on the Gary Null Radio program, *Natural Health*, on WBAI (Pacifica radio in New York) on July 23, 1997.

Much more complete information will be available in the book she is writing.

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