



Homeopathy for Summertime

Have more fun this summer!

Homeopathy can provide effective relief for many of the common ailments that warm weather adventure brings.

BITES & STINGS

- *Ledum* is often used to help heal insect, spider, tick, and animal bites. It helps relieve redness, swelling, stinging, and pricking pains
- *Apis* is good for bites or stings that feel very hot
- *Staphisagria* helps mosquito bites that become especially large and irritating

HEAT EXHAUSTION

- *Veratrum album* is helpful when the overheated person has become weak, pale, clammy, and cold
- *Belladonna* can help when the skin is red and hot from too much sun and heat. The person feels weak and may have dry skin (no sweat) or be sweating profusely

SUNBURN

- *Urtica urens* helps ease the pain associated with sunburns and other minor, first-degree burns
- *Calendula* cream or gel, applied externally, soothes sunburned skin and encourages healing

POISON IVY & POISON OAK

- Try *Croton tiglium* when there is much blistering, inflammation, and itching, and the rash is painful to the touch
- *Rhus tox* helps when the most intense symptoms are fluid-filled blisters with itching, burning, and stinging

FOOD POISONING

- *Arsenicum album* is helpful when there is vomiting and/or diarrhea and much pain in the stomach or abdomen. Other symptoms include restlessness, exhaustion, fear, chilliness, and thirst

MOTION SICKNESS (or SEASICKNESS)

- *Cocculus* helps with nausea, vomiting, and/or dizziness brought on by motion
- *Nux vomica* is indicated if the person has nausea, headache, and/or buzzing in the ears from motion

MINOR INJURIES

- *Arnica* is good for any injury as a result of a trauma or accident. Sprains, strains, bruises, falls, etc. – it helps reduce pain and bruising. Arnica can be taken internally as well as applied externally in cream or gel form
- *Hypericum* helps heal puncture wounds or cuts in areas with lots of nerve endings, such as fingers, hands, toes, and feet

CUTS & SCRAPES

- *Calendula* can be found in cream or gel form and is great for cuts, abrasions, dry/cracked skin, and diaper rash. It helps encourage new skin growth, stops bleeding, and inhibits infection

DOSAGE: Homeopathic remedies can be found at local food co-ops or health stores such as Mastel's and Present Moment. They are sold in bottles or tubes containing small pellets that are taken by mouth. (Some remedies, such as Calendula and Arnica, are also sold in cream or gel form to be applied topically.) Remedies are assigned numbers and letters to indicate potency, such as "6C."

Once you've selected your remedy, give three pellets of 6C, 12C, or 30C every fifteen minutes to an hour until you see improvement. At the first sign of improvement, wait; give another dose only if your symptoms begin to return. If there is no improvement after four doses, it's best to try a different remedy more specifically tailored to your complaints. (Common sense precaution: If your symptoms are severe and persistent, it's best to seek the advice of a trained homeopath or other health care practitioner.)

What is homeopathy?

Homeopathy is a natural system of medicine that stimulates the body's own healing capacity. It addresses the person who is ill, not the illness, so it can be used for an unlimited number of conditions. Remedies are gentle and non-toxic and can safely be used by anyone, including infants, children, and the elderly.