

<p>Aethusa Cynapium 30 (Fools Parsley)</p>	<p>Milk intolerance; Weak premature babies; Emaciation (K); <i>Projectile vomiting</i>; <i>Examination funk</i>; <i>Compare with Homarus (Lobster)</i>; See Colic; see Abrotanum; <a href="#">see Projectile Vomiting</a></p>
<p><b>Alopecia</b></p>	<p>Syph 200 or 1M tds for 1 week; hair usually re-grows white (K); Lithium if NBWS Lithium medication (K); Boericke p.904 for more remedies; <i>Arnica 1x</i>; <i>Staphysagria</i>; <i>Good book: 'Regrow Your Hair Naturally'</i>; See Syph</p> <p><a href="#">Thallium Met. – may be especially helpful after chemotherapy (CCH student)</a></p>
<p>Arnica Montana (Leopard's Bane, Mountain Daisy)</p>	<p>'If in doubt, give Arnica' - for anything!; Weak thighs; Strokes; Anti-haemorrhagic; Exhaustion, etc (J); An important heart tonic (EB); Pre-op, but (AS) says: give Arnica 30 night before (MM gives 200) and on morning of op then No More because it's effects may hype up the patient so anaesthetic doesn't hold during the op. Also its effects may last for up to 3 weeks and excessive use can cause over-rapid healing, e.g. in dental work. An overdose of Arnica may bring a patient out of anaesthesia too soon (AS); I have never seen any of these effects (J); <i>Discussions in all 4 seminar groups decided to be aware of but not fearful of haemorrhage and too-much, too-soon, too-long warnings; 1x for Alopecia</i>; See Dyspareunia; see Stroke; see MRSA; see Dentistry; see Heart attack; see <a href="#">Appendix 11</a>, Emotional Triads; see Bellis</p> <p><a href="#">Robin Murphy said: If you think a bone is broken but Arnica takes away the pain and panic, still insist on an X-ray because medical staff won't recognise or relate the calm state with a broken limb.</a></p>

<b>Bites, insect</b>	Allergies to insects, e.g. mosquitoes/gnats, is tubercular. Use lotion made of equal parts $\emptyset$ Apis, Ledum and Calendula or give Ledum 6 daily. Use Hypercal for horsefly bites. Consider Weleda's Combudoron spray; Apis (K,J); Staph; Herbal Aloe Vera gel; Caladium; Pulex 30 for cat fleas; See Echinacea; see Pyrethrum; see Stings; <a href="#">see Traumeel</a>
----------------------	--

<b>Constipation</b>	Collinsonia 200 daily (K); See Sanicula  'Colosan is brilliant. You do have to take it at the right time (ie empty stomach though they don't state how many hours after eating gives you an empty stomach) – drink the powder in a full glass of water and then chase it down with either lemon juice or diluted cider vinegar.'  <a href="http://www.colonhealthmagazine.com/colon-products-review/colosan.html">http://www.colonhealthmagazine.com/colon-products-review/colosan.html</a>
---------------------	---

<b>Potency</b>	<p>Potency suggestions for nosodes and maybe constitutional remedies: 30 if complaint is new, 200 if F/H/O from parents generation, 1M from grandparents generation, etc. (LS); Or: regard 30c as a gentle tap to the vital force, 200 as a shout to 'get on with it', 1M – the patient needs a hug, and 10M – the symptoms are on a higher plane; A suggestion to give a 200 potency at night so the patient goes to sleep on it (and any aggravation); (CG)</p> <p>Jeremy Sherr, from The Homeopath Spring 2004 issue (Society of Homeopaths Journal).</p> <table border="1" data-bbox="711 1532 1423 1603"> <tr> <td>Score</td> <td>10</td> <td>15</td> <td>20</td> <td>30</td> <td>40</td> <td>50</td> <td>60</td> </tr> <tr> <td>Potency</td> <td>6</td> <td>12</td> <td>30</td> <td>200</td> <td>1M</td> <td>10M</td> <td>50M</td> </tr> </table> <p>Score from 1 to 10 (1 is low 10 high) on the following criteria: Modality, Obstacles to cure, Pathology, Mental state, Energy and Creativity (MOPMEC). It is the energy and or clarity behind each of these that you score. Add the scores up and rate the potency from the following table. (AW)</p> <p>See Aggravations</p>	Score	10	15	20	30	40	50	60	Potency	6	12	30	200	1M	10M	50M
Score	10	15	20	30	40	50	60										
Potency	6	12	30	200	1M	10M	50M										

<b>Projectile vomiting</b>	If projectile vomiting is associated with a difficult birth and shock it may be improved with gentle manipulations. (CCH student); See Aethusa
----------------------------	--

<b>Prolapse, bladder</b>	See Pelvic Floor Muscles; see Kegel Exerciser
--------------------------	---

Solidago (Golden Rod)	Specific for the suppression of urine. The homeopathic catheter. (Tubercular miasm) (LSm)
--------------------------	---

Thallium metallicum (Element)	See Alopecia
----------------------------------	--------------

<b>Traumeel</b>	<p>Homeopathic combination remedy from Heel. Ask dentist/hygienist to apply Traumeel drops to gums during painful treatments instead of injections. Follow with Traumeel tabs prn after (J,SF); Contains low potencies of Arnica, Calendula, Millefolium, Belladonna, Aconite, Merc Sol, Hepar Sulph, Chamomilla, Symphytum, Bellis Per, Echinacea angustifolia and purpurea, Hypericum. Highly recommended; Case: Traumeel began to clear a painful dental abscess immediately (J);</p> <p>Insect bites: ‘A nasty mosquito bite swelled up my leg and full of poison. Only slightly better for Apis, no better with Ledum, only a bit better with Hypericum. Took Traumeel pills and applied drops locally and the pain, itching and swelling was relieved instantly. Just left with a tiny scab two days later.’ (SS). Traumeel drops also brought instant relief to a painful bite, probably a horsefly, which was becoming infected. (J)</p> <p>See Plantar Fasciitis</p>
-----------------	---

## Appendix Index:

1. Ativan (Benzodiazepine drug) Withdrawal Protocol 2 pages \*
2. Carcinisin 10 pages \*
3. Combination Remedies and other interesting Helios information 3 pages
4. Complementary Remedies 1 page
5. Folliculinum 5 pages \*
6. Gallstone Flush and Daily Gallbladder/Liver Flush 2 pages
7. Hayfever Prophylaxis and Treatment 2 pages \*
8. Ken Metson & YouTube link to a recording of his voice 2 pages
9. Prescribing Abbreviations 2 pages
10. NBWS Repertory of Causations 10 pages
11. Triads: Psoric, Sycotic and Emotional 2 pages \*
12. Vaccination, Prophylaxis & Treatment 1993 4 pages
13. Some Remedies for the Elderly and Stroke Indications 4 pages \*

\* You are welcome to share this Appendix with anyone who might find it useful but please respect my Intellectual Property and do not share copies of any other material without my permission

## Appendix 13 (new)

### SOME REMEDIES FOR THE ELDERLY and STROKE INDICATIONS

Although these remedies are known to help, in practice patients may not be able to take them as prescribed because of memory loss, physical difficulties, etc.

Be peaceful about the limitations of what you can achieve.

#### LOSS OF MEMORY

Very important as it affects an elderly patient's ability to care for him/herself safely.

BAR. CARB	Forget the present, remember the past; absence of intellect; childish
ANAC	Forget the names of friends; the right word escapes them; cannot fix attention; hypochondria; always better after eating
GLONOINE	Forgets the street he lives in or a place he knows well
NAT MUR	Forgets a story half way through telling it then cries with frustration
CANN	Failure in reading or writing – cannot hold his attention; forgets what he is about to write
LACH	
CAMPH	

#### DEMENTIA

Accumulated from various repertories:

ALUM, BAR.C, CON  
*Agn, Am-c, Anac, Arg-n, Aur, Aur-I, Bapt, Crot-h, Hyos, Lach, Lyc, Ov, Phos*  
Aeth, Ant-c, Arg, Arg-m, Ars, Aza, Bar-acet, Bell, Bry, Calp-p, Cann-I, Carc, Coca, Fl-ac, Gingko, Glyc, Ign, Iod, Lil-t, Nat-I, Nat-m, Nux-v, Op, Orch, Plb, Puls, Sec, Sep, Sulph, Thiosin, Zinc

#### ASTHMATIC TENDENCIES

Which appear for the first time in late middle age. Produce tightness in the chest.

ADONIS V	Can be combined with Crataegus for heart strain which causes troubled breathing with irregular, weak heart
CRATAEGUS	
DIGITALIS	Asthma symptoms with slow pulse
STROPH	With associated dropsical problems. Also cardiac and renal problems
APOCYNUM	
SENEGA	Humid asthma with bronchitis especially if > copious expectoration

ANT TART  
 CARB V  
 GRINDELIA Tenacious expectoration. Good for supporting other remedies  
 GNAPHALIUM  
 BAR CARB Senile asthma; difficult breathing from pulmonary  
 paralysis/arteriosclerosis  
 BAR MUR  
 QUEBRACHO Cardiac asthma. a.k.a. Aspido Quebracho

Also consider ARS A and NAT SULPH

Alternate ANT T and BAR C if patient is really ill

Consider SULPH (6 or 30) once a month to keep the patient going: in clogged up cases which need cleansing, re-vitalising

## **CATARACTS**

Suitable for any age. Eye surgery is now so successful that homeopathic treatment is only required for patients with a terror/refusal of surgery.  
 LEDUM and/or CALENDULA 6/30 p.r.n very helpful to heal horizontal scar after insertion of new lens.

CINERARIA Ø drops (diluted++) may dissolve cataract  
 CALC FL No.1 remedy. Also good for varicose veins, prolapse, haemorrhoids, general lack of tone, hardening, floppiness. Caution: Do not give for too long - may prove it. 6x-12x best.  
 CALC C Hard cataracts, especially early stages  
 PHOS Cloudy film in eyes; vision > in dim light; glaucoma  
 CANN S Corneal opacity with painful pressure from front to back of eye  
 SECALE With fine peripheral filaments or untidy filaments. Eyes sunken  
 Blue margins  
 NAT MUR Irregular peripheral filaments  
 MAG C Large irregular filaments at base. See > in bright daylight

## **URINARY ORGANS**

GELS Loss of control with feeling of fullness. Not > when urinating  
 EQUIS  
 CAUST Frequency at night  
 KALI PHOS Frequent call at any time. Urgent but only passes small amount  
 PULS Enuresis; wants to urinate on lying down; leakage when coughing, walking or passing flatus  
 BENZ AC Smells : like horses urine (Nit Ac)  
 TEREBINTH : violets  
 URAN NIT : fish brine (Thuj. Med)  
 VERBASC.

## **HAEMATURIA (Blood in urine)**

TRILLIUM	With arterial blood
IPEC	
MILLEF	
HAM	With venous blood
PULS	
THLASPI	Cystitis
BERB	
SOLIDAGO	
UVA URSI	
SENEC	

## **BLADDER POLYPS**

THUJA
PHOS
TEUCR

## **PROSTATE**

PULS	Acute inflammation with tenesmus. If v. distressed give PULS high
FERR P	and support with FERR P low
SELENIUM	Chronic prostate
SAB SERR	3x or similar ongoing for hypertrophy, inflammation, urine slowed
CALC FL	Hypertrophy of medium severity
EQUIS	

## **CIRCULATORY PROBLEMS**

CRATAEGUS	Wonderful general heart tonic – low potency or herbal tincture. Irritable heart. Trembling palpitations. Hypertension. Can make your own Hawthorn Honey - thick and black.
APIS	With ankle swelling from poor circulation
MAG P	Leg cramp
CONVALL	Dropsy (= pitting oedema) from heart malfunction
CRAT	
STROPH	
TABAC	Vertigo
FERR P	
CROT T	Pruritus
DOLICH	Itching without eruption
SECALE	Senile gangrene
ACON	Arterial hypertension
VISC ALB	
RAUWOLF	
BAR C	Damaged arteries from disease, smoking etc

BAR MUR

ABIES N Like THUJ. Dyspepsia with functional heart symptoms: missed beats, palpitations. No disease but pressured heart from digestive problems. Low spirits; unable to think; usually < eating.  
CRAT may also help

ABROT Some rheumatic/arthritis complaints. Look starved and emaciated below and full-figured in upper body. Skin hangs loose

STRAM Cursing and swearing in old men with prostate problems

ANAC

## STROKE

### Pre-stroke syndrome : signs and symptoms

Exaggerated laughter

Complain of vertigo, head congestion

Inclination to or sensation of falling forward

Flushes of heat from head to feet

Flushes of darkness before eyes

Rx: ARN 200 or VERAT VIRIDE 30 – 200 straight away

To confirm a suspected stroke

Although only a hospital test can confirm a stroke for sure, the Face-Arms-Speech-Time (F.A.S.T.) test will help you to recognize the symptoms of a stroke or TIA.

Recognizing strokes F.A.S.T:

Face: Has their face drooped or look fallen on one side? Can they smile?

Arms: Can the person raise both arms?

Speech: Can the person speak clearly and understand what other people are saying?

Time: Time to call 999 if the person has failed any of these tests .

If present during a Stroke

Talk to patient and reassure. Rx: ARN 200 or higher a.s.a.p

After 15 minutes ask patient to wriggle toes and fingers

Visit next day and support with:

Alternate ARN 6x -for bruising, shock

with KALI MUR 3x - to disperse thrombus

t.d.s. for a month then reduce dose over next 2 months

If heart damage is suspected support with CRAT tincture in water 3-4 times daily