

MORE TIPS FOR A HEALTHY SUMMER WITH HOMEOPATHY

By Maureen Chapple RSHom

Following on from my previous article for homeopathic remedies for hay fever, here are a few more first aid remedies for various ailments that can spoil a Summer.

As always, I emphasise that in homeopathy we treat the person and not the disease, but some first aid situations can benefit from a therapeutic approach.

FEAR OF FLYING

Every year I have patients who ask me for a remedy to help with their fear of flying. One patient told me that after she had taken her remedy her mood changed from sheer terror at the thought of getting on a plane to enjoying her long flight to the Caribbean.

I have three favourites for this problem.

Argentum Nitricum (Nitrate of Silver)

People who are fearful, nervous and impulsive. Feel hurried. The apprehension may cause diarrhoea. A fear of heights and small spaces.

Gelsemium (Yellow Jasmine)

Anticipation before an ordeal (such as flying). Doesn't want to speak or have anyone near them. Dull and listless. Brings on diarrhoea. Dull headache.

Calcarea Carbonica (Carbonate of Lime)

Anxiety with palpitations. Forgetful and confused and worried others will see

their confusion. Much worse if told horror stories about other people's bad flights.

TRAVEL SICKNESS

This can spoil a holiday for some people travelling by car, boat, train or plane.

Petroleum (Crude Rock Oil)

Usually for car sickness but can also help with boat sickness, especially when the smell of diesel or petrol is strong. Nausea with heartburn and hot, sharp eructations and a feeling of emptiness in the stomach. They may feel better from eating.

Cocculus (Indian Cockle)

Very useful for sea sickness. Nausea with fainting and vomiting. They really feel averse to eating or drinking anything and may have stomach cramps after eating. Even the smell of food disgusts them.

Nux Vomica (Poison Nut)

The person needing this remedy may have terrible nausea but may be unable to vomit. Usually their stomach is very sensitive, with much sourness and belching. Their mood is usually one of irritability and anger.

SUNBURN AND SUNSTROKE

I've put these two conditions together as they often come together.

Belladonna (Deadly Nightshade)

My number one remedy for either of these complaints. It is always associated with hot, red, flushed, dry skin, glaring eyes with enlarged pupils and a throbbing headache.

Urtica Urens (Stinging Nettle)

Another remedy for sunburn where the skin may be blotchy, itchy and hot.

Sol (Sunlight)

Useful for any ailment brought on by sunlight. I had a patient who was a young man with very fair skin and red hair. Every year he spent two weeks in Spain with his mates, and every year he got badly sunburned unless he stayed out of the sun completely, which for him didn't seem possible. I gave him the remedy Sol and he came back for the first time ever with a tan and no burns at all.

INSECT BITES AND STINGS

These can be helped by remedies that are good for puncture wounds (which is what an insect sting is). I have found that some people benefit from taking these remedies in 30c potency twice a week starting the week before they go away and continuing while they are away, as a prophylactic. Some main remedies are:

Ledum (Marsh Tea) especially if the bite area is cold to the touch and feels better for cold applications. The muscles around the bite area may twitch.

Hypericum (St John's Wort)

The wounded area is very sensitive to touch. The nerves feel affected.

Apis Mellifica (Honey Bee Poison)

There is swelling and puffiness around the sting with a red, rosy hue. Worse from slightest touch. Sore and sensitive.

I hope you find some of these remedies help you out if you need to use them. Try to match your symptoms to the mini descriptions I have given. There are many other remedies, but I have tried to keep it simple and have chosen ones that I have had most success with in my own practice.

As always, I must emphasise that homeopathy is more successful when looking at the whole person – physically, mentally and emotionally, and nothing beats constitutional prescribing which attempts to re-balance the system to deal with whatever the un-balanced state is.



Remedies can be bought from the following Homeopathic Pharmacies:

HELIOS – www.helios.co.uk

AINSWORTHS – www.ainsworths.com

NELSONS – www.nelsonspharmacy.com

GOULDS – www.gouldshomeopathic.com

FREEMANS – www.freemans.co.uk