



# Sage Solstice Clinic

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## Remedy Guide

For Common, Everyday Illness and Ailments



## **Top 5 Homeopathic Headache Remedies**

## 1 BELLADONNA

Ideal for the treatment of a migraine. The headache is **intense, throbbing, pulsating and comes on fast**. There is a sensation of fullness in the head and shooting pains that move upwards. Headache may have come on **following exposure to heat or cold damp air or getting the hair wet**. Sunstroke headache. Bending over and moving worsens the headache as does jarring, noise, heat, sun and drafts on head. Cold applications, hard pressure, darkness, silence and sitting up or bending backwards may help.

## 2 BRYONIA

Intense symptoms. Must lie still with the headache – even moving the eyes hurts. Bursting headache that is better cold and pressure. Pain starts slowly and builds over time to a dull, heavy or sharp ache. Bryonia headaches are often left-sided headaches that are worse from the least movement and the person is irritable, intensely thirsty and wants to be left alone. **There is lots of DRYNESS with this remedy.**

## 3 GLONOINUM

This remedy is helpful with headaches that come on after **long exposure to the sun** or with **congestion** in the head. The sensation in the head is **bursting**, as if all the **blood has surged to the head**. There may be a sensation of constriction and a sensation that the head has expanded. These headaches are **throbbing and pulsating** and there may be heat in the head and face with pain in the forehead and temples. The face may flush (appear red) and these headaches are worse by jar or motion and they are relieved by sleep. Vertigo may accompany the headache.

## 4 NUX VOMICA

Great for acute headaches in times of stress when **overwork, overindulgence (alcohol) and/or lack of sleep** has caused a headache. The person may be exceedingly **irritable** and **sensitive** to everything – lights, noise, conversation. The headache may make them feel **nauseous** and the headache may begin in morning on waking. There is also often constipation present with Nux Vomica, with an ineffectual urging for stool.

## 5 SPIGELIA

This remedy is excellent for **migraines that are felt on the left side of the head** (temporal, forehead and eyes). Pain may begin in the back of the head and extend up, settling over the left eye. There is a sensation of a **tight band tied around the head**. The pain is violent, throbbing and pulsating



## **Top 10 Homeopathic Cough Remedies**

## 1 ACONITE

Hoarse, dry, and painful coughs. Cough may be quite **violent which causes breathlessness** and the cough tends to be worse at night. **#1 remedy for croup.**

## 2 ARSENICUM ALBUM

This is an excellent asthma remedy and useful for an **asthmatic cough**. Shortness of breath and wheezing with tightening in the chest. There may be yellow/green expectoration. There may be anxiety and restlessness present.

## 3 BRYONIA

**Hard, dry and painful cough**, chest hurts so much when coughing they hold it, worse warm room, better sitting up, thirsty for cold water – **excellent Bronchitis and pneumonia remedy**. There may be brick coloured or blood streaked mucous. **There is lots of DRYNESS with this remedy.**

## 4 CAUSTICUM

**Irritating, tickling, itchy cough** with a feeling of mucus stuck in the chest that they cannot clear. **Can't seem to cough deeply enough to get mucus out.** Urinary incontinence with cough. Cough is better with cold drinks.

## 5 DROSERIA

Incessant, **barking cough, dry, irritating** cough to the point of retching, tickling in throat, cough so deep you want to hold abdomen. There may be bad breath and vomiting with cough. The cough is worse after talking or laughing or lying down.

## 6 HEPAR SULPH

**Painful barking cough** that is worse in cold air. The chest rattles and is full of loose mucous that is thick and yellow, which is hard to cough up, there is a suffocative feeling on lying down, and the person is weak and bad tempered. The cough may be worse in cold air and warm air may relieve it. Excellent remedy for bronchitis in the elderly. **3<sup>rd</sup> remedy to try for croup if ACON and Spongia fail!**



7 **KALI CARB**

Stitching pain in the chest with cough. **Cough that is much worse at night/when first lying down.** Must sit up and bend forward with cough. Can be a **dry cough in morning, wet in evening.** Often helpful at the END of an illness (cough after sinus infection). Irritable mood.

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8 **PULSATILLA**

**Wet, junky** sounding cough that has **yellow or green mucus.** Cough moves to the chest, is worse in a warm room and better in fresh air with gentle motion. Runny nose that is yellow/green with juicy cough. Whiny/crying child. Also helpful for a cough after measles.

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9 **RUMEX**

**Every breath of air causes tickling in throat and persistent cough.** Frothy sputum. Chest hurts.

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10 **SPONGIA**

**Hollow, dry, barking cough** – sounds like sawing wood, slow, loud wheezing, may have fits of choking, chest feels full and suffocating. There may be chills and warm drinks may offer relief. There may be shortness of breath or laboured breathing. **Use Spongia if Aconite has not worked!!**





## **Top 10 Homeopathic Flu Remedies**

## 1 ACONITE

This remedy relieves high fevers that come on suddenly and/or violently, especially ones that come on after exposure to intense cold or wind. With Aconite think **HOT, DRY FEVER. VIOLENT SUDDEN ONSET**. Aconite flus will be restless with a violent, croupy, racking cough with or without oppression, with stitches in chest. Generally, this remedy is most useful if taken within the first 24-48 hours of a cold or flu. Symptoms start suddenly with sneezing, red cheeks (although not as red as Belladonna), burning headache and a dry cough. There will be marked fear (will I ever recover?). Someone needing this remedy will have a dry mouth, be thirsty for cold drinks, have a dry cough, a dry, hot fever, be intolerant of pain but be mentally alert. They may toss in their sleep and symptoms will often be worse after midnight.

## 2 ARSENICUM ALBUM

Best one for a Stomach Flu

Sudden onset with **burning, dryness** and copious, **watery, excoriating discharge from the nose that burns the upper lip**. Often the conjunctiva is inflamed and runny and there is a great sensitivity to light. There may be a **burning sensation in the throat** accompanied by thirst, chills and restlessness. Violent sneezing with blood-tinged discharge, spasmodic cough with desire to vomit or with vomiting, vomiting with or without diarrhea, vomiting worse after eating or drinking and the patient looks as though they have been sick a week. Patient is weak, exhausted, restless and anxious. Burning pains are better by heat, there is a burning thirst but the patient takes small sips. Worse 12am – 4am.

## 3 BAPTISIA

Rapid onset. **Sore all over the body and worse lying as the bed feels too hard**. Symptoms are intense with mental confusion (will feel scattered) and dullness of mind. Faces appear puffy and swollen with heavy eyes and a congested look rather than the drooping eyelids of Gelsenium. **FOUL smelling breath and mouth**.





## 4 BELLADONNA

**Sudden onset & hot dry fever** (see also aconite), **burning heat**, dilated pupils, fever worse at 3PM, hallucinations, hit, bite or strike (children may kick or scream), very red strawberry tongue/throat, dry fever, **perspiration is absent**, upper body is hot – lower body is cool, typically not thirsty-but **may ask for lemonade or lemons**. Throbbing headache with shooting pains that move upwards. Complaints may come on after a haircut (getting hair wet). Symptoms are worse on the right side, with jarring, noise, heat, sun, after 3pm, drafts on head, light, touch. Symptoms are better in the darkness, silence, bending backwards.

## 5 BRYONIA

**SLOW onset. DRYNESS.** Person feels like something has been coming on for a few days. Flushed face, heavy sleep. Bursting/splitting headache always on coughing, on stooping as if all the contents of head would come out through the forehead. There is an aversion to light, particularly sunlight. Mouth and lips are very **dry with extreme thirst** (they will drink large amounts of cold water) and there may be a **dry, hacking cough** in which they will hold their chest when they cough. Frequent sneezing, often between coughs and fluent coryza that is watery or greenish. The cough may come on when coming from open air into a warm room and there may be constriction in the chest. They feel better lying in a dark room with eyes closed, lying on the painful part (from pressure) and from cold applications, and they are worse with slightest motion (pain in toenail and it hurts to blink) and noise. They are grumpy and averse to being disturbed and they may feel chilly to touch but with internal heat.

## 6 DULCAMARA

One of our best remedies in the acute form. Eyes are suffused. Sore throat and cough is painful because of muscular soreness. **Flu may have been brought on by damp or cold changes in the weather.**



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## EUPATORIUM PERFOLIATUM

Main remedy when **flu feels like it's deep in the bones**. There is a great soreness and aching of the entire body, hoarseness with roughness of the voice and a **hacking cough with great soreness of the chest**, larynx and upper respiratory tract. The dry cough shakes the whole body and hurts the head and chest, and as in Bryonia, the patient holds the chest with the hands when they cough. There is a runny nose, sneezing and red eyes, lots of restlessness with constant change of position. There is a **great thirst** for cold drinks, and drinking may cause vomiting. They are better for sweating.

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## GELSENIUM

Think dull, drowsy and droopy with this remedy. SLOW ONSET. **THIRSTLESS**. DROOPY APPEARANCE TO FACE. **Lethargy** (sleep for 18 hours) and **muscular aching**, with occipital **headache** and **droopy eyes** that feel heavy, often indicate this remedy. **Much chilliness**, with fever and chills that run up and down the spine, and heat or pressure may be felt in the face and nose. A person who needs *Gelsemium* often trembles and is shaky or feels extremely **dull**. This remedy is often helpful for colds that come on in hot weather. They are dull and **drowsy** and **want to be left alone**. Soreness of throat, felt at the upper part of left tonsil, that extends across the soft palate, along the left nostril, with a sensation that with every inspiration a stream of scalding water rushed along the nasal passage of that side, the other nostril at the same time being stopped up. There is continuous accumulation of irritating mucus in the throat, a hard, painful cough and shooting pain in the ear.

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## INFLUENZINUM

This remedy can be taken once a week or once a month to strengthen the body and increase its resistance to the flu virus. The homeopath J. Clarke suggested *"When colds or flus appear in a family, let all those unaffected take Arsenicum 30C 3x a day and let the patients take Influenzinum 30C every hour or 2"*.

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## OSCILLOCOCCINUM

This is an excellent all round influenza remedy that will often relieve symptoms if taken within the first 48 hrs. Take every 2-3 hours.





## **Top 15 Homeopathic Cold Remedies**

## 1 ACONITE

**#1 remedy to take at first sign of cold** as it works best if given immediately and frequently. You know that little “tell” we all have? For some it’s a tickle in the throat, for others it’s tightness in the chest or a headache. Aconite is excellent for sore throats that come on suddenly after exposure to cold and are accompanied by thirst.

## 2 ALLIUM CEPA

This remedy made from the onion will alleviate symptoms that would normally occur when cutting an onion. Think **spasmodic sneezing** and **runny nose** with an irritating, watery discharge. Symptoms are often improved by fresh air.

## 3 ARSENICUM ALBUM

Excellent for those who have frequent colds, sore throats, and chest problems often with **burning pain and feelings of weakness, restlessness, and anxiety**. The person’s head may feel hot while the rest of the body is cold, and problems can be worse near midnight. The nose often feels stopped up, the conjunctiva is inflamed and runny and there is a great sensitivity to light. The person may sneeze repeatedly, without relief. White, thick, burning mucus may be produced. **Burning pains are better by heat** (warm water helps a burning sore throat) and the person is thirsty but they take small sips.

## 4 BARYTA CARBONICA

This remedy is indicated for people who frequently catch colds from getting chilled. A runny nose and swollen upper lip, **swollen lymph nodes, tonsils and adenoids** are typical symptoms.

## 5 BELLADONNA

Always think **sudden onset** with Belladonna. Excellent for a sore throat with intense pain on the right side along with redness, swelling, and a feeling of constriction. There may be pain when swallowing that is often described as a hot sensation in the throat. This remedy works best if used during the first 24 hours of throat soreness.



## 6 DULCAMARA

Think of this remedy when a person comes down with a **cold after getting wet and chilled, or if colds come on with a change in weather**. Often there is a stuffed-up nose with pain in the sinuses. A person who needs this remedy also tends to have allergies.

## 7 EUPHRASIA

Think eyes with this remedy. **Red, watery, irritated eyes**, frequent sneezing, and a mild, clear nasal discharge suggests a need for this remedy. The person may cough from irritation and from phlegm collecting in the throat. Symptoms can be worse at night, and the person tends to feel better from eating and lying down.

## 8 HEPAR SULPH

This remedy will help with **stinging throat pain** that may be described as a **stick in the throat**. The throat pain is usually accompanied by **enlarged tonsils and pain may extend to the ears**. A person requiring this remedy will generally be better from warm drinks and be very irritable and **sensitive to cold, touch, motion, noise, and light**.

## 9 KALI-BICH

This helps relieve **thick, greenish, irritating nasal discharge**. The discharge will be long and stringy - almost rope like.

## 10 MERCURIUS SOLUBILIS

A person who needs this remedy is extremely sensitive to temperatures (both heat and cold), and experiences night sweats and drooling during sleep. Swollen lymph nodes and bad breath are other indications. The person's nose may feel raw, and the tonsils or ears often become infected. Excellent for throat pain accompanied by **weakness, red spots and/or pus on the tonsils**, as well and **very bad breath**. Those needing Mercurius tend to **salivate, drool, or perspire, particularly at night**.



## 11 NAT-MUR

Colds with **clear nasal discharge like egg-whites**, sneezing, headache, and a diminished sense of taste or smell. The person may develop **cold sores** around the mouth during a cold, and the lips can be chapped and cracked.

## 12 PHOSPHORUS

A person whose **colds go easily to the chest** often responds to this remedy. One nostril may be blocked while the other runs. **Hoarseness, laryngitis, and nosebleeds** are other likely symptoms. The person often is thirsty for cold drinks and feels better from massage. People who need this remedy often feel weak and are anxious or fearful when ill.

## 13 PHYTOLACCA

For a **dark red, purple, or bluish swollen** throat accompanied by excessive aching, fever, and pain with swallowing. There may be a shooting pain that extends to the ears and pain at the base of the tongue when protruded. Symptoms are worse with warm drinks and motion.

## 14 PULSATILLA

This remedy relieves a cold that has **yellowish or green nasal discharge** with a dry nose at night that becomes runny during the day with loss of smell and taste.

## 15 RHUS TOX

Consider this remedy if a cold begins with **stiffness and body aches** that are made **better by warmth and movement**, especially symptoms that are brought on during cool damp weather or changes in the weather. Nasal congestion, sore throat that is worse initial swallowing, but relieved by subsequent swallowing and drinking warm liquids. as well as warm liquids.





## **Top 10 Remedies For Bumps, Bruises, Injuries**

## 1 ARNICA

1<sup>st</sup> line treatment for physical trauma. Overuse/overwork of muscles, bruising, swelling, pain, concussion, black eye, dental procedures/extractions, nose bleeds, sprains and common aches and pains. Useful in the treatment of pre and post operations. Pain is worse with touch, pressure, cold and jarring.

## 2 BELLIS PERENNIS

Useful in deep trauma and bruises (abdominal, pelvic trauma or surgery), soft tissue of breast (sore and bruised), deep muscle. Worse: warm bathing, cold drinks. Better: cold applications on painful part.

## 3 BRYONIA

Slowly developing bruising with aching where each movement makes the patient worse (even the thought of moving causes distress). Sprains/strains of muscles/joints, intercostal muscle injury. Pain may be a stitching pain. Better: firm pressure or lying on painful part, cold application, open air. Worse: any type of motion.

## 4 CALC-CARB

Excellent with chronic sprains from over-exertion, particularly on the right-side of the body. Worse: cold, exertion.

## 5 CAUSTICUM

Helpful with repetitive stress injuries of the shoulder, wrist, hand, hip or ankle, particularly on the left-side.

## 6 CONIUM

Bruising or hard bump after injury, ascending paralysis (from feet upwards).





## 7 HYPERICUM

Known as the “Arnica of the Nerves” it is helpful with injuries to nerve rich areas (think fingers caught in door with sharp, shooting pain. Helpful with a fall on the tailbone or injuries to spinal cord after a fall. Excellent with puncture wounds and shooting pain after dental work or concussion.

## 8 LEDLUM

Bruises that remain a long time after injury that are mottled purple with excessive swelling. Bruises or injured area that are cold to the touch. Excellent remedy for black eyes. Better: cold, rest. Worse: warmth, motion

## 9 RHUS TOX

Excellent for injuries caused by repetitive strain and overexertion. Pain is worse beginning movement and is better with continued motion. Better: heat, continued motion. Worse: 1<sup>st</sup> movement, cold, damp, after midnight.

## 10 RUTA

This remedy has an affinity for tendons, ligaments, connective tissue and periosteum (covering of bones). Think hard impact to the shin! Excellent for sprains, strains, over exertion (even texting!), aching, sore, needle like, stiff/swollen joints. Pain is better lying on hard surface (floor), better with frequent changes of position, and with dry warmth. There may be burning pain. Worse: cold, damp. Better: warm applications.





## Top Remedies For Cuts, Scrapes

### 1 CALENDULA

Superficial cuts, scrapes, abrasions or wounds. Open, shallow wound that will not heal or creates an ulcer. Promotes skin granulation. Sensations: rawness, stinging, inflamed, sore, pain is out of proportion to the wound.

### 2 HYPERICUM St. John's Wort

Punctured or lacerated wounds or wounds on any area that is rich in nerves. Shooting pains, great sensitivity to touch, pains that can be traced up the nerve.

A photograph of a person's hand and forearm, showing a significant sunburn on the outer side of the forearm. The skin is red, swollen, and has some yellowish blisters. The hand is clenched into a fist.

## Top 5 Remedies For Burns

### 1 APIS

Sunburn with burning, stinging pain with swelling. The area may appear swollen and shiny and feel better with cold applications.

### 2 BELLADONNA

Very helpful for a sunburn with intense redness that has throbbing and heat. The symptoms come on suddenly and intensely.

### 3 CALENDULA

(5 drops of mother tincture mixed with water and applied). Use for 1<sup>st</sup> degree burns as a topical application. Skin will be raw and sensitive and may have blisters. Calendula has antiseptic properties that helps reduce inflammation and prevent infection and will help promote skin repair.

### 4 CANTHARIS

This is the prominent remedy for burns, scalds and sunburns that form blisters. Useful with 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> degree burns. Intense burning pains with red, inflamed skin. If used early, it will prevent the formation of blisters.

### 5 HYPERICUM

(5 drops of mother tincture mixed with water and applied)

Use for 2<sup>nd</sup> degree burns as a topical application for burns that involve nerve-rich areas including fingers and toes. It will help alleviate intense pain, tingling or shooting sensations.



## Top Remedies For Bites/Stings/Allergies

### 1 APIS

Red, rosy hue, warm to the touch, inflamed – part looks angry. Sudden swelling, puffing up of the area. Sensitive to touch. Child may be whiny and cannot help but cry.

### 2 URTICA URENS

Itching bites and stings, itching blotches, hives with burning heat and formication (crawling sensation on skin), blisters, white central spot with red areola, nettle rash, reddening of the skin with burning and stinging. Worse touch, cold.

### 3 CANTHARIS

Red inflamed skin, blistering which is painful – may fill with yellow or white fluid, burns, acute inflammation, violent inflammation.



## **Top 10 Remedies For Sore Throat**

## 1 APIS

For shiny red, swollen throats with stinging, burning, and dry pains; this remedy is most appropriate for individuals who feel better with cold drinks but have little thirst; they may also have difficulty swallowing, and may have the sensation of a fishbone being stuck in the throat; they also tend to be bothered by anything around the neck.

## 2 BARYTA CARBONICA

This remedy is indicated for people who frequently catch colds from getting chilled. A runny nose and swollen upper lip, swollen lymph nodes, tonsils, and adenoids are typical symptoms. This remedy is often helpful to children who are bashful and slow to develop.

## 3 BELLADONNA

Always think **sudden onset** with Belladonna. Excellent for a sore throat with intense pain on the right side along with redness, swelling, and a feeling of constriction. There may be pain when swallowing that is often described as a hot sensation in the throat. This remedy works best if used during the first 24 hours of throat soreness.

## 4 HEPAR SULPHURICUM

This remedy will help with **stinging throat pain** that may be described as a **stick in the throat**. The throat pain is usually accompanied by **enlarged tonsils and pain may extend to the ears**. A person requiring this remedy will generally be better from warm drinks and be very irritable and **sensitive to cold, touch, motion, noise, and light**.

## 5 LACHESIS

Excellent for sore throats with swelling that is initially **worse on the left side but may spread to the right**. Symptoms are worsened by warmth, warm liquids, swallowing (including saliva), and **worse with constrictive clothing** (especially around the neck).



## 6 LYCOPODIUM

For **throat pain with a choking sensation**, as if having a ball stuck in the throat. Those needing this remedy often have **pain that begins on the right side and may spread to the left** and symptoms are relieved by warm drinks.

## 7 MERCURIUS

A person who needs this remedy is extremely sensitive to temperatures (both heat and cold), and experiences night sweats and drooling during sleep. Swollen lymph nodes and bad breath are other indications. The person's nose may feel raw, and the tonsils or ears often become infected. Excellent for throat pain accompanied by **weakness, red spots and/or pus on the tonsils**, as well as **very bad breath**. Those needing Mercurius tend to **salivate, drool, or perspire, particularly at night**.

## 8 PHYTOLACCA

For a **dark red, purple, or bluish swollen** throat accompanied by excessive aching, fever, and pain with swallowing. There may be a shooting pain that extends to the ears and pain at the base of the tongue when protruded. Symptoms are worse with warm drinks and motion.

## 9 RHUS TOX

Consider this remedy if a cold begins with **stiffness and body aches** that are made **better by warmth and movement**, especially symptoms that are brought on during cool damp weather or changes in the weather. Nasal congestion, sore throat that is worse initial swallowing, but relieved by subsequent swallowing and drinking warm liquids. as well as warm liquids.

## 10 SULPHUR IODATUM

This remedy **relieves lingering symptoms** such as a cough or nasal congestion after a severe cold or flu. Sore throat is burning, and symptoms are made worse by warm drinks and food. Tonsils tend to be swollen and breath may be foul.



