



information booklet

# the bluebox

homeopathic treatment kit

every home should have one!



pegasus homeopathics

# how can the bluebox kit help you?

## **making homeopathy easy-to-use**

For those wanting to treat themselves and their families with natural medicines, but who have little knowledge about homeopathy, we offer a simple and SAFE alternative. All you need to do is match the symptoms or condition experienced with the remedy name that describes those same symptoms. Here are a few examples to demonstrate how simple treatment can be:

- Perhaps you have painful sinus congestion with post-nasal drip. Here you would choose the remedy called **sinus 30C**.
- Your child's fingers get caught in the car door and your child minder doesn't know what to do. Here she would immediately choose the **injury 6C** remedy that will deal with the bruising, inflammation and pain as well as the shock experienced by your child.

On the pages that follow, you will find a detailed description of each remedy, listing the indications for use, the ingredients contained in the remedy as well as instructions on how to take the remedy. Towards the back of the booklet, you will find an easy-to-use **cross-reference section**, that will help to simplify the choice of remedy even further. Simply match the condition to be treated with the appropriate remedy in the corresponding column. We have also listed common sense measures that may be helpful to you.

**Our aim is to provide a safe and effective way to treat everyday acute ailments that are self-limiting and are resolved in a few days. If further treatment is required, and for the treatment of chronic ailments, it is advisable to consult with a homeopathic doctor.**

### **'every home should have one'**

The **bluebox kit** is a must-have for every home. It is light, compact & travels well and can be taken with you whether you're going away for a weekend or overseas on holiday. Many Mums keep their kit in the baby's pram, so that it is on hand for any eventuality. The remedies cover most of the common acute ailments that families are faced with. Treating the whole family naturally and safely with homeopathy never has been so easy.

Please read through the **dosing guidelines** before starting treatment, so that you have a good understanding of how to take the medication.

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# the pegasus range of homeopathic remedies

The **bluebox kit** contains 23 different homeopathic remedies listed below plus one bottle of **pegasus herbal antiseptic solution**.

- anti-spasm 200C
- anti-virabac 200C
- bites 30C
- boils & abscesses 6C
- bronchial relief 30C
- calming 30C
- cold & flu 30C
- constipation 6C
- fluid imbalance 6C
- gastric plus 30C
- headache 30C
- histamine comp 30C
- immune defence 6C
- injury 6C
- muco drainol 30C
- n.v.d 30C (nausea, vomiting, diarrhoea)
- sinus 30C
- sleep 30C
- sting 30C
- teething, pain & fever 30C
- throat 200C
- t.r.s 200C (trauma, rescue, shock)
- v.m.t 30C (vertigo, morning & travel sickness)
- pegasus herbal antiseptic solution 5ml

## pegasus homeopathic complexes 25g

Each of the above remedies found in the **bluebox kit** may also be purchased separately, in a larger size bottle than those in the kit. These may be used to treat a particular ailment e.g. constipation or act as **refills** for the kit so that one can top up the remedies in the kit as they are used up.

A further 5 remedies are available **only** in the larger refill size (25g) and are not found in **the bluebox**. They are:

- arthritis & gout 30C
- cystitis 30C
- hayfever 6C
- liver 30C
- migraine 30C

The **pegasus herbal antiseptic solution** is now available in a larger 20ml bottle for frequent users or to top up the smaller 5ml kit bottle.

All products are available from pharmacies & health shops in South Africa and Namibia. For information about stockists in your area or information regarding the use of the remedies, call 021 712 0324 or email [info@pegasuskits.com](mailto:info@pegasuskits.com).

# an introduction to homeopathy

Homeopathy is a system of medicine that seeks to cure in accordance with natural laws of healing and uses medicines made from substances from all kingdoms of nature i.e. mineral, plant and animal. These substances each have unique mental, emotional and physical characteristics that have been identified by homeopathic practitioners over many years of trial and practice. Homeopathy is, above all, a curative system of therapy, which restores health by stimulating the body's own systems of defence and repair.

The term "homeopathy" comes from the Greek "homeo" meaning "like or similar" and "pathos" meaning "suffering or disease". The fundamental law upon which homeopathy is based is that of "like is cured by like" i.e. the "Law of Similars". The concept was introduced by the ancient philosopher, Hippocrates.

In the early 1800's a German doctor called Samuel Hahnemann, developed the concept further and formulated the principles of homeopathy. The "Law of Similars" implies that a remedy can cure an ailment if it produces in a healthy person, symptoms similar to those of the ailment or disease. For example: because *Allium cepa*, from the onion, causes watering of the eyes and nose, it may be indicated for the treatment of head colds and hay fever.

Hahnemann discovered that by diluting substances, their effects were enhanced. The "Law of the Infinitesimal Dose" implies that the healing power of a substance is in direct ratio to its degree of serial dilution. The method of preparing homeopathic medicines is thus a controlled method of successive dilutions alternating with shaking or succussion.

The method is known as potentizing and medicines of different dilutions are known as potencies, denoted by a number after the name e.g. 6C, 30C, 200C etc. The C stands for centesimal and means that one part of the original substance has been mixed with 99 parts of alcohol. This cycle of dilution is repeated with shaking or succussing occurring after each dilution. A 6C has thus been through the dilution cycle 6 times and a 12C, 12 times etc. Strange as it may seem, the more dilute the potency, the greater the effect. A potentized remedy has very little of the original substance in it and is thus non-toxic. In the process the therapeutic effect of the remedy is imprinted upon the solvent and the healing effect is amplified with each dilution. This

phenomenon occurs by way of quantum physics. It is the quantum form of the remedy that renders it capable of providing the stimulus to the body to heal.

## benefits of homeopathy

### easy-to-use

Homeopathic remedies are available as either single remedies called simplexes (termed classical homeopathy) or as a combination of more than one ingredient, called complexes (clinical homeopathy). Treatment by a homeopathic doctor involves an in-depth, individual approach by a highly specialised professional. For the treatment of chronic ailments and persistent symptoms, it would be advisable to consult with a homeopath. For the lay person, who wants to treat acute, self-limiting ailments naturally but who does not have the specialised knowledge, the combination remedies are more user-friendly. The **pegasus remedies** are homeopathic complexes, combining the common remedies for each ailment into one remedy to provide effective treatment. Our aim is make this gentle system of healing more available to the lay person by making it easy-to-use.

### broad application

Each remedy may be used for a number of different ailments e.g. the **sting 30C** remedy, which can be used for any stinging sensation from a bee, wasp or jelly fish sting to a hot water scald and even severe sunburn. The **anti-spasm 200C** remedy can be used for any muscle spasm from stomach cramps and colic in babies to leg cramps and menstrual cramps.

### helps the body to heal itself and to stay in balance

Good health is all about balance. Illness may be seen as an imbalance in a particular area of the body. Our bodies have an innate intelligence that works continuously to restore us to health. Homeopathic remedies simply provide the stimulus or a 'message of healing' to the body to rectify the imbalance. Each dose of the remedy is a reminder to the body to continue the healing process.

### treat symptoms and heal underlying cause

Homeopathy not only treats symptoms, but also works to shift the underlying reason for the imbalance. This means that using the remedies on a regular basis for a particular ailment e.g. hay fever or cystitis, will result in fewer episodes as the body is brought closer to balance.

The higher potencies of the **pegasus remedies** mean a quick response time. In most cases a response is felt after the 3<sup>rd</sup> dose. In acute conditions, the body uses up the remedies very quickly, so the higher potencies are more effective and also allow for healing of the underlying condition.

**Common sense however should always prevail i.e. for chronic conditions or for those that do not improve within 3-5 of treatment with the pegasus remedies, a trained homeopath should be consulted as the treatment would be tailored to the individual concerned. In life-threatening situations, professional medical help should be sought. Should you be under the existing treatment of a classical homeopath, check with your practitioner before taking any combination remedies.**

## **dosing guidelines**

### **clean mouth**

Absorption of homeopathic remedies takes place in the mucosa of the mouth. For optimum absorption a clean surface is required. By 'a clean surface', we do not mean for you to brush your teeth, it means clear of any strong flavours. Homeopathic remedies should not be taken within 20 mins of eating or drinking (except water), and strong flavours like coffee, peppermint, toothpaste and smoking should also be avoided. However, in an emergency situation (e.g. a child has been stung by a bee) give the remedy immediately as some absorption will occur.

### **one dose is 3-5 pillules**

The pegasus remedies are in the form of medicated, lactose-based pillules. Do not handle the pillules directly as the remedies are very dilute and subtle. Pour 3-5 pillules into the cap of the bottle and then straight into the mouth from the cap. The pillules should be **sucked**, preferably under the tongue and not chewed or swallowed whole. Each dose is a message to the body rather than an amount of medication, so the dose is the same for an adult, a baby or a horse. **Frequency of dosing** is the more important aspect.

### **frequency of dosing**

The first 12 hours of dosing acute conditions with homeopathic remedies is most important. Each dose is a message to the body to initiate healing rather than an amount of medication. We are trying to get the body's attention to begin the healing process. Understanding that each dose is a message to the body, it makes sense then that in an acute situation e.g. bee sting, we want a lot of little messages upfront so that the body 'gets the message'. As the body responds and the symptoms ease, we need fewer messages, so we decrease the dosage interval. Thus from the second day, the dosing reduces down to 4 hourly as the body now knows what to do.

The most **common dosage regimen** e.g. treating a cold or flu would be: one dose every hour for 3 doses then every 2 hours for 3 doses thereafter every 4 hours. Once the symptoms are under control, you can reduce to 3 times a day for a few days and then stop.

The more **acute** or intense the condition, the more frequent the dose e.g. in a bee sting, take one dose every 15 minutes for 3 doses then every half hour for 3 doses. Once there is a response, decrease the dosage interval until 4 hourly and stop once resolved.

In cases of acute, self-limiting ailments, continuous dosing for more than 3-5 days is not recommended. If further treatment is required, a homeopathic doctor should be consulted.

### **dosing children**

Dosing children is the same as for adults - remember that each dose is a message to the body and not an amount of medication. It is easy to dose them with the pillules as they taste nice, no nasty tasting syrups!

### **dosing infants**

Until an infant can suck the pillules safely without risk of choking (around 10-12 months old), crush 4-5 pillules between 2 plastic medicine measures then add a small amount of water and spoon directly into the child's mouth. As soon as the child can suck the pillules, dose normally.

Alternatively if you're dosing frequently e.g. colic, another method may be useful. Dissolve 10 pillules in half a glass of boiled and cooled water and spoon one medicine measure into the infant's mouth for each dose. Discard the water after 12 hours.

### **stop dosing when symptoms resolve**

Once the desired results have been obtained, stop taking the medication. It is not necessary to take the medication until the bottle is empty. Prolonged use of a remedy, well after it is needed, could end up aggravating the condition. Dose only when there are symptoms present.

### **dosing with more than one remedy at a time**

If it is indicated by the symptoms present, one can dose with more than one remedy at a time e.g. child with snotty nose with infected mucus and blocked painful ears – one could give sinus 30c for congestion plus muco drainol 30c to reduce mucus and anti-virabac 200c for the infection. Giving more than 3 remedies at a time is not recommended as each one is a combination remedy and we do not want to over stimulate the body by giving it too many messages. As soon as you can, reduce using multiple remedies i.e. as the symptoms requiring one particular remedy resolve, stop dosing with that remedy and continue with the remedy that is still required.

**When dosing with more than one remedy at a time, alternate dosing between the remedies.**



## For 2 remedies

Days 1-3:alternate dosing the remedies every 2 hours

Day 4 onwards:alternate dosing the remedies every 3 hours

Example for 2 remedies

Day 1-3 (alternating every 2 hours)

sinus	07h00	11h00	15h00	19h00
muco drainol	09h00	13h00	17h00	21h00

Day 4 onwards (alternating every 3 hours)

sinus	07h00	13h00	19h00
muco drainol	10h00	16h00	22h00

## For 3 remedies

Days 1-3:alternate the remedies every 2 hours

Day 4 onwards:alternate the remedies every 3 hours

Example for 3 remedies

Day 1-3 (alternating every 2 hours)

anti-virabac	07h00	13h00	19h00
sinus	09h00	15h00	21h00
muco drainol	11h00	17h00	

Day 4 onwards (alternating every 3 hours)

anti-virabac	07h00	16h00
sinus	10h00	19h00
muco drainol	13h00	22h00

As soon as you stop dosing with one of the remedies, revert to the dosing schedule above for 2 remedies.

## diabetics

The pillules are made of lactose, which is a milk sugar and thus not ideal for diabetics as they are sweet. However, none of the pegasus remedies are intended for use long term as each episode should require dosing for a few days only. Should diabetics choose to use the remedies, they should use only 3 pillules per dose to limit the sugar aspect or as an alternative, dissolve 10 pillules in half a glass of water

and use one medicine measure for each dose. Discard the water after 12 hours. This way, the sugar element is diluted.

### **animals**

Animals respond very well to homeopathic remedies e.g. the itchy skin syndrome in dogs responds very well to the **histamine comp 30C** remedy and the **t.r.s 200c (trauma, rescue, shock)** remedy helps animals that react badly to thunderstorms and fireworks or during transportation. The dosing regimen is the same as for humans. Place 4 or 5 pillules in the animals' mouth and hold the jaw closed. As soon as he tastes the sweet pillules, he will take them more readily. If necessary, one could add around 10 pillules to his daily drinking water, only in a plastic bowl, not metal.

### **athletes**

Homeopathic remedies are ideal for use by professional sportsmen & women as they are energetic remedies designed to stimulate the body to heal rather than dosing with an amount of medication. They will not affect performance as some drugs can e.g. side effect of drowsiness with chemical anti-histamine drugs. They cannot be detected in doping tests as the remedies are so dilute (but energised). So for any ailments that an athlete might have e.g. sinus pain & congestion, allergies, injuries & muscle stiffness, dehydration (during & after events), diarrhoea, performance anxiety, headaches, migraine, colds & flu, chest problems, sore throats etc. they can safely and effectively treat themselves, as the remedies are simply providing a message to the body to heal.

### **blood-thinning agents**

For those taking blood-thinning medication e.g. warfarin, clopidogrel (Plavix), heparin etc, there are some homeopathic remedies that may affect the blood-clotting process in a small minority of sensitive individuals. The risk is low and the occurrence rare. The probability is further reduced by the fact that the pegasus remedies are only indicated for short-term use (3-5 days). Should one choose to take one of these remedies for an extended period of time, we would advise close monitoring of the blood-thinning medication levels in the blood. The risk would increase should a sensitive individual take 2-3 of the remedies concerned at the same time. Each remedy concerned has a warning label on the bottle and is highlighted in this booklet on the individual remedy pages that follow.

## frequently asked questions

### **how should homeopathic medication be stored?**

Homeopathic medicines should be stored in their original container and not decanted into other containers and should never be mixed with other medication. Being very dilute and thus sensitive, the medicines should be stored in a dry, cool place below 25°C and away from any strong smelling substances such as insect / moth repellants, perfumes and aftershaves, coffee or peppermints. Although perfectly safe, all medicines should be kept out of reach of children. A toddler keen to sample the sweet-tasting pills can compromise the delicate integrity of the medication by opening the bottles etc.

### **is homeopathy safe?**

Homeopathy is safe when used appropriately. The remedies themselves are non-toxic and thus are safe for use in pregnancy, breast feeding and for babies. When these remedies are used appropriately for acute, self-limiting ailments, there is very little chance of any side effects.

For any treatment to effect a change in an illness, it must have potential power and should therefore be used respectfully. For any deeper, more chronic treatment, it is thus recommended to consult a homeopathic doctor.

### **is homeopathy slow to work?**

In acute conditions, some relief of symptoms is often experienced within 3 doses and most often within 12-24 hours. Chronic conditions may require longer for relief to be obtained.

### **do homeopathic medicines interact with conventional, allopathic medicines?**

Homeopathic medicines will not interact with allopathic/conventional medicines as they both work at different vibrational frequencies. While allopathic drugs treat immediate symptoms effectively, the homeopathic remedies will aid the body in re-balancing and stimulating the intrinsic ability of the body to heal itself. Thus homeopathic remedies can safely be used by persons taking high blood pressure drugs, anti-epileptic drugs, antidepressants, etc.

### **what reactions should i expect?**

Very often, the first sign is that of an improved mood, followed by a sense of increasing energy and then an easing of the physical symptoms experienced. Very occasionally, after taking homeopathic remedies, the symptoms experienced may worsen for a short time. This can be a good sign that your body is responding to the remedy and stimulating the healing process. The symptoms should subside as

the healing begins. If the symptoms do not subside, seek professional advice.

## **explanation of homeopathic terms**

### **pillule**

The term pillule refers to the small, round white pills used to dose homeopathic medication. They are commonly made from lactose and shaped like a ball bearing. The medication is coated around the outside of the pillule.

**To find a homeopath in your area contact the Homeopathic Association of South Africa on Tel: 086 111 4547 Web: [www.hsa.org.za](http://www.hsa.org.za)**

## **safety in pregnancy, breast feeding and for infants**

Homeopathy restores health by stimulating the body's own systems of defence and repair. This gentle, yet effective healing system is safe for use in infants and for pregnant & breast feeding Mums. These are all situations where treatment with regular medication is very limited or contraindicated.

Each dose of the remedy is a message to the body to rectify an imbalance rather than an amount of medication. This explains the initial frequency of dosing. Once the body starts to respond, it means that it is listening to the messages and one reduces the frequency of dosing accordingly. This also explains why dosing is the same for children and for adults.

### **pregnant and breast feeding Mums**

From the minute you find out that you are pregnant, all the limitations on what you can take in terms of food/drink and medication come into play. Understandably, the safety of your baby is your main concern and most chemical drugs are off limits to you during your pregnancy and if you breast feed. This means that when you come down with a cold or flu, you have to suffer through it as you cannot take your regular medication. This is no longer the case. The **pegasus remedies** are safe for you to take throughout your pregnancy and while you breast feed your baby. Homeopathy is more akin to energy medicine and thus will not harm your baby. Whatever symptoms you have, you can safely use the **pegasus range** to effectively treat yourself e.g. morning sickness, indigestion, water retention, diarrhoea, colds & flu, tight chest, phlegmy cough, bladder infection, hay fever, allergies, sinus congestion, sore throat, injuries, shock etc. The dosage of the remedies remains the same. These remedies are indicated for acute, self-limiting ailments, usually resolved in 3-5 days. If further treatment is required, consult a homeopathic doctor.

**as a new Mum, you will be faced with treating many childhood ailments...**

- baby colic and childhood fevers
- teething - inflamed gums, clinging, crying
- difficult feeding due to baby's blocked nose
- the typical snotty nose / blocked ear syndrome
- sleep problems - common in babies and young children
- diarrhoea and vomiting, dehydration due to lack of fluids
- chesty or dry coughs, tight chests, colds and flu
- bumps and bruises, general injuries

**the pegasus range treats all these conditions naturally, safely and effectively**

### **dosing children**

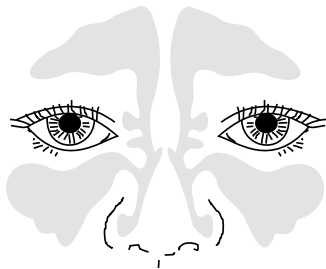
- the remedies are in pillule form (tiny pills) that are sucked, so it's an easy way to dose little ones i.e. no nasty tasting syrups. The pillules are sweet tasting, thus compliance is good
- **safe** - If you remember that each dose of a homeopathic remedy is a message to the body to heal, then it's easier to understand that a child can swallow the entire contents of a bottle and it would be the same as a single dose. The child would have a sugar high for a while but there would be no harm done in terms of overdosing. The effect is the same whether one takes 5 pillules (normal dose) or 10 pillules, or 20 pillules. However, taking more than 5 pillules is simply a waste.
- frequency of dosing is the same for children as for adults

### **dosing a newborn infant**

Babies are usually around 9-12 months old when they can suck safely without risk of choking. Until then, when dosing infants, crush 3-5 pillules between 2 **plastic** spoons. Add a small amount of water and spoon the liquid into the infants' mouth. Do not use metal spoons as the remedies are very subtle and absorption may be affected. As soon as the child can suck the pillules, dose normally.

Alternatively if you're dosing frequently e.g. colic, another method may be useful. Dissolve 10 pillules in half a glass of boiled and cooled water and spoon one medicine measure into the infant's mouth for each dose. Discard the water after 12 hours and make a new solution.

## sinus pain & congestion and the 'snotty-nose' syndrome in children



### do these symptoms sound familiar?

- pressure and pain over sinuses, frontal headache
- post-nasal drip and continual clearing of the throat
- watery, burning runny nose
- thick mucus blocking the nose
- infected sinuses with foul-smelling mucus
- blocked ears, earache, sense of deafness
- recurring secondary ear infections
- blocked ear / snotty nose syndrome in children

**the pegasus homeopathic remedies can help to relieve sinus-related problems - naturally, safely and effectively**

### what is sinusitis?

- sinuses are air-filled cavities in the face that connect with the nasal passages
- sinusitis is an inflammation of these cavities
- swollen membranes obstruct the opening of the cavities creating pressure and pain
- mucus builds up in the sinuses and if it does not drain, it may become infected
- causes of sinus inflammation include allergic reactions (grasses, pollens, dust, pollution) and viral, bacterial or fungal infections due to colds and flu
- in some cases, recurring allergic sinus problems may be alleviated by restricting acid-forming foods like sugars, sweets, fizzy drinks, cakes, biscuits, white bread, oranges, dairy. This will help reduce histamine levels in the body and reduce the allergic response.

## 'snotty-nose syndrome' in children

This is a common problem in children where the symptoms include post-nasal drip initially, nasal congestion and pain followed by thick mucus which then blocks the nose and the Eustachian tubes leading to the ears resulting in painful blocked ears and possible ear infections. Many children end up having grommets inserted to help the ears to drain. Mucus that sits in the tubes and does not drain can easily become infected. By decongesting and thinning the mucus & keeping the passages clear of mucus, one can avert possible ear problems. Allergies can be a factor here too as they may provide the catalyst to the sequence of events leading to the snotty nose syndrome. By using a combination of the relevant **pegasus** remedies listed below, one can effectively treat these conditions and reduce the discomfort they cause.

## pegasus remedies for sinus-related problems

- **sinus 30C** - helps reduce sinus congestion & inflammation, post-nasal drip, eases frontal pain & pressure, eases painful blocked ears
- **muco drainol 30C** - helps to drain thick mucus that blocks the nose, ears or chest
- **histamine comp 30C** - a homeopathic 'anti-histamine'. If sinus is allergic in nature, this remedy helps to address the allergic component
- **anti-virabac 200C** - a homeopathic 'antibiotic', if started early can help with infections

## combine more than one remedy, depending on symptoms:

- **sinus 30C** plus **muco drainol 30C** for painful congestion with thick mucus - aids drainage of mucus & can prevent secondary infections. For best results, it's recommended that these 2 remedies be used together.
- **sinus 30C** plus **histamine comp 30C** where sinus is allergic in nature. Add **muco drainol 30C** if mucus is thick
- add **anti-virabac 200C** to any combination if an infection is suspected - start at the earliest stage
- do not combine more than 3 remedies at a time
- if dosing more than one remedy at a time, alternate the dosing as discussed on page 5.

## dosing

It is recommended that one dose each episode according to the directions for each remedy. It may be tempting to carry on dosing once the acute episode is over, in the hope that 'it might not come back'. However, it would be more beneficial to dose with each episode and to have a break in between. With each episode, the remedies are attempting to bring the body back to balance and thus by dosing regularly with each episode, one is helping the body to heal the underlying cause.

# detailed description of individual remedies

## anti-spasm 200C

**Indications:** A homeopathic remedy for cramps and spasm including stomach cramps, baby colic, muscle cramps in the legs, restless legs and menstrual cramps. For spastic colon or irritable bowel syndrome, this remedy taken in conjunction with the **gastric plus 30C** remedy can be helpful. In this case, alternate the dosing of the 2 remedies. See page 5 for guidelines on dosing more than one remedy.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Aconitum napellus 200c	Sudden onset of symptoms. Violent, painful and flatulent abdominal spasms. Anguish of mind and body, restlessness.
Cactus grandiflora 30c	Constrictive, spasmodic pain.
Colocynthis 200c	Severe abdominal spasm, causing patient to double up and apply pressure to the abdomen. Better for warmth. Worse after eating or drinking.
Cuprum metallicum 200c	Violent, intermittent spasm in abdomen. Painful cramping of calf muscles.
Magnesia phosphorica 200c	General antispasmodic remedy for muscle cramps. Sudden severe spasmodic pain, bloating, flatulence. Better for warmth and pressure, bending over and rubbing abdomen.
Nux vomica 200c	Flatulent distension of abdomen with spasmodic pain, desire to pass a stool but cannot, desire to vomit but cannot. Abdomen feels 'bruised'. Cramps in calves and feet. Helpful for cramps caused by constipation.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details including dosing infants.

In acute conditions, dose every 30-60 minutes for 3 doses thereafter every 2-4 hours as required for 3-5 days. For colic in babies, dose 15 minutes before feeds and repeat after feeds if required.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** If abdominal pain is severe and the abdomen is distended, hard or very tender to the touch or there is blood in the stool, seek professional medical help immediately.



## anti-virabac 200C

**Indications:** A homeopathic 'antibiotic' for use in viral and bacterial infections, that is best implemented at the earliest stage of the infection. Safe for use in penicillin-allergic individuals.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Baptisia tinctoria 30c	Intense weakness, patient must lie down. Indescribable sick feeling, too sick to move. Heavy, aching muscles. Severe viral infection. Septic conditions.
Belladonna 200c	Rapid onset of symptoms; high, burning fever; headache, restlessness; internal coldness without thirst; skin hot and dry to the touch.
Gunpowder 30c	Localises the infection preventing deeper penetration into tissues.
Mercurius corrosives 200c	Helpful for corrosive discharges and glandular swellings. Helps the body to deal with viral infections.
Mercurius sol 200c	Helpful for acute infections. Helps the body to deal with viral infections.
Penicillinum 30c	Homeopathically prepared and safe for penicillin-allergic individuals. Anti-bacterial action without negative aspects of allopathic antibiotic.
Pyrogenium 30c	Helpful remedy for septic states and blood poisoning. Restlessness offensive discharges, painful burning abscesses.
Staphylococcinum 200c	Homeopathically prepared under sterile conditions and safe for the treatment of infections.
Streptococcinum 200c	Homeopathically prepared under sterile conditions and safe for the treatment of infections.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every hour for 3 doses then every 2 hours for 3 doses. There after dose every 4 hours. If a favourable response occurs within 48 hours, continue dosing 3-4 times daily for 3-5 days.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

## arthritis & gout 30C

**Indications:** A homeopathic remedy for acute inflammatory joint pain including arthritis, gout, sciatica and rheumatism.

**Definitions: Rheumatism** – a non-specific term embracing various diseases of connective tissue presenting with pain, stiffness or swelling of muscles or joints.

**Sciatica** – pain in the line of distribution of the sciatic nerve (i.e. buttock, back of thigh, calf and foot)

### Ingredients:

Remedy	Symptoms covered by specific remedy
Apium graveolens 6c	Rheumatic pain. 'Growing pains'.
Bryonia 200c	Joints red, swollen and hot. Knees stiff and painful, worsened by the least movement. Better for application of heat as well as pressure or binding up the joint. Weariness and heaviness in all limbs. Pins and needles in the soles hinder walking, with cracking in hip joints. Acute inflammation of toe joints.
Capsicum 6c	Shooting pains from hips to feet, joints are stiff, painful and 'crack' on beginning to move. Feels as though limbs would go to sleep.
Causticum 30c	Burning rheumatic pain in joints, hands and arms, stiffness in ankles. Better for warmth, especially the heat of bed. Restless legs at night with cramps in calves, feet, toes and Achilles tendon. Frozen shoulder, writers' cramp.
Colchicum 30c	Specifically beneficial in relieving gouty attacks, especially of the small joints, which are hot, red swollen and painful. These pains are worse in the evening and for any touch or motion.
Gnaphalium 30c	Excellent sciatic nerve remedy, where alternating numbness and intense pain occur. Cramps in calves & feet in bed. Rheumatic pain in ankles and legs 'as though they lack oil'.
Ledum palustre 3x	Rheumatism begins in lower limbs and ascends. Swollen ankles & ball of big toes. Pain in joints worse for alcohol, movement and at night. Limbs are numb and 'fall asleep'.
Rhus toxicodendron 30c	Helpful where fibrous tissue is affected e.g. in ligaments, joints and tendons and in conditions where pain and stiffness result. Pain worse from rest, feels stiff on starting to move again but better once moving. Worse for damp and cold and from overexertion or lifting heavy objects.
Salicylic acid 6c	Acute rheumatism with heat, acute pain and swelling, worse for touch and motion. Symptoms improve with hot application.
Urtica urens 30c	Acute gout, rheumatism. Pain in wrists and ankles and right deltoid muscle (over shoulder).

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every hour for 3 doses, then every 2 hours for 3 doses. Thereafter dose 4-6 hourly for 3-5 days.

If further dosing is required, dose once a week for one month only.

**Useful points:** Consider changes to your diet to exclude foods that aggravate gout eg red meat, alcohol. Drink plenty of water with a slice of fresh lemon added to help reduce acidity. Exercise regularly.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## bites 30c (snakes, spiders, scorpions, dogs)

**Indications:** A homeopathic remedy for serious bites where poisoning and tissue damage may occur. This remedy is purely for initial, interim emergency treatment. Getting the patient to professional medical help is of paramount importance especially in cases of venomous snakebite. Give **t.r.s 200c** (trauma, rescue, shock) in conjunction with the bites 30c remedy to assist with shock and calm the patient.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Carbolicum acidum 30c	This remedy has antiseptic properties. Profuse cold sweat; body aches; weak, irregular pulse; respiratory depression, drowsiness and yawning with inclination to take a deep breath; patient may have a dusky red face but pale around nose and mouth.
Curare 30c	Paralysis of respiratory muscles; foul-smelling secretions.
Echinacea angustifolia 30c	Helpful in conditions of blood poisoning and septic conditions.
Elaps corallines 30c	Bleeding from all orifices, dark in colour; profound nervous shock; deathly sickness; foaming at the mouth; trembling limbs and delirium; violent headache; patient feels cold.
Guaco 30c	Helpful for toxic effects on the nervous system. Antidote to stings of scorpions and serpents.
Hypericum perforatum 200c	The “arnica of the nerves” and thus excellent for injuries and lacerations where exposed nerves cause intolerable pain.
Lachesis 30c	Trembling and confusion. Dark blood oozes from wound; cellulitis with burning skin.
Ledum palustre 200c	Twitching of muscles near wound; affected parts become purple and puffy.
Oxalicum acidum 30c	Affected part is cold and numb with violent pains and trembling; patient feels weak, and may experience spasms of throat and chest.
Tarentula cubensis 30c	Useful in septic conditions. Intense fever and aching numbness; severe inflammation, pain and suppuration of wound; purple colour with burning, stinging pain.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every 10 minutes for the first hour, then every 1 – 2 hours until medical treatment can be obtained. In addition, give t.r.s (trauma, rescue, shock) 200c every 15 - 30 minutes for shock.

**NB: Getting the patient to professional medical help is of paramount importance especially in cases of venomous snakebite.**

For spider bites, continue dosing every 4-6 hours for 3-5 days but if condition does not improve, seek medical assistance.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## boils & abscesses 6c

**Indications:** A homeopathic remedy for localised infections of a festering nature e.g. boils & abscesses, whitlows, deep-seated acne pustules (note: acne might get worse before it gets better). It helps to bring to a head any morbid matter such as pus and to localise the infection, preventing spread to other tissue. Silica, known as 'the homeopathic surgeon' can help to push splinters out of the body. For leg ulcers, this remedy in conjunction with **anti-virabac 200c** can be very helpful. In this case, alternate the dosing of the 2 remedies. See page 5 for guidelines on dosing more than one remedy.

**Warning:** Not for use in individuals with pacemakers or prostheses such as screws or wires within the body, as they could be rejected. This remedy should also not be used where a middle ear infection is suspected as it could cause rupture of the eardrum.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Gunpowder 6c	Holds and localises infection, preventing spread to deeper tissue.
Hepar sulphuris 6c	In low potency, useful for suppuration and aids in removal of foreign bodies. Thick, sour-smelling pus, abscesses and putrid ulcers.
Myristica sebifera 6c	This remedy has a marked antiseptic action and hastens suppuration. Useful for ulcerative inflammation, fistulas and carbuncles.
Silicea 6c	Silica, known as the homeopathic surgeon will help to push splinters out of the body.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions: dose every hour for 3 doses then every 2 hours for 3 doses. Thereafter dose 3-4 times daily until the boil has resolved or come to a head and if necessary can be lanced.

For leg ulcers: dose 3-4 times daily for 5 days. Thereafter if required, dose once daily for 2 weeks. If there is a positive response and further treatment is indicated, dose once daily for a further 2-4 weeks. However, if the condition is not responding, consult your homeopath or health practitioner. Note this is an exceptional case where one would dose longer than the recommended 3-5 days.

Other than for leg ulcers as stated above, do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Useful points:** Do not press or squeeze boils and be careful with boils on the face. Boils that don't come to a head may need lancing. If boils present with a high fever or there is a red line running from the boil to a lymph gland, consult a medical doctor or homeopath.

## bronchial relief 30c

**Indications:** A homeopathic remedy for acute chest conditions e.g. coughs, wheezing, tight chest, whooping cough, croup.

For a very 'wet' or phlegmy cough, use **muco drainol 30c** instead. If a chest infection is suspected, add **anti-virabac 200c**. If using more than one remedy at a time, alternate dosing between the two remedies (see page 5)

### Ingredients:

Remedy	Symptoms covered by specific remedy
Antimonium tartaricum 200c	Rattling of mucus giving rise to rapid, short breaths as if about to suffocate; loose cough with burning in chest.
Bryonia 30c	Dry hacking cough; patient holds chest, sides and head when coughing; sputum is rust in colour and may be streaked with blood.
Cortisone 6c	Anti-inflammatory action without side effects of allopathic drug.
Ferrum phosphoricum 30c	Dry hacking cough that is often painful with a heavy chest.
Ipecacuanha 30c	Cough with wheezing. Incessant cough with tendency to vomit. Nosebleeds, tightness of chest, whooping cough, croup.
Kali bichromicum 30c	Cough with thick, sticky or stringy mucus, yellow or green. Hoarse voice, pain in ears when cough.
Kali muriaticum 30c	Hoarse, croupy, laryngeal cough with wheezing.
Natrum sulphuricum 30c	Shortness of breath and asthma with damp weather; thick, ropy green mucus; loose but violent cough.
Silicea 30c	Violent cough when lying down with thick yellow, lumpy mucus; bruised feeling in chest; cannot breathe deeply without pain; shortness of breath from exercise/exertion.
Spongia tosta 30c	Barking, dry cough. Hoarseness, croupy cough. Difficult wheezy breathing. Better for drinking.



**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every hour for 3 doses then every 2 hours for 3 doses. Thereafter dose 4-6 hourly as required for 3-5 days. For a very tight chest and wheezing, initial dosing can be half hourly for 3 doses if required.

For asthmatics, it may be beneficial to take this remedy together with your conventional medical treatment e.g. dose once a week for up to 3 months. If further treatment is required, or to tailor treatment for the individual, consult a homeopath.

Other than as stated above for asthmatics, do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## calming 30c

**Indications:** A general calmative that helps to take the edge off stressful situations, allowing one to focus and cope. This remedy is useful when giving speeches, writing exams or before performances and in hyperactivity. It may also be used for more severe anxiety e.g. panic attacks. This remedy is non-habit forming, won't cause drowsiness and is safe for use in children.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Avena sativa 30c	Calms the nervous system. Acts as a tonic for the debility of nervous exhaustion. Useful in alcoholic, tobacco and drug addiction where nervousness, sleeplessness and delirium tremens occur. Also good in nerve tremors of old age.
Chamomilla 30c	Known as the "opium of homeopathy", it calms nervous excitement and helps with both mental and emotional aspects. Useful especially in children e.g. whining, irritability, restlessness, overly sensitive children who cry a lot and want to be carried.
Kali phosphoricum 30c	Good nerve remedy for mental and physical depression from overwork, excitement, worry and anxiety. Nervous person who is easily startled. Irritability, hysteria, nightmares, despondency.
Lupulus humulus 6c	Nervous conditions with dizziness, twitching and nervous tremor. Sleeplessness, startles from sleep, over-excitability & fear of flying.
Passiflora incarnata 30c	Has a quietening effect on the nervous system. Useful for insomnia from mental exhaustion, worry and over-work.
Scutellaria lateriflora 30c	Nervous fear with an uneasy stomach, tension in jaw and face. Lump in throat, hiccoughs. Muscle twitching, person prefers to move about. Difficulty in concentrating. Restless sleep with dreaming. Helpful in cases of overexcitement and overwork.
Sumbul 30c	For hysterical and nervous symptoms. Irritability, sleeplessness, weeping alternating with laughter; inability to focus mentally, nervous palpitations. The patient may be emotional and fidgety.
Valeriana officinalis 30c	Hysteria, over-sensitivity, restlessness and obsessive behaviour. Sudden changes in mental and physical disposition.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

Dose every hour for 3 doses thereafter 2-4 hourly as required for 3-5 days.  
In very acute conditions e.g. panic attacks, dose every 15 mins for 3 doses then half hourly until relief is obtained. Thereafter dose 2-4 hourly as required for 3-5 days.

Do not dose continuously for longer than 3-5 days. If the condition recurs and further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

## cold & flu 30c

**Indications:** A homeopathic remedy for typical head cold symptoms e.g. headache, thick stuffy head and nose, body aches, runny nose, fever etc. This remedy can safely be taken in conditions where regular cold & flu medication is contra-indicated e.g. high blood pressure.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Allium cepa 30c	Copious, acrid watery nasal discharge which burns upper lip and nostrils; red, burning and watery eyes; sneezing; headache from congestion; raw throat with pain extending to ear; incessant hacking, tickling cough.
Anas Barb 200c	Anti-viral agent which boosts immunity against influenza.
Belladonna 30c	Sudden onset of symptoms; burning high fever; hot, dry and flushed skin; throbbing headache; tickling in nostrils and sneezing; raw throat; tickling, dry cough; swollen glands in neck.
Chamomilla 30c	Fever and thirst; body aches; hot runny nose; blocked nose with loss of smell, restlessness.
Eupatorium perfoliatum 30c	Pain and aching deep in the bones. Restless. Runny nose with laryngitis and bronchitis.
Euphrasia 30c	Burning, watery discharge from eyes, sensitive to light. Bland watery discharge from nose. Headache from congestion. Cough with much mucus. Patient feels chilly and cold with feeling of a "cold in the eyes".
Ferrum phosphoricum 30c	Mild fever, flushed face, nasal discharge. Bruised soreness of chest, shoulders and muscles; sore throat; tickling, hacking cough.
Gelsemium 30c	Dullness, dizziness, drowsiness and trembling. Heavy eyelids, headache, weakness and wants to lie down. No thirst. Flu.
Kali bichromicum 30c	Thick mucous congestion, post-nasal drip, general weakness without fever; bones and scalp feel sore.
Salicylicum acidum 30c	Body and joint pain; headache; dizziness; runny nose and sneezing; painful, red swollen throat with difficulty in swallowing, hot burning skin.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

Dose every hour for 3 doses, then every 2 - 4 hours until relief is obtained. Continue dosing 3 times daily for 3-5 days. If no response within 48 hours i.e. fever persists or worsens, seek professional medical help.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

## constipation 6c

**Indications:** A homeopathic remedy for acute constipation. It acts as a natural laxative with a gentle action. A useful remedy in treating constipation in children and for those who suffer from constipation when traveling away from home.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Alumina 4C	Sluggish bowel movements, little desire to pass stool, when it does occur stool is hard & dry, itching & burning at anus, may bleed. Straining to pass stool, constipation of infants, the elderly & those with sedentary habits.
Chelidonium majus 4C	Constipation presenting with hard, round balls, may be yellow or clay colour. Constipation alternating with diarrhoea.
Graphites 6C	Constipation with large stools, difficult to pass with strings of mucus. Excessive, offensive flatulence and distention of abdomen. Painful anus with rectal itching and burning when passing stool, may bleed.
Lycopodium clavatum 6C	Inactivity of bowels, stools hard, small, difficult to pass and incomplete, ineffectual urge with feeling of stool left behind. May result in painful haemorrhoids. Constipation in children, constipation when traveling away from home.
Natrum muriaticum 6C	Difficult, painful passing of stool, which is dry and crumbling. Ineffectual urging, anus burning and itchy. Constipation can alternate with diarrhoea.
Phenolphthalein D6	Homeopathic form of drug, exerts a peristaltic action on the bowel.
Plumbum metallicum 4C	Constipation with urging and spasm of anus resulting in hard, black stools.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute constipation, dose every 4-6 hours until bowel movement occurs. Dose on an as needed basis only, and not continually.

**Useful points:** Diet plays an important role in preventing constipation. Drink an adequate amount of water on a daily basis and include foods with roughage in the diet.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## cystitis 30c

**Indications:** A homeopathic remedy for the typical symptoms of cystitis including a frequent urge to urinate, a burning sensation when urinating, pain in bladder area and discoloured urine. This remedy may also be helpful for incontinence and bed wetting.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Apis mellifica 30c	Frequent, involuntary urination with a stinging, burning pain; urine may be scanty and highly coloured; urine may have a coffee-ground sediment; last drop seems to burn.
Berberis vulgaris 30c	Radiating pains in the bladder region; the sensation of some urine left behind; urine may contain mucous; urge to urinate frequently; the urethra may burn even when not urinating.
Cantharis 30c	Intolerable and constant urge to urinate. Urine is scanty and passed drop by drop with burning pain. Involuntary urination or dribbling after urination.
Causticum 30c	Burning sensation when urinating; urine dribbles; frequent urge to urinate with difficulty in passing urine.
Equisetum 30c	Bladder area is tender & painful with a feeling of fullness that does not improve after urination. Urgent desire to urinate and severe pain during urination. Urine flows only drop by drop. Bedwetting at night, incontinence in children and the aged, involuntary urination.
Sarsaparilla 30c	Bladder feels distended and painful with cramping. Cutting pain during urination and when finished. Scanty urine.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

At the earliest, dose every half hour for 3 doses, thereafter every hour for 3 doses then every 4 hours for 3-5 days.

**Warning:** Should the condition worsen within 48 hours and especially if there is a fever or lower back pain, consult your medical practitioner or homeopath.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.



## fluid imbalance 6c

**Indications:** A homeopathic remedy that helps to re-distribute and balance fluids throughout the body. Should diuresis (fluid loss) be required, it has a diuretic effect otherwise it will hold on to water, distributing as needed. It is useful for fluid retention or oedema, swollen feet during flights as well as dehydration due to vomiting & diarrhoea, profuse sweating or heat stroke. Useful for endurance athletes in prevention & treatment of dehydration (can add **injury 6c** for muscle soreness and stiffness).

### Ingredients:

Remedy	Symptoms covered by specific remedy
Apis mellifica 6c	Excessive watery swelling.
China officinalis 6c	Corrects debility of exhaustion from loss of vital fluids i.e. re-hydrates.
Natrum muriaticum 6c	Redistributes water throughout the body to where it is needed e.g. in heat exhaustion to the brain, in constipation to the colon.
Natrum phosphoricum 6c	Balances acid/alkaline ratio in the body, helps in water retention.
Natrum sulphuricum 6c	Eliminates excess fluid.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute cases of dehydration, dose every hour for 3 doses then 4-6 hourly until stable. For oedema, swollen feet etc., dose 3 times daily as required for 3-5 days.

**Useful points:** In cases of dehydration, replacement of electrolytes is recommended as well as drinking adequate amounts of water to replace the fluids lost.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## gastric plus 30c

**Indications:** A homeopathic remedy for all aspects of abdominal discomfort including fullness, distension, bloating, flatulence, acid reflux, heartburn and indigestion. Many of the above symptoms may be precipitated by apprehension, fear and nervousness, which are also relieved by this remedy.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Anacardium orientale 30c	General indigestion; belching, nausea and vomiting; weak digestion with fullness and distention; empty feeling in stomach with continual rumbling. Pain is better after eating and recurs 2-3 hours thereafter.
Argentum nitricum 30c	All symptoms of indigestion brought on by apprehension and anticipatory anxiety e.g. belching, wind, nausea, vomiting, burning stomach pains. Craving for sweets or chocolates aggravates the symptoms. Patient may crave cold drinks.
Carbo vegetabilis 30c	Gastric distress felt within half an hour of eating due to adverse effects of alcohol, fatty & salty food. Food ferments before it digests resulting in belching. Abdominal heaviness and sleepiness; nausea and aversion to milk, meat and fatty foods; acidity in stomach especially while lying down.
Graphites 12c	Burning pain and belching. Pain worse for hunger and better after eating. Need to snack frequently.
Nux vomica 200c	General effects of overindulgence. Nausea, belching, heartburn and flatulence. Distended, painful stomach. Patient is hungry and craves spices, rich foods and stimulants e.g. coffee, alcohol.
Robinia pseudacacia 30c	Excess acidity with burning pains in stomach, heartburn. Belching that burns with acidity. Flatulence and painful abdominal spasms. Vomiting of intensely sour fluid.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every hour for 3 doses then every 4 - 6 hours as required for 3-5 days. If further treatment is required, dose once a week for one month.

This remedy has been successfully used in conjunction with allopathic ulcer/hyperacidity medication in that it reduces the length of treatment required.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** If abdominal pain is severe and the abdomen is distended, hard or very tender to the touch or there is blood in the stool, seek professional medical help immediately.

## hayfever 6c

**Indications:** A homeopathic remedy for typical hay fever symptoms i.e. sneezing, itchy eyes, nose and palate, streaming, watery discharges from eyes and nose. This remedy will not cause drowsiness.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Allium cepa 6c	Frequent sneezing with copious and watery, acrid nasal discharge; watery secretions from eyes: red, burning eyes.
Arundo mauritanica 6c	Itching of palate, eyes and in ear canals; itching in nostrils with sneezing; allergies from pollution.
Histaminum 6c	This remedy acts as a homeopathic antihistamine.
Natrum muriaticum 6c	Violent sneezing with watery discharge changing to nasal congestion and difficulty in breathing through the nose; burning, itchy eyes with swollen lids.
Sabadilla 6c	Violent spasmodic sneezing causing frontal sinus pain. Itching and tickling in ears and nose; nasal congestion; over-sensitivity to odours especially flowers causing secretions of transparent mucus. Red burning eyelids; eyes that water especially on going into open air.
Wyethia helenoides 6c	Itching at the back of the nose. Violent sneezing with itchy palate and epiglottis.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

For acute episodes, dose every half hour for 3 doses then every hour for 3 doses. Thereafter dose every 2 - 4 hours as required and stop when acute episode has passed. Do not use continuously to try to prevent further episodes, but rather dose with each episode as directed above.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## headache 30c

**Indications:** A homeopathic remedy for headaches associated with muscle tension and stress.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Belladonna 200c	Sudden onset of headache, violent throbbing, sharp shooting pain over forehead and temples with sensation of fullness and pressure.
Gelsemium 200c	Extreme heaviness of eyelids, can barely keep eyes open. Sensation of a band around the head with pain extending over the eyes and radiating to forehead. Headache with muscular soreness of neck and shoulders.
Iris versicolor 200c	Blurred vision with or before headache. Biliary headache.
Nux vomica 30c	Overworked and stressed, irritable and impatient. Wakes at 3-5am with active, anxious, worrying mind. Head feels heavy with pain and pressure. Dizziness, nausea, restlessness with severe pain behind and around the eyes. Worse for mental exertion and stress, light & noise. Painfully stiff neck & shoulders.
Spigelia anthelmintica 30c	Excruciating headaches with throbbing pain. Better from pressure with finger deep into and under the inner corner of eye socket and brow bone.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

At the first sign of a headache, dose every half hour for 3 doses then every hour for 3 doses. Reduce to 2-4 hourly as required and stop when relief is obtained.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

**Useful points:** Headaches can be caused by many different conditions and can be complex to treat. For recurrent, chronic or very severe headaches, consult with a homeopath or health practitioner.

**Warning:** Seek immediate medical attention for headaches following head injuries or concussion, headaches with fever & stiff neck or constant headaches that are worse in the morning.

## histamine comp 30c

**Indications:** This remedy is useful wherever a general antihistamine would be indicated e.g. non-specific skin rash, urticaria, general allergic reactions, chicken pox and shingles. It is also helpful for itchy skin in animals. This remedy will not cause drowsiness.

For supportive assistance in shingles, add **injury 6c** for nerve pain & inflammatory relief. This remedy can be used in conjunction with **sinus 30c** when there is an allergic component to sinus congestion. When dosing more than one remedy, alternate the dosing between the remedies (see page 5 and pages 10-12 for sinus congestion).

### Ingredients:

Remedy	Symptoms covered by specific remedy
Apis mellifica 30c	Helps with swelling, puffiness, stinging and red inflamed sensations associated with stings on the skin, eyes, face and throat (including constriction). Can be used in individuals sensitive to bee stings.
Carbolicum acidum 30c	Urticaria, itchy skin that is better after rubbing but leaves a burning pain. Blistering of skin.
Cortisone 6c	Anti-inflammatory action without the side effects of allopathic drug.
Histaminum 30c	This remedy acts as a homeopathic antihistamine.
Ledum palustre 30c	Burning and stinging of skin from puncture wounds of bites and stings of insects, where skin is purple and puffy. Also helps with skin rash as if from nettles with violent itching.
Rhus toxicodendron 30c	Relieves intense itching associated with redness and swelling. Blistering of skin as seen in chicken pox and shingles. Relieves the feeling of itchy, burning skin as though pierced by hot needles.
Urtica urens 30c	Helps with stinging, burning pain, intense itching and redness of the skin. Anti-dotes the ill effects of eating shellfish.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every hour for 3 doses thereafter 4-6 hourly as required for 3-5 days. If further dosing is required e.g. allergic sinus, dose once a week for a month.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.



## immune defence 6c

**Indications:** A homeopathic remedy for boosting the immune system when challenged e.g. overseas travel and long flights, during winter exposure to colds & flu, prior to sporting events or children at crèche exposed to infections.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Anas Barb 200c	Anti-viral agent which boosts immunity against influenza.
Echinacea angustifolia 6c	Helps with septic conditions, feelings of weakness, aching muscles, dizziness & confusion, fever & chills. Assists the body to restore full function & wellness.
Influenzinum 7c	The current inactivated strain of influenza to boost immunity against the 'flu.
Propolis 6c	Propolis has anti-microbial, anti-viral, anti-fungal and anti-inflammatory effects. Strengthens the immune system and assists with allergies.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

If in contact with sick people, dose 3 times a day for 2-3 days.

If flying overseas, dose 3 times daily starting the day before travel and continue dosing during the flight and for 2 days after arrival at your destination.

For protection during the winter months and for children at crèche, dose **once a week** for a maximum of 3 months.

Other than the once a week dosing during winter, do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## **injury 6c**

**Indications:** Most helpful for any trauma injury, this remedy not only heals at a physiological level but also deals with the shock that accompanies an accident. It is very useful for muscle strain, twisted ankles, bumps, bruises, bleeding, jarred backs, crush injuries & those with nerve damage e.g. fingers caught in door, whiplash, coccyx injury, concussion etc. This remedy is also very helpful in aiding recovery following surgery, including caesarian section, plastic surgery, dental surgery etc. It also promotes healing following the birthing process, reducing the swelling & bruising of stretched tissues in this nerve-rich area.

### **Ingredients:**

<b>Remedy</b>	<b>Symptoms covered by specific remedy</b>
Aconitum napellus 200c	Useful in acute conditions especially where a violent, shocking or frightening event has occurred.
Arnica montana 200c	All traumatic injury from falls or blows, contusions resulting in bruising, bleeding (external and internal), tissue degeneration, muscle overstrain and shock.
Bellis perennis 6c	Excellent for injury to deep tissue especially after surgical work. Muscular soreness, nerve injury, bruises, general soreness of muscles with lameness of sprains.
Hypericum perforatum 200c	Often referred to as the "arnica of the nerves" and thus excellent for injuries involving nerves especially the extremities e.g. coccyx, fingers and toes. Good for deep puncture wounds.
Ledum palustre 6c	Puncture wounds from sharp, pointed instruments. Good for wounds affecting fibrous tissue of small joints e.g. ankles, toes, fingers, wrists and heels.
Rhus toxicodendron 6c	Helpful where fibrous tissue is affected e.g. in ligaments, joints and tendons and in conditions where pain and stiffness result.
Ruta graveolens 6c	Painful bruised, sprained and overstrained conditions. Acts on cartilage and flexor tendons and eye muscles (good for eye strain). Helps the "bruised bone" sensation and the sore and aching lame feeling following a sprain. Also good for fractures and dislocation.
Symphytum 6c	Useful for injuries to bones and where fractures take time to heal. Improves re-union of bone. Helps with pain from old injuries where bone pain persists long after injury has healed. Phantom limb pain after amputation.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute cases, dose every half hour for 3 doses, then every hour for 3 doses. Continue dosing every 4 hours until relief is obtained thereafter 3 times a day until completely resolved.

**NB: For post-operative healing, always dose after surgery, never before. If using this product following surgery, wait 24 hours after the last dose of heparin-type drugs before dosing with injury 6c.**

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** This product contains Arnica montana. For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc., there is a risk of bleeding if taken together with this remedy.

## liver 30c

**Indications:** A supportive remedy for acute liver ailments e.g. 'hangover', overindulgence of food & alcohol, cirrhosis, hepatitis, jaundice etc. It acts as a tonic and helps to restore the liver following general overindulgence, glandular fever, anaesthesia, and the use of drugs that damage the liver.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Carbo vegetabilis 12c	Known as the great reviver, this remedy is often recommended in weakened states. Eases adverse effects from alcohol intoxication of the previous day. Patient may have fullness after just a few mouthfuls of food with flatulence & cramps, aversion to meat and fatty foods.
Carduus marianus 30c	Actions centre on liver and portal system, often recommended for acute hepatitis, jaundice, sluggish liver due to abuse of alcohol especially beer. Patient may have bitter taste in mouth.
Chelidonium majus 30c	Principal liver remedy useful for biliousness, jaundice, headaches, gastric discomfort. Aversion to motion, tires from least exertion.
China officinalis 30c	Useful in hepatitis, cirrhosis and jaundice. Symptoms exacerbated by alcohol.
Natrum sulphuricum 30c	A useful liver remedy. Patient may have bilious headaches, bitter taste in mouth, indigestion, cramps & flatulence, may vomit bile.
Nux vomica 200c	This remedy fits the picture of the typical 'type A' personality i.e. the workaholic who also plays hard, with a 'hangover' and irritable mood the next day. May resort to stimulants to cope with this lifestyle e.g. coffee, 'pep up' chemicals & alcohol, which in excess impact heavily on the liver. Commonly have irritable nervous system with indigestion, nausea & vomiting, headaches. This remedy can help to 'de-stress' these individuals.
Quercus 3x	Helps to reduce craving for alcohol. Eases adverse effects of alcohol.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute cases, dose every hour for 3 doses then every 2 hours for 3 doses. Thereafter dose every 4-6 hours as required for 3-5 days.

If further dosing is required in helping the liver to fully recover, dose once a week for a month only.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## migraine 30c

**Indications:** A homeopathic remedy for acute migraine headaches and hormonal headaches.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Belladonna 200c	Sudden onset with intense throbbing headache that is worse from slightest noise, jarring, motion, light, lying down and the least exertion. Better lying on bed with head up high on pillows, preferably in the dark. Severe pain and fullness especially in forehead and temples.
Bryonia 30c	Intense splitting headache, feels like head 'about to burst'. Heavy head, nausea and dizziness on sitting up. Made worse by: movement, even of eyes, coughing, stooping Made better by: pressure, closing eyes, lying down.
Gelsemium 30c	Heaviness of head, band-like sensation. Characteristic heaviness of eyelids and moving eyeballs is painful. Muscular soreness of neck and shoulders. Headache may be preceded by visual disturbances.
Ipecacuanha 30c	Migraine headache with severe nausea & vomiting. Feels as if head and skull are crushed and bruised.
Iris versicolor 30c	Classic migraine with visual aura, spots before the eyes, shimmering or blurred vision, dizziness and vomiting. Scalp feels constricted with band-like sensation. Migraines often initiated when relaxing after mental strain, especially on weekends.
Kali bichromicum 30c	Severe pain with visual disturbances before the migraine. Migraine with or from sinusitis.
Natrum muriaticum 6c	A key remedy in headaches and migraines. Sensations: 'like hammers beating the head', 'as though head would burst', heavy head, feels too large, pressing from both sides 'as if in a vice'. Headaches often brought on by reading and eye strain. May be periodic, with menses. May have visual disturbances and vomiting.
Sepia 30c	Migraine associated with hormones, pregnancy and menstruation.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

At the first sign of an impending migraine, dose every 15 mins until response occurs (no more than 3-4 doses). Reduce dosing interval to 1-2 hourly until relief is obtained, thereafter every 4-6 hours as needed for no more than 3-5 days. For recurrent or very severe migraines, consult with a homeopath or health practitioner.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

## muco drainol 30c

**Indications:** As the name suggests, this remedy helps to **drain mucus** wherever it lies e.g. from the nasal passages & nasal sinuses as well as the ears, thus easing sinus congestion and the 'snotty nose syndrome' in children where painful blocked ears are a problem. It is also very effective for mucus on the chest where the remedy helps to thin the mucus, so that it is easier to cough up and expel i.e. for 'wet' coughs with much phlegm or mucus. The remedy also reduces mucus in the throat that is difficult to clear.

**NB:** It is highly recommended to use this remedy in conjunction with the **sinus 30c** remedy for sinus congestion, 'snotty nose' and blocked ears, children with grommets.

For infections, add **anti-virabac 200c** at the earliest stage. When dosing more than one remedy at a time, alternate the dosing (see page 5).

For more information on sinus congestion and 'snotty nose syndrome' in children, dosing guidelines for more than one remedy, see page 10-12.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Hydrastis canadensis 6c	Thick, tenacious post-nasal discharge often with bleeding nose and thick crusts.
Kali bichromicum 200c	This remedy has an affinity for the mucous membranes of the air passages. Helpful for thick mucus that may be yellow or green in colour with possible loss of smell.
Kali carbonicum 30c, Kali muriaticum 30c	Helpful for conditions with thick mucous congestion of the ears, nose, throat and chest.
Kali sulphuricum 30c	Sense of deafness with yellow discharge from the eyes, nose or ears.
Mercurius dulcis 30c	Helpful for mucous-congested inflammation of the ear and helps to prevent "glue ear" and ear infections.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every hour for 3 doses then every 2 hours for 3 doses. Continue 4 hourly until relief is obtained. Thereafter dose 3 times a day as required for 3-5 days.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.



## n.v.d 30C (nausea, vomiting, diarrhoea)

**Indications:** A homeopathic remedy for the treatment of gastro-intestinal symptoms such as nausea, vomiting, diarrhoea, abdominal cramps, dehydration and dizziness. These symptoms might be due to food poisoning or viral stomach flu.

**Note:** For travel sickness or morning sickness, use **v.m.t (vertigo, morning & travel sickness) 30c** remedy instead.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Arsenicum album 200c	Vomiting and diarrhoea together. Craves iced water but even a few sips are vomited immediately. Great weakness and exhaustion. Restless and chilly, better for warmth. Cannot bear the smell of food. Gastric flu, food poisoning.
China officinalis 30c	Weakness, vomiting of undigested food, flatulence, belching and stomach cramps. Stools may be dark, foul and watery.
Cocculus indicus 30c	Violent abdominal spasms, extreme aversion and nausea to food; dizziness and vomiting.
Ipecacuanha 30c	Persistent nausea and vomiting, gripping pain, frequent stools. Nausea from looking at moving objects.
Magnesia phosphorica 30c	Excellent anti-spasmodic remedy; flatulence and abdominal spasms, hiccoughs and vomiting.
Podophyllum 30c	Spasmodic abdominal pain with bilious vomiting. Worse after eating acid fruits or milk. Profuse, watery stools with jelly-like mucus and offensive smell.
Tabacum 30c	Severe nausea with sinking feeling in pit of stomach and a cold sweat. Nausea with dizziness, headache. Deathly pale and much better with fresh air.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In the acute stage, dose every half hour for 3 doses then every hour for 3 doses. Continue dosing every 2 - 4 hours until relief is obtained, thereafter as needed for 3-5 days.

**Useful points:** Avoid dehydration by replacing lost fluids and electrolytes.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## sinus 30c

**Indications:** A homeopathic remedy for acute sinus-related conditions e.g. post-nasal drip & resulting cough, continual clearing of the throat, sinus congestion and pain, sinus headaches and painful blocked ears.

**NB:** It is highly recommended to use this remedy in conjunction with the **muco drainol 30c** remedy if there is thick mucus present in sinus conditions, 'snotty noses' and blocked ears.

For allergic sinusitis, add **histamine comp 30c**.

For infections, add **anti-virabac 200c** at the earliest stage.

When dosing more than one remedy at a time, alternate the dosing (see page 5).

For more information on sinus congestion and 'snotty nose syndrome' in children and for dosing guidelines when dosing more than one remedy, see pages 10-12.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Hepar sulphuris 30c	Inflamed mucous membranes with profuse secretions; infected sinuses producing foul and sour smelling mucus; sensation of a "fish bone" in the throat, which transfers to ears on yawning.
Hydrastis canadensis 30c	Soothes mucous membranes and encourages the expulsion of mucus which may be thick and yellow; congested ears with deafness; dull frontal headache with sneezing; watery, burning discharge with a rawness in the nose.
Kali bichromicum 200c	Pressure, fullness and pain at the root of the nose. Blocked nose with intense sneezing. Raw, inflamed nasal passages with frontal sinus pain. Thick, stringy mucous discharge that can be blown out or may form post-nasal drip. Crusts in the nose that require detachment. Sore throat in morning from post-nasal mucus.
Mercurius solubilis 7c	Excessive runny nose causing rawness in the nostrils, may burn the upper lip. Offensive breath and discharges. Mucus may be yellow/green. Sore throat extending to the ears and chest.
Nux vomica 30c	Blocked nose that is worse at night; runny nose during the day with sneezing in the morning; pain transferred to the ears when swallowing.
Pulsatilla pratensis 30c	Thick creamy discharge from nose that may become yellow, congested at night but runny during the day. Pressure and pain over nasal bones. Mucus smells bad to the sick person.
Sambucus nigra 30c	Useful for sniffles in infants where breathing and breastfeeding are inhibited. Difficulty breathing when nose is blocked or filled with tenacious mucus.
Silicea 30c	Obstructed nasal passages with loss of smell & taste. Frontal sinusitis with pain in forehead. Mucus forms crusts that may bleed when removed.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every hour for 3 doses, then every 2 hours for 3 doses. Thereafter dose 4-6 hourly as required for 3-5 days. Do not dose continuously, but rather treat each episode as it arises.

For more info on sinus congestion and 'snotty nose syndrome' in children, see pages 10-12.

Do not dose continuously for longer than 3-5 days. **For recurrent conditions,** consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

## sleep 30c

**Indications:** A homeopathic remedy for insomnia in adults, children or infants. It is useful for the business person who struggles with an overactive mind at night, for the student who experiences an over-stimulated mind whilst studying or for children having nightmares.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Avena sativa 6c	Sleeplessness from worry/anxiety or due to nervous exhaustion from overwork.
Coffea cruda 30c	Unusual activity of the mind; wakeful; mind full of ideas, races from one idea to the next; mind keeps going over the day's events.
Daphne indica 30c	Inability to sleep, often from aching bones; nightmares; patient starts when falling asleep.
Kali phosphoricum 200c	Great nerve tonic. Helps for sleeplessness due to overwork, business worries and over-excitement; nightmares in children; restlessness and heat during sleep.
Lupulus humulus 3c	Over-excitability; nervous tremors; wakefulness.
Passiflora incarnata 30c	Quietens the nervous system and encourages normal sleep patterns. Insomnia in infants, children and the aged. Useful for restlessness and wakefulness due to physical and mental exhaustion.
Valeriana officinalis 3x	Sleeplessness from nervous excitement; patient lies wide awake, tossing and turning, falling asleep toward morning with vivid dreams; nightmares and hallucinations at night; dread of being alone especially in the dark.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

Start dosing after dinner, once the mouth has cleared of strong flavours. Dose every hour until bedtime. Try to get at least 3 doses in before going to bed, so that the body has been prepared for sleep. For babies, the dosing interval may be closer together e.g. half hourly after the last feed for 3 doses. Continue dosing for 5-7 nights if required in order to establish a sleep pattern. If you wake up in the middle of the night, dose again. Each dose is a message to the body to sleep.

**Useful points:** Sleep disturbances are common and are caused by many factors and stressors. Ensure adequate intake of minerals like calcium and magnesium and take the daily dose at night. Growing children and stressed adults may have depleted mineral stores. Reduce activities that stimulate the mind after supper and be creative in preparing the body for relaxation and sleep.

Do not dose continuously for longer than 5-7 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

## sting 30c

**Indications:** A homeopathic remedy for stinging and burning sensations. It treats the acute symptoms of insect stings & bites e.g. bee, wasp, jellyfish or bluebottle sting, spider bites. The remedy is also helpful for mosquito bites and flea bites & sand flea bites from sand pits. It eases the burning and stinging sensations associated with severe sunburn and hot water scalds.

In cases of severe and infected spider bites, use **bites 30c** instead.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Apis mellifica 30c	Symptoms include pinkish swelling, stinging, burning and itching sensations associated with stings on the skin, eyes, face and throat (including constriction). Can be used in individuals sensitive to bee stings.
Arnica montana 30c	Tingling, itchy, burning skin after insect bites or stings, where skin is hot, hard, shining and swollen. Tissue degeneration and septic conditions. Skin is painful and sensitive.
Belladonna 30c	Affected areas of skin may be throbbing and burning with heat, bright red in colour and sensitive to touch; inflamed eruptions of the skin.
Causticum 30c	Excellent remedy for burns especially when difficult to heal; itching and burning skin.
Histaminum 30c	This remedy acts as a homeopathic antihistamine and is helpful for itchy, red skin with swelling and weals.
Hypericum perforatum 30c	Known as "Arnica of the nerves". Skin sensitive to the touch with tingling, intense itching and nerve pain. Useful for puncture wounds from insect bites/stings.
Pulex irritans 30c	Prickly, itchy sore spots e.g. flea bites.
Tarentula cubensis 30c	Useful in septic conditions e.g. infected spider bites. Fever and aching numbness; severe inflammation, pain and suppuration of wound; purple colour with burning, stinging pain. Hardness of swelling.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute situations, dose every 15 minutes for 3 doses then every hour for 3 doses thereafter every 2 - 4 hours as condition responds.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** This product contains Arnica montana. For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc., there is a risk of bleeding if taken together with this remedy.

## teething, pain & fever 30c

**Indications:** A homeopathic remedy for teething in children. It soothes the child who is restless, irritable, feverish and clingy. This remedy is also useful in adults with dental pain and toothache. Useful in childhood fevers too, it allows the body to use a fever as a healing tool.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Arnica montana 30c	Hot head and cold body, night sweats with shivering over the whole body. Painful, inflamed gums during teething, soreness of gums after tooth extraction, tingling in gums, toothache.
Arsenicum album 30c	High temperatures, cold sweats with thirst. Patient feels cold externally but burns with internal heat. Restless with marked exhaustion. Gums bleed easily, sensitive teeth.
Belladonna 30c	Sudden intense fever and inflammation. Dry, burning heat without chills. Face and body burning hot while hands and feet are icy cold. Face flushed red and pupils dilated during fever. Eyes look bright or glassy. Earache, painful swelling of gums that are typically red and hot.
Chamomilla 30c	The “opium of homeopathy”. Especially useful in children for teething pain. Patient may feel restless, irritable, over-sensitive and thirsty; they cannot endure the pain and demand analgesics. Hot, clammy sweat on forehead and scalp; chilly yet easily overheated; hot breath. Toothache, earache, diarrhoea during teething.
Gelsemium 30c	Alternating fever & chills with sweating. No thirst. Chills run up and down the spine. Feelings of weakness.
Pulsatilla pratensis 30c	Whining and weeping with pain, needs to be held and carried. Fever with no thirst.



**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every half hour for 3 doses then every hour for 3 doses. Thereafter dose 2 - 4 hourly as required for 3-5 days.

**Dosing infants:** Until an infant can suck the pillules safely without risk of choking (around 10-12 months old), crush 3-5 pillules between 2 plastic medicine measures then add a small amount of water and spoon directly into the child's mouth. As soon as the child can suck the pillules safely, dose normally.

Alternatively if you're dosing frequently, another method may be useful. Dissolve 10 pillules in half a glass of boiled and cooled water and spoon one medicine measure into the infant's mouth for each dose. Discard the water after 12 hours.

**NB:** Should a high fever not subside within 12 hours, seek professional medical attention. Swab the patient with a damp cloth, or even submerge in cool water. Re-hydrate with fluids. Use a fan to cool them down.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** This product contains Arnica montana. For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc., there is a risk of bleeding if taken together with this remedy.

## throat 200c

**Indications:** A homeopathic remedy for sore, inflamed and infected throats. Safe for penicillin-allergic individuals.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Apis mellifica 30c	Pain upon swallowing; swollen, painful throat.
Belladonna 30c	Dry, red inflamed throat; enlarged tonsils; throat feels constricted; may feel sensation of a lump in the throat; continual inclination to swallow; scraping sensation in the throat.
Diphtherinum 200c	Dark, thick, grey membrane on tonsils.
Mercurius solubilis 200c	Sore throat that may be worse on the right side. Pain transfers to ear on swallowing; painful, dry throat but constant swallowing of profuse saliva.
Penicillinum 30c	Homeopathically prepared and safe for penicillin-allergic individuals. Anti-bacterial action without negative aspects of allopathic antibiotic.
Phytolacca decandra 200c	A glandular remedy with an affinity for tonsils. Swollen, hot and ulcerated throat with pain extending to the ear. Sensation of a lump in the throat.
Streptococcinum 200c	Homeopathically prepared and safe. Useful in infections and pus formation.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every half hour for 3 doses then every hour for 3 doses. Thereafter dose every 4 hours as required for 3-5 days.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

**Warning:** Seek professional medical help if severe pain prevents swallowing or there is difficulty breathing. Do the same if accompanied by a high fever or abscesses on the tonsils or if there is a history of rheumatic fever.

## t.r.s 200C (trauma, rescue, shock)

**Indications:** This remedy should be on hand at all times as it is the ideal emergency treatment for any shock situation e.g. accidents, emotional upset and grief. It assists with the physical trauma and shock, as well as the emotional aspect of being in an accident. The remedy may be useful as a supportive treatment in drug withdrawal programs e.g. coming off sleeping tablets or quitting smoking where an aspect of grief occurs due to giving up the addictive substance.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Aconitum napellus 200c	Excellent for the effects of fright or shock e.g. anxiety, fear and restlessness. The patient is easily startled and is oversensitive to pain. Useful for panic attacks, for fear of flying, fear of crowds and claustrophobia.
Arnica montana 200c	An excellent remedy for trauma and shock of mind or body. Patient typically says "I'm fine, I just want to go home" after an accident when they are badly shocked or injured. Sometimes the symptoms develop the next day.
Hypericum perforatum 200c	The "Arnica of the nerves", useful for anxiety, nervous depression and fright. It eases irritability and restores frayed nerves.
Ignatia amara 200c	The remedy of choice for grief. Useful in hysteria, fright and worry from an emotional state; extreme mood changes.
Opium 200c	Helpful for conditions resulting from fright and shock (physical, mental and emotional shock), fainting. Patient seems dazed.
Passiflora incarnata 200c	Quietens the nervous system; useful in emotional upset, hysteria, delirium tremens.
Rescue Remedy 200c	Contains the Bach flower remedies of Impatiens, Clematis, Rock rose, Star of Bethlehem and Cherry Plum. Comforts, reassures and calms where upsetting news is heard or a startling experience has occurred.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute conditions, dose every 15 - 30 minutes initially until the patient is calm. Thereafter dose every 2 - 4 hours as required, according to the response for 3-5 days.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** This product contains Arnica montana. For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc., there is a risk of bleeding if taken together with this remedy.

## v.m.t (vertigo, morning & travel sickness) 30c

**Indications:** A homeopathic remedy for nausea, vomiting and vertigo associated with travel sickness and for morning sickness in pregnancy. It is also useful for vertigo (dizziness) due to other conditions causing balance disturbances.

### Ingredients:

Remedy	Symptoms covered by specific remedy
Carbo vegetabilis 12c	Useful for the exhausted, weak patient. Vertigo, nausea and listlessness. Feels as though must hold onto something or will fall.
Chininum sulphuricum 30c	Vertigo with nausea and buzzing or ringing in the ears, often accompanied with vomiting. Head feels heavy, headache. Helpful in Meniere's disease.
Cocculus indicus 30c	True vertigo, 'world seems to be spinning', must lie down or will faint, nausea upon rising. Motion sickness especially at sea. Feels dizzy watching moving objects or observing objects in a moving vehicle. Nausea at mere thought of food.
Ipecacuanha 30c	Vomiting during pregnancy with constant nausea, also during breast feeding. Vertigo while pregnant, when walking or turning. Worse for smoke and smell of food. Nausea from looking at moving objects, nausea not relieved by vomiting.
Lacticum acidum 30c	Morning sickness, nausea as if sea-sick. Nausea with any motion. Symptoms improve with eating, especially breakfast when pregnant.
Petroleum 30c	Motion sickness especially at sea or on trains, violent vomiting in the morning. Morning sickness of pregnancy, worse for riding in a vehicle. Vertigo on rising, on closing eyes and stooping, tendency to fall forwards. Nausea better after eating.
Sepia 30c	Nausea & vomiting of pregnancy. Craves sweets, vinegar and sour foods. Vertigo accompanied by nausea and anxiety. Nausea from riding in a vehicle. Symptoms improve with eating.
Tabacum 30c	Severe nausea with a sinking feeling in pit of stomach and a cold sweat. Deathly pale. Nausea with dizziness, headache. Seasickness, patient needs to be up on deck with fresh air. Nausea in pregnancy.

**Dosage:** One dose is 3-5 pillules sucked under the tongue in a clean mouth. This applies to adults, children and animals alike. See Dosing Guidelines on pages 4 and 5 for further details.

In acute cases, dose every half hour for 3 doses then every hour for 3 doses.

Continue dosing every 2 - 4 hours until relief is obtained, thereafter as required for 3-5 days.

For travel sickness, start dosing one hour before journey starts and continue as above.

Do not dose continuously for longer than 3-5 days. If further treatment is required, consult a homeopath or health practitioner. If any new symptoms develop that were not present initially, stop the remedy and consult a homeopath.

**Warning:** For those taking blood-thinning agents e.g. warfarin, clopidogrel, heparin etc. together with this remedy, there is a low risk of affecting the clotting process in sensitive individuals. See page 7.

## pegasus herbal antiseptic solution (topical)

**Indications:** A healing antiseptic solution for topical application to wounds such cuts, scratches, abrasions, puncture wounds and minor burns.

Ingredient	Properties of ingredient
Calendula officinalis	The mother tincture of the Marigold plant is helpful for topical infection, irritation and inflammation of minor injuries. Contains alcohol 40%v/v.
Hypericum perforatum	The mother tincture of the St John's Wort plant has antibacterial, anti-inflammatory and pain-relieving properties. Contains alcohol 60%v/v.
Colloidal silver	A 20% solution is helpful for bacterial and fungal infections.

**Directions for application:** Cleanse the wound with normal saline or clean water and then apply the herbal solution directly to the wound. Repeat 2-3 times daily as required. The solution contains alcohol which may result in a stinging sensation upon initial application. The stinging will ease after a few seconds. If the wound becomes infected, consider taking the pegasus **anti-virabac 200c** remedy.

If required, one could soak a dressing with the herbal solution and apply to wound. Leave dressing in place undisturbed for 1 – 2 days. Re-soak with the herbal solution from time to time to prevent the dressing from drying out.

For minor burns see the Cross Reference Section on page 60 for further information.

**NB:** The pegasus herbal antiseptic solution is indicated for topical application to wounds and not for internal ingestion.

## cross referencing symptoms with remedies

An easy-to-use cross-reference, which will help to make treatment easier. Simply match the condition listed in the left-hand column with the remedy listed in the corresponding column. For some conditions, the remedy may be commonly used for a different indication, but will contain one or more ingredients that will be of use in the listed condition. Obviously common sense first aid measures should be taken in conjunction with the use of these remedies. Medical attention should be sought in emergency situations, keeping in mind that the remedies can be given whilst waiting for transportation to hospital.

Condition	Remedy to choose	Common sense measures
Abdominal cramps	<b>anti-spasm 200C</b>	For severe abdominal pain especially if hard, seek medical assistance.
Acid reflux	<b>gastric plus 30C</b>	
Acne	<b>boils &amp; abscesses 6C</b>	Short term only. Consult homeopath for long term treatment.
Agitation or Anxiety	<b>calming 30C</b>	
Allergic respiratory swelling	<b>histamine comp 30C</b>	May be a medical emergency. Seek medical assistance promptly.
Allergies e.g. skin rash, sneezing	<b>histamine comp 30C</b>	If breathing is affected, seek medical assistance.
Animal transportation	<b>t.r.s 200C</b>	
Arthritis	<b>arthritis &amp; gout 30C</b>	
Asthma	<b>bronchial relief 30C</b>	May be a medical emergency. Seek medical assistance promptly.
Baby colic	<b>anti-spasm 200C</b>	
Birth process	<b>Injury 6C</b>	
Bites i.e. dog, scorpions, snakes, spider	<b>bites 30C and t.r.s 200C for shock.</b>	For serious bites, seek medical assistance immediately. Lay person down, reassure them. Flush the bite with <b>pegasus herbal antiseptic soln.</b> Apply firm bandage. Keep very still.
Bladder infection	<b>cystitis 30C</b>	Drink plenty fluids.
Bleeding	<b>injury 6C</b>	Seek medical assistance.
Boils, abscesses	<b>boils &amp; abscesses 6C</b>	
Bronchitis	<b>bronchial relief 30C plus anti-virabac 200C if infected</b>	If no improvements in 3-5 days, see a homeopath or doctor. If difficulty breathing, seek medical assistance.



Condition	Remedy to choose	Common sense measures
Bronchospasm	<b>bronchial relief 30C, histamine comp 30C</b> if allergic	May be a medical emergency. Seek medical assistance promptly.
Bruises	<b>injury 6C</b>	
Burning urine	<b>cystitis 30C</b>	Drink plenty fluids.
Burns	<b>Orally:</b> to treat shock and pain dose with <b>t.r.s 200C</b> every 15 minutes. Give <b>sting 30C</b> every 15 minutes to relieve stinging sensation <b>Topically:</b> Cool area down first. Then dilute pegasus herbal antiseptic solution with cold water, 30 drops in half a cup of water. Bathe the affected area with this solution and then cover area with a clean cloth moistened with the same solution. Keep in place <b>and saturated with the solution</b> for as long as possible, even up to 24 hrs. Do not allow the cloth to dry and stick to the wound.	<b>Cool area down</b> to prevent further burning of tissue. <b>Don't smear greasy ointment on a burn. Never puncture blisters</b> as they provide sterile covering for a burn. <b>NB:</b> if a large area of the body is burned, get to medical help as soon as possible. Give <b>t.r.s 200C or injury 6C</b> every 15 minutes for shock. Maintain fluid intake if patient is conscious i.e. half a glass every 15 mins.
Caesarian section (healing after)	<b>injury 6C</b>	
Car sickness	<b>v.m.t 30C</b>	
Catarrh	<b>muco drainol 30C</b>	
Chest conditions e.g. coughs, tight chest	<b>bronchial relief 30C</b>	
Chicken pox	<b>histamine comp 30C</b> to ease skin discomfort	
Colds & flu	<b>cold &amp; flu 30C</b>	
Coccyx injury	<b>injury 6C</b>	
Colic (babies)	<b>anti-spasm 200C</b>	
Concussion	<b>injury 6C</b>	Seek medical assistance

Condition	Remedy to choose	Common sense measures	
Constipation	<b>constipation 6C</b>	Acute only. For chronic constipation, consult a health practitioner or homeopath.	
Coughs	Dry, tight cough - give <b>bronchial relief 30C</b> Wet cough - give <b>muco drainol 30C</b>		
Cramps stomach, legs, menstrual	<b>anti-spasm 200C</b>		
Croup	<b>bronchial relief 30C</b>		
Crush injury	<b>injury 6C</b>		
Cystitis	<b>cystitis 30C</b>		Drink plenty fluids.
Dehydration	<b>fluid imbalance 6C</b>		Replace fluids & electrolytes
Dental pain	<b>teething, pain &amp; fever 30C</b>		
Dental surgery - healing	<b>injury 6C</b>		
Diarrhoea	<b>n.v.d 30C</b>		Replace fluids and electrolytes
Dizziness	<b>v.m.t 30C</b>		
Dog bite	<b>bites 30C</b>	Seek medical advice regarding tetanus injection and/or antibiotics.	
Ears	Blocked/pain - <b>sinus 30C &amp; muco drainol 30C</b> . Infection-add <b>anti-virabac 200C</b>		
Emotional upset	<b>t.r.s 200C</b> or <b>calming 30C</b>		
Exams	<b>calming 30C</b>		
Eyes (infections, conjunctivitis)	Take <b>cold &amp; flu 30C</b> containing Allium cepa and Euphrasia for burning, red, watery eyes, pus in the eyes and conjunctivitis.	Interim measure only. Seek medical assistance.	

Condition	Remedy to choose	Common sense measures
Eye injuries (including foreign object in eye)	Seek medical assistance. As an interim measure - Take <b>injury 6C</b> containing Aconite, which relieves pain of eye injuries and reduces inflammation.	Put 2-3 drops of the <b>pegasus herbal antiseptic solution</b> (contains Hypericum) into an eyebath of lukewarm water and flush out the eye. Seek medical assistance.
Flatulence	<b>gastric plus 30C</b>	
Fever	<b>teething, pain &amp; fever 30C</b>	If necessary to control spiking fever, add fever-lowering drugs. Wipe down with wet cloth to encourage cooling. If severe fever does not respond, seek medical assistance.
Flu	<b>cold &amp; flu 30C</b>	
Fluid retention	<b>fluid imbalance 6C</b>	
Food poisoning	<b>n.v.d 30C &amp; anti-spasm 200C</b> for abdominal cramps.	Avoid dairy products and rich, fried foods. Replace fluids and electrolytes.
'Gastro' as in gastroenteritis	<b>n.v.d 30C</b>	
Gout	<b>arthritis &amp; gout 30C</b>	Acute treatment only. For long term treatment, consult a homeopath.
Grief	<b>t.r.s 200C</b>	
'Hangover'	<b>liver 30C</b>	
Hay fever	<b>hayfever 30C</b>	
Headache (tension, stress)	<b>headache 30C.</b> (For specific migraine headache or hormonal headache, use <b>migraine 30C</b> )	
Heartburn	<b>gastric plus 30C</b>	
Heat exhaustion	<b>fluid imbalance 6C</b>	
Heat stroke	<b>fluid imbalance 6C</b>	
Hepatitis	<b>liver 30C</b>	
Hyperactivity	<b>calming 30C</b>	
Hysteria	<b>calming 30C</b>	Seek professional help.

<b>Condition</b>	<b>Remedy to choose</b>	<b>Common sense measures</b>
Immune system boost	<b>immune defence 6C</b>	<p>Acute treatment only. For long term treatment, consult a homeopath.</p> <p>If long term treatment required, see a homeopath or health professional.</p>
Indigestion, bloating	<b>gastric plus 30C</b>	
Infections	<b>anti-virabac 200C</b>	
Influenza	<b>cold &amp; flu 30C</b>	
Injuries (falls, bumps)	<b>injury 6C</b>	
Insect stings & bites	<b>sting 30C</b>	
Insomnia	<b>sleep 30C</b>	
Irritable bowel syndrome	<b>anti-spasm 200C</b> plus <b>gastric plus 30C</b>	
Itchy skin in animals	<b>histamine comp 30C</b>	
Jaundice	<b>liver 30C</b>	
Joint pain	<b>arthritis &amp; gout 30C</b>	
Leg ulcers	<b>boils &amp; abscesses 6C</b> plus <b>anti-virabac 200C</b>	
Liver ailments, acute	<b>liver 30C</b>	
Ménière's syndrome	<b>v.m.t 30C</b>	
Menstrual cramps	<b>anti-spasm 200C</b>	
Migraine headache	<b>migraine 30C</b>	
Morning sickness	<b>v.m.t 30C</b>	
Motion sickness	<b>v.m.t 30C</b>	
Mucus (nose, chest, ears)	<b>muco drainol 30C</b>	
Muscle cramps	<b>anti-spasm 200C</b>	
Muscle tension with headache	<b>headache 30C</b>	
Muscle strain	<b>injury 6C</b>	

Condition	Remedy to choose	Common sense measures
Nausea	<b>n.v.d 30C</b> or if pregnant or travel sick, use <b>v.m.t 30C</b>	
Overindulgence	<b>liver 30C</b> & perhaps <b>gastric plus 30C</b>	
Panic attacks	<b>calming 30C</b> or if grief or traumatic element, <b>t.r.s 200C</b>	If recurrent, consult a homeopath.
Pain	<b>teething, pain &amp; fever 30C</b>	
Post-nasal drip	<b>sinus 30C</b>	
Post-operative healing	<b>injury 6C</b>	
Rash, skin	<b>histamine comp 30C</b>	
Restless legs	<b>anti-spasm 200C</b>	
Rheumatism	<b>arthritis &amp; gout 30C</b>	Acute treatment only. For long term treatment, consult a homeopath.
Sciatic pain	<b>arthritis &amp; gout 30C</b>	Acute treatment only. For long term treatment, consult a homeopath.
Scorpion bites	<b>bites 30C</b>	Seek medical assistance.
Sea sickness	<b>v.m.t 30C</b>	
Shingles	<b>injury 6C &amp; histamine comp 30C</b>	Useful as adjunct therapy to conventional treatment.
Shock	<b>t.r.s 200C</b>	
Sinus headaches	<b>sinus 30c</b>	
Sinus pain or congestion	<b>sinus 30C</b> and <b>muco drainol 30C</b> . Add <b>histamine comp 30C</b> if allergies present.	For chronic sinusitis consider seeing a homeopath.

<b>Condition</b>	<b>Remedy to choose</b>	<b>Common sense measures</b>
Skin rash	<b>histamine comp 30C</b>	
Sleeplessness	<b>sleep 30C</b>	
Snake bite	<b>bites 30C &amp; t.r.s 200C</b>	Seek immediate medical assistance.
Sore throat	<b>throat 200C</b>	Seek professional medical help if severe pain prevents swallowing or there is difficulty breathing. Do the same if accompanied by a high fever or abscesses on the tonsils or if there is a history of rheumatic fever.
Spastic colon	<b>anti-spasm 200C plus gastric plus 30C</b>	
Spider bite	<b>sting 30C</b> or if severe, take <b>bites 30C</b>	Spider bites can easily become infected. Seek medical attention if bite turns black, with tissue damage.
Splinters	<b>boils &amp; abscesses 6C</b>	
Sports injuries	<b>injury 6C</b>	
Sprains or strains	<b>injury 6C</b>	
Stings (insects)	<b>sting 30C</b>	
Stomach cramps	<b>anti-spasm 200C</b>	
Stomach flu or bug	<b>n.v.d 30C &amp; anti-spasm 200C</b> for cramps	
Stressful situations eg speeches, tests	<b>calming 30C</b>	
Sunburn	<b>sting 30C</b>	As for burns above.
Sun stroke	<b>fluid imbalance 6C</b>	
Surgery (healing afterwards)	<b>injury 6C</b>	
Swollen ankles e.g. from travel	<b>fluid imbalance 6C</b>	Lie down with feet raised.
Teething	<b>teething, pain &amp; fever 30C</b>	
Tension headache	<b>headache 30C</b>	

<b>Condition</b>	<b>Remedy to choose</b>	<b>Common sense measures</b>
Throat	<b>throat 200C</b>	Seek professional medical help if severe pain prevents swallowing or there is difficulty breathing. Do the same if accompanied by a high fever or abscesses on the tonsils or if there is a history of rheumatic fever.
Thunderstorms (animal fear of)	<b>t.r.s 200C</b>	
Tight chest	<b>bronchial relief 30C</b>	Seek medical assistance if severe.
Toothache	<b>teething, pain &amp; fever 30C</b>	
Transportation of animals	<b>t.r.s 200C</b>	
Trauma	<b>t.r.s 200C or injury 6C</b>	
Travel sickness	<b>v.m.t 30C</b>	
'Tummy bug'	<b>n.v.d 30C &amp; anti-spasm 200C</b> for cramps.	
Twisted ankle	<b>injury 6C</b>	
Urinary infection	<b>cystitis 30C</b>	Drink plenty fluids.
Urticaria	<b>histamine comp 30C</b>	
Vertigo	<b>v.m.t 30C</b>	
Vomiting	<b>n.v.d 30C</b> or if pregnant or travel sick, use <b>v.m.t 30C</b>	Replace fluids & electrolytes.
Wheezing chest	<b>bronchial relief 30C</b>	Seek medical assistance if severe.
Whiplash	<b>injury 6C</b>	
Whitlows	<b>boils &amp; abscesses 6C</b>	
Whooping cough	<b>bronchial relief 30C</b>	
Wounds	<b>injury 6C</b> plus dress with <b>pegasus herbal antiseptic solution.</b>	



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homeopathics

**[www.pegasuskits.com](http://www.pegasuskits.com)**

**[info@pegasuskits.com](mailto:info@pegasuskits.com)**

**P. O Box 154, Bergvliet, 7864  
Cape Town, South Africa**

**tel/fax: +27 21 712 0324**