

HOMEOPATHIC REMEDIES 36 BASICS

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IGNATIA	<i>St. Ignatius Bean</i>	<i>Strychnos ignatia</i>
Indications	Grief, sleeplessness, anxiety, indigestion.	
Type	Want to be left alone to their misery.	
Emotions	Grief, anger, fear; sleeplessness, colds, lump-in-throat sensation, fever, empty feeling, indigestion, nervous disorders - twitches, nervous tics, or numbness in the face or limbs.	



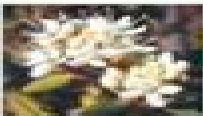
IPECACUANHA	<i>Ipecac. shrub</i>	<i>Cephaelis ipecacuanha</i>
Indications	Nausea, indigestion, fever, morning sickness.	
Type	Hard to pin down, impatient, scornful.	
Remedy	Remedy for dry, teasing, hacking coughs that bring a sense of suffocation. Wheezing and asthmatic breathing with a congested chest. Migraine with severe nausea and vomiting, morning sickness.	



KALI BICH	<i>Potassium bichromate</i>	<i>Kali bichromicum</i>
Indications	Mucus, headaches.	
Type	Proper, conservative, fastidious, moral.	
Remedy	The remedy for problems with the mucous membranes of nose, throat, vagina, urethra and stomach. Joint problems, rheumatic pains, migraines. Characteristic is pain that shifts from one part of the body to another.	



LACHESIS	<i>Bushmaster</i>	<i>Lachesis mutus</i>
Indications	Menopause, hot flashes, PMS, sore throat.	
Type	Ambivalent, disengaging of others, self-promoting.	
Remedy	Left-sided sore throat, hacking cough, sinus pain; bursting headache; PMS, menopause, hot flashes; irritability, jealousy. Feeling bad when waking up. Hot sweats and shivering; throbbing sensations.	



LEDUM	<i>Wild rosemary</i>	<i>Ledum palustre</i>
Indications	Puncture wounds, insect bites, cuts, grazes.	
Type	Self-pity, discontents, unfriendly, grumpy.	
Remedy	First and remedy for bites, punctures, skin stings, rashes, ankle sprains, old yellow bruises, and foot pain. Rheumatic pains, stiff, painful ankles, gout, severe night sweats, and intense-itchiness of feet and ankles.	



LYCOPodium	<i>Club moss</i>	<i>Lycopodium clavatum</i>
Indications	Indecision, stomach, constipation, scabies.	
Type	Self-conscious, shy, conscientious, moody.	
Remedy	Worries, indecision, flatulence, belching, colic, constipation, flu, colds, yellow mucus colds, sinus, coughs, ears, headaches. This remedy is reputed to act on the entire organism and is often selected for chronic diseases.	



MAG. PHOS	<i>Magnesium phosphate</i>	
Indications	Leg cramps, menstrual cramps, muscle spasms.	
Type	Intellectual, artistic, sensitive, intense.	
Remedy	This anti-spasmodic cell salt relieves cramps, muscle spasms, cramping, radiating pain, neuralgia, sciatica, backaches, headaches, toothaches, colic, hiccup and fatigue.	



MERC. VIV	<i>Mercury, Quick silver</i>	<i>Mercurius viv</i>
Indications	Sore Throat, colds, gumboils, bad breath.	
Type	Refrains, anguished over trivial matters.	
Remedy	Sensitivity to temperature changes; thick colds with sore throat, mouth sores, odorous discharges. Bad breath, sweats, discharges. Sore, inflamed and swollen glands. Ulceration of mucous membranes. Metallic taste in mouth.	



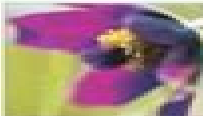
NATRUM MUR	<i>Sodium chloride</i>	<i>Natrum muraticum</i>
Indications	Grief, sadness, allergies, cold sores, irritability.	
Type	Very sensitive, emotional, socially inept.	
Remedy	This remedy helps with colds, sore throats, cough, hay-fever, dry skin, cracked lips, headaches, migraines, suppressed emotions, sadness, anger, grief, sleeplessness, over-sensitivity to weather changes.	



NUX VOMICA	<i>Strychnine</i>	<i>Strychnos nux-vomica</i>
Indications	Stress, fatigue, hangover, sleeplessness.	
Type	Tense, irritable, envious, angry outbursts.	
Remedy	Helps to overcome the effects of overindulgence in drink, food, stimulants as well as mental overwork. Insomnia, digestive complaints caused by suppressed anger, colds and influenza. Blocked nose, coughs, larynx pain.	



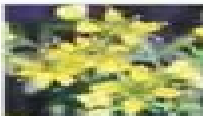
PHOSPHORUS	<i>Phosphorus</i>	
Indications	Anxieties, fears, violent cough, hay-fever.	
Type	Co-operative, intelligent but easily exhausted.	
Remedy	Ailments characterized by burning pain. Headaches, diarrhea, nosebleeds, profuse periods, nervous fatigue, sleeplessness, hoarseness. Respiratory problems, tightness in the throat. Dry, tickling coughs.	



PULSATILLA	<i>Meadow Anemone</i>	<i>Pulsatilla pratensis</i>
Indications	Night coughs, yellow mucus, ear congestion.	
Type	Gentle but easily led, likes to evoke sympathy.	
Remedy	Ailments accompanied by profuse yellow, yellow-green discharges. Colds, flu, hay-fever, night coughs, indigestion, ear sickness; PMS, cramps. Emotional problems such as moodiness, anger and depression.	



RHUS TOX	<i>Poison Ivy</i>	<i>Rhus toxicodendron</i>
Indications	Rheumatism, joint pain, stiffness, skin problems.	
Type	Worries and plagued by thoughts of doom.	
Remedy	Red, swollen, itchy skin, joint and muscle ailments including stiff, swollen joints, rheumatic pain, rashes, hives, flu, fever, fatigue, restlessness. Remedy for swollen eyes with painful, stinging tears.	



RUTA	<i>Rue</i>	<i>Ruta graveolens</i>
Indications	Sprain, bone bruises, carpal tunnel, eye strain.	
Type	Dissatisfied, broody, easily starts an argument.	
Remedy	A good first aid remedy for sprains, strains, repeated injury, joint issues such as tennis elbow, deep bruises, knockouts, eye strain from long hours of fine, detailed work. Also used for chest pains and itchiness.	



SEPIA	<i>Cuttlefish</i>	<i>Sepia officinalis</i>
Indications	Heavy periods, menopause, hot flashes, PMS.	
Type	Lack of emotions, detached, mood swings.	
Remedy	The remedy for women's issues including menopause, PMS, dryness, moodiness, irritability, fatigue, sleeplessness, headaches, nausea, back and joint pain. Recovery from exhaustion after sexual intercourse.	



SILICA	<i>Quartz</i>	<i>Silica terra</i>
Indications	Skin and bones complaints.	
Type	Determined but without much conviction.	
Remedy	Helps to purge splinters, acne, skin sores and congested glands, ears and sinuses. Relieves constipation, fatigue and anxiety; and helps strengthen hair and nails. Alleviates profuse sweating and sleeplessness.	



STAPHISAGRIA	<i>Stavesacre</i>	<i>Delphinium staphisagria</i>
Indications	Nervous complaints.	
Type	Deeply suppressed emotions, hidden rage.	
Remedy	Remedy for neurosis, teaching problems, cynicism, stress, inflammation of the eyelids, headaches that sit heavily on the forehead. Useful for women who have pain during sexual intercourse.	



SULPHUR	<i>Brimstone</i>	<i>Sulfur</i>
Indications	Skin complaints, mental stress, digestion.	
Type	Self-centred, egotistical, know-it-all.	
Remedy	Remedy used to treat skin conditions such as eczema, thrush, nappy rash, dry scalp. Helps with digestive problems such as indigestion, vomiting, chronic diarrhoea. Helps with mental stress, forgetfulness, indolence.	

Guide To Homeopathic Remedies

Isaac D. Johnson



Guide To Homeopathic Remedies:

The Patient's Guide to Homeopathic Medicine Robert W. Ullman, Judyth Reichenberg-Ullman, 2005-07 This book explains the process of homeopathic treatment from the patient's point of view. It provides everything a patient needs to know to make the most of their homeopathic treatment. The book discusses what homeopathy is and how it works, the homeopathic interview, the medicines and the course of treatment, and provides definitive answers for the many questions that patients ask about homeopathy.

Everybody's Guide to Homeopathic Medicines Stephen Cummings, 1997-03-10 The third revised edition of the most popular family homeopathic guidebook in the world. Everybody's Guide to Homeopathic Medicines teaches step by step how to select the correct homeopathic remedy for numerous common ailments and injuries. It also tells you when medical care is necessary and when it is safe to use homeopathy yourself. Homeopathy is a natural, safe, inexpensive, and highly effective complement and alternative to conventional medicine. By triggering the body's own self-healing abilities, homeopathic remedies effectively treat everyday ailments, including acute and chronic symptoms of mind and body. Everybody's Guide to Homeopathic Medicines provides clear and comprehensive information on homeopathic remedies for quick relief from colds, headaches, allergies, children's illnesses, PMS, and many other common ailments. Written by a physician together with the leading homeopathic educator in America, this revised edition of Everybody's Guide to Homeopathic Medicines offers the most detailed and comprehensive information available on the increasingly popular practice of homeopathy. THIS ESSENTIAL BOOK INCLUDES ADVICE ON HOW TO SPEED THE BODY'S OWN HEALING PROCESS, STRENGTHEN YOUR IMMUNE SYSTEM, INDIVIDUALIZE HOMEOPATHIC TREATMENT, DIFFERENTIATE BETWEEN ONE HOMEOPATHIC REMEDY AND ANOTHER, OBTAIN THE APPROPRIATE HOMEOPATHIC MEDICINE EASILY AND QUICKLY, GAIN ACCESS TO LEADING HOMEOPATHIC ORGANIZATIONS AND RESOURCES. More than 250,000 consumers have already found Everybody's Guide to Homeopathic Medicines informative and invaluable. It is the one medical guide that every family should have.

A Guide to Homeopathic Practice: Designed for the Use of Families and Private Individuals (1885) Isaac D. Johnson, 2008-06-01 This scarce antiquarian book is a facsimile reprint of the original. Due to its age, it may contain imperfections such as marks, notations, marginalia, and flawed pages. Because we believe this work is culturally important, we have made it available as part of our commitment for protecting, preserving, and promoting the world's literature in affordable, high-quality modern editions that are true to the original work.

Homeopathic Remedies for the Stages of Life Didier Grandgeorge, 2002-04-03 This book explains each of the successive phases of life, referencing common physical and psychological symptoms and their homeopathic remedies. Homeopathic Remedies for the Stages of Life provides practical and illustrated case histories of former patients, insights into child development, and the workings of the human psyche.

A Complete Guide To Homeopathic Remedies Dr. Ashwani Bhardwaj, 200? *A Homeopathic Handbook of Natural Remedies* Laura Josephson, 2002-08-13 A Homeopathic Handbook of Natural Remedies offers the most succinct and up to

date information available on homeopathy a method of healing that works by stimulating the body's natural defenses Laura Josephson provides an overview of the healing principles and history of homeopathy clear guidelines for identifying and treating symptoms and instructions for preparing and stocking your home kit In addition to homeopathic first aid treatment for such ailments as back pain puncture wounds eye injuries fractures and insect bites the book outlines remedies for a wide range of everyday complaints including allergies coughs colds flu fevers digestive problems headaches PMS earaches insomnia jet lag and more A separate section deals specifically with childhood conditions Also included is an extensive resource directory of homeopathic pharmacies and a list of articles and other publications that provide further information

Illustrated and Descriptive Guide in the Selection of a Homoeopathic Medicine Chest and General Prospectus of Henry Turner and Co.'s Homoeopathic Pharmacies: with which is Incorporated a ... List of English and American Books and Pamphlets on Homoeopathy, Etc Turner, Henry and Co,1871 [Everybody's Guide to Homeopathic Medicines](#) Stephen Cummings (M.D.),2004 *Practical Homeopathy* Vinton McCabe,2000-03-09 A longtime educator in the field of homeopathy provides a detailed reference of symptoms and 60 remedies **The Consumer's Guide to Homeopathy** Dana Ullman,1995 By triggering the body's own self healing abilities homeopathic treatments are a safe and effective way to treat acute and chronic symptoms of body and mind This book offers a comprehensive resource to the vast array of products and services available and answers consumers questions about this powerful accessible system of health and healing *Encyclopedia of Homeopathy* Dr. Andrew Lockie,2006 The definitive home reference for people who want a reliable guide to understanding and using homeopathic remedies *Homeopathic Remedies* Asa Hershoff,2000-01-24 Organized alphabetically by disorder this convenient reference clearly describes all you need to know about homeopathy and the treatment of numerous disorders For each condition many possible remedies are suggested so you can find the one that most accurately fits your symptoms From food poisoning to varicose veins this book provides detailed homeopathic solutions for a wide range of ailments

Homeopathic Medicine Lyle W. Morgan,1989 Discover how homeopathic remedies can be used as a gentle first aid treatment for a wide variety of illnesses and injuries **Everybody's Guide to Homeopathic Medicines** Stephen Cummings,Dana Ullman,1986 **Homeopathic Health Guide for All** Pasquale De Marco,2025-05-18 Embark on a journey of healing and rejuvenation with Homeopathic Health Guide for All a comprehensive guide to homeopathy the gentle and effective system of medicine that has been trusted for over 200 years Within these pages you will find a wealth of knowledge and practical insights to unlock the transformative power of homeopathy for your health and well being Homeopathy recognizes that each individual is unique with their own physical mental and emotional characteristics This understanding guides homeopathic practitioners in selecting remedies that match the specific needs of each patient promoting a deep and lasting healing process Homeopathy's gentle approach makes it an ideal choice for people of all ages from infants to the elderly and can be safely used alongside conventional treatments Uncover the fascinating history of homeopathy from its

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Homeopathy, Healing and You Vinton McCabe,2025-09-23 Homeopathy If you work with an illness instead of wrestling against it it can guide you through the expression of your symptoms to a life that is truly healthy in body mind and spirit Healing To believe in healing is to believe that change can come about in your life like spontaneous combustion that you can catch health just as you can disease And You We have an invisible nature that defies chemical compositions and that allows us understanding of more than just physical creation There is a hidden wisdom in our bodies and in our illnesses If we can begin to change our thinking and to live our lives homeopathically we can find healing without taking any medicines homeopathic or allopathic Vinton McCabe a preeminent voice in homeopathy will show people how to start on the path to this healing

New Choices in Natural Healing Prevention Magazine,1997-09-02 Featuring more than 1 800 self help remedies this indispensable guide

puts the healing power of alternative medicine at readers fingertips Organized into two sections Part I provides a complete overview of alternative approaches including acupressure aromatherapy and herbal therapy while Part II contains an A Z listing of common symptoms cross referenced with the appropriate therapy All remedies are doctor tested underscoring natural healing s effectiveness

Homeopathy: The Great Riddle Richard Grossinger, 2012-12-18 This is a wonderfully succinct book which sets forth the history essence and methodology of homeopathy The book is well organized in 5 major sections There is a very thorough overview of the precepts and tenets of the practice its historical origins a detailed and well covered biography of Samuel Hahnemann and a review of the politics of the allopathy v homeopathy debate It is further embellished with copious annotations an appendix with an actual case history and a very fine reference for homeopathic resources such as organizations suppliers and other texts covering a variety of related topics Call it a perfect Homeopathy 101 text if you will the author makes a very even handed presentation of the material including the politics of medicine as they have evolved in the USA over the past century

Essential Homeopathy Dana Ullman, MPH, 2011-08-31 Homeopathy based on the simple principle of stimulating the body s own healing response is more popular than ever This book answers frequently asked questions introducing readers to the practice and explaining which conditions respond best to homeopathic treatment Homeopathy offers safe alternatives to more intrusive medical practices for treating digestive troubles colds flus allergies and headaches

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