

<u>Quantum Homeopathics</u>	<u>Ailment</u>	<u>Description</u>
<u>Aconitum Napellus</u>		
	Colds and Flu	Rapid onset of symptoms after being chilled or exposed to dry, cold winds. Face hot and flushed, or deathly white, or one cheek red and the other pale. High fever and burning head, relieved by perspiration.
	Cough and Croup	Early stage of rapid onset croup with dry cough. Early stage of upper respiratory infections with rapid onset.
	Ear Problems	Middle ear infections which come on suddenly (often triggered by exposure to cold, dry wind) External ear hot, Conjunctivitis from exposure to dry cold winds. Inflammation after injury to the eye. Painful, watering, and sensitive to light.
	Eye Problems	
	Shock	After traumatic experience, e.g. car accident, bad news, fright. Tremendous fear, fear of death. Panic, breathlessness, fear and restlessness, sometimes with palpitations and numbness or tingling.
	For Pets	When intensely fearful or panicked, e.g. vehicle rides (cars, floats, etc.), visits to vets, fireworks, nail or fur clipping. Any sudden onset of an acute inflammatory condition (fever, swelling, infection) – first stage only.
<u>Allium Sativum</u>		
		key remedy for either infectious or allergic coryza
	Allergies	Hay fever. Watery discharge from nose and eyes. Acrid, burning, excoriating discharge from nose but bland, watery discharge from eyes. Symptoms worse in evening and warm rooms; better for open air. Sleepiness and difficult concentration with allergies.
	Colds	Colds that move downwards to the larynx or chest. (Note: Inappropriate or overuse of Allium cepa can cause head colds to go to the chest. (If there has been no improvement in symptoms, do not use this remedy beyond 4 doses.) Sensation of rawness in nose
	Mental-Emotional Symptoms	Dull thinking and sleepiness. Difficult concentration.
	Eye Problems	Bland, watery discharge from eyes during cold or hay fever.
	Throat Problems	Pain in larynx on coughing. Grasps throat on coughing.
	Heel and Limb Problems	Friction Injuries to heels from rubbing shoes. Blisters on heels. Phantom pains or neuralgia in amputation stumps.
	Headaches	Worse in warm rooms and better in open air. Worse when eyes closed.
	For Pets	Hay fever symptoms. Repeated sneezing. Cat flu with streaming eyes and nose.
<u>Aloe</u>		
		It's a remedy that suits symptoms associated with irritable bowel, ulcerative colitis, or portal congestion (raised blood pressure in the portal and other veins draining into the liver). The abdomen may feel full, dragging, congested, hot or burning. Urging or involuntary stools (bowel motions) are common and the person may pass urine and faeces at the same time
	Mental Emotional Symptoms	Dissatisfied and irritable, especially with the discomfort or pain.
	Abdominal and Digestive Complaints	Spastic or ulcerative colitis. Pains in the abdomen before passing a stool (bowel motion). Sudden urging for stool – may drive out of bed in morning. Diarrhoea in early morning. Involuntary or unnoticed stool on passing flatus (wind or gas) Stools mixed with jelly-like mucus. Weakness after the stool. Swollen and congested haemorrhoids. Hemorrhoids like “bunches of grapes”. Hot flatulence. Portal congestion. Venous congestion with heavy dragging.
	Head Complaints	Congestive, pressing headache, above eyes and relieved by cold compresses.

<u>Antimonium Sulphuratum Auratum</u>		suits children who are irritable and easily angered when looked at or touched.
	Mental Emotional Symptoms	Sulky and easily angered children who don't want to speak, be spoken to, or touched. Soft, sentimental or romantic adults affected by moonlight and attracted to poetry. Dislike of being touched.
	Abdominal and Digestive Complaints	Health complaints accompanied by digestive disturbances. Thickly coated, white tongue – "like snow". Large appetite with a tendency to overeat. Complaints from overeating. Craving for cucumbers, pickles, or acidic foods.
	Skin and Nail Complaints	Painful callouses or plantar warts. Thickened, cracked skin. Sticky discharges from skin – like honey. Thickened or split nails. Chickenpox or impetigo eruptions (when other symptoms also match the Ant-c. Profile).
<u>Apis Mellifica</u>		treats symptoms similar to those of a bee sting – swelling, burning, prickling, stinging, and redness. They may be from a bite, sting, allergic reaction, or joint inflammation and are relieved by cold applications and worsened by warmth or pressure. The sufferer is often thirstless, restless, and possibly awkward or clumsy.
	Insect Bites and Bee Stings / Allergic Reactions	Rapid swelling with itching, stinging, prickling pains. Painful swellings are relieved by cold applications and feel worse for heat. Pink, waxy, transparent swellings. Elevated, white wheals / hives / urticaria Nettle-type rash. Swollen lips and tongue. Rapid doses of Apis can be given during severe allergic reactions or anaphylactic shock when there is rapid swelling and difficult breathing while seeking or waiting for emergency help.
	Eye Problems	Swollen lids, especially bottom ones, from allergy or inflammation. Red, burning, sore eyes that are better for cold applications and worse for heat. Sensitive to light.
	Sore Throat	Splinter-like pains on swallowing. Large, smooth, swollen tonsils. Pain better for cold drinks.
	Cystitis and Bladder Problems	Burning pain during urination. Last drops burn and sting. Retention of urine in newborns. Acute kidney failure.
	Joint Problems	Swollen, hot, and inflamed joints. Pain and swelling better for cold applications and worse for warmth.
	For Pets	Insect bites and stings. Acute kidney failure, especially in cats, in which little urine is passed. Swollen, hot joints.
<u>Arnica Montana</u>		is perhaps the best known homeopathic remedy for injuries and bruising to soft tissues. It's useful for soreness and bruising after falls, blows, childbirth or surgery. It's also useful for types of shock, concussion and sprains.
	Injuries and Surgery	Injuries or bruising from blunt (rather than sharp) objects. Sore, bruised pain. Promotes healing reduces bruising after surgery. Following dental extractions and procedures. Fear of the painful area being touched. Concussion, or complaints following concussion.
	Skin Complaints	Symmetrical eruptions on skin (the same on both sides of the body). Bruises Crops of small, painful boils
	Joints and Muscles	Sprains and strains. Soreness with bruised feeling from overexertion. Everything feels too hard and uncomfortable (seat, bed, pillow).
	Heart and Circulation	Angina pectoris with a bruised and sore sensation.
	Sleep Disturbances	Bed feels too hard. Restlessness when overtired. Sleeplessness from overexertion or exhaustion.
	Pregnancy and Labour	Movements of the unborn baby feel intense and painful. Does not want to be touched during labour. Bruised and sore sensation either during or after labour.
	For Pets	Injuries that involve bruising or shock. After surgery. After birthing.

<u>Arsenicum Album</u>		a toxic chemical element, historically used as a poison. It is safe to use with infants through to the elderly when prepared in homeopathic potencies. Those who need Arsenicum are prone to hypochondriasis and are intolerant of untidiness and disorder. They are anxious, critical, and restless, and dislike being alone but may be irritable with company. Restlessness may be followed by exhaustion which is out of proportion to their illness. They fear illness and disease, death, and being alone.
	Mental-Emotional Symptoms	Anxiety, especially about health matters. Hypochondriasis. Irritable and intolerant, especially with family members. Critical. Anxious when alone. Overly fussy about cleanliness and order. Restlessness leading to mental and physical exhaustion.
	Colds and Hayfever	Red, puffy, burning eyes that feel better for hot compresses. Watery, nasal discharge that burns and reddens the nostrils and lip. Frequent sneezing with no relief.
	Coughs	Worsened by cold air or cold drinks. Rapid, difficult breathing, with wheezing (asthma). Coughs or wheezing worse for lying down and better for sitting upright. Headaches Burning, throbbing pain. Worsened by heat and relieved by cold applications or cool air (though rest of body will be chilly and rugged up).
	Skin Problems	Eczema with burning, itching, dry skin.
	Digestive Problems	Thirst for frequent small sips of water. Burning stomach pains eased by drinking milk. Offensive, burning, scalding diarrhoea. A key remedy for food poisoning or gastroenteritis.
	Fever	Hot head and cold body. Chilly and want to be rugged up.
	Sleep	Restless and anxious – insomnia between midnight and 2 AM. Dreams of robbers
	For Pets	Chilly, anxious pets. Itchy, dry skin eruptions in chilly, anxious animals.
<u>Belladonna</u>		It treats intense symptoms with a rapid onset, inflammation with heat, redness, congestion, and throbbing pain.
	Colds, Coughs and Sore Throats	Throat red, raw, sore, and swollen – worse on the right side. Dry mucous membranes. Bright red tongue. Dry cough from tickling and burning in larynx.
	Headaches and Sinusitis	Violent, throbbing, bursting pain, worsened by stooping and better for sitting propped up. Triggered by cold air (haircut), getting head wet, or too much sun. Worst from light, motion and pressure (such as wearing a hat). Dizziness on rising, tending to fall to the left.
	Ear Symptoms	Ear infections, usually right-sided, with severe pain, and worse at night. Throbbing pain, worse when lying and better when sitting propped up.
	Acne	Deep painful boils – fiery red.
	Fever	Hot head and flushed face but icy-cold hands and feet. Glaring or glassy eyes with dilated pupils. May hallucinate – see ghosts or hideous faces – and hit or bite. Usually thirstless but may want lemon juice or lemonade. Sweat on covered parts only.
	Sunstroke	Rapid onset with restlessness. High-temperature. Flushed face and dilate pupils. Dizziness with nausea and vomiting.
	For Pets	Animals with episodes of sudden aggression who bite or attack Painful inflammations with lots of heat, redness, and swelling.

<u>Bromium</u>		is remedy for health problems that affect the larynx and respiratory tract, and to a lesser degree, the glands.
	Mental-emotional	Frequently feel as if someone is behind them.
	Ear, Nose, and Throat	Colds that start in the larynx and move upwards to the nose and sinuses. Hoarseness and aphonia (loss of voice).
	Respiratory	Dry, spasmodic, croupy cough. Hoarse, tickling cough – especially when overheated. Colds that come on after perspiration from overheating. Summer colds and complaints. Asthma relieved by the seaside. Asthma in sailors when they leave the sea.
	Glands and Lymphatics	Swelling of glands with stony-hardness. Glandular swelling worse on the left side. Swelling of the parotid or submaxillary gland. Swelling or nodules of the thyroid gland.
<u>Bryonia Alba</u>		Bryonia complaints are worsened by movement and relieved by rest and stillness. This keynote extends the mental-emotional sphere – Bryonia patients are irritable, dislike being disturbed, and want to be left alone.
	Digestive Problems	Thirsty with dry mouth and coated tongue but drinks large amounts at long intervals. Heavy sensation, like a stone, after eating. Constipated with hard, dry, large stool. Headache from constipation. Onset of appendicitis.
	Headache	Bursting, splitting headache – usually left-sided or starting over left eye and then extending to the whole head. Worse for any movement, even of the eyes – must close them. Headache with constipation.
	Sprains and Fractures	Pain from the slightest movement – even of other body parts. Sprains improved by firm binding. Inflamed joints with swelling and stiffness. Rheumatic pain in joints and muscles – relieved by keeping still. Fractured ribs – better for pressure or lying on the fractured side.
	Coughs	Dry, painful cough – must hold chest when coughing. Cough with gagging and vomiting. Cough worsened by motion, drinking, eating, going into a warm room.
	Flu	Irritable – lies still and wants to be left alone. Dry lips and coated tongue – drinks large amounts infrequently. Bursting, splitting headache, worsened by movement. Internally hot but chilly, cold skin.
	For Pets	Useful for fractures, joint pain and injury when the following symptoms are present. Wants to be alone – dislikes being disturbed. Reluctant to move – lies quiet and still on the painful side. Dry mouth but drinks large amounts infrequently.
<u>Cantharis</u>		is prepared from an iridescent green beetle which contains cantharidin, a toxic blistering agent which, in small amounts, has also been used as an aphrodisiac.
	Urogenital Organs	intense bladder or urethral inflammation (cystitis or urethritis). Violent burning pain in the bladder with constant and intense urging. Urine passes in drops and feels like scalding water. Cystitis with free blood or large clots in the urine. Increased sexual desire during inflammation of the bladder or urethra Excessive sexual desire that can't be satisfied.
	Gastrointestinal (Digestive) Symptoms	Burning thirst with an aversion to drinking. Burning and bloodstained diarrhoea, especially if accompanied by bladder inflammation. Burning gastritis or peritonitis.
	Skin Problems	Skin burns with intense pain. Burning and itching blisters
	Mental-emotional Symptoms	Anger and irritability from intense burning or cutting pains. Violent behaviour from burning and cutting pains. Historically, Cantharis has been used to treat intense states of violent mania. Bladder inflammation combined with meningitis / encephalitis which results in mania.
	For Pets	Cystitis with pain and urging. Burns and scalds.

<u>CarboVegetabilis</u>		involve weakness of either vitality or digestion. Physical symptoms include debility – even to the point of collapse, sluggishness, breathlessness, indigestion, bloating, belching and flatulence.
	Digestive Problems	Indigestion from fatty, rich foods – may lead to offensive wind (gas) or diarrhoea. Bloating, discomfort and pain relieved for short periods only by belching or passing gas (wind). Flatulence worse at night, on lying down, or when wearing tight clothing. Desires sweet or salty food.
	Respiratory Problems	Breathlessness from overeating or bloating. Must sit up in bed to breath easily.
	Fainting	Before fainting, or during recovery, wants fresh air and to be fanned. Pale face. Cold sweat.
	Shock	Cold sweat. Cold, pale or bluish skin but doesn't want to be covered. Breathless or gasping.
	Poisoning	From food or carbon monoxide, when the above general symptoms are present.
	For Pets	States of collapse, or near death states, where the animal is gasping or in shock. Cold skin or paws. Digestive upsets with bloating, distension and flatulence.
<u>Causticum</u>		a remedy for acute and minor complaints that include burning sensations, and types of hoarseness. loss of voice, coughs, and warts. Chronic complaints that also respond to Causticum usually involve gradual paralysis, types of neurological disorders, and hardening or stiffening of the tendons. Right-sided Bell's Palsy often responds to Causticum
	Mental-emotional Symptoms	Feel things deeply, even the suffering of others. Idealistic and intolerant of injustice or rebel against authority. Feel as though "something bad is about to happen". Feel as if they have "forgotten something". Stammering when excited.
	Skin Complaints	Warts on eyelids, eyebrows, nose, or around fingernails. Eruptions on the tip of the nose. Burning sensations on the surface of the skin.
	Joints and Muscles	Contraction, stiffening and hardening of tendons. Types of Dupuytren and carpal tunnel syndrome. Rheumatic pain in the small joints such as those of the fingers.
	Throat Complaints	Constant clearing of the throat. Hoarseness from overuse of the voice.
	Cough	Cannot cough deep enough to reach the mucus. Coughing relieved by cold drinks.
	Nervous System	Paralysis, especially right-sided. Tics, jerks, restlessness, chorea. Nerve-related pain, especially after exposure to cold, dry wind. Unable to pass urine from bladder paralysis. Loss of urine with cough.
<u>Chamomilla</u>		are abnormally sensitive to ailments or pain. The pain feels unbearable and they respond with irritability and anger. Their complaints will be hostile, accusing and vehement.
	Gastrointestinal / Digestive Problems	Colic, especially in infants who arch their back with the crying. Colic worsened by anger or irritation. Stool liked chopped grass or spinach. "Rotten egg" odour to stool. Nausea after coffee or warm drinks. Yellow tongue and bilious vomiting.
	Teeth / Dental Problems	Painful and difficult teething that is worse for warmth or pressure (chewing). Green diarrhoea with teething. Toothache worse for warm food or drink; better for cold drinks.
	Ear Problems	Acute or chronic otitis media (middle ear infections) with oversensitivity to pain. Ear pain triggered or worsened by wind.
	Menstrual (Period) Problems	Spasmodic, intolerable cramping that may extend to thighs. Profuse bleeding with clots.
	Fever	Thirsty, restless, and irritable. Perspiration of scalp and covered parts. One cheek flushed, the other pale.
	For Pets	Mildly painful conditions cause oversensitivity and irritability. Irritability with teething.

<u>Colocynthis</u>		a remedy for intense neuralgic pain, colic, and cramps, especially in the abdomen. This pain will be caused and worsened by strong or pent-up emotions such as anger or indignation.
	Mental-emotional Symptoms	Impatient, irritable, and easily angered. Easily offended – humiliated by small things. Anger with intense pain, or intense pain caused by anger.
	Head Problems	Sharp, cutting pains on one side of head or face, or in one eye.
	Dental Problems	Neuralgic toothache that extends to head, face and ear.
	Abdominal Problems	Pain caused by emotions. Feels as if intestines “squeezed between stones”. Agonising pain. Pain relieved by hard pressure or lying on abdomen. Must bend double with the pain.
	Menstrual Problems	Severe dysmenorrhoea (painful periods) relieved by heat and pressure.
	Limb Problems	Right-side sciatic pain, shooting or band-like, which is worsened by motion but relieved by hard pressure. May be followed by numbness in the leg.
<u>Drosera Rotundifolia</u>		a carnivorous plant which traps insects by its sticky tentacles and then extracts nutrients from their bodies by dissolving them with enzymes. When potentised, Drosera becomes a significant homeopathic remedy for various types of coughs, and especially whooping cough.
	Mental-emotional Symptoms	Restless, stubborn, and suspicious. Difficult concentration with restlessness. Easily angered Feels persecuted by others, or that others can’t be trusted. Anxiety when alone. Fear of ghosts.
	Cough and Respiratory Problems	Cough as soon as head touches the pillow. Paroxysmal, spasmodic cough. Unable to catch breath with cough. Cough with retching and vomiting. Cough so severe that it triggers nosebleeds. Constriction in throat on talking. Cough from irritation in the larynx. Cold sweat with cough Asthma with a history of tuberculosis.
	Musculoskeletal Problems	Writer’s cramp. Spasm in fingers when grasping something. Growing pains with restlessness. Joint problems or joint pain when other Drosera symptoms also present.
	For Pets	Cough with gagging or retching. Kennel cough in dogs.
<u>Dulcamara</u>		Traditionally, people used nightshade to treat health conditions like arthritis, influenza, and headache. Medicines made from dulcamara are derived from the stem, which is thought to contain antibacterial and anti-inflammatory compounds.
	Warts and Boils	are common skin conditions spread through touch by viruses and bacteria. Dulcamara has long been used as a folk remedy to shrink warts and boils, improving their appearance
	Eczema	may be an effective treatment of eczema, itchy skin and fungal skin conditions in adults
	Acne	due to its antibacterial properties.
	Joints and Muscles	treatment for joint pain (rheumatism), particularly when it’s associated with changes of the season.
	Inflammation	has been used to treat inflammation and inflammatory diseases. Scientists have found that dulcamara contains strong anti-inflammatory compounds

<u>Echinacea Angustifolia</u>		Today, it's best known as an over-the-counter herbal remedy for the common cold or flu. However, it's also used to treat pain, inflammation, migraines and other health issues.
	High in antioxidants	In addition, echinacea plants contain compounds called alkamides, which can further enhance antioxidant activity. Alkamides can renew worn-out antioxidants and help antioxidants better reach molecules that are prone to oxidative stress
	Immune Support	Echinacea is best known for its beneficial effects on the immune system. Numerous studies have found that this plant may help your immune system combat infections and viruses, which could help you recover faster from illness
	Lower Blood Sugar	Other test-tube studies found that echinacea extracts made cells more sensitive to insulin's effects by activating the PPAR-γ receptor, a common target of diabetes drugs. This particular receptor works by removing excess fat in the blood, which is a risk factor for insulin resistance. This makes it easier for cells to respond to insulin and sugar
<u>Eucalyptus</u>		tea is a good source of these antioxidants and generally recognized as safe for adults. However, children are at high risk of eucalyptus toxicity and should get approval from a healthcare professional before drinking this tea
	High in antioxidants	
	Cold and Flu	Eucalyptus oil can be inhaled through your nose and may provide some cold symptom relief. It's also found in many topical decongestants. However, because even small doses of the oil can be toxic, you should avoid consuming it
	Dry Itchy Skin	Topical eucalyptus leaf extract has been found to boost skin ceramide production, water-holding capacity, and skin barrier protection. It contains a compound called macrocarpal A, which appears to stimulate ceramide production
	May reduce pain	Eucalyptus contains many anti-inflammatory compounds, such as cineole and limonene , which may act as pain relievers
	May promote relaxation	Researchers believe that it decreases the activity of your sympathetic nervous system ☐—your stress response system ☐—and increases the activity of your parasympathetic nervous system, which promotes relaxation
	Teeth / Dental	Eucalyptus leaves contain high amounts of ethanol and macrocarpal C ☐—a type of polyphenol . These compounds are associated with lower levels of bacteria that can cause cavities and gum disease
	Insect Repellent	Research has shown that it's effective at warding off mosquitoes and other biting insects for up to eight hours after topical application. The higher the eucalyptol content of eucalyptus oil, the longer and more effectively it works as a repellent
<u>Eupatorium Perfoliatum</u>		the person will be very restless with the pains but motion won't relieve the soreness. They'll feel worse in cold air and fevers may recur at regular intervals
	Fever and Chill	Extremely thirsty for cold drinks, especially during the chill or rigor (shuddering) of fevers. Chill that begins in the small of back. Scanty or no perspiration during fever.
	Respiratory	Must hold chest during cough to control the soreness.
	Back	Intense or excruciating back ache – “as if the back is broken” – especially during fever. Chill beginning in small of back.
	Musculoskeletal	Bone pains with sore muscles, especially during fever. Pain as if bones are broken, especially during fever but also when a true fracture is present.
	Gastrointestinal	Very thirsty during the chill. Desire for cold drinks and ice cream.

<u>Ferrum Phosphoricum</u>		is best known as the “no clear symptoms” remedy. Vague and general symptoms such as fever, pain or inflammation may be present but they don’t have the distinctive or identifying features seen with other remedies
	Head Problem	Headaches with fever. Face colour alternates between pale and red.
	Eye Problems	Sensitive to light during fevers.
	Ear, Nose, & Throat Problems	Ear pain and inflammation with no discharge (from nose or ear). Deafness from colds, especially in children. Bright nosebleeds in children. Raw, painful sensation on soft palate (posterior nares) on inspiration. Redness and swelling of the tonsils.
	Gastrointestinal (Digestive) Problems	Thirsty, usually for cold drinks. Vomiting of food soon after eating. Heartburn or indigestion after eating meat.
	Chest Problems	Early stages of bronchitis in children. First stage of pneumonia with no clear symptoms. Cough with bright, blood-streaked expectoration.
	Fever	Fever, often high, but with no other distinctive symptoms. Headache and light sensitivity with fever.
	For Pets	Early stage of inflammation or fever when no other symptoms are seen.
<u>Gelsemium</u>		twining vine with yellow, trumpet-shaped flowers. Homeopathic remedies prepared from this plant are used for symptoms of mental, emotional or physical weakness. People needing this remedy lack confidence, feel timid or cowardly, avoid challenges, and are prone to anticipation anxiety or fear.
	Anxiety	Anticipation anxiety from any sort of ordeal such as exams, performances, and presentations. Trembling and diarrhoea from anticipation or fright. Heaviness and weakness with the trembling. Paralysis from anxiety or fear.
	Colds and Flu	Aching and heaviness of head, eyes, and muscles. Weakness, heaviness, and trembling with any sort of exertion. Chills alternate with flushes of heat (no sweat with fever). Lack of thirst. Useful remedy for when the patient complains of “never having been well since the flu”. Jet-lag Heaviness, weakness, blurred vision and exhaustion.
	Headaches	Dull pain that starts on the back of the head and spreads to the forehead. As though a tight band is around the head. Heavy head – can hardly lift it. Heavy eyelids – eyes half open. Dizziness and visual disturbances – as if drunk. Headache relieved by copious urination. Thirstless.
	For Pets	Flu-like symptoms with weakness and lack of energy. Anxiety with any ordeal or event – shaking and trembling. Grass sickness in horses.

<u>Graphites</u>		is a remedy for anxiety, uncertainty, and types of skin complaints. The type of person who does well with this remedy is often chilly, prone to obesity, dislikes sweet things – especially sweet things with meat, and prefers chicken.
	Mental-Emotional Symptoms	Slow thinking. Irresolution. Difficult concentration. Full of doubts. Finds it hard to make a decision. Lack of confidence and anxious – expects things to be difficult. Excitable and upset by small, inconsequential things. Weeps easily and may weep to music. Feels better by expressing emotions.
	Head	Brain feels numb. Psoriasis of scalp, especially on the back of the head. Cracks or eruptions behind the ears. Sticky discharges from eruptions – like honey – that dry into golden crystals. Itchy eruptions that must be scratched to the point of bleeding.
	Eyes	Sensitive to light. Photophobia. Styes.
	Gastrointestinal	Gastritis or gastric ulcers – pains relieved by eating or drinking milk.
	Urogenital	Eruptions on upper, inner thighs or genital herpes. Loss of erection during intercourse.
	Skin	Unhealthy skin – excoriated, thickened or coarse, lumpy scars, warts, callouses, scales, cracks and fissures, tinea, hives, or herpes. Cracks or fissures occur in the angles of fingertips, eyes, nostrils, mouth, anus – where skin and mucous membranes meet.
	Nails	Thickened, hard, or deformed nails.
<u>HeparSulfuris Calcareum</u>		prepared from the burnt remains of flowers of sulphur and calcium from inner layer of oyster shells. Those who need Hepar Sulph feel chilly, hate drafts and dislike being touched. They are irritable, easily angered, and over-sensitive to pain.
	Ear Problems	Ear pain worsened by cold air, drafts, and wind. Intense ear pain causing children to scream. Sleeps on the painful ear to keep it warm.
	Throat and Respiratory Problems	Laryngitis or pharyngitis with every cold. Splinter-like pains that extend to the ears on swallowing. Pain relieved by warm drinks; worsened by cold drinks. Lingering croup. Bronchitis with slow recovery.
	Dental/Teeth Problems	Painful gum abscesses. Painful, bleeding gums. Toothache worsened by cold drinks.
	Skin Problems	Unhealthy skin – wounds fester easily and slow to heal. Chapped and cracked skin or eczema. Sour or old-cheese odor. Painful cold sores. Painful acne with pus. Painful abscesses with pricking, splinter-like pains. Sensitive to touch – even clothes cause pain on sensitive parts.
	For Pets	Abscesses or slow healing wounds with offensive pus. Dislike cold temperatures, drafts and wind.
<u>Hypericum Perforatum</u>		is especially useful for injuries to nerve-rich areas such as fingers, toes, and the spine (especially the coccyx). It relieves the intense pain – either sharp, or shooting upwards along the nerve – that follows crushes, blows, cuts, grazes, or puncture wounds to these areas.
	Bites and Stings	Shooting pains up nerve pathways following animal bites and stings.
	Injuries	Puncture wounds. Injuries to finger-tips. Shooting pain following injuries to the spine – worsened by raising arms. Severe shooting pain upward along nerve pathways following injury (e.g. following a toenail or fingernail torn off, a finger jammed in a door, standing on a nail.) Sore, bruised, shooting pains in tailbone (coccyx) following injury or childbirth.
	Dental Problems	Shooting nerve pain after dental.
	Post-surgery	Shooting nerve pain following surgery. Painful scars.
	For Pets	Puncture or crush wounds. Insect bites and stings which are very sensitive to touch.

<u>Ignatia Amara</u>		The remedy is no longer toxic when prepared in homeopathic potencies. Those needing Ignatia tend to be idealistic and strongly affected by sudden disappointment or grief.
	Emotions	Changeable, unpredictable, hysterical, easily offended. Laughing then weeping in the same sentence. Weeping in sobs, away from company.
	Grief	Sighing with grief or disappointment. Sensation of a lump in the throat. Ailments following grief – eg.
	Shock	From grief or sudden disappointment
	Headaches	From grief, disappointment, or heightened emotion. As if a nail driven into head.
	Hair Loss	Following grief
	Cough	“Hysterical” cough from heightened emotions.
	Insomnia	Inability to sleep, or excessive sleep, following grief or disappointment.
	For Pets	Grief from early weaning, or the loss of a companion or offspring. Onset of complaints since grief. Refusal to come. Act as if offended or insulted.
<u>Ipecacuanha</u>		treats types of nausea and vomiting, especially when accompanied by complaints such as pain, bleeding (haemorrhage), asthma or bronchitis.
	Gastrointestinal (Digestive) Problems	Profuse salivation during nausea. Nausea with a clean tongue. Complaints accompanied by constant nausea that are either relieved or worsened by vomiting. Vomiting when bending over or stooping. Stomach feels as though it is hanging loosely in the abdomen.
	Respiratory Problems	Spasmodic respiratory complaints. Rattling, loose cough in warm, humid weather. Dry, spasmodic cough which ends in choking, gagging, or vomiting. Croup, bronchiolitis, bronchitis or asthma with a spasmodic, suffocating cough, especially in children.
	Headache	Migraines with severe nausea and vomiting.
	Haemorrhage (Bleeding)	Uterine haemorrhage, often in gushes, that is accompanied by weakness, nausea or vomiting. Sudden bleeding of bright red blood that is slow to coagulate.
	Pain	Any type of pain that is accompanied by constant nausea.
	For Pets	Prolonged nausea and vomiting with weakness. Sudden and profuse bleeding of bright red blood.
<u>Kali Bichromicum</u>		Arthritic pains may move from joint to joint or alternate with respiratory or gastrointestinal symptoms and ulcers have a ‘punched-out hole’ appearance. They often feel chilly, gloomy and irritable and have a reputation for being ‘long-winded’, conservative and narrow-minded.
	Mental Emotional	Ill-humor ; low-spirited ; indifferent. Aversion to mental (and bodily) exertion.
	SENSATIONS	Pains in small spots, which can be covered with point of finger. Pains attack first one part then reappear in another. Heavy feeling in many parts.
	TISSUES	Bones feel bruised ; caries. Cracking in all the joints from the least motion. Rheumatic pains in nearly all the joints. Diphtheritic formations in nose, mouth, fauces, pharynx, larynx, trachea, bronchi, and even uterus and vagina. Plastic exudations ; ropy, stringy mucus Emaciation ; anæmia.

<u>Kreosotum</u>		is an important remedy for menstrual and hormonal disturbances, and excoriating, acrid, offensive discharges that cause swelling and inflammation of the affected area. Many problems occur during teething in infants or in menstrual period when there may be abnormal bleeding.
	Mental-Emotional Symptoms	Sensitive and restless, especially before menses (menstrual period). Fear of sex. Dreams of rape. Dissatisfied, irritable infants and children. Premenstrual syndrome – irritability, headache, nausea.
	Head	Headache worse before or during menses.
	Eye	Hot, salty, excoriating lachrymation.
	Nose	Excoriating nasal discharges.
	Mouth and Teeth	Difficult dentition (teething) – irritability and crying Dentition with acrid diarrhea Rapid or easy or rapid decay of deciduous (infant) teeth. Gums spongy, inflamed and painful – bleed or ulcerate easily. Offensive odour with decayed teeth or inflamed gums. Black spots on teeth.
	Cough	Cough provokes yawning.
	Urogenital	Night-time bed-wetting, especially in the first part of the night. Offensive and scalding urine.
	Female	Vaginal, cervical and uterine excoriation, inflammation or haemorrhage. Putrid, excoriating vaginal discharge with intense itching and swelling of the vulva. Menses excoriating and offensive. Heavy menses worsened by sexual intercourse.
<u>Lachesis Mutus</u>		is prepared from the venom of the bushmaster snake. Those who need Lachesis experience an inner restlessness and agitation which results in extreme talkativeness, sarcasm, vivid imaginings, and passionate, intense behaviours. They are affected by heat, easily becoming hot
	Mental-Emotional Symptoms	Passionate and inclined to jealousy. Suspicious – even to the point of paranoia. Very talkative. Sarcastic. Aggressive and prone to hatred – seeks revenge.
	Headaches and Migraines	Pulsating or bursting headaches. Pain in the top of the head or on the left side.
	Throat Problems	Left-sided throat pain or pharyngitis. Difficulty in swallowing, especially saliva and other liquids. Dislike of high or tight collars, or throat being touched. Palpitations or chest oppression worsened by lying on the left side.
	Respiratory and Chest Problems	Asthma. Asthma following jealousy.
	Menstrual and Menopausal Symptoms	Hormonal disturbances. Premenstrual syndrome with irritability, depression, jealousy, and headache. Hot flushes at the time of menopause
	Sleep Problems	Sleep is impossible on the left side. Sudden waking with a feeling of suffocation, especially when first falling asleep. Types of sleep apnoea.
	For Pets	Extreme jealousy Bluish discoloration of bites. Hormonal difficulties with heightened sensitivity to heat.
<u>Ledum Palustre</u>		is an important remedy for puncture wounds from stings, bites, or nail or thorn penetration. The affected area swells, feels cold to touch, and is mottled or bluish. It also suits joint swelling, pain or gout that is better for cold applications (even ice) and worsened by warmth
	Bites and Stings	Animal, insect, or tick bites and stings that become cold, puffy and mottled.
	Injuries	Pain from puncture wounds (such as nails in sole of foot) or cuts to hands and feet which are relieved by cold compresses and worsened by warmth. Septic states of wounds with swelling, mottling and coldness.
	Joint Problems	Person may feel cold but cold applications relieve joint pains while warmth aggravates them. Pain and stiffness in joints – better for cold applications and worse for warmth. Rheumatism or pain starts in the small joints of lower limbs and moves upwards. Rheumatism worsened by getting warm in bed. Gout, especially of feet and knees, relieved by cold. Sprains of joints, especially ankles. Itching of feet and ankles.
	Eye Problems	Black eye – pain in eyeball relieved by cold compresses.
	For Pets	Puncture wounds. Bites from fights.

works well for those who have great anxiety in their lives. They lack confidence through come across as arrogant or overly sarcastic. They have great fear of being left alone and their emotional symptoms often manifest into physical ones. In chronic cases, avoid unless very clearly indicated; a dose of Carbo vegetabilis facilitates the action of Lycopodium, a deep seated, long acting and should rarely be repeated after improvement begins. **Characteristic of Lycopodium patients:** right foot hot while left is cold. **All symptoms aggravated from 4 to 8pm.** Patient is intellectually keen but physically very weak.

Lycopodium Clavatum

	Breathing Problems	Pneumonia. Whooping cough. Cough is deep, hollow with little relief even with raising mucus.
	Ear Issues	Thick, yellow, offensive discharge. Eczema about and behind ears. Deafness with or without tinnitus after scarlatina. Humming and roaring with hardness of hearing. Every noise causes peculiar echo in ear.
	Eye Issues	styes on lids near internal canthus. Day-blindness although night-blindness more characteristic. Sees only one-half of an object. Ulceration and redness of lids. Eyes half open during sleep. Day or night blindness.
	Facial Issues	Grayish-yellow color of face, with blue circles around eyes. Whithered, shriveled, and emaciated; copper-colored eruption. Dropping of lower jaw, in typhoid fever. Itching; scaly herpes in face and corner of mouth.
	Gastrointestinal Problems	Constipation, colic, flatulence, distended abdomen, heartburn, difficult digestion, gout. Great desire for sweet things, warm drinks and food. Aversion to coffee, bread and tobacco. Unable to tolerate cold drinks. Everything tastes sour. Gallbladder stones, , biliousness/liver imbalances.
	Genito-urinary	Impotence or sexual excesses. Menstrual disorders. Vaginal dryness, vaginal burning during and after coitus. Right sided renal colic/back pain relieved by urinating. Red sand-like particles found in urine; child cries before urinating.
	Headaches	Headache over the eyes in severe colds. Vertigo in the morning on rising. Pain in temples. Tearing pain in occiput improves with fresh air. Excessive hair loss. Premature baldness and gray hair. Eczema. Deep furrows on forehead.
	Mental - Emotional Issues	Melancholy - afraid to be alone. Little things annoy. Extremely sensitive. Hysteria. Averse to undertaking new things. Headstrong. Loss of self-confidence. Hurried when eating. Constant fear of breaking down under stress. Apprehensive. Weak memory, confused thoughts. Cannot bear to see anything new. Sadness in the morning on awaking.
	Mouth Issues	Teeth excessively painful to touch. Toothache with cheek swelling relieved by warm application. Dryness of mouth, tongue without thirst. Tongue dry, black, cracked, swollen. Tongue blisters. Bad odor from mouth.
	Nose Issues	Very acute sense of smell. Feeling dryness posteriorly. Scanty excoriting discharge anteriorly. Ulcerated nostrils. Snuffles. Breathes through the mouth, rubbing the nose.
	For Babies	Cries all day and sleeps all night.

is a useful remedy for types of neuralgia (nerve pain), usually shooting or stabbing in nature, and cramps. Symptoms generally occur on the right side of the body, feel better for hard pressure or rubbing, and are worsened by cold air or bathing.

Magnesium Phosphoricum

	Mental-emotional Symptoms	Irritable and oversensitive
	Facial and Head Problems	Right-sided nerve pain that worsens with cold air but improves with firm pressure or warmth.
	Dental Problems	Nerve pain in teeth worsened by cold air, compresses or liquids.
	Abdominal Problems	Colic or cramping which is relieved by firm pressure, warmth, rubbing or bending double.
	Menstrual Problems	Dysmenorrhoea (painful periods) which is relieved by warmth and firm pressure.
	Limb Problems	Cramps, especially of hands and fingers. Writer's cramp. Sciatic pain which is relieved by heat and pressure.
	For Pets	Colic or cramping pain that improves with rubbing or warmth.

<u>Mercurius Vivus</u>		The complaints it treats are associated with offensive discharges – bad breath, pus, sweat, catarrh or smelly urine or stool. Glands swell with infections. and wounds or abscesses fester easily and heal slowly. The person is sensitive to extremes of temperature – hot or cold – catches colds easily, and is sweaty. The tongue, especially with colds, sinus or throat infections, is large, flabby, and indented by the teeth.
	Sore Throat	Swollen, ulcerated tonsils or throat with swollen cervical glands – quinsy. Pain extends into ears on chewing or swallowing. Increased saliva, offensive breath, flabby tongue with teeth indents.
	Mouth Ulcers	Shallow, painful ulcers with a bad taste in mouth. Increased saliva with metallic taste and offensive breath.
	Ear Infections	Ear infections with stabbing pain, swollen glands and bad breath. Offensive or bloody ear discharge.
	Dental Problems	Bad taste in mouth with increased saliva with offensive breath. Spongy, receding gums that bleed easily – gingivitis or gum abscesses. Gray teeth.
	Mumps	Swollen, painful salivary glands with profuse sweating. Increased saliva with offensive breath.
	Skin Complaints	Furuncles, boils, and pimples that leave deep scars. Shallow ulcers with proud flesh. Excessive perspiration with excoriation. Moist eczema.
	Vaginal and Genital Complaints	Thrush with itching, burning, and ulcers. Offensive, green discharge. Phimosis or swelling of foreskin.
	For Pets	Gingivitis or gum infections with bad breath. Ulcers on mucous membranes of mouth, eyes, nose or genitals. Offensive discharges from wounds or inflammations – slow to heal.
<u>Natrium Muriaticum</u>		is prepared from common table salt, yet, in potency, treats a large range of acute and chronic problems. Physical symptoms include dryness and cracking of skin, eczema, psoriasis, herpetic eruptions, constipation, headaches, backpain, and more. Complaints often follow grief, heartache, and disappointment. Those needing Nat-m can appear hard or closed, dislike lengthy conversation and prefer to be alone.
	Colds and Respiratory Problems	Colds that start with sneezing. Watery or “egg-white” nasal discharge with a salty taste. Blocked nose alternating with a watery post-nasal drip.
	Hay Fever	Profuse, clear, nasal discharge. Sneezing with watery eyes.
	Headaches	Worse from 10am to 3pm. Caused or worsened by sun or light. Following grief. Like a hammer beating in the head. Children who develop headaches either before or when at school.
	Skin Problems	Dryness of skin. Oiliness of face and hair. Dry, chapped lips; crack in centre of lower lip.
	Cold Sores	After sun exposure. Following grief.
	Insomnia and Sleep Problems	Sleeplessness from grief. Difficulty going to sleep, or unable to return to sleep on waking at night. Vivid dreams.
	Grief and Disappointment	Inability to weep or hysterical weeping. Weeps alone. Hidden grief – difficulty talking about it.
	For Pets	Sadness and depression following a loss of a companion animal or owner.

<u>Nux Vomica</u>		Those who need Nux Vomica do things to excess. They overwork and overindulge in food, coffee, stimulants, and alcohol (it is a key remedy for hangover). They are competitive, driven, irritable, and intolerant of the shortcomings of others. Eventually, nervous exhaustion leads to sleep difficulties, and sensitivity to smells, light, and sound. Pains are cramping and spasmodic, and worsened by sedentary habits.
	Hayfever	Sneezing on waking or after eating.
	Colds	Nose runs during the day but blocked or stuffy at night. Better for fresh air and worse for warm, stuffy rooms.
	Flu	High fever with chills, backache, shivering, and sweating. Chilled by the slightest draft or movement under the big clothes. Sore, bruised pains in bones and joints.
	Headaches	Worse in the morning after overindulgence (hangover), loss of sleep or mental strain. Bilious, dizzy, and oversensitive to light, noise, smells. Sleeplessness From mental exertion, worry, or alcohol. Wakes between 3 to 4 a.m. and falls asleep again when time to get up.
	Digestive Problems	Indigestion from alcohol, rich food, or coffee, or mental strain. Gastritis and ulcers. Bitter, sour belching. Flatulence from tight clothing. Cramping pains better for warmth or warm drinks. Vomiting, diarrhoea or constipation with ineffectual urging. Constipation from sedentary habits, travelling, overeating.
	Cystitis	Constant urging, relieved by sitting in a warm bath.
	For Pets	Digestive upsets after excessive or rich food. Irritability with constipation. Poisoning by noxious plants
<u>Phosphorus</u>		Phosphorus suits those who are open, affectionate, and sympathetic but also prone to being naïve, suggestible, or “spacey”. Children needing Phosphorus may have rapid growth. The senses can be hypersensitive with the person reacting strongly to odours, touch, sounds, and flavours or textures.
	Mental-emotional Symptoms	Numerous fears and free-floating anxiety – thunderstorms, that something bad will happen, death, darkness. Anxiety feels worse when alone but is relieved by company. Fogged feeling – unable to think clearly.
	Vertigo and Head Symptoms	Dizziness with hot head. Flushes of heat to the head.
	Throat and Respiratory Problems	Catches colds easily. Head colds descend to the chest. Hoarseness or bronchitis during a cold. Cough worsened by change in air temperature. Pneumonia, especially left-sided, when other symptoms match.
	Endocrine Problems	Goitre of the thyroid gland, with heart palpitations.
	Back Problems	Burning between the scapulae (shoulder blades).
	Gastrointestinal Problems	Weak and empty sensation in abdomen. Tendency to hypoglycaemic symptoms when meals are skipped. Peptic ulcers – when other symptoms match. Hunger during headache. High thirst, especially for cold water. Easy vomiting as cold drinks warm in the stomach.
	Limb Problems	Hands feel hot – sleeps with them outside the bed covers. Numbness of fingers.
	For Pets	Thrush with itching, burning, and ulcers. Offensive, green discharge. Phimosis or swelling of foreskin. Anxious excitable pets.

<u>Pulsatilla</u>		Physical and emotional symptoms are changeable. Though sympathetic to others, they also weep easily and crave attention, sympathy, or consolation for themselves. If not received they become irritable and jealous or feel completely unloved and alone. Joint or rheumatic pains “wander” about the body and discharges are thick, bland, and yellow/green.
	Colds and Flu	Blocked nose and/or sneezing in a stuffy room with profuse, bland nasal catarrh (watery in fresh air). Loss of smell and taste. Burning and itching eyelids.
	Coughs	Dry at night, loose in the morning. Cough at night in bed that interrupts or prevents sleep.
	Hay Fever	Eyelids burn and itch.
	Ear Problems	Acute and chronic infections, worse in warm rooms and at night. Discharges are smelly, thick, yellow (glue ear).
	Eye Problems	Conjunctivitis – thick yellow/green discharges. Eyelids burn or itch and feel better for cold bathing. Styles, worse in upper lids.
	Headaches	Headaches from sun, stuffy rooms, or eating rich food – worse for movement and better in fresh air. Headache or migraine at the end of the menstrual period.
	Digestive Problems	Rich, fatty foods (which they like) cause nausea or indigestion.
	Period (Menstrual) and Labour Problems	Suppressed or delayed menses. May be triggered by wet feet. Irregular, changeable, painful menses – especially at puberty. Labour pains ineffectual and changeable.
	For Pets	Excessive attention seeking but shy with strangers. Dislike stuffy, warm rooms Green, bland discharges from eyes or nose, often one-sided. False pregnancy or desiring company and attention during labour.
<u>Rhus Toxicodendron</u>		he Rhus-t remedy treats symptoms related to skin complaints such as blisters, hives with rheumatism, and types of cold sores. Rhus-t is also known as the “creaky gate remedy” as sore and stiff muscles and joints are worse for rest or on first movement, improve with ongoing movement, and then worsen again with over-exertion.
	Hives	Urticaria (hives) with rheumatic pains. Itching, painful blisters. Itching and irritation that improves when hot water applied.
	Cold Sores	Herpetic eruptions (fever blisters) around the lips that have a yellow discharge before crusting over.
	Flu	Restlessness with aching muscles. Pain in bones and joints. Fever with alternating heat and chills. Better for hot drinks.
	Laryngitis	Voice strengthens with use but is lost again on over-use.
	Joint Problems	Stiffness which is better for gentle movement. Better for heat and hot applications. Worse for damp, cold weather. Restlessness with the pain and discomfort – frequent stretching.
	Sprains and strains	Joints or back feel stiff and sore but improve with movement or flexing. Pains and stiffness better for gentle movement and heat. Pains and stiffness worsened by over-exertion. Pains and stiffness better for massage and hard pressure.
	For Pets	Rheumatism, lameness, or stiffness that improves with motion and warmth, and is worse during cold, wet weather. Restlessness and frequent stretching.

<u>Ruta Graveolens</u>		is useful for rheumatic and connective tissue problems, especially following chronic overuse, strain, or injury of joints or tendons. Small tendons of the eye may also be affected. The person complains of soreness and stiffness, sometimes of the whole body. Rising from a chair may be difficult and the affected joint can feel as though it will “give way”
	Eye Problems	Eyestrain and headache from prolonged close work such as reading fine print or doing needlepoint. Stiffness, burning and redness of the eyes after overuse.
	Joint and Bone Problems	Weakness and stiffness (e.g. when rising from a chair). Sore and bruised pains worse during damp weather. Painful nodules following injury to the surface of bones covered by thin skin, such the shin. Ganglions, bursitis, and tendonitis. Nodules on tendons.
	Sprains and Strains	Injuries to tendons (e.g. tennis elbow) Back pain and sciatica which improve when lying.
	Teeth / Dental	Following tooth extraction to prevent dry socket.
	For Pets	Sprains and lameness.
<u>Sepia Officinalis</u>		is considered a main remedy for women but men and children also need it at times. While children may be lively and excitable, adults are inclined to weariness, indifference, hardness, and irritability. These physical and mental-emotional symptoms surprisingly improve with vigorous exercise. The person feels chilly, craves chocolate and sour things such as vinegar but dislikes fats, and consolation or sympathy.
	Mental-emotional Symptoms	Absent minded and forgetful. Dull, difficult thinking. Lack of attachment and inability to feel love. Aversion to family members. Irritability and easily angered. Want to be left alone. Sarcastic, cutting comments, often followed by guilt and remorse. Feel better when occupied. Mothers often prefer work outside the home. Symptoms worse before, during, and after menstruation Aversion to sexual intercourse. May feel guilty about their lack of interest.
	Headache	Left-sided headaches, especially over the left eye. Heaviness or drooping of eyelids during headache.
	Menstrual / Menopausal Problems	Premenstrual syndrome. Periods early, scanty, heavy, or painful. Bearing down sensation with menstruation. Hot flushes during menopause.
	Skin Problems	Types of psoriasis
	Urogenital and Gynaecological Problems	Stress incontinence (leakage of urine) with exertion, cough, sneeze, or laughter. Types of genital herpes and warts. Vaginitis with a white, milky discharge that causes itching. Prolapse of the uterus with a bearing down sensation. Infertility or tendency to miscarriage.
	Gastrointestinal Problems	Empty feeling in stomach, even after eating. Nausea and vomiting when pregnant – worsened by food odors. Cracking of lips at the bottom centre or at the corners. Sensation of a lump in the rectum
	For Pets	Disinterest in surroundings, offspring, or companion animals. Thrush, prolapse, or infertility.

Silicea		is a remedy for weakness and lack of resilience of both the physical and mental-emotional areas. Those needing it lack confidence and suffer from anticipation anxiety. They are prone to recurrent infections in which glands may swell. They are thirsty, tire easily, and are prone to constipation with a receding (“bashful”) stool. While the person is generally chilly, perspiration may be excessive on hands and feet, or scalp (especially in sleep) and smell sour.
	Eye Problems	Infected tear duct. Blocked tear duct of the newborn.
	Skin Problems	Sweat on the scalp, especially during sleep. Offensive sweat on the feet which may excoriate feet and rot the socks. Acne that leaves pitted skin. Abscesses and boils. Bartholin’s cyst.
	Nail Problems	Ingrown toenails. White spots on nails, or weak, distorted nails.
	Sinusitis	Sinusitis that occurs with Meniere’s syndrome. Dry nasal obstruction.
	Ear Problems	Acute and chronic ear infections (otitis media).
	Gastrointestinal (Digestive) Problems	Infants are unable to tolerate milk, even breast milk.
	Dental Problems	Prone to infections or abscesses of the gum.
	Bone & Joint Problems	Spinal defects and curvatures (scoliosis, lordosis and kyphosis) Bunions
	Breastfeeding Problems	Mastitis
	For Pets	Tendency to infections such as abscesses or mastitis. Failure to thrive – runt of the litter.
Spongia Tosta		is a remedy for dry mucous membranes (mouth, nose, throat, and larynx), dry coughs, swollen or inflamed glands, and types of respiratory and cardiac (heart) problems. Symptoms often commence or worsen before midnight and lying on the right side but improve for warm drinks and food or lying on the back. The person frequently feels chilly.
	Mental-Emotional Symptoms	Anxiety or fear of heart disease, suffocation, and death – often with a sense of uneasiness around the heart. Wakes at night with fear of suffocation.
	Throat	Sore throat worse for sweets. Laryngitis. Dry tickling that causes a cough. Constriction in throat, especially on waking. Swelling of the thyroid gland.
	Chest	Palpitations
	Respiratory	Dryness of mucous membranes in nose, throat and chest. Colds descend and affect the larynx (vocal cords). Dry asthma. Asthma better for leaning forward and pulling head backwards to breathe. Types of tuberculosis.
	Cough	Dry cough – hollow, croupy, or croupy. Like a seal’s bark or a saw being pulled through wood. Relieved by warm food or drinks.
	Glands	Types of goitre and hyperthyroidism. Types of testicular disorders.
	Genitals	Swelling or inflammation of the testes, epididymis, and spermatic cords.
	Sleep	Wakes with a suffocating feeling either from tightness in the throat, croup, cough, or from asthmatic or cardiac problems. ‘Sleeps into an aggravation’.

<u>Sulphur</u>		Those who need Sulphur are typically warm-blooded individuals with a hot face, head, hands or feet. They seek coolness and prefer open doors and fresh air. They are often thought of as “ragged philosophers” because of their theorizing and expansive ideas but lack of attention to appearance.
	Mental-emotional Symptoms	Self-centered, opinionated, critical, pedantic, egotistical. Imaginative and philosophical. Enjoy debates. Full of great ideas – constantly theorizing. May be practical. Lazy and messy. Dislike washing or bathing. Not concerned about appearance. Anxiety about health matters. Fear of heights – even when seeing someone else on a high place.
	Eye Problems	Conjunctivitis with the sensation of grit in the eyes. Red and burning lid margins. Bushy eyebrows.
	Gastrointestinal Problems	Heartburn and indigestion. Red lips and red anus. Itching of the anus. Smelly, offensive stool. Diarrhoea or soft stool every morning on waking. Crave sweets and spices. Dislike eggs, especially soft-boiled.
	Skin Problems	Itchy rashes and eruptions. May scratch until bleeding. Complaints such as asthma, convulsions, diarrhea or vertigo when eruptions suppressed by steroids. Excessive and offensive sweat.
	Headaches and Migraines	Weekend headaches.
	Sleep Problems	Sleep disturbances. Light sleep – wake to every noise. Nightmares when sleeping on the back. Unable to sleep on back. Hot, burning feet – must poke them out from under the covers.
	For Pets	Hot animals with itchy skin eruptions. Dislike being washed.
<u>Veratrum Album</u>		is easily recognised by its pronounced mental-emotional state or intense physical symptoms. Those who do well with Veratrum are excessively ambitious, haughty, and generally unconcerned about the effect of their behaviours and attitude on others. Their mental restlessness can lead to mania or delusions of grandeur. On the physical level, Veratrum is a remedy for severe or simultaneous vomiting and diarrhoea, cramps and spasms, profuse cold sweat, and weakness or collapse.
	Mental-Emotional Symptoms	Boastful, proud, haughty, self-righteous, persistent. Hard, harsh, critical or rude. Ambitious – every possible means employed with no one spared. Lying, cheating and deception – with no remorse. Focused on their position in society – think they are a great person who deserves better and should be recognized. Insanity, megalomania and delusions – think they are Christ or a messenger from God. Excessive praying. Squandering of money.
	Gastrointestinal	Digestive upsets – especially spring and autumn or during menstrual period. Simultaneous vomiting and diarrhea (food poisoning, cholera). Projectile vomiting.
	Limbs	Coldness and blueness of extremities, especially during collapse.
	Female	Painful menstrual periods with coldness, vomiting diarrhea, and weakness or collapse.
	Perspiration	Profuse, cold sweat, especially on forehead or with weakness or collapse.
<u>Zincum Valerianum</u>		is a remedy for overstimulated nervous systems. Pronounced restlessness may be followed by weakness, brain fag, and depression, especially in later stages. The person will be sensitive to noises and people talking.
	Mental-Emotional	Brain fog. Mental exhaustion. Yielding – give way to others easily. Scattered thoughts and ideas. Sensitive to noises and voices. Complaining and dissatisfied.
	Head	Headache above root of nose.
	Eye and Vision	Visual disturbances – flashes or sparkles of light (scintillations).
	Respiratory	Breathlessness relieved by expectoration.
	Gastrointestinal	Empty, hungry feeling in stomach at 11am. Indigestion after eating.
	Musculoskeletal	Restless legs. Tics, twitches, jerks, chorea (involuntary movements).
	Female	Symptoms worsen before the menstrual period. Symptoms relieved during the period.
	Sleep	Sleeplessness from restlessness or jerking, especially of the legs or feet.