



First Aid Remedy Guide

This information is for educational purposes only and should not be used in place of first aid treatment and seeking emergency medical care!!

Abscesses	Hepar sulph 6 or 30 every 3 to 12 hours depending on severity. Stop when significant improvement.
Allergic reaction, anaphylactic swelling	<u>Do NOT use if pregnant unless under the care of a professional homeopath!</u> Apis 1M every 5 to 15 minutes depending on severity, increase time between each dose with improvement. <u>Seek medical care!</u>
Back pain from overuse	If stiff but improves with movement “rusty gate”, Rhus tox 200. If worse from any movement, Bryonia 30 or 200. If shooting or tingling pain, Hypericum 200, if very severe every 30 minutes. If pain from sore muscles, Arnica 200. All remedies every 3 to 12 hours as needed unless otherwise specified. Increase time between each dose with improvement. Stop when significant improvement.
Bites, dog and other animal	Ledum 200 every hour for the 1 st day. Flush with Hypericum or Calendula tincture diluted 1:10 in water 3 times a day. If infection sets in or is threatened, see Infections. <u>Seek medical care!</u>
Boils	Hepar sulph 6 or 30 every 3 to 12 hours depending on severity. Stop when significant improvement.
Bruises and bumps	Arnica 30 every 3 to 12 hours as needed for pain and healing, stop when improved.
Burns	Aconite 200 one dose. Then alternate Cantharis 200 and Arsenicum album 200 every 3 hours, increase time between each dose with improvement. Stop when better. Topically use Calendula and Hypericum tincture diluted 1: 10 in water.
Crushed fingers and toes	Hypericum 200 every 15 minutes to 4 hours as needed for pain.
Extreme exposure to cold	Aconite 200 every 15-30 minutes, increase time between each dose with improvement, stop when better. Other remedies may be needed depending on symptoms.
Food poisoning	Arsenicum 30 or 200 every 3 to 12 hours depending to severity. Stop when significant improvement.
Heat exhaustion	Aconite 200 every 15-30 minutes, increase time between each dose with improvement, stop when better. Other remedies may be needed depending on symptoms.

Infections	Hypericum 200 and Arsenicum 200 taken together twice a day until better.
Insect stings	Ledum 30 or 200 one dose. Then if cold to the touch, continue with Ledum every 15 minutes to every 2 hours as needed for pain. If red and warm to the touch, switch to Apis 30 or 200 (<u>Do NOT use if pregnant unless under the care of a professional homeopath!</u>) every 15 minutes to every 2 hours as needed for pain.
Joint pain	If stiff but improves with movement “rusty gate”, Rhus tox 200 every 3-12 hours as needed. If worse from any movement, Bryonia 30 or 200 every 3 to 12 hours as needed. Increase time between each dose with improvement. Stop when significant improvement.
Pulled muscle	Arnica 30 or 200 every 30 minutes to every 4 hours depending on severity. If bruised feeling, Ruta 30 or 200 every 3 to 12 hours as needed. Increase time between each dose with improvement. Stop when significant improvement.
Puncture wound	Ledum 200 every 2 hours until significant improvement. If given immediately, may prevent tetanus. For extreme pain, Hypericum 200 every 15 to 30 minutes as needed. Flush with Hypericum or Calendula tincture diluted 1:10 in water. If infection sets in or is threatened, see infections.
Scrapes	Arnica 30 or 200, every 3 to 12 hours as needed for pain and healing, stop when significant improvement. Clean with Calendula tincture diluted 1:10 with water.
Shock	Aconite 200 every 1 to 2 hours or as needed until improvement.
Sprain and strains	Arnica 30 or 200 alternating with Ruta 30 or 200 every 3 to 12 hours or as needed. Increase time between each dose with improvement. Stop when significant improvement.
Sunburn	Cantharis 30 every 3 hours or as needed. Stop when significantly improved. Topically use Calendula tincture diluted 1:10 in water.
Tick bite	Ledum 200 every 3 hours for the first day, then twice a day for one week, then twice a week for one month. This protocol may prevent Lyme disease.
Wounds: cuts, lacerations	Arnica 30 or 200 every 15 minutes to 3 hours for pain and bleeding. For extreme pain, Hypericum 200 every 15 to 30 minutes as needed. If a clean cut, Staphysagria 200 every 3 to 12 hours as needed. Pure Calendula tincture may be applied to stop bleeding. Clean wound with Calendula tincture diluted 1:10 in water. After initial dosing, Arnica 30 or 200 twice a day for healing. Stop when better. If infection sets in or is threatened, see infections.

If 2 potencies are given, e.g. 30 or 200, the lower potency (30) is generally used for less severe situations, and the higher potency (200) is generally used for more severe situations.

General dosing guidelines for accidents and injuries:

Unless specified, match the frequency of the dosing to the severity of the condition. Stop remedy when significant improvement. If return of symptoms resume remedy as needed. If no improvement after 6 doses, a different remedy should be chosen.

This information is for educational purposes only and should not be used in place of first aid treatment and seeking emergency medical care!!