

homoeopathy

aconite	Fever, colds, croup and acute illnesses with sudden onset. Ailments from shock & fright.	allium	Hay fever and colds with sneezing and profuse clear nasal discharge	anas barb	Preventative for colds and influenza, take fortnightly or monthly through winter.	ant tart	Wheezy, difficult breathing with rattly mucous which cannot be expectorated.
apis	Bites and stings with redness, heat and swelling. Hives, nettles rash and allergic eruptions.	arnica	Accidents and injuries with bruising and shock. Aids healing after surgery.	arsenicum	Food poisoning with vomiting, diarrhoea and burning stomach cramps. Colds with weakness, runny nose and wheezy cough.	belladonna	Fever, earache, toothache, headache with sudden onset, throbbing, cramping pain. Often right sided symptoms.
bryonia	Hard dry painful cough. Colicky pains, painful joints, headaches, all much worse from movement.	calc phos	Teething, poor appetite, leg cramps. Stomach pain and headache in teenagers. Whining and discontented.	cantharis	Cystitis and painful urination with burning, scalding and great urgency.	carbo veg	Weakness, fainting and collapse. Fatigue and digestive weakness, bloating and wind after illness or surgery.
chamomilla	Teething, colic, earache and fever in infants. Restless, cranky and can't be pleased.	cocculus	Travel sickness, jet lag, dizziness and ailments from worry and disturbed sleep.	colocynthis	Severe griping abdominal cramps, menstrual pain and flatulent colic. Doubling up with the pain.	euphrasia	Conjunctivitis, hay fever and colds with dry, itching, gritty feeling with acrid tears. Light sensitive.
ferrum phos	Early stages of inflammation with mild fever and generally "off colour". Nose-bleeds.	gelsemium	Classic flu with aches and pains. droopy, drowsy and listless. Stage fright and anticipatory anxiety.	hepar sulph	Boils, splinters, acne and infected skin. Loose, noisy, rattly, croupy cough and yellow catarrh.	hypericum	Injury to nerves, jammed fingers or toes, puncture wounds, splinters, bites and stings. Surgery.

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ignatia	Emotional upsets, shock, grief, emotional and mental strain. Homesickness.	ipecac	Breathing difficulties and upset stomach with persistent nausea and vomiting.	kali bic	Sinusitis and headache with thick, ropy discharge or so congested there is no discharge.	kali mur	Earache, head colds, tonsillitis with thick white nasal discharge. Glue ear
kali phos	A nerve tonic and nerve nutrient which is useful at times of stress and nervousness.	ledum	Insect and animal bites, stings and puncture wounds. Mosquito bites.	mag phos	Spasmodic pains, cramps, abdominal colic and menstrual cramps. Neuralgic pains.	mercurius	Mouth ulcers. Bleeding gums. Septic sore throat.
nat mur	Colds and hay fever with sneezing and nose running like a tap. Sad, irritable and depressed.	nux vomica	Hangover and digestive upset from overindulgence. Insomnia. Ailments from overwork.	phosphorus	Coughs of all kinds. Vomiting and heartburn. Nosebleeds. Fears storms, ghosts and the unknown.	pulsatilla	Tummy ache from rich food. Colds and coughs with thick bland discharges. PMS and menstrual symptoms. Clingy and weepy.
rhus tox	Pain and stiffness from overexertion. Shingles, chicken pox and cold sores with blisters.	ruta grav	Sprains and strains of knees, wrists and ankles. Injuries to ligaments and tendons.	sepia	Menstrual symptoms with irregularity, dragging pains and heaviness. Hot flushes and headaches.	silica	Boils, splinters, ingrown hairs and abscesses. Weak nails and dry fragile skin.
spongia	Croup and colds with dry, barking, raucous cough.	sulphur	Dry scaly skin worse from bathing and warmth. Hot flushes. Haemorrhoids.	thuja	Warts, corns and callouses. Tinea and fungal infections. Weak distorted nails.	veratrum alb	Violent and painful vomiting with cramping and exhaustion.