

# HOMOEOPATHY FOR THE HOME

## A BEGINNER'S KIT OF FIRST AID REMEDIES

by Brian R. Murray ND, DO, RHom

The First Aid Kit consists of fourteen remedies, an antiseptic tincture and a healing ointment. These remedies have been selected for use in the home because of their effectiveness, safeness and ease of application. They are: ACONITE, BELLA DONNA, CHAMOMILLA, A.G.E., ARNICA, COCCULUS, HYPERICUM, IGNATIA, LEDUM, NUX VOMICA, PULSATILLA, RHUS TOX., RUTA GRAV., and UATICA URENS. For external use, there is HYPERICUM/CALENDULA TINCTURE and also CALENDULA OINTMENT. Details of the remedies are given on the reverse of this sheet.

Homoeopathy is an approved form of medicine where the remedies are matched against the patient's illness to select one which covers the greatest number of symptoms. All the remedies have been tested on healthy human volunteers who recorded the symptoms caused by taking strong doses. The remedies you will be using have been diluted and potentised to where they are absolutely safe and yet extremely effective where the symptoms agree. There are no side-effects or risk of poisoning with Homoeopathic remedies, which makes them suitable for young children, babies and adults alike.

For best results you should not change remedies too frequently, thereby avoiding a confused response. Also Homoeopathy works on the MINIMUM DOSE to stimulate the body's natural recuperative powers: given too often or for too long, the beneficial effects may be cancelled out.

### Care of Remedies

Store the remedies away from heat, light and strong smelling preparations. Your stocks will be nullified by camphor, menthol, peppermint and similar aromatic materials. Never return to the bottle any tablets which have been handled as they may contaminate the remaining stock. Avoid drinking coffee or peppermint tea for best results.

## **Dose and Administration**

The tablets are sucked slowly and not swallowed. If the patient cannot do this, dissolve the tablets in a little water and give on a teaspoon. For continuous medication, crush two tablets between a pair of clean spoons and dissolve in a tumbler of water. This should be sipped slowly over an hour or two in acute cases.

Do not touch the remedies: shake the required number of tablets into the cap of the bottle and shake these directly into the mouth. Take the remedies in a clean mouth, that is free from the effects of food, drink, tobacco, toothpaste, thirty minutes before or after meals.

One tablet for children and two for adults is the normal dose. Frequency varies with intensity of symptoms. Suck the tablets continuously in very severe cases easing back to half hourly in less severe cases. Lessen the frequency of the dose as the remedy is seen to work. Where discomfort is not acute, give four hourly or night and morning.

The remedies are also available as liquids and this form may be easier to use in some cases. For example, where a patient cannot suck or swallow, the remedy is mixed with a little water and rubbed on the gums. The liquid remedy can be sprinkled over food or into drinks if required. A dose of the liquid remedy is a quarter of a teaspoon in a little water, the mix to be sipped slowly. Frequency of dosage is the same as for tablets.

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Order your remedies by telephone or mail from:  
AUCKLAND: Mr B.K. Moore, Lincoln Road, Henderson  
North, Phone 836-8576 Henderson.  
ROTORUA: W.J. Usher, Odeon Pharmacy, Tutanekai St,  
Rotorua. Phone 87-765 Rotorua.

It is recommended that you have on hand at least one of the following books to give you more details on first aid Homoeopathy and domestic remedies:

1. Homoeopathic Medicine at Home by Panos and Heimlich.
2. First Aid Homoeopathy by the British Homoeopathic Association.
3. Homoeopathy for the First Aider by Dr Dorothy Shepherd.
4. Quick Bed-side Prescriber by Dr J.N. Shingal.

For further information and for supplies of books, contact the Secretary of the New Zealand Homoeopathic Society Incorporated, C.P.O. Box 2939 Auckland.

For additional advice on the remedies contact Brian Murray ND, DO, RHom C/o Onyx Natural Health Clinic, 390 Great South Road, Papatoetoe, Auckland. Phone 278-1746; or Lincoln Grove Health Centre, 292 Lincoln Road, Henderson. Phone 836-0363.