

17 Most Commonly Used Homeopathic Remedies in the Home

<u>Symptom</u>	<u>Remedy</u>	<u>Source</u>	<u>Directions</u>
Allergic rhinitis	Nat Mur 30c	Sea Salt	1-2 pellets 3X daily for 3 days
Growing pains	Calc Phos 200c	calcium phosphate	1 pellet 3X daily for 3 days
Teething	Chamomilla 30c	German Chamomille	1 pellet 2X daily or get liquid doses
Postnasal Drip	Hydrastis 30c	Goldenseal	1 pellet 3X daily for 2-3 days
Colds w/thick Nasal discharge	Kali Bi 200c	Potassium Dichromate	1 pellet 3X daily for 3 days
Colds w/thick Yellow discharge	Pulsatilla 200c	Wind Flower	1 pellet 3X daily for 3 days
Cough (nonproductive) w/ thick mucus	Ant Tart 200c	Tartrate of Potash	1 pellet 3X daily for 2-3 days
High fever up to 102 Sudden onset & sweaty	Belladonna 30c	Deadly Nightshade	1 pellet 3X daily for 2 days
Swelling from insect Stings	Apis Mellifica 30c	Honeybee	1 pellet 3X daily for 2-3 days
Bruising & muscle Pain	Arnica Montana 200c	mountain tobacco	1 pellet 3X daily for 3 days then once Daily until bruising gone
Warts	Thuja 200c	white cedar	1 pellet 3X daily for 3-5 days

Molluscum	Thuja 200c	white cedar	1 pellet once daily for 30 days then none for 30 days then repeat if molluscum still present
Hives/itching rash	Urtica Urens 30c	Dwarf Nettle	1 pellet 3X daily for 3-5 days
Muscle & joint pain Improved by rest	Bryonia Alba 200c	white bryony	1 pellet 3X daily for 3 days
Joint pain improved By motion, blisters, Cold sores	Rhus Tox 200c	poison ivy	1 pellet 3X daily for 3 days
Stomach cramps Improved by bending over	Colocynthis 30c	bitter cucumber	1 pellet 3X daily for 2-3 days
Infant Colic	Cocynthal 30c	copper, bitter cucumber, Vegetable charcoal	1 pellet 2X daily for 3 days may also use liquid
Pain from broken Bones & increased Healing of bone	Symphytum 200c	Common Comfrey	1 pellet 3X daily for 3-5 days



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