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FIRST AID KIT — LITTLE TIPS TO WATCH FOR

N.B. This First Aid Kit is designed to act as a resource, to save you (or me!) having to dash across the County especially at 10.30 p.m.. It is not designed for you to hand pills out to all and sundry. It IS designed to have there at home (or when you are away from home) and that you use the kit **AFTER YOU HAVE DISCUSSED THE PROBLEM WITH ME**. Having said that, BEFORE you call me, open your little notebook – see below – and become a very calm observer of the person/child/husband ... whoever ...

Self-prescribing or prescribing for others

Stay calm, observe them, write down symptoms in a notebook, with time date and eventual remedy given, with reasons for the choice.

KEEP A DIFFERENT SECTION FOR EVERY PERSON.

Also, write up the effects of the remedy afterwards—that's the best way to learn. Saves a lot of time if there is an epidemic of tummy-bug or whatever—you'll see what is working and what's not! You will do no harm, and probably some good.

If the person is getting worse, and in line with my main handout, (if you can't get hold of me) seek medical help sooner rather than later.

Remember, you are not trained homoeopaths, and these are essentially First Aid kits for non-medically serious situations. Having said that, get stuck in otherwise !!!

DOSAGE If it is a very acute situation, repeat often until either there is no need or until you realise that it is doing no good—look for a better remedy. Generally speaking, 1 dose at night, 1 the next morning and 1 that night in non-acute situations. The Tissue Salts may be used more often, but take heed of the notes on Calc Fluor and Silica.

SEEK MEDICAL ATTENTION WHERE APPROPRIATE

Aconitum Napellus	Suddenness of onset
Apis Mellifica	Hot, swollen, like a bee-sting, shiny
Arnica Montana	Bumps and bruises, antiseptic, shock, trauma—physical/emotional
Arsenicum Album	Burning pains, anxiety
Baptisia	Sepsis, low fevers, soreness, heaviness
Belladonna	Hot, dry burning-up fever, pupils of eyes very wide open
Bellis Perennis	Used with Pyrogen for tooth abscesses — 1 dose of each, together, every 12 hours. Try Silica 200 first, though
Bryonia	Headaches etc which are worse for movement; they hold their heads before they cough; bronchitis.
Calc Fluor	Tissue salt—use this one sparingly (also Silica)
Calc Phos	Tissue salt—see Biochemic Handbook

Calc Sulph	Tissue salt—see Biochemic Handbook
Chamomilla	GRUMPY, nothing pleases them, beside themselves with pain, arch backwards out of your arms ... sometimes THE No.1 teething remedy, but NOT ALWAYS (;0)
Ferr Phos	Tissue salt—see Biochemic Handbook Inflammation
Gelsemium	‘Flu—aching, hot/cold sweats, can hardly keep eyes open
Hepar Sulphuricus	Cleanses wounds that won’t heal
Hypericum	Tetanus prevention—if, after Ledum, (see Ledum, below) pink lines begin to crawl up the limb; usually accompanied by severe shooting pains in nerve.
Ignatia	Grief
Influenzinum	‘Flu—when contracted and as preventative for others just 3 doses 8 hours apart
Ipecacuanha	Nausea, clean tongue with
Kali Mur	Tissue salt—see Biochemic Handbook
Kali Phos	Tissue salt—see Biochemic Handbook
Kali Sulph	Tissue salt—see Biochemic Handbook
Ledum	First remedy after tetanus-type puncture wound. Wash wound vigorously with hot soapy water for several minutes—never mind the pain!—and immediately take Ledum 30 3 times daily for 3 days. See Hypericum, above, if symptoms change. Seek medical attention if symptoms do not respond.
Mag Phos	Tissue salt—see Biochemic Handbook Works best in a little very hot water—it seems to activate it more
Mercurius Solubilis	Dribbly +++
Nat Mur	Tissue salt—see Biochemic Handbook
Nat Phos	Tissue salt—see Biochemic Handbook
Nat Sulph	Tissue salt—see Biochemic Handbook
Nux Vomica	Diarrhoea and vomiting —‘hangover or food-poisoning-type situation’ Irritable, liverish, dietary indiscretion
Pulsatilla	Mummy-ish +++, worse alone, cuddly +++, green snot +++
Pyrogen	see Bellis perennis
Rhus Toxicodendron	Stiff joints etc, usually worse on initial movement, but slowly loosen up, good with Ruta after sprains, sometimes + Arnica
Ruta Graveolens	Sprained wrists, ankles etc with Ruta
Silica	Tissue salt—see Biochemic Handbook — go easy on Silica and Calc Fluor—they should not be used too often
Sulphur	Red lips, red around bum, THIRSTY, uncover at night, like to run around naked, hot children.

N.B. Tissue Salts not included in the Standard First Aid Kit

See separate article on Tissue salts