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Homeopathy

Phone Amanda to
book for the

Tuesday

Homeopathic
Children's Clinic



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Practice times in
Abbots Langley::
Mon-Fri 9-5
evening & Saturday
am appointments
and Home visits by
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Homeopathy for Holidays!

Don't let accidents and illness upset your holidays! Homeopathy is safe for everyone and very effective. This month I will talk about remedies to pack in your suitcase.

Arnica- a must for everybody! Good for bumps, bruises, sprains, aches and pains. Very good for shock and helps with jetlag too.

Nux vomica is good for hangovers, but also for

when you have just overdone the eating, drinking and making merry!

Arsenicum album is the number one remedy to help with upset stomachs, where vomit and diarrhoea are described as burning, and the patient feels like death!

Lycopodium is the remedy to remember if you have been poisoned from eating fish.

Always seek advice from a qualified homeopath or a doctor if symptoms are severe.



Fear of flying & Travel Sickness

Arg nit is the first remedy that springs to mind .If have this fear and your symptoms include feeling "*hurried and worried,*" needing fresh air, a desire to be in control of the situation, then this remedy should really help. If your symptoms are a bit different, talk to a homeopath as "*no one remedy fits all.*"

Travel sickness is another condition which can take the pleasure out of a holiday.

Nux vomica is indicated if the patient struggles to vomit but feels better afterward; **Cocculus** for the person feeling worse at the sight or smell of food, and feels better for lying down; and the remedy made from **Petroleum** suits people who feel giddy with the nausea and feel better from eating.

There are some very good bands you can buy which put pressure on the relevant acupressure points and nibbling on ginger is also often

effective, as is peppermint tea.

All remedies mentioned available from Helios Homeopathic Pharmacy does a lovely travel kit with a good little booklet explaining how to use the remedies. Phone: 01892 537254, for more information.

Or more locally, remedies in red are available from Panacea Health & Beauty in the Harlequin, Watford and Clare James the Health food shop in Kings Langley is excellent .

Bites and Stings



If you have ever been stung by a bee or wasp then you will understand why children make such a fuss...because it hurts!!!

Bee stings-use **Arnica** or dab on a paste of bicarb of soda.

Wasp stings use the remedy **Apis** or dab on vinegar.

Rescue Remedy or **Arnica** will help with the

shock for both types of sting.

Some people if bitten by a mosquito get great big swellings. If the lump is hot to the touch try **Apis**, otherwise **Hypericum** or dab on the remedy **Ledum**, or use **Tea tree oil**, or **Aloe vera**.

Often people who do react this way are a bit short of vitamin B6, so start taking it now!

For nettlerash/urticaria or hives use **Urtica Urens** remedy.

All these remedies are readily available in France from every chemist, and often the pharmacist will advise you on what to take! How cool is that!!

Other useful remedies...

Euphrasia also called eye bright is great as an eye wash, dilute it first. Its great for hayfever where the nose runs clear and bland but the eyes are itchy and sore.

Hypericum-great for injuries to fingers, toes, mouth, coccyx and genitals...all nerve rich areas. Amazingly quick effect, give with **arnica**

at the same time.

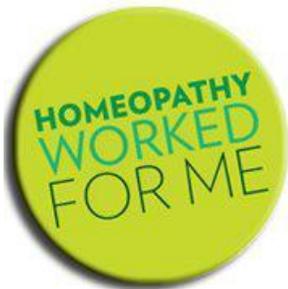
Hypercal cream is the homeopaths savlon or other antiseptic cream. It prevents sepsis and encourages new growth of skin.

Cuts- if you don't want a tetanus jab, clean cut well and dab on **hypericum** and take **ledum**. That's what homeopaths and many

of their patients do!

Want to know more about how to use homeopathy? Do contact me as I run short courses on how to use Homeopathy for your family in first aid situations and for minor ailments.

Show your support for Homeopathy go to [facebook.com/HoWFMe](https://www.facebook.com/HoWFMe) and "like" the page.



You are an individual.

Remember Homeopathy treats people not diseases. This means that although many people will respond well to the remedies suggested above in the situations mentioned above, some will not. This is because

we are all individuals and need a remedy which suits us and the way we experience the illness or condition.

Homeopathy is safe for pregnant mothers, during childbirth, newborn babies,

toddlers, school children, teenagers, and adults. It is safe to use for treating people suffering from every illness and condition. Talk to a Homeopath today. Next issue:

Children's health