

Comprised By: *Classical Homeopathic Counseling*

Ellen Fowler Bench, D. Hom.

715 Main St., Ste. E,
Stevensville, MT 59870
(406) 777-5875

EMERGENCIES: For severe pain of internal origin: kidney stone, severe cramp, etc... During transport of emergency, give **Belladonna** 1 every 5 minutes, 3 times to diminish pain.

Aconite (for fright) First remedy used for a cold when exposed to cold weather or wind. Like fear of flying or fear following a frightful event.

Alumina (Dryness) Of stool, general condition of skin, mouth, eyes, vagina, etc...

Ant Crud (Don't look at me) Excessive appetite, warts of overweight children, nausea, vomiting from overeating with white coated tongue

Ant Tart (Rattling Chest) Of cold, flu, elderly, small children, birthing. Cough, remaining following the flu.

Apis (Bees) Red, hot, puffy, swollen, kidney edema. Feels like it has been stung; very tender and intolerant of heat, (sunburn, minor allergic reactions) Has an antihistamine action.

Arg Nit (Exploding) headache, anxiety, sugar cravings; especially chocolates. Constant throat clearing. Always in a hurry, insomnia with thoughts over and over in head. Gas and bloating.

Arnica (Bruised) Accidental blows, sprain bruised feeling, overwork of muscles, head injury, strokes. Also available in cream. For broken skin use orally and go to calendula cream as an antiseptic topically.

Arsenicum (Poisoning) Vomiting, diarrhea as if had eaten rotten food. Burning pains with restlessness worse at midnight. Dislikes being alone. When ill says "I feel like I'm going to die."

Belladonna (Violent) Red, hot, throbbing. So violent in nature you need to transport to the hospital. Give remedy during transport. High fevers, pain of horrible things like kidney stones and appendicitis's.

Bryonia (Worsened by any Movement) Back pain, migraine-worse even for eye movement. Patient says, "DON'T TOUCH ME!"

Calendula This remedy is commonly confused with tincture. This flower, as a remedy, is much faster acting. Healing to ulceration's internal and external. May be mixed with tincture and used to wash wounds and promote accelerated healing.

Cantharis (Burns) Burning on skin, burning urination, great for sunburn too. Take orally and apply calendula to skin.

Carbo Veg (Reviver) Cold clammy gasping for air, needs to be fanned, runs to open window to breathe. General indigestion from milk or fatty foods. Faint and cold.

Chamomilla (Angry Fits) Irritable “as if” too much coffee, cranky like teething baby. Nothing pleases them during anger. Wants something and then pushes it away. Over sensitive to pain. Baby colic of angry mother! Ear infections and childhood ailments.

Cinchona (aka China) Debility from loss of fluids like heavy menses, prolonged diarrhea, fever with sweats and chills, giving blood. It is also useful in ringing of the ears and faintness.

Cocculus (Nurses Remedy) Debility and sleeplessness from caring for others. (especially relatives). Sleeplessness, jet lag. Dizziness and car sickness, as if drunk..

Coffea Cruda (Jittery) “As if” too much caffeine. Sleeplessness from over excited like kids at Christmas or day before vacation. If jittery literally from caffeine take Nux or Chamomilla.

Colocynthis (Colic) Better for bending double (babies draw knees up). Cramp like abdominal pains, vomiting, relieved by applying pressure and leaning forward.

Drosera (Cough until you Gag!) Whooping cough. Spasms or cough so hard it can induce vomiting sticky mucus.

Euphrasia (Eyebrite) Great for eye redness (pink eye) hay fever.

Ferr Phos (Iron) First remedy for fever of unknown origin, bloody noses, heavy periods.
If fevers don't respond, go to **Aconite or **Belladonna**.*

Gelsemium (Yellow) First remedy for flu with yellow discharge, nervous, weak, shivering, restless with frequent urination. Performance anxiety with frequent urination or diarrhea preceding.

Hepar Sulph (Infections) Green runny noses of children, ear infection start in left go to right, sore throat as if a splinter.

Histaminum General itchy allergies of eyes and skin, general inflammations and hives.

Hypericum (Nerve pain) Pain of a smashed finger (like in a door!); shooting pains, pain of dental work.

Ignatia Hysterical, great for funerals and grief from unexpected events. Ailments from disappointments in love and circumstance.

Ipecacuanha (Nausea) Sick feeling not relieved by vomiting. May appear with other symptoms of flu or pregnancy.

Kali Bi First remedy for sinus infection with sticky stringy discharge. Headache between brows.

Ledum (Homeopathic Tetanus) Pain and infection of puncture wounds. Punctures include insect bites! (Wound may feel cold and pain is relieved by cold.)

Lycopodium Flatulence worse 4-8 p.m. Milk aggravates digestion. Patient avoids beans and cabbage family vegetables to diminish embarrassment. Complaints that go right to left. (Hepar Sulph L to R)

Mag Phos General cramps and spasms of menses, leg and feet, better with heat and massage. Bloody noses.

Mercury (Infections) Abscesses of tonsils, teeth infected, strep-throats, wetness, sweat or drool always present – profuse salivation. Sensitive to heat and cold.

Nat Mur Indicated for coughing on attempting to speak. Good menopausal remedy. (See Ars and Alum for vaginally dry.)

Nux Vomica (Business men's remedy) Not limited to males. Pain as if hangover, overworked, rushed, perfectionism, eating poorly. Excessive coffee, fast food, demanding, cranky and all the ailments of the 20th Century lifestyle; heartburn, hemorrhoid, cranky indigestion results.

Phosphorus (Cough) Rare symptoms when ill. Cold that quickly goes to the chest. Bloody discharges, bloody noses. Hoarseness, dry, hard cough with fever, develops quickly from a cold settling in the chest. Patient craves cold drinks. People who love attention!

Pulsatilla (Common Child's Remedy) Ailments of children who are comforted being held. Changeable symptoms with weariness. Better in fresh air. Sick from rich and fried foods. Good PMS remedy.

Pyrogenium (Sepsis) Infections that looks scary - high fever with rapid pulse – poisoning. When other infection remedies not effective.

Rhus Tox (Tin Man) Achy joints worse in storms or drop in barometer. Itchy skin eruptions; better bathing and better heat, (worse bathing, see Sulphur!)

Ruta (Stronger than Arnica!) When Arnica fails. Soreness of tendons from injury or overuse. Tired eyes from reading or computer work..

Silicea (Removes foreign bodies!) For splinter under fingernail, to remove dirt from a wound promote suppuration of abscess. Silicea will surround foreign body with fluid and bring to the surface. Thin hair and nails – defective nutritional assimilation.

Spongia Tosta Croup worse wind-dry barking cough, cough better with warm drinks, cardiac cough. Hoarseness, dry burning constricted feeling.

Staphysagria The most indicated remedy for surgery to heal the incision and diminish chance of infection. Great as a bug repellent; take one before camping or travelling. Common burning urination following a new partner, (honeymoon cystitis).

Sulfur (Warning suppressed skin symptom often reappears) Skin eruptions worse heat of bed or shower. Hot flashes. Sinus infections. Yellow discharge.

Symphytum (Bone Knit) For broken bones once set by physician. Use 1, 3x per day for 2 weeks.

Tabacum (Turning Green) Nausea and vomiting with dizziness, spinning, motion sickness; better for closing eyes.

Verat A Vomiting and diarrhea at the same time with cold sweats and extreme exhaustion. Have to decide which end to put on the potty first.

Common Homeopathic Terms:

Acute: Ailment not lasting long in its nature and will heal itself eventually. Commonly, origin is external.

Aggravate: To make worse.

Ameliorate: To make better.

Chronic: Ailment long lasting or reoccurring in its nature. Commonly, origin is internal.

Constitutional Remedy: A remedy encompassing the whole person – physically, mentally and spiritually – enabling balance of all three.

Doctrine of Signatures: Similarity of the nature of the object to the condition it is used to treat.

Herrings Law: The process of cure from above downward, inside to the outside, the most important organ to the least important organ in reverse order of occurrence.

Homeopathy: Homeo = similar, pathy = suffering. The use of natural substances to stimulate the mind and body by using the similar agent for the similar suffering of the patient. Like coffee for nervous jittering or Arsenic to treat poisoning.

Materia Medica: A listing of remedies, their uses and provings.

Miasm: Stain, usually referring to genetic predisposition to weariness of “dis-ease”.

Polycrest: Remedy of many uses.

Potentize: The process of repeated dilutions with successions. According to homeopathic standards-notated by 10 or 100 scales.

Remedy: Substance diluted through precise series of standards succeeded and potentized. Used to motivate the body to take healing action.

Repertory: Organized listing of symptoms by body part and indicators of remedies with that complaint.

FOR EMERGENCY PAIN:
CALL 911 OR TRANSPORT TO HOSPITAL.
REMEDIES MAY BE USED FOR PAIN
EVERY 5 MINS ALONG THE WAY

Injury Combo Use 1 every 5 minutes 3 times then hourly 3 times, then as needed for 3 – 7 days.

Bugbite Combo Pain inflammation, stinging, redness of an insect bite, hives or minor allergic reactions.

Arnica For surface wounds and bruising, impact that results in a lump or bruise or soreness. Always give for head injury or stroke.

Ledum Homeopathic tetanus for pain of puncture wounds and healing.

Hypericum (Nerve pain) shooting pain, smashed fingers and pain of finger and toenails.

Aconite (For Fright) for shock, from fright or injury.

Oscillococcium To catch early and prevent.

Gelsemium For ill effects of flu vaccine. Of flu with yellow discharge and headache extended to ear or ear to throat, dull with droopy eyes.

Nux Vomica Feeling of hangover. Heavy, achy, cranky.

Baptisia Feels toxic. Putrid smelling discharges.

Aconite For hysteria and shock.

Belladonna: (Violent) Red, hot, throbbing, so violent in nature you need to transport to the hospital. Give remedy during transport. High fevers, pain of horrible things like kidney stones.

Pyrog: (Sepsis) Poisoning and septic bites. When other remedies for poisoning fail.

Carbo Veg (Reviver!) Cold, clammy, gasping for air, needs to be fanned, runs to open window to breathe. Faint, shock.

Arsenicum Illness or poisoning with restlessness and fear of death.

Histaminum Swelling and itching of hives, bites or minor allergic reactions.

Mercury Pain in teeth of abscess or decay.

Tuberculinum If it has been recommended by your practitioner. At season change to prevent.

The Top 10 Questions Answered About Homeopathic Remedies

(1) **How do remedies work?** Homeopathic remedies are considered energy medicine. The original natural substance has been so diluted that the only remains of the original substance is its energy. (Which can be seen in an MRI). This energy is seen by the body as a stimulant or message to encourage the body to take action to heal, repair itself and balance. The further out of balance, the more complaints. The remedy's job is to move you toward balance.

(2) **I tried a remedy in the past and didn't get results, why?** Most common is that the remedy is the wrong one for you and your overall condition. The remedies are specific to you and the way your body expresses itself (mentally and physically). You need to communicate honestly with your Homeopath to facilitate the correct remedy selection.

An example of this is - If you are over tired, take a teaspoon of diluted remedy, not three big cups of coffee. If your remedy is the right one, you will feel stimulated and energized. If you are stressed and want to smoke marijuana to mellow out or drink cham tea to sleep, you are artificially creating relaxation! Instead, take a teaspoon of the diluted remedy. You should be calmed by the remedy, provoking balance and allowing you to rest. Learn to use the dilution in the first few weeks following your initial dose and experience how many "medications" you can eliminate.

(3) **When may I repeat my remedy?** Natural occurrences like stress (a letter from the IRS) move you out of balance. The stress of that letter = loss of sleep = over-tired = reduced immunity = relapses which move you away from balance. That's the time to repeat the remedy and message the body to move back toward balance.

Please call and schedule a follow-up appointment so that I may help you manage this process. It is important to follow up at least two or three times to insure your remedy is moving you in the correct direction and progress is resulting.

**What is the remedy
for too much internet?
Ruta for tired eyes!**

**What is the remedy
for too much party, food,
and fun?
Nux Vomica**

**What is the remedy
for snoring? Try Nux M
or call for more info
re: snoring!**

TOP TEN QUESTIONS... cont.

(4) *What is 'antidote'?* Should you "antidote" the remedy, you are stopping the progress toward balance. Please abstain from camphor, menthol, tea tree oil (which is camphorated). Products like Ben Gay, Vicks, Carmax, Altoids, etc.....are medicine which penetrate. These are the only substances which should be avoided. If you can taste mint from your toothpaste, don't take the remedy.

(5) *What is an aggravation and what do you mean, 'I might experience the return of old symptoms?'*
Disease energy weakens our body, mind and spirit. If the body heals completely it is returned to full energy and vitality. If it 'stores' disease which diminishes vitality and leaves impaired function in the disordered parts. If you are not well since strep throat and the energy has settled in your kidney, to heal the kidney the strep will return and the kidney will heal. We can dilute the remedy during the aggravation (return the sore throat) and move it out as well. The result is the undoing of the progressive disease process.

Not all symptoms return (or no one would be doing homeopathy!), only the ones 'stored' which need to be removed will return. You do not have to be miserable because we can dilute the remedy or use the appropriate acute remedy for the 'stored' symptom when and if it resurfaces.

The benefit of returning old symptoms is the spectacular return of vitality and the liberty of not medicating your body's expression of pain and misery!

(6) *What is a dilution?* Diluting your remedy in water softens the message to balance. Its effect is gentle and easy to use.

Take a bottle (the ones with sipper lids are the easiest) and drop in one pellet. Dissolve the pellet and shake the bottle well. Label the bottle with the remedy name. You may use this watered down remedy for any irritation or unwanted symptoms in the first week to ten days. Take approximately one teaspoon of this water, swish it in your mouth and hold it for about ten seconds before swallowing.

For intense aggravation you may take one teaspoon every five minutes for three times. If the symptom is not resolved, journal it and report it in your follow-up which should be within two weeks of your initial appointment.

CAN I LEARN MORE?

I TEACH HOMEOPATHIC CLASSES AT MANY LEVELS.

CLASSES ARE USEFUL, STIMULATING AND FUN!

CHECK WITH MY OFFICE FOR SCHEDULING!

INTRO TO HOMEOPATHY

A GREAT WAY TO START!

**INCLUDED:
WHAT IS POTENCY?
HOW OFTEN DO I REPEAT
A REMEDY?
HOW TO USE THE TOP 40
REMEDIES.
COMMON USES FOR
FAMILY AND PETS**

(7) I had heard not to touch the remedies? Because we are only using one pellet and we want nothing to contaminate the subtle remedy, we pour them into the lid to get just one. You can return the extra uncontaminated ones back into the container to maintain purity.

(8) What about diet? The remedies will work despite your dietary habits, but they may not last as long. If your main complaint was acid stomach which is aggravated by eating salsa, then salsa should be avoided until the body is balanced and the 'hyper' sensitivity to it is reduced. Then you may not be 'irritated' by it later. If you have liver disorder, drinking alcohol is aggravating your condition. The right remedy will reduce your desire by focusing on your addiction or self destructive tendencies. After homeopathy you should have the desire and willpower to adhere to better dietary standards (which vary from patient to patient), helping you maintain improved health and vitality.

(9) Where do I put my remedies? Please store the remedies in a clothing drawer away from the odor and chemicals in your kitchen or bathroom. Also temperatures above 140 degrees may be deactivating. So....do not leave them in a hot vehicle in the summer.

(10) Are these remedies regulated somehow? All homeopathic remedies are considered 'drugs' within the meaning of the United States Food, Drug and Cosmetic Act and therefore are subject to the applicable USFDA regulations for labeling. Homeopathy has its own official reference books which guide the preparation of homeopathic medicines. One of the most widely accepted is the Homeopathic Pharmacopoeia of the United States, often abbreviated HPUS. It establishes standard procedures for the handling and preparation of the many, varied substances used to make the remedies.

STUDY GROUPS

**FOR OPEN DISCUSSION
AND PROBLEM SOLVING.
SUBJECTS CHANGE AT
EACH MEETING.
SUBJECTS INCLUDE:
ADD, DIABETES, PMS,
MENOPAUSE, ADDICTIVE
BEHAVIOR, ETC...**

INTERMEDIATE LEVEL

**AN 8-WEEK THEORY FOR
THE LAY PRACTITIONER OR
ALTERNATIVE CARE
PROVIDERS:
CHIRO, MASSAGE THERAPIST
BBBB**

FAMILY KIT **REMEDY INDEX:**

1. **Aconite**
(*Aconitum Napellus*)

2. **Alumina**
(*Alumina*)

3. **Ant Crud**
(*Antimonium Crudum*)

4. **Ant Tart**
(*Antimonium Tartaricum*)

5. **Apis**
(*Apis Mellifica*)

6. **Arg Nit**
(*Argentum Nitricum*)

7. **Arnica**
(*Arnica*)

8. **Arsenicum**
(*Arsenicum Album*)

9. **Belladonna**
(*Belladonna*)

10. **Bryonia**
(*Bryonia*)

11. **Calendula**
(*Calendula Officinalis*)

12. **Cantharis**
(*Cantharis*)

13. **Carbo Veg**
(*Carbo Vegetabilis*)

14. **Chamomilla**
(*Chamomilla*)

15. **Cinchona**
(*Cinchona Officinalis* China)

16. **Cocculus**
(*Cocculus*)

17. **Coffea**
(*Coffea Cruda*)

18. **Colocynthis**
(*Colocynthis*)

19. **Drosera**
(*Drosera*)

20. **Euphrasia**
(*Euphrasia*)

21. **Ferr Phos**
(*Ferrum Phosphoricum*)

22. **Gelsemium**
(*Gelsemium*)

23. **Hepar Sulph**
(*HeparSulphurisCalcareum*)

24. **Histaminum**
(*Histamine*)

25. **Hypericum**
(*Hypericum*)

26. **Ignatia**
(*Ignatia*)

27. **Ipecacuanha**
(*Ipecacuanha*)

28. **Kali Bi**
(*Kali Bichromicum*)

29. **Ledum**
(*Ledum*)

30. **Lycopodium**
(*Lycopodium*)

31. **Mag Phos**
(*Magnesia Phosphorica*)

32. **Mercury**
(*Mercurius*)

33. **Nat Mur**
(*Natrum Muriaticum*)

34. **Nux Vomica**
(*Nux Vomica*)

35. **Phos**
(*Phosphorus*)

36. **Puls**
(*Pulsatilla*)

37. **Pyrogen**
(*Pyrogenium*)

38. **Rhus Tox**
(*Rhus Toxicodendron*)

39. **Ruta**
(*Ruta Graveolens*)

40. **Silicea**
(*Silicea*)

41. **Spongia**
(*Spongia Tosta*)

42. **Staphy**
(*Staphysagria*)

43. **Sulfur**
(*Sulphur*)

44. **Symphytum**
(*Symphytum*)

45. **Tabacum**
(*Tabacum*)

46. **Verat A**
(*Veratrum Album*)

47. **Injury Combo**

48. **Bug Bite Combo**