

# NUTS AND BOLTS HOMEOPATHY

## An A-Z Compendium with 12 Appendices

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How many of us started our homeopathic training with a little notebook which became overfilled with tips? 'Nuts and Bolts Homeopathy' began as my notebook in 1987 and over the next 20 years I accumulated many more materia medica, therapeutic, practice management and medical tips. They informed and guided me over the years and I found them absolutely invaluable. I retired from practice in 2005 and then realised that all my accumulated information would be wasted so I turned it into this 135 page compendium which I now offer to you as a homeopathic toolkit.

It can, of course, never be complete - it is just a start and I am sure you will want to expand it as I did. I have therefore presented it in Adobe pdf and Microsoft Word document formats for you to use and adapt as you wish. You can continue to expand it, use it electronically, or print and collate as much as you want in a ring-file binder. You can also alter the spacing or re-arrange the format to suit your own needs. In other words, it can grow with you organically just as my original notebook did for me.

"Nuts and Bolts" contains a very large collection of 'Ken's Gems'. These are the remedies and treatment protocols taught to me by my mentor, the late Dr Kenneth Metson, from 1992-1997. They are identified with a (K). I added more notes from my own experience and lecturing material then I shared everything with four seminar groups in SW England in 2008/9. Those colleagues' contributions (in italics) have made it an even richer and bigger collection. Some of the information here is idiosyncratic and some of the remedies are obscure but they can be invaluable when we don't know what else to do.

**Important:** Inevitably a very small amount of the information may be regarded as controversial or cannot be substantiated. My seminar groups and I considered whether some of it should be removed. On balance we decided to leave almost everything in with the recommendation that you use it to assist in your practice and as a stimulus to explore further if appropriate. I offer 'Nuts and Bolts Homeopathy' to you in good faith and I hope you will feel able to receive it that way.

Ken Metson's teaching and passionate belief in homeopathy dispelled my anxieties about practice management and prescribing. He also taught me that if you're doing the best you can it doesn't always matter whether you've got the right treatment straight away - care and reassurance are vital ingredients too.

**I am indebted to Ken and this complete work is gratefully dedicated to him.**

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<b>Ears:</b>	
<b>: discharging</b>	See Agraphis Nutans
<b>: earache</b>	Calc Picrata; Calc Sulph; Acon 4x oil - very soothing (K); <i>Hypercal in oil</i> ; See Verbascum/Oil of Mullein
<b>: itching inside</b>	1 drop Graph 6 Med pot in a dropper bottle of olive oil (M); Graph 6; Psor 30 (J); <i>Cotton bud dipped in Almond oil with Calendula tincture and other essential oils, wiped round outer end of inner ear (M)</i>
Echinacea Angustifolia (Purple Cone Flower)	Best known as a herbal immune stimulant but also use 6-30 internally and/or Ø/cream externally for cuts, boils, dental problems, cold sores and bites, especially with sepsis (K); <i>Blood problems; Ulcers; Gargle for coughs, sore throats; Herbal Echinacea with Golden Seal for infections, especially catarrh; Chinese herb Schisanda; See Antibiotic; see Impetigo</i>
E Coli - in potency (Escherichia Coli bacillus)	E Coli normally inhabits the gut but may also infect the urinary tract or blood; See Crohn's disease; see Cystitis
<b>Eczema:</b>	See Skookum Chuck
<b>: creams:</b>	Paeony to reduce itching; Stellaria (Chickweed) to soothe, not suppressive; Graph ointment for running, wet eczema; Calendula heals infected skin; <i>Comfrey; Red and Yellow Lotus cream – obtainable from homeopathic pharmacies</i>
<b>: in potency</b>	Graph 6 bd with weeping and cracking; Petr 6 bd if itch < winter, < emotions/stress/vexation; Ant Crud for eczema which infects, cracks in corner of mouth, greedy; Nat Mur with eruptions of hairline/back of neck; Sulph with itch, heat, < night; Apis can alternate with Phos; Scroph Nod (K); <i>Morgan Pure; See Anac; see Children, hyperactive; see Sanic</i>
<b>Embolism</b>	Lach thins the blood (K); See DVT
<b>Emotional Remedy Triads</b>	See <a href="#">Appendix 11</a>
<b>Emphysema</b>	Tubercular – can be from kyphosis (stoop shoulders) in children which can cause shallow breathing and lead on to asthma, emphysema, bronchiolectasis. Antimonium Arsenicosum 12; Ars Alb esp if chest < upper R quadrant (K); <i>Can also be caused by smoking, chemicals or infection; See Bac/Infl</i>

<b>Endometriosis</b>	Overgrowth of uterine tissue outside womb around ovaries <i>or anywhere else</i> ; Med + Sep; Follic; Staph; Helonias (K); See Ooph
<b>Energy clearing</b>	<i>For cases which do not get better despite all best efforts consider House Clearing or Healing. Explore dowsing books, websites or the church to find appropriate practitioners. Negative energies can become more powerful or be re-activated at solstice times</i>
<b>Enuresis</b>	Bedwetting. Always tubercular; Equis, Sanic, Verbascum are most important remedies + Sep, Sulph, Phos, Caust (K); <i>Stram; Calc; Carc</i> ; See Epilepsy
<b>Epidermolysis Bullosa</b>	A rare genetic disorder caused by a mutation in the keratin gene which results in severe blistering of the skin and mucous membranes and other sequelae. Generally regarded as incurable though homeopathy may offer some relief (J); <a href="http://www.webnewswire.com:80/node/459039">http://www.webnewswire.com:80/node/459039</a> ; See Genetics; see Bufo
<b>Epididymitis</b>	Sabal Serr, also for prostate (K); <i>Puls</i>
<b>Epilepsy/Children's fits/Febrile convulsions</b>	Always tubercular; Bell 30 for acutes; Phos; Ign; Pertussin; Kali Brom (K); <i>Sal Volatile or Smelly shoes! Sense of smell is pre-brain and therefore a strong smell can stop fitting; Enuresis (see above) associated with generalized tonic/clonic seizures (fits).</i>
<b>Epistaxis</b>	Vipera; Ferr P 30; Melilotus (K)
Equisetum (Horse Tail)	See Enuresis
<b>Erection, lost/Ejaculation premature</b>	Calad Seguinum 30 prn, > daytime sleeps; Phos; Sulph; Lyc++ (K); See Lathyrus Sat
Erigeron 6 (Flea bane)	Placenta praevia; Haemorrhages; Fibroids; Bleeding haemorrhoids (K); <i>Compare with Mangifera Indica</i>
Eriodictyon Ø (= Yerba Santa)	Cough/asthma after influenza - 10 drops Ø tds (K)
Eupatorium Perfoliatum (Thoroughwort)	Cancer bones (K); See Dengue Fever
Euphrasia (Eyebright)	Measles with sore eyes; Dry eyes associated with arthritis and Sjogren's syndrome; V. sycotic like Thuja (K); See Sjogren's
<b>Euthanasia</b>	Ars A 10M wants their hand held when they die, fear of suffering; <i>30 can be high enough; some think 10M can</i>

	<i>prolong the agony of dying. Debatable (J); Phos 10M for fear of dying (K); Acon; Tarent if very restless; See Ars Alb</i>
Evening Primrose = Oenothera Biennis	Related to Phos Ac and Primula Obconica (K); See Diarrhoea
<b>Eyes:</b>	<i>Aconite is the 'Arnica of the eye'; See Optic neuralgia</i>
<b>: drops</b>	Euphrasia 3x drops for hayfever etc (K)
<b>: dry, pricking</b>	Lac Felinum 6 (K)
<b>: injuries</b>	Led; Symphytum; Arnica (K)
<b>Examining the patient</b>	Always explain to patient what you're going to do and then what you see (K)
<b>: eyes</b>	Arcus senilis - grey ring round iris. Any lesions in the iris will fill in as treatment progresses (K)
<b>: throat/glands</b>	Always examine external throat from behind. Goitre will be tender, mastoid too. Cervical glands are above the clavicles. Only use gland symptoms if sore or very swollen (K)
<b>Exam nerves</b>	Give Lyc 200 tds day before and a pocketful of Lyc 6 in case brain fails during the exam; See Anacardium esp for Lyc types (K)
<b>Exhaustion</b>	If tonic needed for exhaustion with trembling and insomnia, maybe after drug withdrawal - Alfalfa Ø prn esp in ME; Avena Sativa Ø/porridge oats prn; Combine together if nec (K); <i>Very good in combination especially for the elderly with lost appetite</i>
<b>Exostosis</b>	Superfluous mass of bone, regular or irregular in shape. May be on rib or a long bone. Start with Syph 1M or higher + Phos, then Hekla Lava or Calc Fl (K)
<b>Expectoration difficult</b>	In elderly - Senega (K)

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