



COPENLABS HOMOEOPATHIC FORMULAE

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## PREFACE

The comprised text explains how to use a set of Homoeopathic Formulas. In each formula there are several parts which must be understood beforehand:

1

INFLAMMATION OF GLANDS REMEDY

FORMULA R/1

2

INDICATIONS

Inflammations, acute and chronic, of catarrhal and purulent nature, with swelling of the glands, particularly of the lymphatics of the pharynx.

3

Remedy and Potency

Mode of Action

4

Apis Mel. 4x

Inflammatory infiltrations, edematous swellings.

Belladonna 4x

Inflammatory hyperemia of skin, of mucous membranes and glands. High fever. Aridity of the mucosa, delirium, moist feverish skin.

Mercur. Corr. 5x

Acute inflammations of the mucosa involving the glands, sticky perspirations.

Baryta Mor. 6x

Chronic diseases with swelling and suppuration of the glands in different scrofulous affections of children.

Lachesis 12x

Acute pyogenic infections, cardiac irregularities.

5

DOSAGE

2 Pillules twice daily after meals, or

3 Drops twice daily.

1. Title or name of the remedy.
2. Description of what symptoms to look when using that remedy.
3. Remedy is the name of the Encoded component, and Potency is how it will be potentized, that is the Value (4) and the Dynamization Method (X).
4. It is a description of what symptoms the Remedy it is related to.
5. The recommended dosage is listed in this section. (However each person is unique and so we highly suggest to dowse for a better reading prior to using the recommended dosage.)

As the reader will tell, in the Index the remedies are alphabetically ordered and the page number is on the right. So, TUMOR REMEDY is on PAGE 22. The order of the formulas does not indicate a standard way of using it and it is ordered in accordance to how the original listing was published. This Materia Medica is the result of many collaborations, so for more information on a suggested use from past versions contact us directly at [info@copenlabs.com](mailto:info@copenlabs.com) or on the contact numbers that are available on our main page [www.copenlabs.com](http://www.copenlabs.com).



## INFLAMMATION OF GLANDS REMEDY

### INDICATIONS

Inflammations, acute and chronic, of catarrhal and purulent nature, with swelling of the glands, particularly of the lymphatics of the pharynx.

Remedy and Potency		Mode of Action
Apis Mel.	4x	Inflammatory infiltrations, edematous swellings.
Belladonna	4x	Inflammatory hyperemia of skin, of mucous membranes and glands. High fever. Aridity of the mucosa, delirium, moist feverish skin.
Mercur. Corr.	5x	Acute inflammations of the mucosa involving the glands, sticky perspirations.
Baryta Mor.	6x	Chronic diseases with swelling and suppuration of the glands in different scrofulous affections of children.
Lachesis	12x	Acute pyogenic infections, cardiac irregularities.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**NERVOUS EXHAUSTION REMEDY****INDICATIONS**

Organic and functional affections of the heart, mainly cardiac neurosis. Nervous perturbations. Arrhythmia, tachycardia, extra-systoles, constrictions, angina pectoris, coronary insufficiencies. Strong pulse, palpitations, excitations, anguish and oppression of the heart, vegetative dystonia.

Remedy and Potency		Mode of Action
Aurum Mur.	6x	Main action on myocardium, aorta and coronary artery.
Crataegus	3x	Excellent tonic for heart and blood circulation.
Cactus Grand.	4x	Sensations of suffocation, strong pulse oppression.
Kalium Phos.	4x	General nervous exhaustion, anaemia and myocardial weakness.
Aconitum	6x	Cardiac neurosis with anguish and agitation, strong pulse.
Ignatia	6x	Various nervous sensations of the heart, mainly following depression.

**DOSAGE**

- 1 Pillule or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## HEART REMEDY

### INDICATIONS

Heart insufficiencies with a tendency towards oedema. Myocardial weakness in cases of valvular heart diseases. Dilatations. Post-infectious myocardial weakness. Degenerative processes of the myocardium, coronary insufficiencies, cardiac infarction, functional irregularities, myo- and endocarditis, hypotonia,

Remedy and Potency		Mode of Action
Digitalis	2x	Increases muscular strength of the heart, caused by the digitalin-strophantus group.
Strophantus	3x	Acts on the heart, increases the systole and diminishes the rapidity.
Crataegus	6c	Myocarditis with cardiac weakness; enfeeblement of the heart during infectious diseases.
Cactus Grand.	2x	Oppression with symptoms of angina pectoris. Strong pulse, suffocation.
Kalmia Jx		Pains extending down left arm. Chronic heart weakness with difficult breathing.
Arsenic Alb.	6x	Heart weakness with uneasiness and anguish, mainly around midnight, with orthopnea.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate days until symptoms disappear.

## DIARRHOEA REMEDY

### INDICATIONS

Acute and chronic gastro-entero-colitis of all types. Summer diarrhoea after a chill or faulty diet. Intestinal catarrh, intestinal influenza, diarrhoea with fever, abdominal typhus, paratyphus, typhoid fever, dysentery.

Remedy and Potency		Mode of Action
Chinin. Arsen.	3x	Bactericidal, diarrhoea with fever, general exhaustion and asthenia.
Acid Phos.	3x	Typhoid fever, sleepiness, acute and chronic diarrhoea.
Chamomilla	4x	Aqueous or greenish stools after a ch-Jl, colics.
Colocynthis	6x	Dysenteric stools with violent intestinal spasms.
Mercur. Corr.	5x	Glairy and blood-tinged stools, exhausting colics and tenacious tenesmus.
Veratrum Alb.	6x	Vomiting and diarrhoea with violent shivering and collapse. Diarrhoea in summer.

### DOSAGE

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

## STOMACH REMEDY

### INDICATIONS

Especially ulcer parapyloiricurn. Acute and chronic gastritis, dyspepsia, chronic relapsing gastritis with or without ulceration. Heartburn, bad taste in mouth, frequent belching, flatulence meteorism. Acts on the inflamed mucosa of the stomach, on the physiology of the stomach. In some patients who are sensitive to medicines, the pains may grow worse after a few days of treatment, in such cases it is advisable to discontinue treatment completely for one or two days. Resumption of treatment will result in continued improvement.

Remedy and Potency	Mode of Action
Argent. Nit. 6x	Epigastric complaints, noisy and frequent belching with temporary improvement.
Nux Vom. 4x	Nervous irritability, hypochondria, stomach constriction, disturbances due to nicotin.
Lycopodium 5x	Gastro-intestinal disturbances, bitter taste in mouth, lack of appetite, constipation, flatulent colic.
Anacardium 6x	Gastric complaints, improving after eating, pains around midnight.
Scrofularia 6c	Gripping pains in abdomen, hyper-acidity improving after eating.
Belladonna 4x	Epigastric sensitivity to pressure, and other disturbances, nausea, vomiting.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**INFLUENZA REMEDY****INDICATIONS**

Acute feverish inflammations of the fibrous tissues and serous membranes, pain in the limbs, dull headaches, dry and burning skin. Feverish catarrh of the mucosa of the upper air passages. Pleurisy, bronchitis, pneumonia, pericarditis, peritonitis.

Remedy and Potency	Mode of Action
Aconitum	4x
Bryonia	4x
Eupatorium Perf.	3x
Gelsemium	6x
Causticum	6x

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal.  
If symptoms re-occur. repeat.

## LIVER AND GALLBLADDER REMEDY

### INDICATIONS

Organic and functional complaints of liver and gall bladder. Hepatopathy, cholecystopathy, calculi, disturbances of the biliary secretion, hepatitis. Swelling of the abdomen, premature satiety, lack of appetite, bitter taste in mouth, flatulence, constipation, weariness after meals, irritation, hypochondria.

Remedy and Potency		Mode of Action
Nux Vomica	4x	Hypochondria, liver constriction and congestion, nausea, abuse of tobacco, icterus, gastro-duodenal catarrh, constipation.
Lycopodium	4x	Meteorism and flatulence, bitter taste in mouth, bad humour, constipation
Chelidonium	2x	Swelling of the liver with sensation of pressure on liver and biliary vesicle and extending to right shoulder-blade, cholagogue.
China	3x	Meteorism, swelling of abdomen, flatulent colics.
Carduus Mar.	2x	Painful swelling of the liver, jaundice, biliary calculi, cholangitis.
Colocynthis	6x	Cramp-like pains in abdomen, cannot stand pressure of clothes. At the time a pain occurs, improvement is obtained through strong pressure on abdomen and through bending over.

### DOSAGE

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**CLIMACTERIC REMEDY****INDICATIONS**

Climacteric complaints, flushes of heat, attacks of perspiration. Physical weakness, depression, headaches, irregular menstruation. Fluorpruritis vulvae, psychic exhaustion, indifference.

Remedy and Potency	Mode of Action
Sepia	4x Hormonal effect. Physical and spiritual weariness, exhaustion, lack of energy, sleepiness, indifference. Rush of heat followed by perspiration. Psychic hypersensitivity and irritability. Sinking feeling in abdomen, excess fluor., irregular menstruation.
Sanguinaria	4x Vaso-matrix irritations, alternating heat and cold, nervous irritability, headaches.
Acid Sulf.	4x Physical weakness, flatulence, prostration, flushes followed by perspiration, tendency towards haemorrhage, pruritis vulvae.
Lachesis	12x Emotional outbursts and sensations of throbbing, vertigo, oppression, suffocation, heart weakness. Improvement at the time of menstruation.

**DOSAGE**

3	Pillules or
4	Drops once daily for 3 days then
I	Dose each alternate day until symptoms disappear.



## RHEUMATISM REMEDY

### INDICATIONS

Acute and chronic myalgia, lumbago, rheumatic diathesis, after-effects of drenchings, sprains, overstraining. Back pains of unknown genesis. Growing pains in muscles and bones. Sciatica. Chronic articular rheumatism with deformations. Spondyl-arthritis, spondylosis, sacroiliac arthritis. Rheumatic aches (muscles, articulations, ligaments) growing worse with change of temperature (humidity).

Remedy and Potency		Mode of Action
Rhos Tox.	4x	Dislocation of limbs, feels as if crushed, results of drenching or suppressed sweating. Symptoms grow worse at night and when resting.
Dulcamara	4x	Neuralgic rheumatism of limbs and articulations, weakness and rigidity, shivering in sacral region. Worse with change of weather and in damp, cold, weather. Improving by warmth.
Nux Vomica	4x	Loins feels as if crushed, worse when sitting and at night (has to sit up to turn over). In general, great nervousness, acts on liver.
Causticum	6x	Pains in the loins, especially when trying to get up. Painful rigidity of the neck and dorsal muscles. Neuralgic pains. Acute and indeterminable pains in the loins.
Berberis	4x	Acid urine, gravel.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**ANTI-CONGESTION REMEDY****INDICATIONS**

General arteriosclerosis and hypertonia. Cerebral arteriosclerosis, aortic and coronary sclerosis, nephrosclerosis, dysbasia, abdominal dyspragia. Senility, weak memory, congestion of blood, vertigo, forgetfulness, tendency towards apoplexy and its consequences, predisposition to goitre, thyreotoxicosis.

Remedy and Potency		Mode of Action
Kallum Iod.	3x	Extended iodine therapy by using different
Calciam Iod.	3x	iodized salts in combination with active biological elements. Increasing viscosity of blood, acts on the thyroid glands, hypertonia and general arteriosclerosis
Arsen Iod. Baryta Mur.	4x	Progressive loss of memory, unsteadiness and psychic changes, vertigo, deafness and senility.
Glonoïn	6x	Congestions in head, strong pulse, oppression in chest and heart.
Amica	Jx	Tendency towards apoplexy, favours resorption of the beginning of an apoplectic stroke.
Phosphor.	5x	Vertigo, especially on rising, congestion of blood, loss of memory, psychic changes, general weakness of nervous system and hypersensitivity.

**DOSAGE**

- 1 Pillulel or
- 2 Drops once daily before the first meal.  
If symptoms re-occur, repeat.

## HAEMORRHOIDAL REMEDY

### INDICATIONS

Haemorrhoids, itching, pains, bleeding, anal fissures, anal prolapsus, anal eczema, plethora.

#### Remedy and Potency

Aesculus Hip. 2x

Hamamelis 3x

Paeonia 3x

Nux Vomica 4x

Graphites .6x

#### Mode of Action

Dryness and burning of external haemorrhoidal mucosa (dark red prolapsing haemorrhoids). Dull pains in sacral region, venous stasis.

Varices, bleeding, haemorrhoids.

Wet haemorrhoids, painful anal fissures.

General hypochondria and dyspepsia, constipation, abdominal plethora, itching and painful haemorrhoids with tendency to haemorrhage. Rhagads, persisting pain after defecation.

Constipation, glairy lumpy stools, flatulence, anal eczema, itching.

### DOSAGE

3 Pillules, or

5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**NERVE AND INSOMNIA REMEDY****INDICATIONS**

Insomnia and various disturbances of the sleep, drowsiness in the morning, weariness during the day, vivacity in the evening. Nervous restlessness and over-excitement of the nervous system. Neurasthenia, consequences of mental conflicts of long duration.

Remedy and Potency		Mode of Action
Avena Sativa	1x	General nervous weakness and sexual neurasthenia, consequences of mental over-exertion. Convalescence. Sleeplessness in spite of lassitude.
Valeriana	1x	Light sleep, non-refreshing. Nervous weakness and restlessness.
Humulus Lup	2x	General nervous exhaustion, neurasthenia, hypochondria, sedative.
Coffea	4x.	Mental and physical vivacity when trying to sleep, full of ideas, disturbed non-refreshing sleep.
Ignatia	6x	Nervous exhaustion and irritability resulting from psychic afflictions of a depressing nature, following grief or worry. Egocentric solitude.
Zincum Val.	6x	Insomnia with twitching in limbs, nightmares, restlessness of the legs.

**DOSAGE**

- 3 Pillules daily for 3 days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## MIGRAINE AND NEURALGIA REMEDY

### INDICATIONS

Migraine. nervous headaches, neuralgia of the head, indisposition due to continuous headaches. frequently resulting from an insignificant chill.

Remedy and Potency		Mode of Action
Cimicifuga	6x	Neuralgia as reflex symptom of ovarian disorders. Supra-orbital pains, sensation of heat at top of head.
Iris Versie.	4x	Periodic migraine. intense headache; causing occasionally temporary blindness. Vomiting (bitter) at the climax of a headache.
Sanguinaria	4x	Nervous irritability. headaches, alternating heat and shivering. intolerance to noise and light. Improvement on lying down.
Gelsemium	4x	Cerebral congestion. feeling of prostration, aversion to light. pain just above eyes.

### DOSAGE

2 Pillules twice daily after meals, or  
 'l Drops twice daily.

## TUMOUR REMEDY

### INDICATIONS

All tumours, malignant or benign. carcinomata. Regenerator of diseased tissues (tuberculous ulceration). Growths and eczema affecting external and internal organs. Inflammatory and trophic rashes. Anomalous epithelial growths, formation of scales and warts.

Remedy and Potency	Mode of Action
Cobra 8x	Regenerator of diseased tissues, suppresses carcinomatous growths. increases the defensive forces of the organism. Skin swellings caused by tumours and eschars, attenuation and diminution of pus.
Radium Bromat. 8x	Inflammatory and trophic changes on skin and articulations and abnormal epithelial growths. Malignant ulcerations and tumours,
Scrofularia Nod. 1x	Carcinomata, glandular swellings and stomach ulcers with a cancerous tendency. Myomae, uterine carcinomata, epithelial and scirrhi.s - tumours.
Acid. Lact. 4x	Cancerous pullulation in all tissues. T.B. of the larynx. Vertigo and pulsations with irritations of eyes and ears.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## KIDNEY AND BLADDER REMEDY

### INDICATIONS

Inflammation of the kidneys, renal calculi, sharp stinging pains in the kidneys, pains in the sacral region. Peritonitis, metritis, piercing pains in the bladder, inflammation of bladder, burning pains when urinating, yellow urine, turbid.

Remedy and Potency		Mode of Action
Berberis	4x	Piercing pains in the renal region, worse from pressure, pains in sacral region, rigidity and numbness of the back.
Cantbaris	4x	Dull pains in the renal region, burning pains when urinating, constant urge to do so. Urine passed in drops, reddish, glairy, tinged with blood, cystitis.
Equisetum	6x	Similar to Cantharis through its content of silicic acid.
Eupalor. Purp.	3x	Enuresis, bladder irritations (mainly in women). Especially indicated in cases of bladder irritations.
DuJcamara	4x	Frequent urine urge, painful, with abundance or lack of urine which is coloured, glairy.
		Irritation of bladder, constant and painful urge to urinate.
		Paralysed bladder, worse in damp weather. Specific effect on the mucosa of the bladder. Smelly urine.

### DOSAGE

- 3 Pillules or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

**GLANDULAR REMEDY****INDICATIONS**

To support, stimulate and regulate the glandular secretions. Glandular regenerator in case of serious illness.

Remedy and Potency		Mode of Action
Thymusinum	12x	Exhaustion, mongolism.
Thyroidinum	12x	Regulation of the thyroid gland. .Mixoedema, hypothermy, hypercholesterinamia, retarded intellectual development, helps drain the organism.
Hypophysin	12x	Essential element of hormonal system. Controls the internal secretion. (Anti-diuretic effect.)
Pancreas	12x	Pancreatic diabetes. Stimulates production of digestive secretions.
Surrenal	12x	Conditions of weakness, emaciation, hypertonia, hypotonia, hypoglycemic oedema, myosthenia, cold extremities, polyarthritis, allergic condition, defective phagocytosis, leukopenia and lymphocytosis,
Orchinite (male)	12X	Senility, declining potency, depression, functional disturbances of the glands, inferiority complex, chryptorchidism, nocturnal enuresis, impotency
Orchinite (female)	12X	

**DOSAGE**

- 1 Pullules, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.



## BLOOD AND SKIN REMEDY

### INDICATIONS

Acts on the constitution in a biological sense. as follows.

Remedy and Potency		Mode of Action
Vaccinum	30x	Specific stimulant of the defensive forces of the organism.
Medorrhin	30x	Specific stimulant of the defensive forces of the organism.
Psorinum	30x	Psoric constitution. glandular affections, affections of the skin. eruptions of herpetic nature accompanied by itching. Aggravation by warmth. increased secretion of sebaceous glands. deficient activity of subcutaneous glands.
Thuja	30x	Hydrogenoid constitution, circulatory disturbances, warts. Has the particularity to soften the tissues, pseudopregnancy.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened. then take
- 2 Pillules each morning for two days.

**NERVE REMEDY****INDICATIONS**

Nervous disturbances, oppression and suffocation, also following flatulence. Anginous condition of the heart.

Remedy and Potency		Mode of Action
Naja Trip.	12x	Soreness at forehead and temples, due to the anginous condition of the heart. Palpitations of the heart, oppression. general nervousness. Cardiac weakness and irritations, caused by coughing, acute condition.
Grindelia Rob.	4x	Feels as if heart were too large for thoracic cavity. Cardiac and pulmonary weakness, sensation of suffocation in bed.
Lachesis	12x	Nervousness, spiritual animosity, headaches especially above the left eye, palpitations with sensation of suffocation, symptoms worse at bedtime and by warmth. Light and irregular pulse, rush of blood to the head. Circulatory disturbances.

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

## ECZEMA REMEDY

### INDICATIONS

Acute and chronic eczema, pimples, herpes, rashes, eschar,

Remedy and Potency		Mode of Action
Arsen Alb.	30x	Dryness of the skin with formation of scales. Eczema with formation of blisters turning into pustules and eschar. Dandruff. Thick, scaly eczema of scalp with stinking pus.
Mezereum	30x	Especially indicated in scrofulous cases, formation of thick purulent scabs. Itching, numerous blisters turning into eschars. Compare also with Rhus Tox. Erysipelatous skin, formation of reddish blisters.
Rhus Tox.	30x	Erythema turning rapidly into blisters. often accompanied by oedema. Formation of pus and eschar. Skin around eczema is red and inflamed.
Sulphur	30x	Rashes, acne, pustules healing slowly. Sulphur is very effective when the eczema has been suppressed by salves.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

**PLEURISY REMEDY****INDICATIONS**

Pleurisy, intercostal neuralgia, pleurodynia, pneumonia, intercostal rheumatism.

Remedy and Potency		Mode of Action
Bryonia	4x	Acts on the pulmonary tissues, pneumonia after the onset of perspiration. Pleurisy with effusion, pleuropneumonia.
Ranunculus Bulb.	4x	Intercostal rheumatism. Sharp pains in the chest, aggravated by breathing, by pressure and change of temperature, suffocation.
Colocynthis	8x	Influences the nervous system, whence its effectiveness in pleurisy.
Cimifuga	6x	Chief remedy in hydrogenoid constitution; pains growing worse in damp weather or damp surroundings, in the region of the 9th and 10th rib on the left side. Catarrh of the chest.
KaJi Carb.	6x	Pleurodynia; stitches in chest, independent of motion; worse mainly in the afternoon. Pneumonia when abundant exudation and noisy expectoration are present.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## PROSTATITIS REMEDY

### INDICATIONS

Acute and chronic prostatitis and its consequences.

Remedy and Potency		Mode of Action
Chimophila	3x	Sharp pains when urinating, frequent urge to urinate at night, pains running from the bladder down to the extremity of the urethra, bladder catarrh due to calculi.
Populus Tremul.	3x	Urge to urinate with painful urination, Hypertrophy of the prostate gland.
Pulsatilla	3x	Prostatitis, orchitis gonorrhoea, turbid and yellowish urine, hypertrophy of the prostate gland. Pain in groins.
Sabal Serr.	2x	Hypertrophy of the prostate gland with involvement of bladder, frequent urge to urinate. Painful urination.
Pareira Brav.	2x	Acute tenesmus, urination in drops, pain from the kidneys down to the thighs, gravel in urine, bloody and acid. Bladder calculi.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

**DRAINING AND STIMULATING REMEDY****INDICATIONS**

Stimulates the defensive mechanism of the enfeebled organism. Increased resistance obtained through the effectiveness of the following elements.

Remedy and Potency		Mode of Action
Ferr. lod.	12x	Irregular blood circulation. face usually pale but red after slightest excitement. Stomach disturbances. Nosebleed, headaches, feeling of weariness, pulse full, lax.
Acid Phos.	1 2x	General exhaustion. especially of the cerebro- spinal system. after over-exertion. Heaviness and numbness of the limbs. vertigo.
Sulphur lod.	1 2x	Important remedy of the Materia Medica. Essential remedy in the absence of any reaction. Heals or prepares the way for some other remedy. Stirs up suppressed conditions. Especially suited to pale individuals. Acts upon the venous circulation.
Cale. lod.	1 2x	Increases viscosity of the blood. Acts on the thyroid together with Ferr. lod. and Sulphur lod.
Acid Nitric.	1 2x	Heart palpitations produced by slightest efforts. Exhaustion caused by frequent nocturnal perspiration.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## RENAL CALCULI REMEDY

### INDICATIONS

Renal calculi, sharp pains in the kidneys, pains across the small of the back, prickings, reddish and glairy urine with epithelial cells and amorphous waste matter. Oxalic acid in the urine, gravel.

Remedy and Potency		Mode of Action
Berberis	3x	Sharp pains in the kidneys, growing worse on pressure. Pains in sacral region, coming from kidneys, patient cannot move, leans to right in order to lessen the pains. Glairy, reddish urine.
Acid Nitric.	12x	Calculi in the urine due to oxalic acid, and when oxalic acid is the main ingredient of the calculi.
Calcul. Ren.	12x	Effective constitutional remedy.
Lycopodium	5x	Painful urination, gravel. Renal colics (right side affected). Pains along the urethra to the bladder.
Rubia Tinctur.	2x	Catarrh of the bladder caused by calculi. Frequent urge of urination at night, with great weakness. Pains from kidneys to urethra.

### DOSAGE

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 pillule or 2 drops daily till situation is rectified.

**DYSMENORRHEA AND AMENORRHEA REMEDY****INDICATIONS**

Dysmenorrhea, amenorrhea. Acts on the unstriped muscular fibres. Conditions of exhaustion due to loss of blood. Flushes of heat followed by perspiration. Dull pains across the small of the back.

Remedy and Poteocy		Mode of Action
Secale	6x	Acts mainly on the unstriped muscular fibres; congestion, distress and uterine prolapsus.
HamameJis	6x	Indicated in haemorrhage, influences especially the veins. Headaches. Dark-coloured blood. Pain in the affected parts.
Crocus	4x	Menstrual blood is dark or black, clotty, Feeling of something moving around in abdomen without abortion.
Ferr. Phosph.	8x	Acts energetically on the blood circulation, excellent in dilatation of the veins.
Acid Sulpb.	4x	Bleedings of any type, flushes of heat followed by perspiration. Exhaustion.
Aesculus	2x	General venous stasis, worse when lying down and on waking. Dull pains across the small of the back. Uterine prolapsus.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.



## VERTIGO, SYNCOPES REMEDY

### INDICATIONS

Vertigo, feeling that the outer world is revolving about the patient or that he himself is moving in space. Syncope. sudden loss of strength.

Remedy and Potency		Mode of Action
Theridion	30x	Vertigo, worse when closing eyes. when sitting or lying down. from noise, exposure to solar heat.
Conium	30x	Cerebral anaemia, sensation of giddiness, worse when turning over in bed. Sensation of numbness in brain. State of exhaustion in old age.
Cocculus	30X	Acts on the cerebro-spinal system. Vertigo, . worse when sitting, with nausea, tendency to vomit and faint.
Argent. Nitric.	30X	Vertigo and general instability, trembling due to weakness of nerves, buzzing noise in ears, indisposition.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## ENERGISING REMEDY

### INDICATIONS

Anaemia, lack of appetite, especially among children; after-effects of acute ailments. All kinds of anaemia. The action of the remedy already becomes noticeable after the very first few days of treatment with increased appetite and higher number of haematites, without involving the organism into any excess. There will be no accumulation of fat. Homoeopathic medicines always work in a non-toxic and harmonising way.

Remedy and Potency		Mode of Action
Aranca Diadema	12x	Sensitivity to changes in the weather.
Arsen, Iod,	6x	Selective action on the variations undergone by tissues: influences the cellular metabolism.
Ceanothus Americ.	8x	Injured spleen (i.e. after malaria). Pains in the tummy (left side). Perturbations in the production and circulation of the blood.
China	6x	Sequels to loss of blood and humours; harm to the liver, after-effects of malaria; tumours of the spleen with swelling of the abdomen; lack of appetite.
Ferrum Mur.	6x	Secondary anaemia; rise in number of haematites.
Lycopodium	30x	Tonic and functional remedy of the liver. Lack of appetite. Reddish deposit in urine.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## HYPERHYDROSIS REMEDY

### INDICATIONS

Undue perspiration (hyperhydrosis of varying genesis). Climacteric flushing, with sweat. Excessive perspiration during acute infectious diseases and fever. Other forms of perspiration (unpleasant smell). Nocturnal perspiration with exhaustion (pre-tuberculous cases). Hot, cold or sticky sweat.

Remedy and Potency		Mode of Action
Acid Nitric.	12x	Highly disagreeable sweat.
Jaborandi	4x	Hyperhydrosis of varying genesis.
Kali Carbon	6x	Sweating, exhaustion-weakness between the shoulder-blades, especially during nocturnal perspiration.
Lachesis	12x	Flushing, with outbreaks of sweating.
Sambucus Nig.	4x	Sweating during acute diseases of various kinds.
Sepia	12x	Climacteric flushing, sweating of the climacteric variety.
Sanguinaria	6x	Flushing with outbreaks of sweating.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days then
- 1 Dose each alternate day, until symptoms disappear.

## EPILEPSY TREATMENT REMEDY

### INDICATIONS

Epilepsy and epileptic fits, irritation of the nerves and convulsions, chorea minor, convulsive cramps, cramps in the thighs. Epileptoidal fits and analogous irritation of the nervous system, like St. Vitus' Dance.

Remedy and Potency		Mode of Action
Belladonna	12x	Cerebral congestion with venous stoppages, redness of the head, delirium, cramps.
Rana Bufo	30x	Specific remedy against epileptic fits and progressive weakness.
Cuprum Metal.	12x	Against all kinds of cramps, in the thighs for instance, and especially epileptic cramps.
Pulsatilla	30x	Promotes vicarious effects in general, also acts as a detoxicant of the anemenses and homo- toxins found in the humours of the body.
Silicea	8x	After-effects of the suppression of perspiration from the feet. Acts on the constitution.
Zincum	12x	Various beneficial effects in cases of convulsions. Brings out stifled diseases of the skin.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## RECALCIFYING REMEDY

### INDICATIONS

Perturbations in calcareous tissues and the growth of bones, pathological characteristics in the osseous system; exostosis, periostitis, fragility of the bones, osteomalacia, rickets. coxitis and arthritis as well as nucleus pulposus (complementary).

Remedy and Potency		Mode of Action
Cale. Fluor.	12x	Acts on the teeth, especially on the enamel.
Cale. Phosph.	12x	Perturbations in the growth of the bones, deficiency in calcium production, chronic headaches of anaemic schoolboys.
Hekla Lala	8x	Exostosis affecting the feet.
Mezereum	6x	Inflammation and pains in the skin of bones, especially the shin-bones, the upper part of the arms, and the bones of the chest.
Mercur. Praec.	12x	Against osseous deficiencies, exostosis and periostitis with nocturnal pains in the bones
Silicea	30x	Stimulant of growth; fights fistulae of the bones.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**NERVOUS AGITATION REMEDY****INDICATIONS**

Teething aches and cramps; adults' toothaches in certain cases. Disorders affecting the dentition. Over-excitement.

Remedy and Potency		Mode of Action
Aconitum Nap.	6x	Feverish conditions; ailments occurring from chills under one guise or the other, coinciding or alternating with toothaches.
Cale. Carb.	12x	Acts on the development of the teeth, facilitating teething.
Chamomilla	6x	Excitement, tendency to cry, toothache.
Colocynthis	12x	Excited conditions; throbbing pains, agitation, fits of violent anger.
Ignatia	12x	Hysterical reactions; continual whimpering; nervous excitation.
Staphisagria	8x	Excitation of the nerves and unseemly behaviour in children; continual whimpering and moaning.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## NERVOUS DISEASE REMEDY

### INDICATIONS

Over-sensitivity in the nervous system of children in respect of happenings due to varying causation; nervous diseases, as well as St. Vitus' Dance, are all cases to be treated by detoxicant medication with a moderate action and a homoeopathic basis like this remedy.

Remedy and Potency		Mode of Action
Agaricus	12x	This extract from Amanita Muscaria has its specific effect on convulsions of the muscles and nervous twitches.
Ignatia	12x	Nervous irritation with tendency to cry and hysterical fits.
Lachesis	12x	Acts in all acute cases of nervous irritation and restless sleep.
Magnes. Phos.	30x	General remedy for cramps and irritation of the spinal marrow.
Phosphor.	30x	Constitutional remedy in cases of growing too fast for the very thin generally.
Zincum Val.	8x	Convulsions, restlessness in the legs, nervous twitches.

### DOSAGE

- 2 Pillules twice daily, after meals, or
- 3 Drops twice daily.

## LIVER AND INTESTINAL REMEDY

### INDICATIONS

Flatulent colic, meteorism, porphyrinuria, intestinal colic, abdominal spasms of varying genesis which are characteristic in porphyrinuria and affected liver. Cirrhosis of the liver, bilious colic; colic in saturnism, dysmenorrhoea, complementary remedy for renal colic. It is a fact that the liver governs almost the whole detoxicating system in the organism, especially in the intestines. All the food decomposed in the intestines is directed towards the liver, except for the fats which are concentrated in the chylifers. It follows that the functional disorders of the liver will involve a repercussion in the intestines (stoppages). On the other hand the liver sends toxic elements outwards through the intestines (phase of entodermal excretion).

Remedy and Potency		Mode of Action
Alumina	30x	Stool in small lumps; constipation.
Bryonia	5x	Constipation; dark stools.
Colocynthis	4x	Flatulent colic; tendency to contraction.
Lachesis	12x	Bad digestion, especially after an excess of quinine or alcohol.
Lycopodium	4x	Flatulent in the evening.
Mercur. Corros.	12x	Tenesmus: dysenteriform intestinal cramps.
Nux Vomica	6x	Intestinal spasms.
Plumbum Acet.	12x	Intestinal colic. Watery and nauseous stools; chronic diarrhoea. Abdomen very sensitive to touch.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.



## RIGHT-SIDED ABDOMINAL AFFECTIONS BIOTHERAPEUTIC REMEDY

		INDICATION
Remedy and Potency		Mode of Action
Apis	6x	Specific action on burning pains in the abdomen (right side) as found in inflammation of the ovaries. Beneficent action on cysts by resorption.
Apium virus	12x	Intensifies the effect of Apis. Acts as isolated toxic with a specific action on the right side of the abdomen.
Arsen. Alb.	30x	Remedy with specific action in renal disorders (right side) and renal colic. Characteristics: Agitation and discouragement caused, in this case by annexitis, parametritis, salpingitis and other affections of the right side.
Bryonia	6x	Lessens inflammation of the appendix. Main symptom: Improvement when resting, and under pressure. Inflammation of the abdomen
Sulphur	12x	{improvement brought when lying on the side affected). Increases the effect of Apis while completing it. Reducing itching and psoric disorders which always follow ovary affections (phase of retoxicant impregnation).
		DOSAGE
3	Pillules, or	
4	Drops once daily for three days, then	
1	Dose each alternate day, until symptoms disappear.	

**LEFT-SIDED ABDOMINAL AFFECTIONS BIOTHERAPEUTIC REMEDY****INDICATIONS**

Affections of the ovaries (left side), parametria and annexes. Cysts, inflammation, tumours. Beneficent action in case of inflammation; annexitis, salpingitis, parametritis, and cysts of the ovaries.

Remedy and Potency	Mode of Action
Lachesis 12x	Convulsive pains in the abdomen (left) with flushing.
Lycopodium 12x	Specific action in convulsive pains located around the descending colon sigmoid (S- romanum), arousing fears of cancer that are often all too well-grounded.
Palladium 12x	Acts with cysts of the ovaries and inflammation, acute and chronic.
Saxifraga 30x	Specific action in renal calculi (left side). The action of the present remedy is directed in the main against affections of the feminine abdomen (left), when the pains radiate in the upper parts and are eventually accompanied with renal calculi or intestinal pains. These general conditions of irritation are echoed as vegetative reflexes throughout the several organs and can contaminate the latter.
Vespa Vulg. 8x	Specific action in inflammation of the ovaries (left side).

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## DIABETES REMEDY

### INDICATIONS

Diabetes, pernicious anaemia and phases of degeneration centred in the blood and glandular system, such as leukameia, anaemia, lympho- granulomatosis, but especially diabetes. The remedy cannot be expected to bring about a permanent cure but lessens the secondary symptoms. When a treatment of hormonal therapy (Insulin) has been followed, an abrupt interruption is to be avoided while using the remedy. This refers only to cases of Diabetes in old age, as in youth an insulin treatment is generally necessary.

Remedy and Potency		Mode of Action
Acid Phos.	12x	Thirst, sexual impotency, psychic depression.
Lycopodium	12x	Remedy of the liver, flatulence, swelling sensation.
Natrum Sulph. weather.	12x	Remedy of the liver, specific action in case of aggravation by damp weather.
Secale Corn.	6x	Thirst, prickles and paresthesia, longing for cold.
Uran. Nitric.	12x	Specific in diabetes of varying genesis.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

## SEXUAL NEURASTHENIA REMEDY

### INDICATIONS

Sexual asthenia, spermatorrhoea, general debility, especially in men. After-effects of debilitating illness, overwork on physical or other planes, over-excitement, nervous exhaustion. Against various kinds of ailments in old age. The composition of this remedy has been adapted in such a way as to influence the different systems, with special emphasis on the sexual glands. It is universally admitted that the function of the germinal glands affect the whole life-current in an individual.

Remedy and Potency		Mode of Action
Acid Phosph.	12x	Tonic in case of impotence and lack of libido.
Agnus Castus	12x	Lack of virility, weakness.
China	12x	Specific effect in cases of loss of humours following upon too high a rate of sexual productivity, and in cases of sexual disturbances after debilitating illnesses.
Damiana	12x	Strengthens the genital regions.
Phosphor.	6x	Specific action on sexual life, with high efficacy in low dilution.
Orchitinum	12X	Acts as substitute and stimulant in the organotherapeutic sense.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## VEIN INFLAMMATION REMEDY

### INDICATIONS

Venous stasis, varicosis and varicose ailments, varicose eczema, inflammation of the veins, choking of the veins in the lower limbs, together with sensation of heaviness and eventually, eczema and itching. A well-defined diet is advisable. Avoid all toxicant foods.

Remedy and Potency	Mode of Action
Aesculus Hipp. 30x	Specific remedy for dilatation of the veins and venous stasis,
Cale. Fluor. 12x	Favourably affects weak tissues and varices.
Carduus Mar. 12x	Eczema on the thighs (lower part).
Hamamelis 6x	Specific in cases of all kinds of affections of venous system.
Mezereum 8x	Eruptions in the form of vesicles; the affected parts feel cold.
Pulsatilla 30x	Against the formation of obstructions in the veins.
Vipera Berus 12x	Diseases of septic nature coupled with feeling of heaviness as found in case of inflammation of the veins.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**ASTHMA REMEDY****INDICATIONS**

Bronchial asthma and asthmatic bronchitis. Constitutional treatment of bronchial asthma.

Remedy and Potency	Mode of Action
Belladonna 30x	Anti-asthmatic in case of loud coughing coupled with perspiration.
Bryonia 12x	Irritation in dry cough, difficult expectoration. Stimulant in hypophysis which is often the case.
Hypophysin 12x	
Natrum Sulph. 30x	Constitutional remedy in case of hydro-genoid constitution, worse in damp weather (fog).
Veratrum Alb. 30x	Cold sweat and asthmatic fits.
Yerba Santa 12x (Eriodictyon)	Asthmatic bronchitis, with cough and expectoration.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## BLOOD CIRCULATION REMEDY

### INDICATIONS

Weakness of the conduction and hypotony as the after-effect of phases of reotoxicant impregnations. Exhaustion of the heart and lassitude ensue. The combined effect of the remedy already shows, after a few days' treatment, in a correction of the venous tension and a regularization of the blood pressure. This preparation is ideal for feminine anaemia following upon loss of blood in child-birth, or in cases of low blood pressure following upon infectious illnesses, i.e. influenza, angina, etc.; also in general vegetative dystonia coupled with a lowering of blood pressure.

Remedy and Potency	Mode of Action
Crataegus	2x General tonic of the myocardium.
Laurocerasus	3x Irritation of the breathing system as a result of its content in prussic acid.
Oleander	3x Specific action on conduction; raises blood pressure.
Scoparium	2x Selective action on low blood pressure which it regularizes.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**CATARRHAL LARYNX REMEDY****INDICATIONS**

Hoarseness-as liable to affect singers, orators, etc. Catarrh in the larynx and hoarseness. Can be used additionally in tuberculosis of the larynx and nervous disorders, i.e. hysterical ball (with the remedy formula R/42) and as a complementary remedy in influenza (with R/6).

Remedy and Potency	Mode of Action
Argentum Nit.	8x Decreases catarrh of the larynx and the irritation of the vocal cords which manifests after undue stress on the voice.
Amica	12x Counteracts the effect of undue stress and injury of the vocal cords, and brings in- flammation under control.
Arum Maculatum	12x Lessens the sensation of wounds, raucousness of the larynx and catarrhal conditions of the rear part of the mouth.
Cale. Carb.	12x Specifically indicated for hoarseness (not painful) of the type found also in case of paralysis of the nerves (Nervus recurrens).
Phosphor.	30x Specific action on the mucus in the larynx, lessens the hoarseness and pains of the larynx (singers, teachers, actors, orators, etc.).

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.



## RHEUMATISM REMEDY

### INDICATIONS

In rheumatism and gout of forearms and hands, with swelling of articulations. In acute cases, benumbedness and swelling of articulations, characteristic in arthritis with deformation. Frequently such pains grow worse with change of weather (humidity).

Remedy and Potency		Mode of Action
Ferrum Pbos.	12x	Against inflammations, influences secondary anaemia frequently occurring in rheumatism and arthritis with deformation.
Lithium Carb.	8x	Specific effect in rheumatism and gout, in arthritis with deformation and rheumatic-gouty illnesses.
Natrum Sulph.	30x	Aggravation by humidity in rheumatism and asthma.
Nux Vomica	12x	Worse on getting up, low spirits in the morning.
Rhododendron	6x	Chronic rheumatism, pains in limbs and mainly in bones of fore-arms and hands.
.Spiraea Ulmaria	8x	Fluttering pains, localized in the articulations of the elbows.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**HYSTERIA REMEDY****INDICATIONS**

Hysterical ball. Constrictions and disturbances from the stomach up to the throat. Sensitivity to noises, nervousity and hysteria of women. Other hysterical sensations, suffocation during the night, throbbing and constriction in the throat. Aggravation 'ante menses'.

Remedy and Potency	Mode of Action
Coffea	30x Hypersensitivity to noises, insomnia, great nervousness.
Glonoïn	12x Strong pulse perceivable in the throat and sensation of suffocation.
Igoatia	30x Sensation of pressure in the throat, hysterical ball disappearing when swallowing and eating.
Lachesis	12x Sensation of suffocation, cannot stand pressure of clothes around the neck. Fits during the night, sudden awakening.
Moschus	8x Sensitivity of hysterical women to noises and odours.
Pulsatilla	12x Hysterical ball and sensation of pressure in the chest arising from the stomach, especially before the next menstruation is due.

**DOSAGE**

- 3 Pillules, or  
 4 Drops once daily for three days, then  
 1 Dose each alternate day, until symptoms disappear.

## PULMONARY DISEASE REMEDY

### INDICATIONS

Pulmonary weakness and first appearance of tuberculous diseases. Complementary remedy in bronchial asthma, chronic pulmonary catarrh. cough resulting from excessive smoking. All catarrhal affections of the upper air passages.

Remedy and Potency		Mode of Action
Acid Picrin.	12x	In cases of lassitude and burning pains in and between the omoplates.
Bryonia Alb.	12x	Attenuates the catarrh and irritation in the costal pleura.
China	6x	Weakness between the omoplates, General tonic.
Dulcamara	30x	Consequences of drenching in hydrogenoid constitution.
Kalium Carb.	6x	Against nocturnal perspiration.
Sepia	12x	General effect on the physical constitution, general tonic for the body.

### DOSAGE

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to J Pillule or 2 Drops daily till situation is rectified.

**SINUSITIS REMEDY****INDICATIONS**

In acute and chronic catarrh, of the nose and maxillary sinus. Sinusitis, etc. in formation of polypus in children. Lack of olfaction and taste.

Remedy and Potency		Mode of Action
Arsen. Alb.	12x	Chronic diseases in general with depression.
Cale. Carb.	30x	Constitutional remedy in swelling of mucosa, pastoesem, habitus, swelling of glands (for instance, in scrofula of children).
Kali Bichrom.	12x	Helps the emission of glair (nose and maxillary sinus).
Mercur. Sol.	12x	Suppurations, suppurative inflammations of mucosa.
Pulsatilla	6x	Similar effects, improvement in the fresh air.
Sepia	8x	Constitutional remedy, chronic conditions of irritability of mucosa, chronic catarrh and expectorations (yellowish).

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

## GYNAECOLOGICAL AND SACROILIAC REMEDY

### INDICATIONS

Pains of various natures in the sacral region, the vertebral column, sacroiliac complaints of indefinite genesis. The pains grow worse when moving but may also be acute when resting or at night. Frequently pains in the sacral region are caused by retoxicating treatments of the fluor albus (loss of white, treatments by cauterization and others).

Remedy and Potency	Mode of Action
Aesculus Hipp. 6x	Tearing pains (as in haemorrhoids), pains radiating in the sacral bone.
Colocynthis 8x	Sharp pains in the sacral region. radiating in the legs.
Cimicifuga 4x	Specific effect on the feminine sexual organs. Against pains in the breasts, occurring ante menses.
Natrum Mur. 12x	Sacroiliac pains, with constipation and shivering, eventually with sneezing in the morning and nervous hypersensitivity.
Nux Vomica 30x	Sacral weakness (especially when standing), loins feel as if pushed.
Strontium Carh, 8x	Arthritis and rheumatism of different kinds, mainly in the articulations of the haunches.

### DOSAGE

- 2 Pillules twice daily after meals, or  
3 Drops twice daily.

## THYROID INTOXICATION REMEDY

### INDICATIONS

Thyrotoxicosis, Basedow's Disease, exophthalmia, intoxication of thyroid glands with trembling of the hands, 'goggle eye', perspiration, eventually diarrhoea and emaciation.

Remedy and Potency		Mode of Action
Belladonna	30x	Main indication: 'Goggle eye', fits of perspiration, strong pulse.
Iodum	12x	Specific reaction in hyperfunction of thyroid glands due to the excessive action of iodine in this particular case, the remedy does not act in a homeopathic but in an isopathic way.
Lycopus Vir.	8x	Strong pulse and tachycardia, as they are usually found in thyrotoxicosis
Natrum Mur.	12x	Effective in palpitations, emaciation, irritability. The general action of the remedy is characterized by its regularising effect on the function of thyroids.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## NAUSEA REMEDY

### INDICATIONS

Nausea, sickly feeling (e.g. when travelling), sea-sickness, nausea in pregnancy (soothing effect). Nausea as the effect of other disorders. Cold perspiration and nausea especially in weakness of the conduction and prior to biliary colic.

Remedy and Potency		Mode of Action
Aethusa Cynap.	8x	Specific action in gastric catarrh with nausea and urge to vomit, also of children and infants.
Apomorphin	8x	Specific remedy in vomiting of different kinds, symptomatic action in hyperemesis gravidarum.
Cocculus	12x	Nausea when driving, flying; or sailing.
Colcbicum	12x	Vomiting tendency and nausea caused by the smell of food.
Ipecac.	12x	Vomiting and nausea (although the tongue is not loaded).
Nux Vomica	12x	Early morning vomiting of heavy drinkers and smokers.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## ACNE RASH REMEDY

### INDICATIONS

Acne vulgaris, pimples, suppurative diseases of the skin, eczema and dermatitis. Acne vulgaris and pimples occur at the age of puberty, when there is insufficient activity of the germinal glands. For this reason the use of extracts and triturations of:

Remedy and Potency		Mode of Action
Placenta	12x	Is appropriate on account of its regenerative action on the conjunctive tissues and its effect of excitation on the germinal glands.
Nat. Brom.	12x	I Have a selective and antagonistic effect, qua the law of 'Arndt Schulz' in diseases of the skin.
Bromum	12x	
Kali Bromat.	12x	
Ammon. Bromat.	12x	
Ledum	12x	Acts in suppurative comedones.
Nat. Mur.	30x	Acts specifically when acne is restricted to the scalp.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.



## BRAIN DISTURBANCE REMEDY

### INDICATIONS

Disturbances in cerebral function, weakness of memory. Faulty spiritual development of school-children, indifference, lassitude, exhaustion. The cerebral function is frequently disturbed by intermediary homotoxins, which are not always sufficiently counteracted due to a deficiency in the fermentative activity.

Remedy and Potency		Mode of Action
Kalium Phos.	6x	General tonic of the cerebral function.
Sepia	8x	Against exhaustion and morosity.
Lycopodium	30x	Very effective with irregularities in the development of children, through its influence on the detoxicating function of the liver.
Phosphor.	6x	Excellent nutritive remedy for the nerves.
Arsen. Alb.	30x	Helpful in cerebral anaemia, stimulant of the cellular function.
Anacardium	12x	Specific action in weakness of memory.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## HEALING OF WOUNDS REMEDY

### INDICATIONS

Injuries of all types, fractures, luxations, sprains, concussion of brain, wounds caused by fire-arms or sharp weapons, involving bleeding. May be used as a complementary remedy in feverish infections, sepsis, and in general on account of its stimulating effect on the defensive energy of the organism.

Remedy and Potency		Mode of Action
Sympbytum	4x	In fracture
Arnica	3x	Acts on the arterial system regularising effect on the blood circulation, eliminates stoppages.
Echinacea	4x	Against inflammation and septic complications.
Calendula Off.	3x	Specially in contusion.
Hamamelis Virg.	4x	Bleeding and venous stasis.
Belladonna	6x	Against inflammation.
Ruta Grav.	8x	Unduly strenuous efforts.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## WORMS REMEDY

### INDICATIONS

Worms of all types, ascarides and oxyures. Subventional remedy in specific mortification processes (i.e. of a taenia). The medicinal 'anti-vermin' combination in the present biological remedy has been conceived as eliminating the hornotoxic substratum, which promotes the development of worms. This is achieved by energizing the defensive powers in the organism.

Remedy and Potency		Mode of Action
Cina	4x	Have a specific action against worms.
Tanacetum Vulg.	1x	
Artemisia Vulg.	1x	
Filix Mas.	3x	
Mercur. Corr.	8x	Awaken the energetic forces and have a regularizing effect in hepatogen incidents and on the conjunctive tissues.
Graphites	12x	

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## PULMONARY TONIC REMEDY

### INDICATIONS

Weakness of the parenchymatous organs, especially of the lungs, frequently characterized by weakness of the back, nocturnal perspiration, sensitivity to colds, disturbances of the blood circulation (cold feet), lack of appetite, paleness and limpid aspect of the face, following upon loss of blood.

Remedy and Potency	Mode of Action
Arsen Iodat. 6x	Tonic, stimulates the appetite.
Phorpbor. 30x	Specific in pulmonary diseases, pneumonia and tuberculous affections of the lungs.
Teucrium Scorodonia 12x	Specific in tuberculous diseases of the lungs.
Silicea 30x	Recalcifying effect on the scirrhus pulmonary focal centre.
Cale. Carb. 30x	Similar recalcifying effect, eliminates the excess of water in the tissues.
Lycopodium 30x	Increases the activity of the liver, stimulates the appetite, facilitates the detoxication function of the liver.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## HYDROPIC REMEDY

### INDICATIONS

Muscular weakness of the heart and appearance of hydropsy, and oedema of the legs. Hydropsy in the abdomen frequently due to the muscular weakness of the heart. May also be effective in renal oedema.

Remedy and Potency		Mode of Action
Scilla Maritima	3x	General and strong diuretic effect.
Adonis Vernalis	3x	A heart medicine.
Convallaria	3x	Tonic of the heart.
Maial		
Helleborus	4x	Reinforcements of the diuretic components.
Niger		
Digitalis Purp.	3x	Increasing of the muscular strength of the heart.
Crataegus Oxy.	2x	Enlarges the coronary blood vessels.

### DOSAGE

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

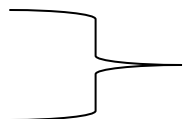
**OBESITY REMEDY****INDICATIONS**

Obesity, tendency to put on weight due to faulty activity of the glandular secretion. May also be used to combat incipient goitre.

**Remedy and Potency****Mode of Action**

Fucus Vesicul.  
Spongia Tos.

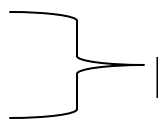
2x  
3x



Highly stimulates the function of the thyroid glands and acts towards formation of goitre. We add to this medicinal composition, constitutional stimulants such as homeopathic triturations of:

Graphites  
Calcium Carb.  
Natrum Sulph.  
Oleum Crotonis

12x  
12x  
3x  
4x



Functional stimulant of the liver.  
A function stimulant of the intestines.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## BLOOD PURIFIER REMEDY

### INDICATIONS

Impurities of the blood. Heavily charged blood. Sensitivity to changes of weather, impurities of the skin, chronic rash, lymphatism. Helps to purify the blood in diseases of various nature. Impurities of the skin and pimples of puberty. The therapeutic effect is obtained through the combined action of the ingredients.

Remedy and Potency		Mode of Action
Hepar Sulph.	12x	Reduces the pus, which finds an outlet in pimples, boils and suppurations, also in abscesses. Important remedy of puberty.
Juglans Reg.	6x	Blood purifier.
Myosotis	12x	Specific action in lymphatism and sensitivity to tuberculous infections.
Sarsaparilla	6x	Blood purifier with a thorough constitutional activity. (Rademacher.)
Fumaria	6x	Scrofulous affections, glandular swelling, impurity of blood.
Aranea Diad.	12x	Influences hydrogenoid constitution and sensitivity to changes of weather.

### DOSAGE

- 1 Pillule, or
  - 2 Drops once daily before the first meal.
- If symptoms re-occur, repeat.

**HEADACHE REMEDY****INDICATIONS**

Congestive headaches, pallid skin, anaemia, chlorotic and weakly subjects. Nervous and sensitive. False plethora. Febrile conditions. Ailments attended with pus formation.

Remedy and Potency		Mode of Action
Ferr. Met.	12-30x	Vertigo at sight of flowing water. Ringing in ears before menses. Hammering, pulsating, congestive headache, sometimes at back of head.
Ferr. Phos.	3-12x	Sore to touch, sensitive to cold and noise. Ill effects of sun heat. Throbbing. Vertigo. Better cold application.
Ferr. Sulpb.	12x	Watery and painless stools. Menorrhagia. Pain in gall bladder.
Silicea	6x	Cold, chilly. Better from warmth. Profuse and offensive sweat from head. Pain begins at occiput and spreads over head to eyes.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

\*Some Formulae from G/1 to G/31 offer alternative potencies.



## HIGH BLOOD PRESSURE REMEDY

### INDICATIONS

Atheroma, arterio-sclerosis, arterial fibrosis, hypertension.

Remedy and Potency		Mode of Action
Silica Marina	2-200x	Inflamed glands and commencing suppuration. Anaemia. Coldness.
Barium Mur.	6-12x	Arterio-sclerosis and cerebral affections. Vertigo. Indurated and narrowing of the cardiac orifice with pain.
Aurum Iod.	6-30x	Chronic pericarditis. Valvular diseases. Arterio-sclerosis,
Strontium Iod.	12-30x	Arterio-sclerosis.
Vanadin	12-30x	Increases amount of haemoglobin. Arterio-sclerosis. Atheroma of arteries of brain and liver.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**RHEUMATISM (INFLAMMATORY) REMEDY****INDICATIONS**

Painful rheumatism of muscles and joints, with swelling, tenderness and soreness. Worse by movement.

Remedy and Potency		Mode of Action
Ferrum Pbos.	3-30x	Stiff neck. Articular rheumatism. Crick in back. Rheumatic pains in shoulders, chest and wrist. Hands swollen and painful.
Ferrum Mur.	12x	Pains in right shoulder and elbow. Tendency to cramp.
Kali Mur	6-30x	Rheumatic fever, exudation and swelling around joints. Pains worse from motion.
Lithium .Mur.	12x	Chronic rheumatism and rheumatic pains.
Aurum Mur.	30x	Rheumatism and gouty pains.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## RHEUMATISM (TOXIC) REMEDY

### INDICATIONS

For acid and autotoxic conditions. Stiffness, difficulty in commencing to move. Bad effects of overwork, over-strain and fatigue.

Remedy and Potency		Mode of Action
Natrum Pbos.	3-12x	Excess of lactic acid, sour eructations and taste. Rheumatism of knee joints. Rheumatic arthritis. Gout.
Lithium Pbos.	12x	Rheumatic pains in joints. Nodosities of joints.
Kali Pbos.	3-12x	Paralytic lameness in back and extremities. Exertion aggravates pains with depression and subsequent exhaustion.
Kali Bichrom.	30x	General weakness, bordering on paralysis. Rheumatic and gastric symptoms alternate.
Macroton	12x	Lumbago, muscular rheumatism.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**RHEUMATISM (THIRD FORM) REMEDY****INDICATIONS**

Weakness of joints, pains in both muscles and joints, pains move about, worse from warmth and from standing. Defective glandular function.

Remedy and Potency		Mode of Action
Kali Sulph.	3-30x	Rheumatic headache. Pain in nape of neck, back and limbs. Shifting, wandering pains. Worse from warmth.
Kali Iod.	6x	Severe bone pains. Pains at night and in damp weather. Rheumatism of knees with effusion. Sciatica.
Sulph.	6-30x	Rheumatic pain in left shoulder. Rheumatic gout, with itching. Burning in soles of feet and hands at night. Stiffness of knees and ankles.
Magnesia Sulpb.	6x	Bruised and ulcerative pain between the shoulders. Violent pain in small of back.
Magnesia Mur.	12x	Pain in back and hips, arms and legs. Restless at night. Anxious dreams.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## ARTHRITIS REMEDY

### INDICATIONS

Inflanunation of the joints. Pain, redness, swelling and stiffness of the joints. A degenerative joint disease.

Remedy and Potency		Mode of Action
Silicea	3-30x	Pains through hips, legs and feet. Cramp in calves and soles. Loss of power in legs. Icy cold and sweaty feet. Sensation in tips of fingers as if suppurating. Pain in knees as if tightly bound.
Silicea Marina	12x	
Calcium Fluor	6-30x	Gouty enlargements of the joints of the fingers.
Cale.Sil.Fluor.	30x	Hardening of glands. Goitre. Pains in breast, stomach and uterus.
Barium Mur.	30x	Acts on lower alimentary canal especially rectum; on muscles and joints, giving stiffness and weakness as from overwalking.

### DOSAGE

- 3 Pillules, or  
 5 Drops, twice daily, while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**HEART DISORDERS REMEDY****INDICATIONS**

Functional heart affections. First stage of cardiac inflammations and rheumatic damage. Painful heart affections, palpitations, neuralgic angina.

Remedy and Potency		Mode of Action
Ferrum et Mag. Phos.	6x	Neuralgic pains in the heart. Angina pectoris. Nervous spasmodic palpitations.
Ferrum Phos.	3-6x	Maintains normal state of cells of the heart, increases haemoglobin. Palpitation, rapid pulse. First stages of cardiac diseases.
Ferrum Arsenicum	12x	Palpitations. Simple and pernicious anaemia.
Aurum Mur.	30x	Contains minute amount of gold needed by human heart. Palpitation, rapid pulse, pulse feeble and irregular.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

## HEART DISEASE REMEDY

### INDICATIONS

Degenerative changes in the heart. Chronic heart cases. Organic heart disease. Valvular disease. Arterial tension. Coronary degeneration. Thrombosis.

#### Remedy and Potency

#### Mode of Action

Calcium Fluoride	3-30x	Valvular disease. Toxic condition of heart and blood vessels.
Cale.Sil.Fluor.	12x	Affections of glands. Ravenous appetite.
Barium Iodide	6x	Arterio-sclerosis,
Aurum Iodide	30x	Valvular disease. Arteriosclerosis.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

**HEART WEAKNESS REMEDY****INDICATIONS**

Slowness of the heart, anaemia with heart distress. Cardiac insufficiency with tendency to collapse. Syncope.

Remedy and Potency		Mode of Action
Calcium Pbos.	3-30x	Anaemia. Perspiration, Glandular enlargement.
Calcium Arsenate	6x	Aura felt in heart region. Dyspnoea with feeble heart. Haemoglobin and red corpuscles are low. Palpitation and pain in heart.
Kali Hypophos.	3-30x	Debility with wasting of muscular tissue. Phosphaturia with general anaemia.
Ammon. Carb.	12x	Audible palpitation with fear, cold sweat, lachrymation, inability to speak. Heart weakness, loud breathing and trembling hands.
Aurum N'atr. Mur.	6x	High blood pressure. Arterio-sclerosis.

**DOSAGE**

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.



## NEURASTHENIA, BRAIN-FAG REMEDY

### INDICATIONS

Nervous prostration. Debility. Exhaustion of the nerve centres. Dis- inclination to activity. Nervous system reaction. Loss of memory. Depression,

Remedy and Potency		Mode of Action
Kali Phos.	3-30x	Prostration. Weakness and tiredness. Want of nerve power. Lethargy. Brain-fag.
Phosphorus	3-30x	Nervous debility. Tired brain. Insanity. Excit- able and restless.
Phosphoric Acid	3-30x	Nervous exhaustion. Mental debility. Listless. Impaired memory.
Ferrum Pbos.	3x	Nervous, sensitive, anaemic. False plethora and easy flushing. Headache
Silicea	12x	Nervous, excitable. Sensitive to all impres- sions. Brain-fag.
Aurum	12x	Anaemia. Despondency. Headaches.
Arsenicum		

### DOSAGE

- 3 Pillules or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**NERVOUS BREAKDOWN REMEDY****INDICATIONS**

Nervous and mental debility. Settled depression and feeling of uselessness. Weariness, awkwardness. Premature ageing. Restless incompetence and physical weakness. Dullness, stupefaction, fear, hopeless apathy, collapse, 'shell-shock', Complete breakdown. Senility.

Remedy and Potency		Mode of Action
Kali Phos.	3-30X	Disturbance of the sympathetic nerve system. Neurasthenia. Mental and physical depression.
Kali Arsenicum	6x	Restlessness, nervousness. Anaemic. Malignancy.
Silicea Marina	12x	Nervousness, excitement, sensitivity to all impressions. Brain-fag. Depression. Irritability.
Zinc Phos.	12x	Brain-fag, nervousness and vertigo, Sexual excitement and sleeplessness.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**'NERVINESS' AND HYSTERIA REMEDY**

## INDICATIONS

Neuralgic pains, hysterical and neurotic conditions. Hypersensitiveness and irritability. Nervous heart affections. 'Strung-up' state.

Remedy and Potency		Mode of Action
Kali Phos.	2-200x	Nervous heart affections. 'Strung-up' state. Prostration. Neurasthenia. Loss of memory.
Magnesia Phos.	6-30x	Neuralgic pains, relieved by warmth. Tired, languid, exhausted subjects. Sleeplessness.
Zinc. Phos.	30x	Neuralgia of head and face. Nervousness and vertigo. Brain-fag.
Platinum	12x	Hysteria, hypersensitiveness. Paralysis, anaesthesia, mental troubles.
Aurum Brom.	12x	Neurotic condition. Irritability. Neurasthenia. Night terrors.

## DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**SLEEPLESSNESS REMEDY****INDICATIONS**

Insomnia. Prolonged condition of inability to sleep naturally. Disturbed sleep.

**Remedy and Potency****Mode of Action**

Kali Brom.	2x	Sleeplessness. Night terrors. Illusions. Active delirium.
Kali Pbos.	30-200x	Sleeplessness due to worry or anxiety. Night terrors. Somnambulance. Loss of memory.
Magnes. Pbos.	3-6x	Internal discomfort. Neuralgic pains. Indigestion causes sleeplessness.
Zinc Pbos.	30x	Sleeplessness.
Cuprum Phos.	30x	Sleeplessness.

**DOSAGE**

- 3 Pillules: or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## ASTHMA REMEDY

### INDICATIONS

Paroxysmal dyspnoea. Cough. Wheezing. Mucous sputum and a sense of constriction of the chest. Pathologic changes consist of bronchiolar spasm, oedema of mucosa, hypertrophy of glandular elements and secretion of mucinlike substance. Is usually due to hypersensitiveness to inhaled or ingested substances or bacteria. It is largely a nervous disease.

Remedy and Potency	Mode of Action
Kali lod. 3-30x	Violent cough; worse in morning. Pulmonary oedema. Larynx feels raw. Awakes choking.
Arsenic loD. 3-12x	Mucous membrane is irritated. Hay fever, nasal catarrh. Swellings of tissues within the nose. Hacking cough.
Antim. Arsen. 12x	Emphysema with excessive dyspnoea and cough, much mucous secretion. Worse on eating and lying down.
Arg. Cupr. et Zinc 30x	Hoarseness, debilitating spasmodic cough. Asthmatic bronchitis. Dyspnoea. Spasm and constriction of chest. Spasmodic asthma.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**BRONCHITIS (CHRONIC) REMEDY****INDICATIONS**

A form of bronchitis usually occurring in middle or advanced life. Cough and dry and moist rales. Can be due to repeated attacks of acute bronchitis, to gout, rheumatism, or tuberculosis, or it may be secondary to cardiac and renal disease.

**Remedy and Potency    Mode of Action**

Kali Mur.	3-30x	Loss of voice, hoarseness. Asthma, hard, white mucus, cough short, acute and spasmodic.
Kali Bichrom.	3-6x	Catarrh. Metallic, hacking cough. Profuse, yellow expectoration, very glutinous and sticky.
Kali Antim. Tart	30x	Hoarseness, great rattling of mucus, but little expectorated.
Arsenic Iod.	6-30x	Slight hacking cough. Chronic bronchitis. Pulmonary tuberculosis.
Barium Mur.	6-30x	Bronchial affections of old people. Facilitates expectoration.

**DOSAGE**

- 1    Pillule, or
- 2    Drops once daily before the first meal. If symptoms re-occur, repeat.

**BRONCHITIS (ACLITE) REMEDY****INDICATIONS**

Due to extension of acute naso-pharyngitis, to inhalation of irritants or to infection. Fever, cough, substernal pain. Dry and moist rales.

Remedy and Potency		Mode of Action
Ferrum Phos.	L12x	First stage of all inflammatory infections. Congestion of lungs. Haemoptysis. Cough, croup.
Ferrum Hydrox.	1-3x	Hoarseness. Dry, spasmodic cough.
Ferrum Pemit.	3-6x	Cough with florid complexion.
Stannum Iod.	3x	Hoarseness. Mucus expelled by forcible cough. Weak chest. Phthisis mucosa. Hectic fever.
Arsenic Iod.	6x	Slight hacking cough with dry and stopped up nostrils. Pleuritis exudation. Chronic bron- chitis.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**COMMON COLD REMEDY****INDICATIONS**

A mild, acute, respiratory virus infection of short duration, characterized by chilliness, fever, sneezing, nasal discharge, irritation of nose and throat and occasionally, fever.

Remedy and Potency		Mode of Action
Ferrum Phos.	6x	First stage of all inflammatory affections. Haemoptysis. Cough. Sore chest. Hoarseness.
Natrum Mur.	6-30x	Cough, with bursting pain in head. Violent, fluent coryza with sneezing. Loss of smell and taste. Soreness of nose.
Natrum Arsen.	6x	Nasal, watery catarrh, with headache. Racking cough. Oppression of chest and about heart.
Arsen Iod.	3-6x	Influenza, hay fever and catarrh of middle ear. Swellings of tissues within the nose. Slight hacking cough. Constant desire to sneeze.
Kali Permang.	2-3x	Irritation of nose, throat and larynx. Bleeding from nose. Nasal discharge. Sore larynx and swollen uvula.
Kali Nitric.	3-6x	Sneezing, constricted throat. Dry cough. Bronchitis. Dyspnoea. Asthma.

**DOSAGE**

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.



## CATARRH (CHRONIC) REMEDY

### INDICATIONS

Inflammation of mucous membranes of the air passages of the nose and throat.

Remedy and Potency		Mode of Action
Kali Mor.	3-30x	White or gray coating of base of tongue and expectoration of thick, white phlegm. Chronic catarrhal conditions of middle ear.
Kali Sulph.	3-30x	Ailments accompanied by profuse desquamation. Yellow mucus and serous discharges. Eustachian deafness. Colds with yellow, slimy expectoration. Engorgement of the nasal pharyngeal mucous membrane.
Kali Bichrom.	3-30x	Inflammation of mucous membranes of air passages. Chronic atonic catarrh. Headaches. Nausea. Inflammation of frontal sinuses. Violent sneezing.
Kali lod.	3-30x	Glandular swellings, Sneezing, nasal catarrh. Violent cough. Pulmonary oedema. Larynx feels raw. Pleuritic effusion.
Barium 10c1:	3-30x	Inflammation of glands-particularly tonsils.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**HAY FEVER REMEDY****INDICATIONS**

An acute affection of the conjunctiva and upper air passages, due to a sensitivity to pollen. Coryza, sneezing, rhinorrhea, headache and intense itching of the eyes and upper air passages.

Remedy and Potency	Mode or Action
Arsenic	6-60x Burning in eyes with acrid lachrymation. Sneezing without relief. Worse in open air. Acne of nose.
Arsenic Iod.	3-30x Red, angry, swollen mucous membrane, itches and burns. Constant desire to sneeze. Watery discharge. Chronic nasal catarrh.
Natr. Arsenicum	5-50x Oppression of chest and about heart, also larynx. Miners' asthma. Aching in arms and shoulders. Joints stiff.
Narrum Sulph.	3-30x Dyspnoea, during damp weather. Humid asthma. Cough. Nasal catarrh. Mucous in throat.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## SORE THROAT REMEDY

### INDICATIONS

Inflammation of throat. Painful, tender. Pharyngitis and/or tonsillitis. Laryngitis, ulceration.

#### Remedy and Potency

#### Mode of Action

Ferrum lod. 6x

Sore throat, as if from a splinter. Hoarseness. Coryza.

Kali lod. 6x

Violent headache, facial neuralgia. Nasal catarrh. Cough. Larynx feels raw. Laryngeal oedema.

Kali Mur. 3x

Follicular tonsillitis. Loss of voice. Hoarseness. Catarrh. Cough.

Kali Bicbrom. 3x

Fauces red and inflamed. Dry and rough. Parotid glands swollen. Uvula relaxed, oedematous, bladder-like. Diphtheria. Discharge from mouth and throat.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

**DISEASED TONSILS REMEDY****INDICATIONS**

Diseased tonsils. Parenchymatous tonsillitis and adenoids. Swollen glands.

Remedy and Potency		Mode of Action
Calcium Iod.	1x	Enlarged glands, tonsils, etc., Adenoids. Croup. Headache. Catarrh. Sneezing. Polypi.
Kali Iod.	1x	Glandular swellings. Violent headache. Facial neuralgia. Cough. Raw larynx.
Arsenic Iod.	6x	Hypertrophied condition of Eustachian Tubes and deafness. Burning in pharynx. Swollen tonsils. Follicular pharyngitis.
Mere. Bioid	12x	Diphtheria and ulcerated sore throats, especially on left side, with much glandular swelling. Dark red fauces. Painful swallowing. Phlegm in nose and throat.
Mere. Viv.	6x	Ulceration of mouth and throat. Worse at night, from damp weather. Constant desire to swallow. Quinsy. Loss of voice. Soreness and burning in throat.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## GLANDULAR DISEASE REMEDY

### INDICATIONS

Faulty functioning of glands. Inflammation. Swelling, induration, tumour formation, abscess and serious deterioration. Glandular fever.

Remedy and Potency	Mode of Action
Silica Marina 2-200x	Swelling of parotid and cervical glands. Inguinal glands, swollen and painful. Abscesses and boils.
Cale. lod. 3-6x	Enlarged glands: tonsils, etc. Thyroid enlargements at puberty. Adenoids. Uterine fibroid. Scrofulous affections.
Kali lod. 3-6x	Glandular swellings. Tendency to oedematous swellings, eyelids, mouth, uvula, etc.
Barium lod. 3-6x	Acats on lymphatic system, increased leucocytosis. Quinsy. Indurated glands, especially tonsils and breasts. Tumours.
Arsenic lod. 3-6x	Persistently irritating, corrosive discharges. Influenza, hay-fever, catarrh. A remedy most closely allied to manifestations of T.B. Enlarged scrofulous glands.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

**EYE DISEASE REMEDY****INDICATIONS**

Deteriorations affecting the crystalline lens of the eye or its capsule.

Remedy and Potency		Mode of Action
Calc-Silico-Fluor.	3-200x	Affections of glands. Connective tissue about glands, especially affected. Otitis media suppurativa. Swelling of lachrymal duct. Styes. Iritis and iridio-choroiditis. Perforating or sloughing ulcer of cornea. Lassitude. Desire to lie down all the time. Emaciation. Head congested. Vertigo. Nasal catarrh. Barber's itch, acne, weeping eczema. Enlarged tonsils. Boils. Itching on ears and nose. Conjunctivitis.
Silica Marina	3-200x	
Kali Silicata	30x	
Sulph. Iod.	30x	
Barium Iod.	6x	

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## EYE AFFECTIONS REMEDY

### INDICATIONS

Eye-strain, weakness of the eyes, inflammation, conjunctivitis, iritis, lachrymation, obstructions, injuries, discharge, etc.

Remedy and Potency	Mode of Action
Ferrum Phos.	3-200x Eyes red, inflamed, feeling as if of sand under lids. Hyperaemia of optic disc and retina with blurred vision.
Kali .Mur.	6-12x White mucus, purulent scabs. Superficial ulcer, trachoma. Corneal opacities.
Kali Iod.	3-12x Conjunctiva red, infected, profuse lachry- mation. Syphilitic iritis. Pustular keratitis and chemosis. Bony tumours of the orbit.
Silicea	30x Swelling of lachrymal duct. Aversion to light. Vision confused. Styes. Iritis. Ulcer of cornea. Abscess in cornea. Cataract.
Natrum Mur.	30-200x Bruised feeling with headache. Heavy eyelids. Burning. Stricture of lachrymal duct with suppuration. Tears with coughing. Cataract.

### DOSAGE

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**MENOPAUSE DISTURBANCE REMEDY****INDICATIONS**

Flushes, vertigo, rush of blood to head. Burning at vertex, climacteric haemorrhage. bearing-down pains, functional heart disturbance, distressed feelings.

Remedy and Potency		Mode of Action
Kali Sulph.	3-12x	Late menses, scanty with feeling of weight in abdomen. Metrorrhagia
Ferrum Sulph.	3-12x	Menorrhagia, pressing, throbbing between periods with rush of blood to head. Erethism. Basedow's Disease.
Magnes. Sulph.	3-12x	Thick leucorrhoea as profuse as the menses. Pain in back and thighs. Some blood between menses.
Manganese Sulph.	3-30x	Liver affections. excess of bile. Powerful intestinal stimulant.
Cuprum Sulph.	30x	Burning at vertex. Spasmodic affections. Cramps, convulsions in extremities.
Argentum	12-30x	Nervous crethism.

**DOSAGE**

- 3 Pillules. or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.



## CYSTITIS, BLADDER IRRITATION REMEDY

### INDICAUONS

Inflammation of the urinary bladder, involving principally the mucosa and sub-mucosa. It may be of bacterial or other origin. Enuresis. Burning in urethra. Irritation at neck of bladder. Excess of uric acid.

Remedy and Potency	Mode of Action
Natrum Phos. 1-12x	Excess of lactic acid (often resulting from too much sugar). Sour eructations and taste. Jaundice.
Lithium Benz 3-6x	Deep-seated pains in loins and small of back. Uneasiness in bladder. Cystic irritation.
Sulphur 12-200x	Offensive discharges. Enuresis. Burning in urethra. Mucus and pus in urine. Parts sore over which urine passes. Great quantities of colourless urine. Sudden calls to urinate.
Ferrum Phos. 6-12x	Incontinence. Irritation at neck of bladder. Polyuria. Diurnal enuresis. Anaemic.
Benzoic Acid 6x	Uric acid. Renal insufficiency. Anti-sycotic. Repulsive odour of urine. Enuresis. Cystitis.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**KIDNEY DISEASE REMEDY****INDICATIONS**

Nephritis. Haemoglobinuria. Toxaemia. Hepatitis. Glycosuria. Diabetes and dropsy. Diuresis and Enuresis.

Remedy and Potency	Mode of Action
Natrum Phos.	1-12 Excess of lactic acid from too much sugar. Sour eructations and taste. Sour vomiting. Flatulence and colic. Jaundice. Oxaluria.
Ferrum Phos.	3-30x Anaemia. Incontinence. Bladder irrita on Polyuria. Diurnal enuresis.
Ferrum Ars.	3-30x Enlarged liver and spleen with fever. Undigested stool; albuminuria. Anaemia. Chlorosis. Dry skin.
Kali Cblor.	3-12x Croupous nephritis. Haemoglobinuria. Parenchymatous nephritis with stomatitis. Toxaemic conditions of pregnancy (urinary symptoms). Hepatitis. Septicaemia. Anaemia.
Uranium Nit.	6x Glycosuria and increased urine. Nephritis. Diabetes, degeneration of the liver. High blood pressure and dropsy. Diuresis and incontinence. Burning in urethra and acid urine. Enuresis.
Formic Acid	3-6x Anuria. Albuminous urine. Turbid urine. Pyogenic bacteria.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## VARICOSE VEINS REMEDY

### INDICATIONS

Atony of capillaries, varicose ulcers. Swollen varicose veins. Vascular tumours. Aneurism. Atony of capillary and venous system.

Remedy and Potency	Mode of Action
Cale. Fluor.	6-30x Varicose and enlarged veins. Vascular tumours with dilated blood vessels. Valvular disease.
Fluoric acid	6-30x Varicose veins and ulcers. Distended blood vessels. Naevi. Atony of capillary and venous system.
Cale. Sil-Fluor.	30x Affections of glands, and connective tissue about glands.
Calcium Iod.	3-6x Varicose veins with accompanying ulcers. Swellings of glands, thyroid enlargement.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## HAEMORRHOIDS (RECTAL IRRITATION) REMEDY

### INDICATIONS

Enlarged and varicose condition of the veins of the lower portion of the rectum and the tissues about the anus. Can be located outside or inside the anal sphincter.

### Remedy and Potency      Mode of Action

Cale. Fluor.	3-30x	Enlarged glands. Varicose veins. Scalp troubles. Uterine fibroids.
Barium Mor.	30x	Affects lower alimentary canal, especially rectum. Throbbing in abdomen. Induration of pancreas. Abdominal aneurism. Swelling of inguinal glands.
Colloidal Sulph.	12-30x	Itching and burning of anus. Piles. Frequent, unsuccessful desire. Redness around anus with itching. Morning diarrhoea, painless, drives out of bed, with prolapsus recti Haemorrhoids, oozing and belching.
Sificea	3-30x	Fistula. Fissures and haemorrhoids, painful. Stool comes down with difficulty, recedes when partly expelled. Great straining and stinging. Constipation.
Yeg. Carbon	6x	Flatus hot, moist, offensive. Itching and burning in rectum. Soreness of perineum. Discharge of blood from rectum. Burning at anus. White haemorrhoids. Bluish, burning piles.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

**LIVER AFFECTIONS REMEDY****INDICATIONS**

Of use in all liver affections, including chronic ones, and cholangitis.

Remedy and Potency		Mode of Action
Natrum Sulph.	3-30x	A liver remedy. Worse in rainy weather. Feels every change from dry to wet. Melancholy, headache. Conjunctiva yellow. Vomits sour, yellow complexion. Hepatitis.
Nat. Hyposulph.	3-6x	Liver spots, locally and internally.
Natrum Iod.	6-30x	Incipient rheumatic endocarditis; chronic bronchitis, rheumatism and tertiary syphilis. Chronic catarrhal affections, arteriosclerosis.
Magnes. Mur.	6-12x	Constipation. Chronic liver affections with tenderness and pain. Enlarged liver. Yellow tongue.
Calcium Sulph.	3-200x	Pain in region of liver with weakness, nausea and pain in stomach. Menses late in female, long-lasting with headache.

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**GASTRIC DISORDERS REMEDY****INDICATIONS**

Weak digestion, dyspepsia, gastritis, acidity, gastric and duodenal ulcer, eructations, pain, severe cramps, pyloric spasm. Gastric effect of smoking may also require this remedy.

**Remedy and Potency      Mode of Action**

Natrum Phos.	1x	Excess of lactic acid. Sour eructations and taste. Inflammation of throat. Flatulence, colic, cracking of joints, jaundice. Sour vomiting, greenish diarrhea. Sickness. Diarrhoea. Dysentery.
Kali Phos.	3-30x	
Nat. Carb.	6-12x	Debility caused by summer heat. Exhaustion. Weak digestion. Aversion to milk. Dyspepsia.
Magnes. Mur.	6-12x	Appetite poor, bad taste in mouth. Eructations like rotten eggs. White froth in mouth. Cannot digest milk. Pain in liver. Constipation.
Magnes. Carb.	3-6x	Gastro-intestinal catarrh, with acidity. Constipation. Sensitive people, nerve prostration. Sour eructations. Desire for fruit, acids and vegetables. Pain in right iliac region.

**DOSAGE**

- 2      Pillules twice daily after meals, or
- 3      Drops twice daily.

## BILIOUSNESS REMEDY

### INDICATIONS

General malaise, headache, anorexia, indigestion, coated tongue, yellowish skin, constipation and lassitude; attributed to disorders of biliary secretions, but probably due to a digestive disorder.

Remedy and Potency		Mode of Action
Mercur. Viv.	3x	Tongue heavy and thick, yellow. Putrid eructations. Thirst for cold drinks. Stomach sensitive to touch. Liver enlarged. Jaundice. Bile secreted deficiently.
Nux Vom.	2x	Headache, with vertigo. Sour taste. Nausea. Flatulence and pyrosis, Sour, bitter eructations. Vomiting. Stomach very sensitive to pressure. Dyspepsia. Alternate constipation and diarrhoea.
Podopbyllin	12x	Gastro-enteritis with colicky pain and bilious vomiting. Torpidity of the liver. Vertigo. Headache. Foul taste in mouth. Nausea. Thirst for cold water. Liver region painful. Constipation alternating with diarrhoea.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**COUGHS (ACUTE) REMEDY****INDICATIONS**

Hoarseness, oppressed breathing, minor bronchial irritation after colds. Inflammation of the mucous membrane of the bronchial tubes. Catarrh.

Remedy and Potency		Mode of Action
Bryonia	3x	Dry mucous membranes. Coryza with shooting pains in head. Dry throat. Tough mucus in larynx and trachea, loosened after hawking. Dry, hacking cough. Difficult respiration. Stitches in chest.
Phosphorus	3x	Irritation of mucous membrane. Neuralgia of head. Chronic catarrh. Hoarseness. Painful larynx. Cough from tickling in throat. Tightness and stitches in chest. Pneumonia, with oppression.
Causticum	6x	Coryza. Hoarseness, with pain in chest. Aphonia. Sore larynx. Cough, scanty expectoration. Mucus under sternum. Pain in chest.
Aconite	3x	Influenza. Fear, anxiety, anguish of mind and body. Eyes red and inflamed. Coryza with sneezing. Dry throat. Oppressed breathing. Hoarse, dry, croupy cough, laboured breathing.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.



## NERVES REMEDY

### INDICATIONS

Nervous, irritability. Depressed feeling. Hysteria, emotion. Effects of grief and worry. Prostration. Want of nerve power, neurasthenia. Mental and physical depression. Anxiety, lethargy. Settled despair.

Remedy and Potency		Mode of Action
Lgnatia	2x	Excessive sensibility. Tendency to clonic spasms. Nervous temperament. Mental suffering. Rapid change of mental and physical condition.
Gentian	1x	Vertigo. Stomach symptoms. Inflation and tension of stomach.
Kali Phos.	3x	A nerve remedy. Prostration. Weak and tired. Marked disturbance of the sympathetic nerve system. Want of nerve power usually caused by excitement, overwork and worry.
Pbos. Acid	2x	Mental and physical debility. Young people who 'outgrow their strength'. Listlessness and impaired memory. Despair.

### DOSAGE

- Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

**COUGHS (SPASMODIC) REMEDY****INDICATIONS**

Simple, spasmodic, painful coughs due to colds, hoarseness, croupy coughs in children. Laryngeal conditions, hard brassy cough and crowing. Coryza, dry mucous membrane. Nose stopped up. Throat, red, dry and constricted. Oppressed breathing.

Remedy and Potency		Mode of Action
Aconite	3x	Inflammation, inflammatory fevers, Influenza. Restlessness. Burning headache. Vertigo, worse on rising. Dry mucous membrane, nose stopped up. Throat dry and constricted. Oppressed breathing, hoarse, dry, croupy cough.
Kali Bichrom.	3x	Voice hoarse-worse in evening. Metallic, hacking cough. Profuse expectoration. Tick-ling in larynx. Catarrhal laryngitis cough. Membranous croup extending to larynx and nares.
Spongia	3x	Dryness of all air passages. Hoarseness; larynx dry, bums, constricted. Cough, dry, barking, croupy. Cough abates after eating or drinking. Laryngeal phthisis.
Hepar Sulph.	2x	Croupous, catarrhal inflammation. Quinsy Dry, hoarse cough. Choking cough. Sensitive to cold air.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## FEVER REMEDY

### INDICATIONS

Simple fevers, especially fever at the beginning of minor, acute ills. Hot, red skin, flushed face, glaring eyes, throbbing carotids, exhausted mental state, delirium, convulsive movements, dryness of mouth and throat with aversion to water. Mental anguish, restlessness. Sweat drenching. Influenza. Headache. Full pulse.

Remedy and Potency		Mode of Action
Belladonna	3x	High, feverish state with comparative absence of toxaemia. Burning heat. Feet icy cold. Distended superficial blood vessels. Perspiration dry only on head. No thirst with fever.
Aconite	3x	Cold stage most marked. Cold sweat and icy coldness of face. Coldness and heat alternate. Dry heat, red face. Mental anguish, restlessness, etc. Sweat drenching on parts lain on relieving all symptoms.
Bryonia	3x	Pulse full, hard, tense and quick. Chill with external coldness, dry cough, stitches. Internal heat. Sour sweat. Easy, profuse perspiration. Rheumatic and typhoid show gastro-hepatic complications.
Gelsemium	3x	Desire to be held. Pulse slow, full, soft, compressible. Chilliness up and down back. Heat and sweat long and exhausting. Nervous chills. Bilious remittent fever with stupor.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**NEURALGIA AND NEURITIS REMEDY****INDICATIONS**

Severe paroxysmal pain along the course of a nerve. Sharp, stabbing pain, usually lasting only a short time. Tenderness often at the points of exit of the nerve. Lesions of a nerve or nerves, either degenerative or inflammatory, with pain, 'hypersensitivity, anaesthesia or paresthesia, paralysis, muscular atrophy and lost reflexes in the part supplied.

Remedy and Potency		Mode of Action
Belladonna	3x	Acts on all parts of the nervous system. Produces active congestion, furious excitement, twitching, convulsions and pain. Neuralgic pains that come and go suddenly. Shooting pains along limbs. Cold extremities.
Spigelia	3x	Neuralgia of the fifth nerve. Stabbing pains. Very sensitive to touch. Parts feel chilly, send shudder through frame. Pain beneath frontal eminence and temples, extending to eyes. Ciliary neuralgia, a true neuritis.
Magnes. Phos.	3x	Neuralgic pains, relieved by warmth. Severe neuralgic pains in ears, worse behind right ear and by going into cold air or washing in cold water.

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

## CATARRH REMEDY

### INDICATIONS

Irritation, stuffiness and excessive inflammation of mucous membranes, particularly those of the air passages of the nose and throat, with an exudation containing mucin and epithelial cells.

Remedy and Potency		Mode of Action
Mercur. Bin.	3x	Early stages of cold, especially in children. Fauces dark red, swallowing painful. Phlegm in nose and throat. Disposition to hawk, with feeling of lump in throat. Stiffness of muscles of throat and neck. Coryza and dull hearing. Boggy mucous membrane of nose and throat.
Kali Bich.	3x	Catarrh of pharynx, larynx, bronchi and nose. Chronic atonic catarrh. Polypus. Headache over eyebrows. Snuffles of children. Septum ulcerated. Loss of smell. Coryza, violent sneezing.
Spongia	3x	Fluent coryza. Dry, nasal catarrh. Larynx dry, burns, constricted. Bronchial catarrh, with wheezing.
Antim. Tart.	3x	Rattling of mucus, but very little expectoration. Burning in chest and throat. Oedema and impending paralysis of lungs. Dyspnoea.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

**THROAT REMEDY****INDICATIONS**

Simple throat irritation, with painful swelling, dryness of throat, congested feeling. Diphtheric throat. Ulcerated throat. Swollen glands. Affected tonsils. Dry oesophagus. Difficulty in swallowing. Eustachian tubes in- flamed. laryngitis. Follicular pharyngitis. Shooting pains in ears.

Remedy and Potency	Mode of Action
Mercur. Bin. 3x	Diphtheric and ulcerated sore throats. Glandu- lar swelling. Fauces dark red. Swallowing painful. Phlegm in nose and throat. Hawking, with sensation of lump in throat. Stiffness of muscles of throat and neck.
Belladonna 3x	Dryness of mouth and throat, with aversion to water. Angry-looking congestion. Red, worse on right side. Enlarged tonsils. Throat feels constricted. Difficult deglutition, worse. liquids. Dry oesophagus. Spasms in throat. Difficulty in swallowing. Hypertrophy of mucous membrane.
Ferr. Phos. 3x	Mouth hot; fauces red, inflamed. Ulcerated sore throat. Tonsils red and swollen. Eusta- chian tubes inflamed. Laryngitis. First stage of diphtheria.
Phytolacca 3x	Sore throat, quinsy and diphtheria. Pain at root of tongue. Swollen tonsils. Shooting pains into ears on swallowing. Uvula large and dropsical. Mumps. Follicular pharyngitis.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## MENSTRUATION REMEDY

### INDICATIONS

Painful menstruation, bearing down pain, delayed menstruation. Amenorrhoea. Chilliness, nausea, downward pressure. Leucorrhoea. Frequent and early miscarriage. Pain in back, loins and womb. Labour pains. Thrush. Menstrual and uterine disorders.

Remedy and Potency		Mode or Action
Pulsatilla	1x	Amenorrhoea. Suppressed menses from wet feet, nervous debility or chlorosis. Changeable, intermittent menstruation. Nausea, downward pressure. Leucorrhoea acrid, burning, creamy. Pain in back, tired feeling.
Viburnum	1x	False labour pains. Menses late, offensive in odour, with crampy pains. Bearing-down pains. Ovarian region feels heavy and congested. Aching in sacrum and pubes, with pain in anterior muscles of thighs. Dysmenorrhoea. Leucorrhoea, excoriating.
Caulophyllum	1x	Thrush, locally and internally. Pains. Revives labour pains and furthers progress of labour. After-pains. Leucorrhoea. Needle-like pains in cervix. Dysmenorrhoea. Menses profuse.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

**COUGH (DRY) REMEDY****INDICATIONS**

Dry, hoarse cough due to colds. Paroxysms of whooping cough. Little or no expectoration. Pleurisy, pneumonia and pulmonary tuberculosis. Irritating cough. A short, troublesome cough of old people recurring every winter.

Remedy and Potency		Mode of Action
Ipecac.	3x	Spasmodic irritatio'n in chest. Dyspnoea. Asthma. Wheezing cough. Cough incessant, violent: with every breath. Whooping cough, with nosebleed, and from mouth. Rattling cough. Croup. Hoarseness, especially at end of a cold. Aphonia.
Drosera	2x	Whooping cough. Laryngeal phthisis, Phthisis pulmonum. Tubercular glands. Spasmodic, dry, irritative cough. Cough deep and hoarse. Retching. Laryngitis. Asthma when talking.
Naphthalin	2x	Whooping cough. Spasmodic asthma. Dyspnoea. Acute laryngo-tracheitis. Bronchitis. Emphysema.

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.



## STOMACH REMEDY

### INDICATIONS

Stomach distress. nausea and vomiting, sour, bitter taste. Pain in stomach. Sour eructations. Dyspepsia. Soreness in stomach. Weak digestion. Ulcers. Gastritis. Flatulence, heartburn. Colic. Distended abdomen. Indigestion from errors in diet.

Remedy and Potency	Mode of Action
Nux Vomica 3x	Dyspepsia, irritable temper. Sour, bitter eructations. Flatulence and pyrosis. Nausea and vomiting, with retching. Region of stomach very sensitive to pressure. Epigastrium bloated. Desire for stimulants.
Hydrastis 2x	Catarrh in mucous membrane of stomach. Poor digestion and constipation. Sore feeling in stomach. Weak digestion. Bitter taste. Pulsation in epigastrium. Atonic dyspepsia. Ulcers and cancer. Gastritis.
Pulsatilla 3x	Eructations. Bitter taste. Aversions to fats. Flatulence. Dyspepsia. Thirstlessness. Vomiting. Gnawing, hungry feeling.
Soda Bicarb. 1x	Vomiting of pregnancy with increase of acetone bodies in the urine.

### DOSAGE

- 3 Pillules, or
- 5 Drops, twice daily while symptoms last. When symptoms improve. Reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**COLDS REMEDY****INDICATIONS**

Symptoms of common cold. Profuse, watery secretions, sinus colds. Mild, acute respiratory virus infection of short duration, characterized by chilly sensations, sneezing, watering of the eyes, nasal discharge, cough and occasionally fever. It is endemic and contagious. Susceptibility is universal and immunity is only temporary.

Remedy and Potency		Mode of Action
Sanguinaria	3x	Sick headache. Coryza, followed by diarrhoea. Chronic rhinitis. Mucous membrane dry and congested. Oedema of larynx. Trachea sore. Aphonia. Cough. Severe dyspnoea. Offensive breath and purulent expectoration.
Pulsatilla	2x	Hoarseness. Dry cough in evening and at night. Loose cough in the morning. Copious mucous expectoration. Pressure upon the chest and soreness. Fever. Chilliness.
Hydrastia Mur.	x	Catarrh, especially in mucous membrane. Chest sore, raw and burning. Dry, harsh cough. Bronchial catarrh, later stages. Cold sweat. Fainting spells.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## MUSCULAR PAIN REMEDY

### INDICATIONS

Muscular aches, rheumatic pains, stitching pains, stiffness. Cramps. Stiffness and contraction in neck and back. Pains in lumbar and sacral region, thighs and hips. Crick in back. Aching in limbs and muscular soreness. Stiffness in tendo-Achilles. Strain from over-lifting. Synovitis.

Remedy and Potency		Mode of Action
Bryonia	1x	Aching in every muscle. Stitching, tearing pain. Worse by motion, better rest. Knees stiff and painful. Hot swelling of feet. Areas painful to pressure.
Cimicifuga	1x	Wide action on cerebrospinal and muscular system. Muscular and crampy pains. Migraine. Uneasiness and restlessness in limbs. Rheumatic pains in muscles of back and neck. Pain in lumbar region, sacral region, down thighs and through hips. Crick in back. Stiffness in tendo-Achilles. Heavy, aching, tensive pain.
Rhos Tex,	2x	Rheumatic pains. Affects fibrous tissue- joints, tendons, sheaths-aponeurosis, etc. producing pain and stiffness. Ailments from strains, overlifting, getting wet while perspiring. Pain and stiffness in small of back, better motion. Stiffness at nape of neck. Sciatica.
Apis	6x	Oedematous. Synovitis. Knees and feet swollen and stiff. Tired, bruised feeling.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

**COUGH (PAINFUL) REMEDY****INDICATIONS**

Painful cough, especially after severe cold. Stitching pains in chest. Cough from irritation in upper trachea. Difficult, quick respiration. Croupous and pleuro-pneumonia. Internal heat. Cough after influenza. Winter coughs of old people. Croup.

Remedy and Potency		Mode of Action
Bryonia	2x	Acts on serous membranes and the viscera they contain. Dry mucous membranes. Dry throat. Tough mucus in larynx and trachea, loosened only after much hawking. Soreness in larynx and trachea. Hoarseness. Desire to take long breath and expand lungs. Stitches in chest. Dry heat.
Krcosotum	3x	Hoarseness, with pain in larynx. Cough, worse evening with efforts to vomit. Pain in chest. Raw burning in chest. Cough after influenza. Winter coughs of old people, with heavy pressure on sternum. Copious, purulent expectoration with every cough.
Cale. lod.	3x	Chronic cough. Pain in chest. Croup. Pneu- mom. a.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## SNEEZING AND CORYZA REMEDY

### INDICATIONS

Inflammation of the mucous membranes of the nose, usually marked by sneezing, discharges of watery mucus, and also watering of the eyes; sometimes used synonymously with the common cold. Coryza can occur in an allergic person due to exposure to an agent to which he is hyper-sensitive. It can also occur as a cold in the head due to bacteria of which the patient is host. 'Pollen' coryza is another name for hay fever.

Remedy and Potency	Mode of Action
Euphrasia 1x	Inflammation of the conjunctiva! membrane. Better in open air. Cararrhal affections of mucous membranes especially of eyes and nose. Profuse acrid lachrymation and bland coryza. Cough. Yawning when walking in open air.
Pot. Foetida 2x	Asthmatic complaints, worse from inhalation of dust. Troublesome respiration with sudden feeling of anguish and sweat. Sneezing, with pain in throat. Pain in chest. Asthma, relieved by stool.
Sanguinaria 3x	Hay fever. Coryza. Chronic rhinitis. Oedema of larynx. Sore trachea. Cough. Burning sensations. Diarrhoea as coryza improves. Affects chiefly the mucous membranes of the respiratory tract. Sick headache. Flushed face.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**RECTAL IRRITATION REMEDY****INDICATIONS**

Rectal irritation, itching or burning pains from haemorrhoids. Anus raw and sore. Pain after stool, with prolapse. Irritation caused by ascarides, Burning in anus. Constipation with hard, dry stools.

Remedy and Potency		Mode of Action
Aesculus Hip.	1x	Anus raw and sore. Much pain after stool, with prolapse. Haemorrhoids, blind and bleeding. Large, hard, dry stools. Mucous membrane seems swollen and obstructs the passage. Irritation caused by ascarides. Burning in anus with chills up and down back.
Bryonia	3x	Constipation. Stools hard, dry, as if burnt. Worse in morning, from moving, in hot weather, after being heated, from cold drinks, every spell of hot weather. Dry, mucous membranes.
Cale. Fluor.	6x	Diarrhoea in gouty subjects. Itching of anus. Fissure of the anus, and sore crack near the lower end of the bowel. Bleeding haemorrhoids. Itching as from pin-worms. Internal or blind piles. Constipation. Wind in lower bowels. Worse, pregnancy.

**DOSAGE**

- 3 Pillules, or  
 4 Drops once daily for three days, then  
 1 Dose each alternate day, until symptoms disappear.

## BLADDER IRRITATION REMEDY

### INDICATIONS

Irritation of the bladder with painful, difficult or scanty urination. Dysuria, cystitis, gonorrhoea. Incontinence. Constant desire. Renal and vesical irritation. Prostatic disorders.

Remedy and Potency		Mode of Action
Triticum	1x	Frequent, difficult, and painful urination. An excellent remedy in excessive irritability of the bladder, dysuria, cystitis, gonorrhoea.
Thlaspi	1x	Anti-uric acid remedy. Albuminuria during gestation. Renal and vesical irritation. Frequent desire; urine heavy, phosphatic. Chronic cystitis. Dysuria and spasmodic retention. Haematuria. Accumulation of gravel. Renal colic. Brick-dust sediment. Urethritis; urine runs away in little jets.
Bucbu	1x	Specific effect on genito-urinary system; mucopurulent discharges. Irritable bladder, with vesical catarrh. Prostatic disorders. Gravel. Leucorrhoea.
Terebiotha	1x	Strangury, with bloody urine. Scanty, suppressed, odour of violets. Urethritis, with painful erections.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**COUC REMEDY****INDICATIONS**

Paroxysmal abdominal pain due to smooth-muscle spasm. A symptom of many different conditions; inflammatory, as that associated with appendicitis; obstructive, as that due to calculi in biliary or urethral passages; toxic, as in lead poisoning; overdistention from overeating or air swallowing; or due to emotional factors such as those associated with nervous indigestion. Diarrhoea in children, especially during dentition.

Remedy and Potency		Mode of Action
Mentha Pip.	1x	Infantile colic. Biliary colic with great accumulation of gas. Useful in gastrodynia, flatulent cold. Bloated, disturbing sleep.
Coloc.	3x	Agonizing cutting pain in abdomen causing patient to bend over double. Sensation as if stones were being ground together in the abdomen, and would burst. Intestines feel as if bruised. Colic with cramps in calves. Cutting in abdomen, especially after anger. Dysenteric stool renewed each time by the least food or drink. Distention.
Cbamomilla	3x	Distended abdomen. Gripping in region of navel, and pain in small of back. Flatulent colic. Hepatic colic. Acute duodenitis.
Mag. Phos.	3x	Enteralgia, relieved by pressure. Flatulent colic, forcing patient to bend double; relieved by rubbing, warmth, pressure. Belching of gas. Constipation in rheumatic subjects due to flatulence and indigestion. Spasms in teething children, without febrile symptoms.

**DOSAGE**

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.



## ASTHMA REMEDY

### INDICATIONS

Distressed and oppressed breathing accompanying mild cases of asthma. Paroxysmal dyspnoea. Cough. Wheezing, mucous sputum, and a sense of constriction of the chest. Is usually due to hypersensitiveness to inhaled or ingested substances, or bacteria.

Remedy and Potency		Mode of Action
Arsenicum	3x	Air passages constricted. Asthma worse at midnight. Burning in chest. Suffocative catarrh. Wheezing respiration. Haemoptysis with pain between shoulders. Burning heat all over. Dry cough.
Ipecac.	2x	Dyspnoea; constant constriction in chest. Asthma. Yearly attacks of difficult shortness of breath. Continued sneezing. Wheezing cough. Haemoptysis from slightest exertion. Complete aphonia.
Kali Phos.	3x	Asthma. Least food aggravates. Short of breath on going upstairs. Cough; yellow expectoration. Subnormal temperature. Marked disturbance of the sympathetic nervous system.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**ENURESIS REMEDY****INDICATIONS**

Incontinence of urine, more specifically and preferably, urinary in- continence in the absence of demonstrable organic causes at an age when urethral sphincter control may normally be expected. A habit disturbance. Diurnal: the less common form, occurring in the daytime. Nocturnal: that occurring at night during sleep.

Remedy and Potency		Mode of Action
Cina	2x	A children's remedy for a children's com- plaint. Intestinal irritation. Turbid, white urine, turns milky on standing. Involuntary at night. Night terrors of children.
Equisetum	2x	Acts principally on the bladder. A remedy for enuresis and dysuria. Pain in bladder not relieved by urinating. Incontinence in children, with dreams or nightmares when passing urine. Incontinence in old women. Retention and dysuria during pregnancy and after delivery.
Verbascum	1x	Constant dribbling. Enuresis. Burning urination. Increase with pressure in bladder.
Ammon. Carb.	2x	Frequent desire. Involuntary at night. Tenes- mus of bladder. Urine white, sandy, bloody, copious, turbid and fetid.

**DOSAGE**

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## DIARRHOEA REMEDY

### INDICATIONS

Diarrhoea, or a common form of gastrointestinal disease; characterized by increased frequency and more or less fluid consistency of the stools; may be due to various causes from acute infections to psychogenic factors, also dietary indiscretions.

Remedy and Potency		Mode of Action
Camphor.	1x	Pressive pain in pit of stomach. Coldness, followed by burning. Stool blackish; involuntary. Asiatic cholera, with cramps in calves, coldness of body, anguish, great weakness, collapse, tongue and mouth cold.
Parched Rye (Secale Coroutum)	1x	Cholera-like stools, with coldness and cramps. - Olive-green, thin, putrid, bloody, with icy coldness and intolerance of being covered, with great exhaustion, involuntary stools; no sensation of passing faeces, anus wide open.
Magnes. Phos.	3x	Enteralgia, relieved by pressure. Flatulent colic, forcing patient to bend double; relieved by rubbing, warmth, pressure; accompanied by belching of gas, which gives no relief. Bloating, full sensation in abdomen; must loosen clothing, walk about, and constantly pass flatus. Constipation in rheumatic subjects due to flatulence and indigestion.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

**SKIN IRRITATION REMEDY****INDICATIONS**

Itching, irritation and pain caused by non-malignant skin ailments. Eczema. Burning. Pruritis. Boils, carbuncles. Irritations from insect bites and plants. Gangrene. Scalp irritations.

Remedy and Potency		Mode of Action
Arsenicum	3x	Itching, burning, swellings; oedema. Eruptions, papular; dry, rough, scaly; worse cold and scratching. Ulcers with offensive discharge. Anthrax. Urticaria. Psoriasis. Gangrene.
Sulphur	1x	Dry, scaly, unhealthy skin. Freckles. Itching and burning; worse scratching. Pimples eruptions. Pruritis. Excoriation. Hang-nails, rhagades.
Echinacea	1x	Boils, ulcers, erysipelas. Gangrene. Venom and puerperal infections. Irritations from insect bites and poisonous plants.
Berberis	1x	Pimples, dry, rough and scaly skin. Scald eruptions. Psoriasis. Acne. Dry eczema. Pruritis.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## NASAL PASSAGES (IRRITATIOS) REMEDY

### INDICATIONS

Sneezing, irritating, watery secretions and stuffiness of nasal passages during common colds.

Remedy and Potency		Mode of Action
Arsenicum	3x	Sensitive head in open air. Air passages constricted. Asthma. Burning in chest. Suffocative catarrh. Cough. Wheezing respiration. Haemoptysis,
Aconite	2x	Oppressed breathing on least motion. Shortness of breath. Larynx sensitive. Constant pressure in left chest. Hoarse, dry, croupy cough. Sensitive to inspired air.
Euphrasia	2x	Catarrhal affections of mucous membranes especially of eyes and nose. Catarrhal conjunctivitis. Profuse, fluent coryza in morning. Frequent yawning when in open air.
Allium	3x	Coryza. Acrid nasal discharge and laryngeal symptoms. Colds in damp, cold weather. Hoarseness. Hacking cough on inspiring cold air. Tickling in larynx. Oppressed breathing from pressure in middle of chest.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**PROSTATE GLAND REMEDY****INDICATIONS**

Enlarged prostate gland. Chronic disorders of the prostate. Inflammation. Cystitis. Enuresis. Irritations of the genito-urinary organs. Epididymitis. Renal dropsy. Prostatitis. Mucus and pus in urine.

Remedy and Potency		Mode of Action
Saw Palmetto	3x	Irritability of the genito-urinary organs. General and sexual debility. Of value in prostatic enlargement, epididymitis, and urinary difficulties. Acts on membranoprostic portion of urethra. Discharge of prostatic fluid. Constant desire to pass water at night. Enuresis. Paresis of sphincter vesicae. Chronic gonorrhoea. Cystitis with prostatic hypertrophy.
Chimaphila	6x	Acts principally on kidneys and genito-urinary tract. Renal dropsy. Prostatic enlargement. Urging to urinate. Urine offensive and contains bloody mucus. Burning and scalding. Prostatitis, retention. Sugar in urine. Smarting in urethra (male) from neck of bladder to meatus. Loss of prostatic fluid. Gleet, Enuresis. Burning in urethra. Mucus and pus in urine. Great quantities of colourless urine. (Male) stitches in penis. Involuntary emissions. Itching of genitals when going to bed.
Sulphur	3x	

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## CONSTIPATION REMEDY

### INDICATIONS

Constipation. Dry, hard, stools. Poor digestion. Prolapsed rectum. Fissured anus. Haemorrhoids. Contraction and spasm.

Remedy and Potency		Mode of Action
Bryonia	3x	Tenderness in abdominal walls. Burning pain in abdomen with stitches. Constipation. Stools hard, dry, as if burnt; seem too large. Stools brown, thick, bloody. Worse in morning, from moving, in hot weather, after being heated, from cold drinks, every spell of hot weather.
Hydrastis	3x	Weak muscular power, poor digestion, obstinate constipation. Rectum prolapsed; anus fissured. Sinking feeling in stomach and dull headache. During stool, smarting pain in rectum. After stool, long-lasting pain. Haemorrhoids. Contraction and spasm.
Phenolphthalein	30c	Used as a laxative in the treatment of simple constipation, increasing both peristalsis and secretion throughout the whole intestinal tract. A frequent allergen.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## DILATATION OF VEINS, ARTERIES, ETC. REMEDY

### INDICATIONS

For prolapsed condition of veins and arteries. Aneurism. Vascular tumours with dilated blood vessels. Valvular disease. Palpitations. Cardiac disease. Varicose ulcers, venous congestion.

Remedy and Potency		Mode of Action
Cale. Fluor.	6x	Chief remedy for vascular tumours with dilated blood vessels, and for varicose or enlarged veins. Aneurism. Valvular disease. T.B. toxin attack of heart and blood vessels.
Ferr. Phos.	6x	First stage of cardiac disease. Short, rapid, soft pulse. Palpitations. febrile disturbances and inflammation.
Cale. Iod.	6x	Enlarged glands and tonsils. Thyroid en- largements about time of puberty. Ulcers, accompanying varicose veins.
Hammamelis	3x	Venous congestion, haemorrhages, varicose veins and haemorrhoids. Acts upon the coats of the veins causing relaxation with consequent engorgement.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.



## LYMPHATIC SYSTEM REMEDY

### INDICATIONS

Disorganization of the lymphatic system, indicated by inflammation of the lymphatic glands. infectious diseases such as scarlet fever, mumps and diphtheria. Disease of the blood cells, causing leukaemia, lymphatic tumours, etc.

Remedy and Potency		Mode of Action
Kali Sil.	6x	Lassitude. Desire to lie down. Emaciation. Vertigo, coldness of head. Nausea, pain in stomach, flatulence. Constipation. Worse in open air and cold weather. A deep-acting remedy.
Kali Arsen.	6x	Tendency to malignancy. Skin diseases. Rest- less, nervous and anaemic. Psoriasis. Chronic eczema, itching is worse from warmth. Skin cancer.
Sulphur	6x	Skin diseases. Fever, with frequent flushes of heat. Dry skin with great thirst. Offensive perspiration.
Nat. Mur.	6x	Anaemia and leucocytosis caused by salt retention in the body. Retention in the tissues of effete materials giving rise to gouty symptoms. Fever, coldness of the body. Better in open air and lying on right side.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**ENDOCRINE DEBILITY REMEDY****INDICATIONS**

Debility caused by imbalance of the endocrine glands. i.e. the ductless glands, such as the adrenals, the thyroid, the pituitary. whose secretions pass directly into the bloodstream. Disturbances of the pancreas, pineal gland, pituitary and suprarenal glands, thymus, etc.

Remedy and Potency		Mode of Action
Calcium Phos.	3x	An important tissue remedy, and one that is especially indicated in bone disease. Tendency to perspiration and glandular enlargement.
Kali Phos.	3x	Prostration, weak and tired. Disturbance of the sympathetic nerve system. Depression.
Silicea	8x	Periodical quinsy. Parotid glands swollen. Hard, cold swelling of cervical glands. Im- perfect assimilation and consequent defective nutrition.
Kali Iod.	3x	Glandular swellings. Acts prominently on fibrous connective tissues, producing in- filtration, oedema, etc. Diffused sensitiveness, glands, scalp, etc.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## EPILEPSY, ATAXIA, NEURASTHEMA REMEDY

### INDICATIONS

Disorder of the brain resulting in a seizure. Inco-ordination of muscular action. Weakness of the nerve centres, exhaustion, disinclination to activity.

Remedy and Potency		Mode of. Action
Mag. Phos.	6x	An anti-spasmodic remedy, cramping of muscles with radiating pains. Neuralgic pains relieved by warmth. Indisposition for mental exertion. Involuntary shaking of hands. Paralysis agitans. Cramps in calves. Darting pains. Twitchings. Chorea. General muscular weakness.
Cuprum	6x	Spasmodic affections, cramps, convulsions. Epilepsy. Chorea, brought on by fright. Nausea. Meningitis. Fixed ideas, malicious and morose. Staring eyes.
Plumbum	6x	For general sclerotic conditions. Paralysis of upper limbs, with partial anaesthesia or excessive hyperaesthesia, preceded by pain. Hypertension and arterio-sclerosis, Progressive muscular atrophy. Locomotor ataxia.
Pilocarpus	6x	A powerful glandular stimulant and efficient diaphoretic.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**HYSTERIA REMEDY****INDICATIONS**

Psychoneurotic disorders, characterized by extreme emotionalism involving disturbances of the psychic, sensory, motor, vasomotor, and visceral functions. Frequently a result of repression of conflicts from the conscious mind.

Remedy and Potency		Mode of Action
Mag. Phos.	6x	Inability to think clearly. Nervous spasmodic palpitation of heart. Paralysis agitans, Cramping of muscles with radiating pains.
Kali Phos.	6x	A nerve remedy. Marked disturbance of the sympathetic nerve system. Anxiety, nervous dread, lethargy. Indisposition to meet people. Extreme lassitude and depression. Very nervous, irritable. Brain fog, hysteria, night terrors, somnambulism. Loss of memory.
Kali Brom.	6x	Loss of memory, general failure of mental power, melancholia. Night terrors, horrid illusions, active delirium. Suicidal mania with tremulousness. Jerking and twitching of muscles.
Zinc	6x	Hysteria, hysterical heart pain. Violent, neuralgic, intermittent headaches.
Lobelia	6x	Corkscrew-like pains in abdomen. Dryness of skin, nasal and buccal mucous membranes. Malignant growths.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## GOITRE REMEDY

### INDICATIONS

Enlargement of the thyroid gland, showing as large, pendulous swelling in neck. This remedy also acts as a general tonic.

Remedy and Potency	Mode of Action
Cale. Phos. 6x	An important tissue remedy. Numbness and crawling are characteristic sensations, with tendency to perspiration and glandular enlargement.
Nat. Mor. 6x	Hyperthyroidism. Goitre. Addison's Disease (adrenal insufficiency). Great debility. Anaemia. Emaciation (most noticeable in neck).
Silicea 8x	Imperfect assimilation and consequent defective nutrition. Diseases of bones, caries and necrosis. Organic changes-deep and slow in action. Keloid growth.
Kali Iod. 6x	Glandular swellings. Diffused sensitiveness of glands. Fungoid disease (thrush, ringworm, etc.). Loss of weight. Fibroid tumours.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**SINUSITIS AND TONSILLITIS REMEDY****INDICATIONS**

Inflammation of the sinuses and tonsils, causing tenderness of the para- nasal sinuses and mucous membrane. Copious catarrh, painful head- aches: sore throat, white spots on follicles. Fever.

Remedy and Potency	Mode of Action
Ferrum Phos. 10c	Febrile conditions. Catarrhal affections of the respiratory tract. Headache. Cold in the head. Fauces red and inflamed. Sore throat. Laryn- gitis. Diphtheria. Eustachian tubes inflamed.
Cale. lod. 6x	Enlarged tonsils. Adenoids. Croup. Catarrh and headache. Chronic cough. Fever.
Silicea 6x	Headaches. Aversion to light, especially day- light. Pricking in tonsils. Swelling of parotid glands. Cough and sore throat. Sputum per- sistently muco-purulent and profuse.
Baryta Carb. 6x	Swollen and inflamed tonsils. Quinsy. Catarrh. Coryza. Discharge of thick, yellow mucus. Pains in pharynx and larynx.

**DOSAGE**

- 1 Pillulc, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## ANAEMIA AND GENERAL DEBILITY REMEDY

### INDICATIONS

A reduction below normal in the number of the red blood cells, causing weakness, pallor, weak digestion and poor appetite. Can be due to loss of blood, defective diet, infection, etc. Is often associated with premature labour.

Remedy and Potency	Mode of Action
Cale. Phos. 3x	Anaemia (particularly in children). Peevish, flabby with cold extremities and feeble digestion. Menses early and excessive with violent backache. Leucorrhoea.
Ferr. Phos. 6x	Nervous, sensitive, anaemic. Prostration. Haemorrhages, bright from any orifice. Vertigo. Headache, better cold applications.
Nat. Mur. 6x	Anaemia and leucocytosis. Great debility, weakness and weariness. Consolation aggravates. Irritable. Blinding headache.
Cale. lod. 3x	Scrofulous affections. Thyroid enlargements. Enlarged glands. Chronic cough.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**INTESTINAL REMEDY****INDICATIONS**

While mainly intended as a corrective of intestinal troubles, this remedy has a very wide range. It aids the function of the duodenum and the nerves to the assimilative organism; helps remove the cause of constipation; gives some ease in abdominal discomfort and builds the muscles of the intestines.

Remedy and Potency		Mode of Action
Kali Brom.	3x	Vomiting, with intense thirst after each meal. Profound melancholic delusion. Loss of memory. Green, watery stools. Diarrhoea, with much blood.
Nat. Sulpb.	3x	Primarily a liver remedy. Melancholy. Bilious. Vomits sour. Brown, bitter coating on tongue. Acid dyspepsia with heartburn and flatulence. Duodenal catarrh, hepatitis, icterus, flatulence. Burning in abdomen.
Nat. Pbos.	6x	Excess of acid. Sour eructations and taste. Flatulence and colic. Fear. Greenish diarrhoea.
Cina	30c	Headache, alternating with pain in abdomen. Children's remedy. Irritability. Hungry after meal. Epigastric pain. Vomiting and diarrhoea after meal. Desires sweets. Itching of anus.

**DOSAGE**

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.



## KIDNEY REMEDY

### INDICATIONS

Kidney weakness and disorders. Also aids the function of the liver and intestines. Gall stones. Catarrh of gall bladder.

Remedy and Potency		Mode of Action
Kali Mur.	6x	Constipation. Diarrhoea after fatty food. Dysentery. Pain in stomach.
Nat. Pbos.	6x	Excess acid often from too much sugar. Jaundice. Sour eructations.
Nat. Sulph.	30c	Urine loaded with bile. Brick-dust sediment. Excessive secretion. Diabetes. Hepatitis. Liver sore to touch.
Berb. V.	3x	Pain in region of kidneys. Useful in renal and vesical troubles, gall-stones. Vesical catarrh. Inflammation of kidneys with haematuria. Marked action on liver, promoting the flow of bile. Nausea before breakfast. Pain in bladder. Frequent urination.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**FIBROSITIS REMEDY****INDICATIONS**

Fibrositis. Also for rheumatism. This formula has produced excellent results in very stubborn cases. May help in arthritis. Has helped to clear chilblains.

Remedy and Potency		Mode of Action
Silicea	6x	Diseases of bones, caries and necrosis. Stimulates the organism to re-absorb fibrotic conditions and scar-tissue. Deep and slow in action. Sciatica, pains in extremities. Affections of fingernails.
Inola	100c	Pain in right shoulder and wrist, tearing in left palm. Unable to double fingers. Pain in lower limbs, feet and ankles.
Lapis Alb.	6x	Glandular and scrofulous affections. Pre-ulcerative stages of carcinoma.
Fuligo	10c	Acts on glandular system, mucous membrane and obstinate ulcers, epidermis, tetters and eczema. Cancer.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**BLOOD DISORDERS REMEDY****INDICATIONS**

Blood disorders, toxæmia, skin diseases, septic conditions.

Remedy and Potency		Mode of Action
Cale. Sulph.	6x	Suppurative processes. Pimples on face. Herpes. Ulcerated throat. Cuts, wounds and bruises (septic) do not heal readily. Skin affections.
Nat. Sulph.	6x	Every spring, return of skin affections. Tendency to warts. Itching while undressing. Jaundiced, watery blisters. Sycotic excrescences.
Nat. Phos.	6x	Yellow skin. Itching in various parts, especially of ankles. Hives. Smooth, red and shining. Erysipelas. Feet cold daytime, bum at night. Swelling of lymphatic glands.
Sulphur	30x	Heat and burning with itching. Dry, hard hair and skin. Prone to skin affections. Aversion to being washed. Every little injury suppurates. Pimples. Pruritus.

**DOSAGE**

- 2 Pillules twice daily after meals, or  
3 Drops twice daily.

**ANGINA PECTORIS REMEDY****INDICATIONS**

Paroxysmal pain of psychosomatic origin, with sense of oppression about the chest. The pain radiates from the area overlying the heart to the left shoulder and down the left arm. Sense of apprehension of impending death. Caused by emotional stress or physical exertion. More common in men over 40 than in women.

Remedy and Potency		Mode of Action
Mag. Phos.	6x	Anti-spasmodic remedy. Cramping of muscles with radiating pains. Angina Pectoris. Nervous, spasmodic palpitation. Constricting pains around heart.
Kali Arsen.	20c	Restless, nervous and anaemic.
Cactus G.	6x	Acts on circular muscular fibres, hence constrictions. Heart and arteries responds to its influence. Sadness and melancholy. Spasmodic pains. Atheromatous arteries and weak heart. Angina Pectoris, Palpitations.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then
- 2 Pillules each morning for two days.

## SKIN DISORDER REMEDY

### INDICATIONS

Useful in many types of skin disorders, such as dryness of skin, eczema. Pimples and acne, skin eruptions. Septic conditions. Itching, burning, rhagades, hang-nails, Pruritus. Irritations from insect bites and poisonous plants. Ulcers. Gangrene. Erysipelas.

Remedy and Potency		Mode of Action
Graphites	6x	Eradicates tendency to erysipelas. Gushing leucorrhoea. Aids absorption of cicatricial tissue. Rough, hard, persistent dryness of portions of skin unaffected by eczema. Pimples and acne. Eruptions. Unhealthy skin.
Sulphur	30c	Dry, scaly, unhealthy skin, every little injury suppurates. Freckles. Itching, burning; worse scratching and washing. Pimples eruptions, pustules, rhagades, hang-nails. Excoriation, especially in folds. Skin affections after local medication. Pruritus.
Silicea	6x	Felons, abscesses, boils, old fistulous ulcers. Delicate, pale, waxy skin. Cracks at ends of fingers. Painless swelling of glands. Pus offensive. Promotes expulsion of foreign bodies from tissues, Keloid growths.
Echioacea	3x	Symptoms of blood poisoning, septic conditions generally. Erysipelas and foul ulcers. Gangrene. Venom infection. Snake bites and bites and stings generally.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## FLATULENCE AND DYSPEPSIA REMEDY

### INDICATIONS

A remedy for attacks of flatulence and nervous dyspepsia. Flatulence is caused by the presence of gas in the stomach and intestinal tract. Dyspepsia is normally caused by disturbed digestion due to acidity of the gastric juices, impaired secretion of bile, gastritis, or emotional states.

Remedy and Potency		Mode of Action
Mag. Phos.	3x	Hiccough, with retching day and night. Thirst, for very cold drinks. Flatulent colic, forcing patient to bend double, relieved by rubbing, warmth, pressure, accompanied with belching of gas, which gives no relief. Bloating, full sensation in abdomen. Constipation.
Erigeron	3x	Dysentery, with soreness and burning in bladder. Haemorrhage.
Nux. Mos.	3x	Stomach excessively bloated. Flatulent dyspepsia. Hiccough, and craving for highly-seasoned food. Paralytic weakness of intestines. Enormously distended abdomen.
Ignatia	6x	Sour eructation. All-gone feeling in stomach. Much flatulence, hiccough. Cramps in stomach, worse slightest contact. Averse to ordinary diet. Craving for acid things. Rumbling in bowels. Sinking in stomach, relieved by taking a deep breath. Throbbing in abdomen.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

## RHEUMATISM, ARTHRITIS REMEDY

### INDICATIONS

Diseases of muscle, tendon, joint, bone, or nerve, resulting in discomfort and disability. It is often used to include rheumatoid arthritis, degenerative joint disease, spondylitis, bursitis, fibrositis, myositis, neuritis, lumbago, sciatica and gout. Inflammation of joints.

Remedy and Potency	Mode of Action
Nat. Phos.	6x Rheumatism of the knee-joints. Weariness in back, aching in wrists and finger joints. Ham-strings sore. Synovial crepitation. Rheumatic arthritis.
Kali Mur.	6x Rheumatic fever, exudation and swelling around the joints. Rheumatic pains felt only during motion, or increased by it. Nightly rheumatic pains; worse from warmth. Hands get stiff while writing.
Bismuth	30c Cramps in hands and feet. Tearing in wrist. Paralytic weakness, especially right arm. Tearing in tips of fingers under nails.
Cimic.	10x Spine very sensitive, especially upper part. Stiffness and contraction in neck and back. Intercostal rheumatism. Rheumatic pains in muscles of back and neck. Pain in lumbar and sacral region, thighs and hips. Crick in back. Aching in limbs and muscular soreness. Rheumatism affecting the belly muscles.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**WHOOPINGCOUGH REMEDY****INDICATIONS**

Pertussis, an infectious catarrhal inflammation of the air passages with peculiar paroxysms of coughing ending in a loud whooping inspiration. Most frequent in children.

Remedy and Potency		Mode of Action
Ferr. Phos.	6x	Congestion of lungs. Haemoptysis. Short, painful tickling cough. Croup. Hard, dry cough, with sore chest. Hoarseness. Expectoration of pure blood in pneumonia. Cough better at night. Chill daily at 1 p.m.
Kali Mur.	10x	Loss of voice, hoarseness. Asthma, with gastric derangements. Mucus white and hard to cough up. Loud, noisy stomach cough. Cough short, acute, and spasmodic, like whooping-cough. Expectoration thick and white. Rattling sounds of air passing through thick, tenacious mucus in the bronchi. Difficult to cough up.
Calc. lod.	6c	Chronic cough. Pain in chest, difficulty in breathing after syphilis and mercurialization. Hectic fever, green, purulent expectoration. Croup. Pneumonia.
Pothos    Foetidus	3x	Spasmodic croup. Troublesome respiration. Sudden feeling of anguish and sweat.

**DOSAGE**

- 3    Pillules, or  
5    Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.



## MALIGNANT CONDITION REMEDY

### INDICATIONS

Virulent tumours and growths, threatening life, as in cancer.

Remedy and Potency		Mode of Action
Kali Pbos.	6x	It corresponds to states of adynamia and decay, gangrenous conditions. Used for the treatment of suspected malignant tumours. After removal of cancer when in healing process skin is drawn tight over the wound.
Kali Mur.	6x	Of great value in catarrhal affections, and glandular swellings. Worse, rich food, fat, motion.
AJumin.	100c	Dryness of mucous membranes and skin, tendency to paretic muscular states. Disposition to colds in the head. Abnormal cravings-chalk, charcoal, dry food, tea-grounds. Better in open air, from cold washing and in damp weather.
Kali Arsen.	6c	This remedy tends towards malignancy, and inveterate skin diseases. Restless, nervous and anaemic. Skin cancer, where suddenly an alarming malignancy without any external signs sets in.

### SUGGESTED DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**CHILDREN'S REMEDY****INDICATIONS**

For all kinds of children's disorders, such as stomach irregularities, teething, feverish bouts, convulsions, etc.

**Remedy and Potency**

Cale. Phos. 4x

**Mode of Action**

Tardy dentition, and troubles incident to that period. Bone disease. Anaemic children who are peevish, flabby, have cold extremities and feeble digestion. Headache, worse near the region of sutures, from change of weather. Fontanelles remain open too long. Swollen tonsils. Child wants to nurse and vomits easily. Child refuses breast, milk tastes salty.

Kali Phos. 6x

Prostration. Headache and vertigo. Humming and buzzing in ears. Toothache, sore throat. Diarrhoea. Cough. Worse, excitement, cold. Better, warmth, rest, nourishment.

Mag. Phos. 4x

Complaints of teething children. Hiccough, thirst for very cold drinks. Spasmodic cough. Worse, right side, cold, night. Better, warmth, bending double, pressure, friction.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## MENOPAUSE REMEDY

### INDICATIONS

Permanent cessation of menses and normal ovarian function, usually between the forty-fifth and fiftieth years of physiologic cessation. If other than physiological cause, e.g. by surgical removal of the ovaries or by irradiation, surgical removal of the uterus alone, because of disorder or disease.

Remedy and Potency	Mode of Action
Kali Phos.	6x Menstruation too late or too scanty in pale, irritable, sensitive, lachrymose females. Too profuse discharge, deep-red, or blackish-red, thin and not coagulating; sometimes with offensive odour. Feeble and ineffectual labour pains. Anxiety, nervous dread, lethargy. In- disposition to meet people.
Mag. Phos.	6x Cramping of muscles with radiating pains. Inability to think clearly. Vertigo on moving. Menstrual colic. Membranous dysmenorrhoea. Menses too early, dark, stringy. Swelling of external parts. Ovarian neuralgia. Vaginitis.
Sepia	12x Pelvic organs relaxed. Bearing-down sensation as if everything would escape through vulva. Must cross limbs to prevent protrusion. Leucorrhoea. Prolapse of uterus and vagina. Morning sickness.
Pulsatilla	3x Sad, crying readily, weeps when talking. Amenorrhoea. Suppressed menses from wet feet, nervous debility or chlorosis. Leucorrhoea. Pain in back, tired feeling.

### DOSAGE

- 1 Pillule, or
- 1 Drops once daily before the first meal. If symptoms re-occur, repeat.

**OTITIS REMEDY****INDICATIONS**

Inflammation of the ear. Acute inflammation of the middle ear, with formation of pus, caused by such organisms as streptococci. Infection of the external auditory canal. Catarrhal deafness.

Remedy and Potency		Mode of Action.
Nat. Mor.	6c	Great debility, most weakness felt in the morning in bed. Coldness. Dry mucous membranes. Hyperthyroidism. Goitre. Blinding headache. Noises in the ears, roaring and ringing
Ferr. Pbos.	6x	Noises in the ears, throbbing. First stages of otitis. Membrana tympani red and bulging. Acute otitis.
Kali Mor.	6x	Chronic, catarrhal conditions of the middle ear. Glands about the ear swollen. Snapping and noises in the ear. Threatened mastoid. Great effusion about the auricle.
Mercurius	10x	Thick, yellow discharge from the ears, fetid and bloody. Otagia, worse warmth of bed, at night, sticking pains. Boils in external canal.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## IMPOTENCY REMEDY

### INDICATIONS

Lack of power, especially inability for sexual intercourse in the man. Can be due to a disturbance of the nervous mechanism of the sexual act, to some anatomic defect in the sexual organs, and can then occur in either male or female, or to some mental or emotional disturbance. This remedy is also useful in cases of senile decay.

Remedy and Potency		Mode of Action
Cale. Phos.	6x	This is an important tissue remedy, and all its symptoms are worse from any change of weather. In the female there is sexual excitement during lactation. Nymphomania with weakness in uterine region.
Kali Phos.	6x	Nocturnal emissions in the male with sexual power diminished. Utter prostration after coitus. In the female, feeble and ineffectual labour pains. Menstruation too late or too scanty.
Kali Sulph.	10c	Gonorrhoea in the male, with slimy, yellowish-green discharge. Orchitis, Gleet. In the female, menses too late, scanty, with feeling of weight in abdomen. Metrorrhagia.
Nat. Pbos.	6x	Male: Emissions without dreams, with weakness in back and trembling in limbs. Desire without erection. Gonorrhoea. Female: Menses too early. Leucorrhoea. Sterility.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

**PROLAPSE REMEDY****INDICATIONS**

Displacement of the uterus downward, sometimes outside the vulva. This remedy is also useful in the treatment of nymphomania, or excessive sexual desire on the part of a woman.

Remedy and Potency		Mode of Action
Cale. Fluor.	6x	A powerful tissue remedy for hard, stony glands. Hard knots in female breast. Great depression. Vivid dreams, with sense of impending danger. Unrefreshing sleep.
Ferr. Pbos.	6x	Menses every three weeks, with bearing down sensation and pain on top of head. Vaginismus. Vagina dry and hot.
Aletris F.	1x	Anaemia. Premature and profuse menses with labour-like pains. Uterus seems heavy. Prolapse, with pain in right inguinal region. Habitual tendency to abortion.
Murex	30c	Conscious of womb. Desire easily excited. Pain from right side of womb to right or left breast. Nymphomania. Prolapse. Enlargement of uterus, with pelvic tenesmus and sharp pains, extending towards breasts.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## PROSTATE GLAND REMEDY

### INDICATIONS

Inflammation of the prostate gland surrounding the neck of the urinary bladder and beginning of the urethra in the male. It consists of two. lateral lobes and a middle lobe and is composed of muscular and glandular tissue, a distinct capsule surrounds it. It often becomes enlarged in advanced life, and may then interfere with the emptying of the bladder.

Remedy and Potency		Mode of Action
Kali Phos.	12x	Enuresis. Incontinence of urine. Bleeding from the urethra. Very yellow urine. Subnormal temperature.
Ferr. Pbos.	12x	Urine spurts at every cough. Incontinence. Irritation at neck of bladder, polyuria. Diurnal enuresis. Chill daily at 1 p.m. All catarrhal and inflammatory fevers; first stage.
Calc. Flour..	30x	Hydrocele; indurations of the testicles. Vivid dreams, with sense of impending danger. Unrefreshing sleep.
Hydranges	3x	Burning in urethra and frequent desire. Urine hard to start. Heavy deposit of mucus. Sharp pain in loins, especially left. Great thirst, with abdominal symptoms and enlarged prostate. Dizziness. Oppression of chest.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## HIGH BLOOD PRESSURE REMEDY

### INDICATIONS

Abnormally high pressure exerted by the blood within the arteries, depending upon the force of the heart-beat, elasticity of the vessel walls, resistance of the capillary bed, and volume and viscosity of the blood. The systolic pressure depends upon the ventricular systole, and the diastolic upon the diastole. The difference between the systolic and the diastolic is the pulse pressure. Causes laborious action of the heart. Fluttering and palpitation with dyspnoea. Throbbing in the whole body. Dizziness.

Remedy and Potency		Mode of Action
Aur. Mur.	6x	High blood pressure due to disturbed function of nervous mechanism. Arteriosclerosis. Syphilitic ataxia.
Glonoine	20c	Surging of blood to head and heart. Sudden and violent irregularities of the circulation. Sensation of pulsation throughout body. Pulsating pains. Confusion, with dizziness. Laborious action of heart. Fluttering and palpitation. Cannot go uphill.
Sumbul	6c	Nervous palpitation. Neuralgia around left breast and left hypochondriac region. Cardiac asthma. Aching in left arm, heavy, numb and weary. Loses breath on any exertion. Pulse irregular.
Viscum Alb.	6x	This remedy is synonymous with lowered blood pressure. Dilates blood vessels but does not act on the centres in the medulla. Pulse is slow due to central irritation of the vagus. Hypertrophy with valvular insufficiency. Low tension.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.



## TRAUMA, ACCIDENT, SHOCK REMEDY

### INDICATIONS

Any form of injury, commonly, injury by mechanical agents, or physical agents. Severe psychic injury. Signs include marked decrease in blood pressure, weak, thready pulse, pale cold skin ashen-grey in colour, and thirst relieved only by transfusion.

Remedy and Potency		Mode of Action
Kali Phos.	6c	Because it is one of the greatest nerve remedies, Kali Phos. is particularly helpful in this case. Prostration. Weak and tired. Nervous. Occipital headache. Vertigo, from lying. A nervous 'gone' sensation at the pit of the stomach. Depression. Sub-normal temperature.
Mag. Phos.	6x	Involuntary shaking of hands. Paralysis agitans. Cramps in calves. Darting pains. Twitchings. Chorea. Tonic spasms. Weakness in arms and hands, finger-tips stiff and numb. General muscular weakness.
Ferr. Phos.	6x	Nervous, sensitive, anaemic, with false plethora. Prostration marked. Pulse soft and flowing. Increases haemoglobin. Haemorrhages bright from any orifice. Vertigo. Vomiting and sour eructations. Restless and sleepless. Night sweats.
Caleodula	3x	Can be applied for all wounds, the greatest healing agent. Also for burns, sores, fissures and abrasions. Promotes healthy granulations and rapid healing by first intention.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## DISORGANIZED BLOOD AND LYMPH REMEDY

### INDICATIONS

Toxaemia is a condition in which the blood contains poisonous products, either those produced by the body cells or those due to the growth of micro-organisms. It is a general involvement in which the blood contains toxins but not bacteria. The fluid in the lymph glands and vessels becomes imbalanced and causes inflammation, usually through infection.

Remedy and Potency		Mode of Action
Kali Mur.	6x	Of great value in glandular swellings. White mucus in eyes, purulent scabs. Thrush in mouth with white ulcers. Swollen glands about jaw and neck. Follicular tonsillitis. Acne, erythema and eczema, with vesicles containing thick, white contents. Dry, flour-like scales on the skin.
Kali Sulpb.	6x	Psoriasis. Eczema, burning, itching, Papular eruptions. Nettle-rash, polypi. Epithelioma. Seborrhoea. Favus. Ringworm of scalp or beard with abundant scales.
Cale. SuJph	10c	Eczema and torpid glandular swellings. Cystic tumours. fibroids. Suppurative processes come within the range of this remedy, after pus has found a vent. Pimples and pustules on face. Herpes. Wounds do not heal readily. Dry eczema in children.
Nat. Mur.	6x	Greasy, oily skin, especially on hairy parts. Dry eruptions, especially on margin of hairy scalp and bends of joints. Fever blisters. Urticaria; itch and bum.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

## SLEEPINESS, FATIGUE REMEDY

### INDICATIONS

Desire to sleep for long periods. Exhaustion of strength; weariness from exertion. Condition of cells or organs in which, through over-activity, the power or capacity to respond to stimulation is diminished or lost. Sleeping sickness (lethargic encephalitis).

Remedy and Potency		Mode of Action
Nat. Mur.	6x	Great debility, most weakness felt in the morning in bed. Weariness. Irritability. Sleepy in forenoon. Nervous jerking during sleep. Dreams of robbers. Sleepless from grief. Heavy eyelids. Psychic causes of disease: ill effects of grief, fright, anger, etc.
Ruta	10c	Eye-strain, followed by headache. Eyes red, hot, and painful from fine work. Worse, lying down, from cold, wet weather. All parts of the body are painful as if bruised.
Rumex C.	3x	Characterized by pains, numerous and varied. Cough caused by incessant tickling. Worse in evening, from inhaling cold air.
Arnica	3x	Sleepless and restless when overtired. Comatose drowsiness; awakens with hot head; dreams of death, mutilated bodies, anxious and terrible. Horrors in the night. Involuntary stools during sleep.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## HEART WEAKNESS REMEDY

### INDICATIONS

Comes into play in all diseases where the heart is primarily involved, where the pulse is weak, irregular, intermittent, abnormally slow, and dropsy of external and internal parts. Weakness and dilatation of the myocardium. Slow pulse in recumbent posture, but irregular and dicrotic on sitting up. Auricular flutter and fibrillation especially when subsequent to rheumatic fever. Heart block, very slow pulse. Other symptoms of organic heart disease, such as great weakness and sinking of strength. faintness, coldness of skin, and irregular respiration; cardiac irritability and ocular troubles after tobacco.

Remedy and Potency		Mode of Action
Cale. Fluor.	8x	Chief remedy for vascular tumours with dilated blood vessels, and for varicose or enlarged veins. Aneurism. Valvular disease. When the T.B. toxins attack the heart and blood vessels.
Kali Phos.	6x	Prostration. Weak and tired. The causes are usually excitement, overwork and worry. It corresponds to states of adynamia and decay.
Ferr. Phos.	6x	Palpitation; pulse rapid. First stage of cardiac diseases. Short, quick, soft pulse
Digitalis	30c	The least movement causes violent palpitation and sensation as if the heart would stop beating if the patient moves. Frequent stitches in heart. Irregular heart, especially of mitral disease. Very slow, weak pulse. Pericarditis. Hypertrophy. Cardiac dropsy and failure.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## GALL-BLADDER REMEDY

### INDICATIONS

Disordered gall-bladder. Gallstones (concretions formed in the gall- bladder or the biliary ducts. composed in varying amounts of cholesterol, bilirubin and other elements found in bile}.

Remedy and Potency		Mode of Action
Nat. Sulph.	6x	Melancholy patient. Sour vomit. Brown, bitter coating on tongue. Yellow complexion. Thirst for something cold. Bilious and acid vomiting. Urine loaded with bile.
Nat. Phos.	6x	Sour eructations. Sour vomiting. Greenish diarrhoea. Spits mouthful of food. Yellow skin. Itching in various parts. Swelling of lymphatic glands.
Cholesterinum	6x	Cancer of the liver. Obstinate hepatic engorgements. Jaundice. Gallstones. Burning pain in side. Opacities of the vitreous.
Chelidonium	10x	Jaundice, due to hepatic and gall-bladder obstruction. Gall-colic. Distention. Fermentation and sluggish bowels. Constriction across, as by a string. Liver enlarged. Gall-stones.

### DOSAGE

3	Pillules, or	
5	Drops, twice daily while symptoms last	When symptoms improve reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**DISEASED NAILS REMEDY****INDICATIONS**

A remedy for diseased nails. ribbed, split easily, crumbling.

Remedy and Potency		Mode of Action
Cale. Fluor	6x	This is a remedy for malnutrition of bones. Ganglia or encysted tumours at the back of the wrist. Gouty enlargements of the joints of the fingers. Exostoses on fingers. Chronic sync- vitis of knee-joint. Marked whiteness of skin. Scar-tissue; adhesions. Chaps and creeks. Fissures or cracks in the palms of the hands, or hard skin.
Silicea	8x	Diseases of bones, caries and necrosis. Weak spine. Affections of finger nails. especially if white spots on nails. Ingrowing toe-nails. Icy cold and sweaty feet.
Stannum	6x	Paralytic weakness, drops thir.gs. Ankles swollen. Limbs suddenly give out when attempting to sit down. Fingers jerk when holding pen. Neuritis.
Iris Flor.	3x	Convulsions and paralysis. Delirium.

**DOSAGE**

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

## DUODENAL WEAKNESS REMEDY

### INDICATIONS

Weakness of the first part of the small intestine-the duodenum-beginning at the pylorus. It is from eight to ten inches long and is the most fixed part of the small intestine; consists of superior, descending, and inferior portions, and contains the opening of the pancreatic duct or ducts and the common bile duct.

Remedy and Potency		Mode of Action
Kali Bich.	30c	Cutting pain in abdomen, soon after eating. Chronic intestinal ulceration. Soreness in right hypochondrium. Fatty infiltration of liver and increase in soft, fibrous tissue. Painful retraction, soreness and burning.
Kali Mur.	3x	Fatty or rich food causes indigestion. Vomiting of white, opaque mucus; water gathers in mouth. Pain in the stomach, with constipation. Bulimia; hunger disappears by drinking water. Abdominal tenderness and swelling. Flatulence.
Nat. Phos.	3x	Sour eructations, sour vomiting, greenish diarrhoea. Excess of acidity. Yellow, creamy coating at the back of the roof of mouth and tongue.
Iris. Flor.	6x	Delirium, convulsions, paralysis.

### DOSAGE

- 3     Pillules, or
- 4     Drops once daily for three days, then
- 1     Dose each alternate day, until symptoms disappear.

**EYE INFLAMMATION REMEDY****INDICATIONS**

Local heat. swelling, redness and pain. Itching and irritation. Loss or impairment of vision. Discharge from the eye. May be due to disease, infection or the introduction of a foreign body into the eye.

**Remedy and Potency      Mode of Action**

Ferr. Phos.	6x	Red. inflamed eyes. with burning sensation. Feeling as of sand under lids. Hyperaemia of optic disc and retina, with blurred vision.
Euphrasia	6x	Catarrhal conjunctivitis. Discharge of acrid matter. The eyes water all the time. Acrid lachrymation: bland coryza. Burning and swelling of the lids. Frequent inclination to blink. Sticky mucus on cornea. Pressure in eyes. Little blisters on cornea. Opacities. Rheumatic iritis. Ptosis.

**DOSAGE**

- 3      Pillules, or
- 4      Drops once daily for three days, then
- 1      Dose each alternate day until symptoms disappear.



## ACIDITY REMEDY

### INDICATIONS

Sourness of the stomach due to oversecretion of acid or to fermentation of food. Associated with heartburn, acid eructations, and epigastric pain and distress. Acid dyspepsia and constipation. May be useful in some cases of obesity.

Remedy and Potency		Mode of Action
Nat. Phos.	2x	Nat. Phos. is the remedy for conditions arising from excess of lactic acid. often resulting from too much sugar. Sour eructations and taste. Sour vomiting. Greenish diarrhoea. Yellow, creamy coating at the back of the roof of mouth and tongue.
Nat. Sulph.	1x	Vomits sour. Brown, bitter coating on tongue. Yellow complexion. Thirst for something cold. Bilious vomiting, acid dyspepsia. Heart- burn and flatulence.
Mag. Sulph.	1x	Frequent eructations, tasting like bad eggs. Rising of water in mouth. Purgative action.
Nat. Bi-carb,	10x	Stomach feels swollen and sensitive. Ill effects of drinking cold water when overheated. Waterbrash. Hungry at 5 a.m. Very weak digestion, caused by slightest error of diet. Averse to milk. Depressed after eating. Bitter taste. Old dyspeptics, always belching. Dys- pepsia relieved by soda biscuits.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## BLOOD DISORDERS (DEEP-SEATED) REMEDY

### INDICATIONS

This remedy is helpful in deeply-seated blood disorders, toxaemia, septicaemia, etc.

Remedy and Potency		Mode of Action
Aur. Met.	6x	Aurum Met. attacks the blood. glands. and bones, conditions bearing striking resemblance to mercurial and syphilitic infections. Mental states of great depression are produced by it. Arteriosclerosis, high blood pressure, sclerosis of liver, arterial system, brain.
Kali Mur.	6x	Aphthae and thrush in mouth. Swollen glands about jaw and neck. Follicular tonsillitis. Indigestion. Flatulence. Constipation. Haemorrhoids. Leucorrhoea in females. Rheumatic fever. Acne, erythema and eczema.
Thuja	20c	Acts on skin, blood, gastrointestinal tract. kidneys and brain. Bleeding fungus growths. Excess of venosity. Ill-effects of vaccination. Sycotic pains. Hydrogenoid constitutions, whose blood is morbidly hydroscopic,
Trit. Rep.	3x	Excessive irritability of the bladder, dysuria, cystitis, gonorrhoea.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## TEETH AND GUMS REMEDY

### INDICATIONS

Caries and necrosis of teeth. Looseness of teeth, with or without pain. Loss of enamel. Commencement of decay and sensitiveness to least touch, aching after eating or drinking. Bleeding gums, gingivitis. Gum boils, abscesses. Spongy gums. offensive breath. Pyorrhoea.

Remedy and Potency		Mode of Action
Ferr. Pbos.	4x	Flushed face, cheeks sore and hot. Florid complexion. Facial neuralgia. Worse, shaking head and stooping. Mouth hot. fauces red and inflamed.
Cale. Phos.	3x	Bone disease. Complaints during teething, teeth develop slowly. Rapid decay of teeth. Adenoid growths.
Cale. Fluor.	6x	Gum boils, with hard swelling on jaw. Cracked appearance of the tongue, without pain. Induration of the tongue. Unnatural looseness of the teeth, with or without pain; teeth become loose in their sockets. Toothache, with pain if any food touches the tooth.
Kali Mur.	10x	Cheek swollen and painful. Aphthae; thrush; white ulcers in mouth. Swollen glands about jaw and neck. Coating of tongue grayish- white, dryish, or slimy.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

**SEPTIC CODITION REMEDY****INDICATIONS**

A remedy for streptococcic and staphylococcic conditions and infections.

Remedy and Potency		Mode of Action
Stannum	6x	Marked debility, especially of chronic bronchial and pulmonary conditions. Paralytic weakness. Acute coryza and influenza with cough.
Kali Mor.	6x	Acne, erythema and eczema, with vesicles containing thick, white contents. Dry, flour-like scales on the skin. Asthma.
Inula	30c	A mucous membrane medicine. Bearing-down sensations in pelvic organs and bronchial symptoms are most marked. Sub-sternal pain. Diabetes. Dry cough, worse at night and lying down.
Palladium	6x	This is an ovarian remedy, produces the symptom-complex of chronic oophoritis. Useful where the parenchyma of the gland is not totally destroyed. Acts also on mind and skin. Aversion to exercise.

**DOSAGE**

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## WARTS AND SKIN GROWTHS REMEDY

### INDICATIONS

Wart-like excrescences, dry and weeping warts. Hard and soft warts. All kinds of skin eruptions and growths, including boils, pimples, urticaria, acne, eczema, moles, etc.

Remedy and Potency		Mode of Action
Ant. Crud.	6x	Eczema, with gastric derangements. Pimples, vesicles, and pustules. Sensitive to cold bathing. Thick, hard, honey-coloured scabs. Urticaria; measles-like eruption. Itching when warm in bed. Dry skin. Warts. Dry gangrene. Scaly, pustular eruption with burning and itching, worse at night.
Kali Mur.	6x	Acne, erythema, and eczema, with vesicles containing thick, white contents. Dry, flour-like scales on the skin.
Kali Sulph.	30x	Psoriasis. Eczema, burning, itching, papular eruptions. Nettle-rash. Polypi. Epithelioma. Seborrhoea. Favus, Ringworm of scalp or beard with abundant scales.
Silicea	6x	Felons, abscesses, boils, old fistulous ulcers. Promotes expulsion of foreign bodies from tissues. Crippled nails. Keloid growths.

### DOSAGE

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**STIMULATING REMEDY****INDICATIONS**

Emergency stimulant and anti-spasmodic. Fainting, heart turns, flatulence. Given in time may abort effects of chill.

Remedy and Potency		Mode of Action
Ferr. Pbos.	3x	Head sore to touch, cold, noise, jar. Rush of blood to head. Ill effects of sun-heat. Throb- bing sensation. Vertigo. Flushed face. Pal- pitation. Pulse rapid. Short, quick, soft pulse.
Kali Phos.	3x	Prostration. Hysteria. Vertigo. Worse, excite- ment, worry, mental and physical exertion; eating, cold, early morning. Better, warmth, rest, nourishment.
Mag. Phos.	3x	Anti-spasmodic remedy. Vertigo on moving. Flatulent colic. Angina pectoris. Nervous spasmodic palpitation. Constricting pains around heart.
Camphora	10x	Heart stimulant. Tetanic spasms. Vertigo. Cold sweat. Eyes fixed and staring. Pale, haggard face. Pale skin. Cannot bear to be covered, although cold.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## PARASITE REMEDY

### INDICATIONS

An organism that lives on or in another organism known as the host, from which it obtains nourishment during all or part of its existence. Pin worms, and thread worms.

Remedy and Potency		Mode of Action
Nat. Phos.	2x	Colic, with symptoms of worms. Cracking of joints. Jaundice. Oxaluria.
Ant. Crud.	3x	Constant belching. Gouty metastasis to stomach and bowels. Bloating after eating. Anal itching. Diarrhoea alternates with constipation. Catarrhal proctitis,
Cuprum	6x	Tape worm. Hiccough. Nausea and vomiting. Colic. Stool, black, painful and bloody, with tenesmus and weakness. Cholera; with cramps in abdomen and calves.
Santonium	3x	Of great value in the treatment of worm diseases, as gastro-intestinal irritation. Ascaris Lumbricoides and thread worms, but not tape worms. Strabismus due to worms. Dark rings about eyes.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms, re-occur. repeat.

**MORBIDITY REMEDY****INDICATIONS**

Mental and emotional conditions. Emotional state of dejection. Mild depression with anxiety and hypochondria. Worry, anxiety: morbid mental state.

Remedy and Potency		Mode of Action
Plumbum	30x	Mental depression. Fear of being assassinated. Quiet melancholy. Slow perception. Loss of memory. Amnesic aphasia. Hallucinations and delusions. Intellectual apathy. Memory impaired.
Platina	30c	Irresistible impulse to kill. Self-exaltation, contempt for others. Arrogant, proud. Weary of everything. Everything seems changed. Mental troubles, associated with suppressed menses. Physical symptoms disappear as mental symptoms develop.
Cad. Sulph.	30x	Unconscious. Vertigo, room and bed seem to spin around. Hammering and heat in head.
.Gelsem.	10c	Desire to be quiet and left alone. Dullness, languor, listless. Apathy regarding illness. Absolute lack of fear. Delirious on falling asleep. Emotional excitement. Bad effects from fright, fear, exciting news.

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily



## SCALP AND HAIR REMEDY

### INDICATIONS

Loss of hair, baldness. Various types of alopecia. Irritation of scalp. Dryness of hair, dandruff. Greasy conditions of hair and scalp.

Remedy and Potency		Mode of Action
Cale. Phos.	3x	Headache, worse near the region of sutures, from change of weather. Fontanelles remain open too long. Cranial bones soft and thin. Defective hearing. Headache, with abdominal flatulence. Head hot, with smarting of roots of hair.
Silicea	8x	Head aches from fasting. Vertigo from looking up. Better, wrapping up warmly, when lying on left side. Profuse sweat of head, offensive, and extends to neck. Pain begins at occiput and spreads over head and settles over eyes. Swelling in glabella.
Lycopodium	3x	Tearing pain in occiput. Better, fresh air. Great falling out of hair. Eczema, moist oozing behind ears. Deep furrows on forehead. Premature baldness and grey hair.
Ceanothus A.	10x	Anaemic patients where liver and spleen are at fault. This remedy can be applied locally as a hair tonic.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**BRAIN AND SPINAL CORD REMEDY****INDICATIONS**

A tonic and normalizing formula for the brain and spinal cord. Useful in brain-fag, epilepsy, paralysis.

Remedy and Potency		Mode of Action
Kali Phos.	6x	Cerebral anaemia. Headache of students, and those worn out by fatigue. Extreme lassitude and depression. Brain-fag. Hysteria. Night terrors. Paralytic lameness in back and extremities. Pains, with subsequent exhaustion.
Arg. Nit.	30c	Symptoms of inco-ordination, Loss of control and balance everywhere, mentally and physically. Trembling in affected parts. Melancholic. Brain-fag. Pain in back. Spine sensitive with nocturnal pains.
Kali Bm.	6x	General failure of mental power, loss of memory, melancholia. Loss of sexual power. Profound, melancholic delusion. Delusions.
Plumbum	6x	Progressive muscular atrophy. Infantile paralysis. Locomotor ataxia. Mental depression. Loss of memory. Slow perception. Spinal cord sclerosed.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## OVER-SENSITIVITY

### INDICATIONS

Over-sensitivity to external circumstances: people, light, noise. This remedy has achieved most pleasing effects in cases of sensitive people not responding to well-chosen remedies.

Remedy and Potency	Mode of Action
Mag. Phos. 6x	Anti-spasmodic remedy. Neuralgic pains. Sleeplessness. Toothache. Enteralgia. Menstrual colic in females. Angina pectoris. Involuntary shaking of hands. Paralysis agitans. Cramps in calves. Sciatica; feet very tender. Darting pains and twitchings. Chorea.
Apis Mell. 3x	Intolerance of heat. Soreness and inflammation of skin. Listlessness. Tearfulness. Whole brain feels very tired. Sudden stabbing pains. Sore stomach. Oedematous extremities. Syncytis,
Direa 10x	A gastro-intestinal irritant inducing salivation, emesis and purgation; cerebral hyperaemia; neuralgic pains, with depression, palpitation, and dyspnoea.
Helleborus Nig. 3x	Sensorial depression. General muscular weakness. Slow in answering. Thoughtless, staring. Involuntary sighing. Complete unconsciousness. Limbs heavy and painful.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

**CRAMP (SPASMODIC) REMEDY****INDICATIONS**

Painful, involuntary contraction of a muscle. such as occurs in swimmers. Any cramp-like pain, as of the intestine. Spasm of certain muscles, which may be intermittent. as in tetany, or occupational, resulting from their excessive use.

Remedy and Potency		Mode of Action
Mag. Phos.	6x	The great anti-spasmodic remedy. Cramping of muscles with radiating pains. Flatulent colic, constipation. Angina pectoris. Nervous spas- modic palpitation. Paralysis agitans. Cramps in calves. Sciatica, feet very tender. Darting pains. Writers' and players' c,amp. Tetanic spasms. General muscular weakness.
Cuprum	6x	Spasmodic affections, cramps, convulsions. Jerking and twitching of muscles. Coldness of hands. Cramps in palms. Great weariness of limbs. Cramps in calves and soles. Epilepsy.
Colocynthis	10x	Cramps and twitching and shortening of muscles. Constrictions and contractions. Cystospasm following operations on orifices. Agonizing cutting pain in abdomen, causing patient to bend mer double. Colic with cramps in calves.
Spigelia	3x	Pcricarditis. Neuralgia of the fifth nerve. Stabbing pains. Heart affections. Parts feel chilly, send shudder through frame. Violent headache.

**DOSAGE**

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

## OBESITY REMEDY

### INDICATIONS

Obesity is caused by a number of different factors, the most common being faulty diet. (Please refer to the notes on this subject at the end of the book.) Other causes of obesity are glandular upheaval and general unhealthiness in an individual. Some are more prone to become obese than others and it is for these that this remedy is chosen. The leading symptoms may not apply directly to a particular case of obesity but the formula is for a general treatment at the same time controlling diet and taking other natural precautions.

Remedy and Potency		Mode of Action
Cale. Carb.	6c	A constitutional remedy for reducing fat. Also effective for impaired nutrition which includes the glands, skin and bone.
Phytolacca	3c	Pre-eminently a glandular remedy where there is general swelling of the glands. Tends to tone the muscles.
Thyroidinum	200c	The principal remedy for reducing fat in the body. The remedy exercises a regulating influence over the mechanism of the organs of nutrition.
Natrum Mor.	100c	To counteract the taking of excessive salt and other condiments. Debility and weakness.
Graphites	3x	Another constitutional remedy for active patients who are rather obese and of fair complexion, with tendency to constipation.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**COMMON COLD REMEDY****INDICATIONS**

The common cold can be distinguished from what is generally termed 'Influenza', for it is not so severe and produces well-known basic symptoms. The following remedy is intended to be given at the commencement of a cold rather than during it, so that the length of the symptoms are reduced considerably. The remedy can also be taken as a prophylactic during the season of the common cold in whichever country it is applicable.

Remedy and Potency		Mode of Action
Kali Mur.	10x	Originally used by Schuessler in catarrhal affections. It is associated with all inflammatory states, including cold symptoms.
Kali Bicbrom.	50c	Symptoms of weakness and catarrh. Snuffles in children who are overweight. Coryza with obstruction of nose, and sneezing.
Camphor	6x	For the first stages of a cold with chilliness and sneezing. Fluent coryza on sudden change of weather. Insomnia with coldness.

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

## CONSTIPATION REMEDY

### INDICATIONS

Constipation is not a symptom in itself. It is a condition resultant from faulty diet and general lack of exercise. Those with inactive occupations are more liable to suffer from it than others. If left too long without being cured it will cause auto-toxaemia, but it is better to rectify the diet than to take medicine for constipation. However, the following remedy is useful to rectify the situation. Also please see advice on diet at the end of this book.

Remedy and Potency		Mode of Action
Plumbum	6c	Constipation with flatulence. Obstructive evacuation. Dry skin, jaundiced-looking.
Nat. Mur.	6x	For disturbances of the alimentary tract and skin. With debility. Alternate constipation with diarrhoea.
Hydrastis	1x	A great remedy for rectification of catarrh in the body. Constipation with sinking feeling in stomach and dull headache, with contraction and spasm.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## DEBILITY REMEDY

### INDICATIONS

Debility is shown in a series of symptoms, markedly weakness, general tiredness, inability to create mental activity (usually associated with more elderly persons). Also due to a faulty diet, i.e. a great deal of fat and sugar in the diet, which should be eliminated. Please see notes on diet at the end of the book.

Remedy and Potency		Mode of Action
Phosphor. Acid	1x	This is a common remedy for debility, with mental debility as a leading symptom. With impaired memory and despairing. Head feels heavy and dull headaches occur after exertion.
Alfalfa	1x	
Chinehona (China)	6x	This is a 'toning up' remedy producing improved mental and physical vigour. Inducing mental alertness and acceleration. Symptoms worse in the evening.
Avena Sativa	6x	Debility from loss of vital fluids. Sensitivity to draughts. Sudden despairing and crying. Ringing in ears, sneezing. Nervous exhaustion. Sexual debility. Tendency to colds. Nervous headache at menstrual period.

### DOSAGE

- 3 Pillules, or  
5 Drops twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.



## IMPOTENCY REMEDY

### INDICATIONS

Impotency comes with premature ageing. Over-ex.cited persons have a tendency to suffer from this set of symptoms. It is usually pronounced through lack of hormones in the system, either through faulty diet, lack of exercise or mental instability, i.e. worry, etc.

Remedy and Potency		Mode of Action
Zingiber	3x	Debility of the digestive tract, and sexual system. Impotence from drinking alcohol and general acidity.
Platina	30c	Pre-eminently a woman's remedy. Ovaries sensitive. Menstruation too early. Ovaritis with sterility. Symptoms associated with melancholia.
Phosphor.Acid	6x	Sexual power deficient. Loss of vital fluids. Symptoms better from keeping warm and worse on exertion.
Yohimbinum	1x	Acts on the central nervous system and sexual organs. Used generally as an aphrodisiac. Congested conditions of the sexual organs. Tendency to sweat.

The remedy should include one or other of the following-depending on which sex it is for:-

Oopborinum	1x	Climacteric disturbances generally. This is an ovarian extract, used in low potency to assist the other remedies.
Orchitinum	1x	This is a testicular extract for sexual weakness. Senile decay in the male.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days then 1 Dose each alternate day, until symptoms disappear.

## NERVOUS TENSION REMEDY

### INDICATIONS

The symptoms of nervous tension are mainly brought about by unusual excitement over a period of time. Some people are naturally highly strung and have a tendency to permanent nervous tension; such a state readily produces exhaustion of the nervous system. Others suffer from the symptoms intermittently. Rectification of the cause of the tension in the first place is a pre-eminent method of eliminating the symptoms. But the following formula is given as an assistance to cure.

Remedy and Potency		Mode of Action
Kali Phos.	6x	Extreme depression; very nervous and irritable. Brain fog after examinations with hysteria. Occipital headache symptoms better after rising. Headache of students and those worn out by fatigue.
Zincum	3x	Very sensitive to noise, wake at night startled. Nervous motion of the feet. Somnambulism.
Spigelia	20c	Very sensitive to touch. Afraid of sharp-pointed things. Violent palpitations. Better on right side with head high.
Anacardium	100c	Impaired memory with hallucinations. Lack of confidence with nervousness. Symptoms better from eating. Anxious dreams.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

## ALCOHOLISM REMEDY

### INDICATIONS

Excessive use of alcohol in any form is an ultimate depressant and over a long period desensitises the nervous system which, in turn, produces disorder of the internal organs in general. The remedy is inclined to assist in the curative formation against the use of alcohol. However, a change of diet and a change of general regime to avoid alcohol is essential also.

Remedy and Potency		Mode of Action
Mena	1x	A pre-eminent remedy for alcoholism accompanied by sleeplessness, and inability to keep the mind on any one subject. Numbness of limbs and nervous tremors.
Zincum	6x	Cerebral depression, brain fag, with weak memory. Trembling and twitching of various muscles. Cries out during sleep and wakes frightened.
Mag. Phos.	4x	Vertigo on moving. Head aches after mental labour. Better with warmth. Angina pectoris.
Capsicum	3c	Prostration and feeble digestion of alcoholics. Burning pains and general chilliness. Bursting headache, worse from coughing and open air.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## TOBACCO REMEDY

### INDICATIONS

Like alcohol, tobacco is a depressant, although causing a craving, rather like basic drugs. It has an adverse effect on the nervous system and eventually on the nervous tissue structures. The results of excessive tobacco intake into the system are well-known, and the remedy outlined below is offered as an assistance to the cure. However, the psychological desire must also be present, and often a change of diet will assist in this.

Remedy and Potency		Mode of Action
Daphne Indica	3x	Craving for tobacco, burning in stomach. Bad breath. Inability to sleep. Dreams, with nightmares and chilliness.
Tabacum	30c	Nausea, giddiness, with death-like pallor. Very despondent and forgetful. Constriction of the chest. Cold, clammy skin and anxiety. Worse during extremes of heat and cold.
Silica	6x	Defective nutrition. Desires plenty of warmth, lack of vital heat. Nervous and excitable, with brain fog. Symptoms worse in the morning. Better from warmth.
Nat. Phos.	100c	Dull feeling in the head with throbbing. General weariness. Sour eructations. Creamy coating on the roof of the mouth.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days, but repeat the dose thereafter if symptoms are still present.

## ALUMINIUM POISONING

### INDICATIONS

A great number of sensitive persons react to cooking undertaken in aluminium pans or from being in contact with aluminium in general. A number of symptoms are produced in certain individuals by the addition of salt to cooking in aluminium pans. The following remedy has been used successfully over many years, but at the same time it is essential to discontinue the use of aluminium pans whilst the treatment is taking place, and thereafter.

#### Remedy and Potency Mode of Action

Cuprum	12x	Strong metallic taste in the mouth. Slow pulse with palpitations. Spasm and constriction of the chest. Twitching of the muscles. Symptoms better by drinking cold water.
Cal. Sulph.	12x	Pain in the region of the liver. Itching of the soles of the feet. Cuts and bruises do not heal easily. Frequent cold in the head.
Alumina	70c	Lack of vital heat in the elderly. General constipation. Time seems to pass slowly. Dry throat. Breathless and anxious dreams. Often sleepy in the mornings.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## LOSS OF HAIR REMEDY

### INDICATIONS

This remedy refers mainly to loss of hair in the male, since there is a total lack of some of the female hormones which cause premature baldness or loss of hair. Also a suitable rectification of diet with a reduction of sugar and salt, and animal fats from the diet will assist. The remedy will not have instantaneous results but should be taken over a period of a few months, in order to get the best effects, along with correction of diet.

Remedy and Potency		Mode of Action
Oopborinum	6c	The female ovarian hormone used to correct the lack of this hormone in the male in order to produce the right activity for hair growth.
Kali Mur.	4x	Used often by Schuessler. Effective in the correction of dandruff caused through rich or fatty food. Constant indigestion. Constipation or diarrhoea after fatty food.
Kali Arsen.	12x	Dry, scaly scalp. Will suit the nervous and the anaemic.
Selenium	30c	Hair tendency to falling out. Scalp feels tense. Headache from over-indulgence of tea. Desire for alcohol. Skin dry and scaly with eruptions. Itching in the palms and between the fingers.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal, If symptoms re-occur, repeat.

## TRAVEL SICKNESS REMEDY

### INDICATIONS

The symptoms involved with travel sickness vary a great deal from person to person. It matters not whether the aversion to travel is by road, water, air, or by any other means. The symptoms basically are the same and the remedy given below is one used by many people over a number of years. It is always best to avoid taking alcohol of any kind before travelling and to avoid drinking too much liquid anyway.

Remedy and Potency		Mode of Action
Nat. Phos.	6x	General symptoms of fear. Fear of the unknown. Sour eructations and vomiting. Paleness of the face.
Nat. Mur.	4x	Ill-effect of fright and anger. Tends to become weepy. Pale face. Nausea and vomiting. Periodic eyestrain.
Kali Brom.	30c	Active delirium with melancholia. Vomiting with intense thirst. Persistent hiccough. Jerk- ing and twitching of the muscles. Extreme drowsiness due to worry and grief.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## EMOTIONAL SHOCK REMEDY

### INDICATIONS

This is a symptom, a composite symptom, which has not often been recognized by medical authorities of any kind, and although we often hear of treatment for shock, no one bothers to investigate the matter further, but it can have a long-lasting effect on the individual. The remedy about to be outlined will overcome the immediate cause of shock, and thus lessen the after-effects. It is a well-known remedy for this particular condition and if given immediately the shock occurs it will indeed help the situation greatly.

Remedy and Potency		Mode of Action
Arnica	30c	For traumatic injuries and cerebral congestion. Shock through grief, remorse or sudden realisation of financial loss, accident, etc. Fears the approach of anyone. Indifference, body over-sensitive to pain. For mental strain or shock.
Ferr. Phos.	4x.	A remedy for the nervous and sensitive person. Quick, soft pulse. Palpitation. Restless and anxious dreams. Symptoms better in the cold.
Ignatia	100c	It is essentially an emotional remedy and is the chief remedy for hysteria and upset nervous temperament. The effects of grief and worry. Silently brooding after shocks or disappointments.
Silica	6x	Lack of vital heat. Fainthearted and anxious. Brain fog with fixed ideas. Symptoms worse in the morning and lying down on left side.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.



## INSOMNIA REMEDY

### INDICATIONS

The problems of sleeplessness are manifold everywhere. There are numerous causes and numerous cures. One of the foremost causes of the condition is mental instability through worry or fear of the individual and mainly fear of not sleeping. But what is not understood is that we all vary to a great degree on the amount of sleep required. Readers should digest the information contained in the author's book on the subject, to cover the field more fully, but we give the following formula as one method of clearing the problem.

Remedy and Potency		Mode of Action
Coffea	6c	Unusual excitability and intolerance of the body. The effects of sudden emotions or surprises. Nervous palpitation. Wakes with a start. Sleep disturbed by dreams.
Zinc Met.	30c	Very sensitive to noise. Alcoholic aggravation. Cries out during short periods of sleep. Somnambulism.
Platina	6x	Weary feeling but cannot sleep. Sleeps with legs far apart. Symptoms worse in the evening.
Kali Phos.	50x	Nervous prostration. Despondency regarding business affairs. Symptoms worse with excitement or worry and after eating.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**SKIN ERUPTIONS REMEDY****INDICATIONS**

The skin is one of the most important organs of the body and exhibits the first signs of a toxic state or other upheaval within the body. There are many types of skin eruptions but the combined formula shown below has been proved to be one of the best in coping with the majority of common ailments. Anything more serious should be referred to your homoeopathic practitioner.

**Remedy and Potency    Mode of Action**

Anacardium	200c	Intense itching with eczema, and mental irritability. Warts on the hands. This is a remedy with a patient who is quite nervous and sensitive to external affairs.
Sulphur	6c	This is one of the most powerful skin remedies within the homoeopathic materia medica. Dryness of the hair and skin, sinking feeling in the stomach in the evening. Skin looks dry, scaly and unhealthy. Feeling of a band round the bones. Skin affections after taking medicines.
Bovista	4x	This has a marked effect on the skin in cases of eczema caused by bad circulation. Blunt instruments leave depression on the skin. Pimples over the body. worse in the morning and from bathing. Urticaria.
Aconite	30c	Skin red, swollen and burning. Goose-flesh type of pimples. Chilliness down the back. Avoid all acids, wine and coffee. A leading symptom is in anxious dreams at night and tossing about

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

## GOUT REMEDY

### INDICATIONS

A constitutional hereditary condition of uric acid metabolism associated with a high blood level and decreased excretion of uric acid. Sudden attacks of acute, painful arthritis, recurring at intervals. Usually one joint is involved, the great toe being one of the most common. Repeated attacks may result in deformity.

Remedy and Potency		Mode of Action
Cuprum	6x	Spasmodic affections. Cramp and convulsions. Feeling of nausea. Pains are increased by movement and touch. Aching over eyes. Jerking and twitching of muscles.
Nat. Phos.	C.M.	Gout symptoms arising from too much sugar. Ailments with excessive acidity. Gout-like swellings, with accompanying pain.
Ledum	6c	Gouty pains shoot to feet and limbs. Swollen, hot and pale. Cracking in joints, worse in warmth of bed. Gouty nodosities. Ball of toe swollen.
Urtica Ureas	1x	Useful in spleen affections. Pain in gout deltoid and in ankles. Symptoms worse in cold, moist air and by touch.

### DOSAGE

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**BILIOL'S REMEDY****INDICATIONS**

In all cases of bilious symptoms a strict diet regime is essential, avoiding all animal fats, alcohol, coffee and other irritants. The reader should refer to the portion on diet in this book. Plenty of exercise, and a restful mental attitude is necessary in cases of biliousness.

Remedy and Potency		Mode of Action
Bryonia	12x	Main symptoms are on the right side. Constipation. Stools hard, as if burnt. Liver region feels sore with burning pain. Tenderness of abdominal walls. Bursting, splitting headache. Skin yellow, pale and swollen. Hair greasy.
Nux Vomica	6x	This is a leading remedy for all disorders of the internal organs. Useful in persons with sedentary habits, the mind being very active. Symptoms worse in the morning. Sour taste and nausea, especially in the morning. Soreness of the liver region. Ravenous hunger. Loves fats and has indigestion from drinking coffee.
Chelidonium	1x	This is a prominent liver remedy, showing a jaundiced skin with typical lethargy and indisposition to make an effort. Eyes a dirty yellow. Sore sensation while looking up. Constipation with burning. Skin itches and is of yellow colour. Symptoms worse right side.
Nat. Sulph.	6c	This is also a predominant liver remedy. Skin appears jaundiced with watery blisters. Vertigo, relieved by sweat on head. Hot feeling on top of head. Gout symptoms between toes. Worse by lying on left side. Better in dry weather.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then one dose each alternate day until symptoms disappear.

## CATARRH REMEDY

### INDICATIONS

The production of a catarrhal condition is mainly due to the upheaval caused by modern dietary methods, and faulty assimilation of the system. A great deal can be avoided with sensible, modern living. But for those who have not, by virtue of their occupations, the time to undertake these sensible diets, the catarrhal situation will arise. The following remedy will assist in clearing the condition.

Remedy and Potency		Mode of Action
Kali Bichrom.	30c	The remedy has an affinity with the mucous membranes of the body and with gastric disturbances. Catarrh of the larynx, the bronchi and of the stomach. Symptoms are usually worse in the morning. Profuse, yellow expectoration.
Ferrum Phos.	6x	A remedy for the more robust type of person. First stage of colds in the head or pre- disposition to colds. Aversion to meat and milk. Desire for stimulants. Sleeplessness.
Eucalyptus	1x	This is a powerful antiseptic remedy and has a marked effect in catarrhal cases, especially of intestinal disturbances. 'Stuffed-up' feeling in the head. Slow digestion. Catarrh of the bladder. Asthmatic conditions.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**DIARRHOEA REMEDY****INDICATIONS**

Causation of the symptoms of diarrhoea are many and varied. From slight food poisoning to after-effects of influenza, colds and various other intestinal infections. The best formulas will only alleviate. The condition usually rectifies itself after a short while and the remedy listed below will hasten the healing process.

Remedy and Potency		Mode of Action
Ipecac. 6x	6x	Symptoms of persistent nausea and vomiting. especially indicated in fat children and adults who catch cold quickly. Amebic dysentery, with little thirst. Skin very pale, symptoms worse from lying down.
Phosphoric Acid	6c	Distention of the bowels with diarrhoea. Mental condition: listless. Cannot collect one's thoughts. Despairing. Symptoms better from keeping warm. Acne and boils.
Ferr. Phos.	6x	For the patient susceptible to chest problems, aversion to meat and milk. Hard, dry cough. Symptoms are usually worse at night. or by touch.
Plumbum	30c	Excessive colic, radiating to other parts of the body. Obstructed flatus. Patient liable to jaundiced condition. Symptoms worse at night and in movement.

**DOSAGE**

- 1 Pillule, or Drops once daily before the first meal. If symptoms re-occur, repeat.

## GENERAL HEADACHE REMEDY

### INDICATIONS

Headaches come from a variety of causes. It is not the intention of this remedy to give an overall picture of every headache. this would be impossible. It is advised strongly that persistent headache sufferers should see their practitioners for advice. The formula outlined below is given as a simple combined remedy for the symptoms shown in the common type of headache. Also I have repeatedly mentioned diet. It is important that the diet should be looked into for possible allergic reaction to food or any environmental situation where headaches are prone to occur as in nervous tension or worry situations.

Remedy and Potency		Mode of Action
Strontia	12x	Supra-orbital neuralgia. Pains increase and decrease slowly. Vertigo with headache and nausea. Aches from back of neck spreading upwards.
Ferrum Pbos.	6x	Nervous. sensitive and anaemic. Headache with soreness to touch. Aversion to noise. Throbbing sensation and the ill-effects of the sun. Better after cold application.
Belladonna	12x	Affects the nervous system generally. Very useful for children. Headache with vertigo. Pain especially in the forehead and temples, also from suppressed catarrhal flow. Worse with noise, lying down or in the afternoon. Better by pressure. Right-sided symptoms.
Nux Vomica	30c	Nervous person who suffers from general anxieties. Symptoms of headache brought on often by faulty diet. Very irritable. Cannot bear noises or light, does not want to be touched. Even the least ailment affects greatly but symptoms are worse in the morning, after exertion. from tobacco, alcohol, coffee and so on. Frontal headache and headache from being in the sun too long.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

**JAUNDICE REMEDY****INDICATIONS**

Again we have the problem of symptoms brought on by a faulty dietary outlook. The intake of excess animal fats, fried foods, and sugars, etc. Jaundice usually affects more the young than the old unless there is disease in the system. If the condition does not improve at the first stages of taking this remedy, it is strongly advised that a practitioner be consulted without delay for his advice.

Remedy and Potency	Mode of Action
Cuprum Met. 15c	Tense, hot abdomen, sensitive to touch. With nausea and vomiting, relieved by drinking water. Strong metallic taste and craves cool drinks. Usually this remedy is indicated with complaints on the left side of the body, which are increased by movement and touch.
Nat. Sulph. 6x	Feels every change from dry to wet weather. Also useful in chronic gout. Brown, bitter coating on tongue, yellow complexion. Bilious vomiting with acid dyspepsia and heartburn, with much flatulence.
Bryonia 30c	Acts on all the internal organs where there is aching in the muscles. Irritable, has dry, parched mouth with excessive thirst. Liver region tends to be swollen, with a burning pain. Tenderness of abdominal walls with constipation. Nausea and faintness when rising. Stomach sensitive to touch. Skin yellow and pale and hair very greasy.
Kali Bichrom. 6x	Special affinity to mucous membranes of the internal organs. Often used in catarrhal affections generally. Cutting pain in abdomen after eating. Gastritis. Stitches in region of liver. Dislikes water, desire for acid foods.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then 1 Dose each alternate day, until symptoms disappear.



## MIGRAINE REMEDY

### INDICATIONS

Migraine is often said by people to be inherited, but there are many kinds, some are due to, or aggravated by dietary factors, and diet plays a big part in the elimination of the basic symptoms other than the remedies. All migraine sufferers should avoid animal fats, chocolates, coffees and other stimulants, or otherwise advised by your practitioner. The formula given below is a very reliable one and should be taken at the onset of an attack, or as a preventative when in stressful situations.

Remedy and Potency	Mode of Action
Mag. Phos.	6x Indisposition for mental exertion. Pains worse on right side, neuralgic type pains. Typical migraine head. Symptoms are better by warmth and pressure.
Stannum	30c Marked symptom is debility of the nervous system. Weak feeling in chest. Dread of meeting people. Pain worse on motion, gradually increasing as if constricted by a band. Forehead feels pressed inwards.
Silica	6x This is a typical assisting remedy to Mag. Phos. already given in this formula, and helps with defective nutrition and dietary factors involved in migraine. Suitable for nervous and excitable people. Brain fog. Vertigo from looking upwards, better on keeping warm and when lying on left side.
Sanguinaria	1x This is pre-eminently a right-sided remedy. Headache after being in the sun. Headaches in the climacteric period. Pain in back of head. Neuralgic aches and pains. Symptoms better in the dark.
Digitalis	30c Headache symptoms where the pulse is weak and irregular. Mental state of despondency, anxious about the future. Sharp shooting frontal pain extending into nose. Heaviness of the head. Symptoms better in open air.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**EFFECTS OF X-RAY, ETC. REMEDY****INDICATIONS**

X-ray is transmitted from a variety of types of everyday apparatus in these modern times, not only in the hospital and clinic but also in the home in television sets and from all kinds of phosphoric screens and other sources of hard types of radiation, or radioactivity. Sensitive persons react strongly to X-radiation of various kinds, and the literature now within the homoeopathic pharmacopoeia is very specific in helping this group of symptoms.

Remedy and Potency		Mode of Action
X-ray	200c	Basic mental symptoms of X-ray are mental irritability, depression and a feeling of not wanting to answer questions. Headache. worse in the afternoon, pain in right side of head above temple. Eyeballs feel sore, heavy and sleepy. Bitter taste in mouth. Sleepy symptoms during the day. All symptoms are worse towards the evening and at night.
Cal. Phos.	4x	Numbness and crawling are characteristic sensations of this remedy. Involuntary sighing. Suffocative cough. Stiffness of the joints. Symptoms worse exposure to damp, cold weather. Better in the warmth and dry, atmosphere.
Graphites	6x	Mentally a rather irritable and fidgety feeling. Constriction of the chest and pain in the middle of the chest with cough. Dryness of portions of the skin.

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve reduce to 1 Pillule or 2 Drops daily, till situation is rectified.

## INFLUENZA REMEDY

### INDICATIONS

The following formula may be used as a prophylactic if taken in dosages of one per month. However, if it is to be taken for the first time when symptoms appear, it should be taken twice daily until the symptoms recede. It is useless to take the remedy half-way through the major symptoms of an attack of influenza, it is then too late to do anything about it. This prophylactic formula has been used in a number of countries on different types of individuals with very good results, and the formula is as follows:-

#### Remedy and Potency      Mode of Action

Influenzinum	200c	Being a nosode, it is always given in the higher potency and symptoms typical of influenza may be exhibited, such as headache, tightness of the chest, painfulness of the limbs. General moving aches and pains.
Cad. Sulph.	30c	Basic symptoms of chilliness and coldness even when near heat. Tightness of the root of the nose. Difficulty in swallowing. Sore throat with constant tickling. Sore tenderness of the limbs. Protracted sleeplessness. Worse after sleep. Symptoms better after eating and rest.
Rhus Tox.	3c	For all kinds of rheumatic types of pains. Mental symptoms are listlessness and sadness. Nausea, with great thirst. Dry cough from midnight till morning. Influenza with aching in all bones.

### DOSAGE

- 1      Pillule each evening until symptoms have lessened, then take
- 2      Pillules each morning for two days.

**FOOD ALLERGY REMEDY****INDICATIONS**

Only in recent years has it been recognised that certain people are allergic to specific types of food. The correct selection and evaluation of the diet can often result in the curing of a patient with the most diverse symptoms of long-standing. The formula given below is intended to assist in removing the food allergy. At the same time the practitioner should undertake to do an analysis of the diet factor when it is suspected that diet is the cause of the ailment.

Remedy and Potency		Mode of Action
Zincum Met.	4x	This is a remedy for nervous symptoms of all kinds. Burning in stomach, from eating sweet things. Wine aggravates all symptoms. Cannot eat fast enough. Pains in the abdomen after a light meal. Nervous motion of feet when asleep. Symptoms worse after eating but better while eating.
Stannum	4x	This remedy has a marked affinity for symptoms of debility and tiredness. Aversion to the smell of cooking, bitter taste in the mouth. Sensation of permanent emptiness in the stomach. Exhausting night sweats towards morning. Symptoms are worse when talking or lying on the right side and with warm drinks.
Strontia	30c	Loss of appetite, aversion to meat but craves bread and beer. Food is tasteless. Vertigo with headache and nausea. Great sensitivity to cold.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## METAL ALLERGY REMEDY

### INDICATIONS

As with any other kind of allergy, some people are more affected by it than others and if we were to investigate every kind of allergy, it would become increasingly difficult to separate them. One of the most common of the allergies is that of metal. This is in cases where the mere contact of metal with the skin produces various symptoms, from an aversion to touching the metal, to more serious symptoms, such as upsetting the entire personality structure. The formula given below is a general one which will help to overcome this allergy by re-toning the system of its own accord. However, an analysis by your practitioner will mean that he will be able to locate the exact metal that the patient is allergic to.

Remedy and Potency	Mode of Action
Nat. Phos. 6x	Symptoms of weariness, aching in the joints are symptoms of metal allergy. Cracking in the joints. Head feels dull in the morning. Nat. Phos. is a remedy for excess acid in the system.
Aurum Mur. 1x	This is a predominantly female remedy, with high blood pressure due to disturbed function of the nervous mechanism.
Cal. Iodide 10x	Light-headed. Catarrh and sneezing. Chronic cough with pain in chest. Copper-coloured eruptions and swelling of the glands.
Pulsatilla 6x	Ever-changing symptoms. Thirstless, peevish and chilly. Great sensitiveness. Better in open air. Mucous membranes affected.
Sulphur 30c	Hot and burning skin, with itching. Tendency to skin affections. Irritability, depression and weakness.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## FAULTY ASSIMILATION OF FOOD REMEDY

### INDICATIONS

Even in the most healthy people the digestive system often becomes dis-orientated, either through various results of food assimilation which may be due to allergies or slight food poisoning, or over-exertion, and so on. This formula is given as a general corrective treatment but the basic problem should be investigated by your practitioner.

Remedy and Potency		Mode of Action
Graphites	6x	Nauseous feeling in abdomen, must loosen clothing which presses painfully. Constipation.
Rhus Tox.	6c	Pain in the region of ascending colon, with colic. Excessive distension after eating meals. Symptoms coupled with bitter taste in the mouth.
Natrum Sulph.	1x	Brown, bitter coating on the tongue. Yellow complexion. Duodenal catarrh, cannot bear tight clothing around waist With flatulency.

### DOSAGE

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms re-occur, repeat.

## POLARITY CORRECTION REMEDY

### INDICATIONS

A number of people who are surrounded by electricity: magnetism and a host of appliances using these natural features are affected to some extent, more or less depending on their sensitivity to the particular material. Many people living near to, or underneath electricity wires, television or radio stations, become affected by symptoms related to electricity and magnetism. The following formula has proved to be most effective in helping such people. It was Baron von Reichenbach (in the early 1850's) who discovered that sensitive people react to magnetism and electricity with great force.

Remedy and Potency		Mode of Action
Electricitas	6c	Intense nervous anxiety. Dreads the approach of a thunderstorm. Heaviness and paralysis of limbs and entire body. Used predominantly by females.
Magnetis Polus Areticus (North Pole of the Magnet)	30c	Weeping, with chilliness, and disposition to feeling chilly. Dullness of the head with desire for open air. Aching pain on the left side of the forehead. Oppressive feeling in chest with anxiety.
Magnetis Polus Australis (South Pole of the Magnet)	30c	Feeling of despondency together with anger. Distended abdomen in the evening before going to bed. Feeling of coldness on the left side.

### DOSAGE

- 2 Pillules, twice daily after meals, or
- 3 Drops twice daily.

**SENSITIVITY TO ENVIRONMENT REMEDY****INDICATIONS**

This formula is very useful for people who are changing their environment fairly frequently, to enable the body to become accustomed to new conditions continually. In these modern times such frequent movement, with the resulting set of symptoms, is quite common and may be extended pretty well indefinitely.

Remedy and Potency		Mode of Action
Platina	6x	Symptoms connected with a change of water. Constipation of travellers. Sleeps with legs far apart. Symptoms are worse on sitting and in the evening. Better from walking.
Succinum	3c	Symptoms of nervousness and hysteria. Fear of trains and close places. Asthmatic symptoms due to local allergies. Pains in the chest.
Aconite	20c	Predominantly for physical and mental restlessness. Very sensitive to noise and the sound of music is unbearable. Throat red, dry and constricted. Hoarse, dry cough. Symptoms better in the open air. Worse from lying on the affected side, or from listening to music (also from tobacco smoke and cold winds).

**DOSAGE**

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.



**ANTHROPHOBIA REMEDY**

(Morbid fear of people or society)

**INDICATIONS**

Everyone is sensitive to at least one other person to some degree. However, there are people in our midst who are far more sensitive to the reactions of others, either a psychological reaction, a physical or a magnetic reaction, and these are generally termed 'sensitive people'. A book relating to this subject is listed at the back of this publication. The formula given below may not completely cure the condition, but it will help in acquiring a toleration of others.

Remedy and Potency		Mode of Action
Stannum	3x	Sad, anxious feeling, dread of seeing people. Aching in forehead. Smell of cooking nauseates, bitter taste after eating. Hot feeling in the evening. Symptoms worse by using the voice, and taking warm drinks. Better from coughing.
GeJsemium	30c	A desire to be quiet and left alone. Bad effects from fright and exciting news. Dull, heavy headache. Insomnia from exhaustion. Symptoms aggravated by tobacco smoke and worse during damp weather, thunderstorms, etc. Better in the morning and in the open air.
Sepia	200c	Dreads to be left alone. Very anxious towards the evening. Flatulence with headache. Symptoms are worse in the evenings and on the left side. Better after exercise and sleep.
Phosphorus	6x	The use of Phosphorus is very wide, but the basic symptoms are over-sensitivity to external impressions. Brain feels tired, but restless and fidgety feeling. Hunger soon after eating with sour taste. Symptoms are worse by touch, and any mental or physical exertion. Better lying on the right side, and washing with cold water.

**DOSAGE**

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

**VITAMIN DEFICIENCY REMEDY****INDICATIONS**

In spite of the fact that many of our foods have a high vitamin content, there is a great loss of the basic vitamins in pre-prepared and frozen foods of all kinds, leading to a vitamin deficiency. Conversely the foods may contain the necessary vitamins but the system be unable to assimilate them to the best advantage. This formula is designed and has been found helpful in correcting the deficiency of vitamins in the body as the result of faulty assimilation.

Remedy and Potency		Mode of Action
Skookum Chuck	3c	Has a strong affinity for the skin and mucous membranes. Skin affections, and constant sneezing. Feeling of weakness after food. Lassitude late in the day. Aggravation from too much food. Symptoms are better in the open air.
Carbo Veg.	6c	This remedy disintegrates toxic waste in the system. Symptoms include fear of darkness, sudden loss of memory, heaviness in the abdomen, slow digestion. Aversion to meat, milk and fat. Symptoms worse in the evening. Better from coldness.
Antimonium Crud.	6x	Feeling of excessive fullness in the abdomen. Loss of appetite. Desire for acid foods. Great thirst in the evening. Twitching of the muscles. The nails grow brittle, with ridges. Continual drowsiness in old people.

**DOSAGE**

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day, until symptoms disappear.

## PSYCHOSOMATIC TENSION REMEDY

### INDICATIONS

(Psycho=mind. Soma=body)

What is meant by psychosomatic tension is a type of nervousness experienced in more sensitive individuals. In turn, it is apt to bring on physical complaints. Psychosomatic medicine therefore concerns mind-over-body healing. Conversely, the body-over-mind is also quite appropriate in dealing with this type of medicine. The formula given below is to ease the general tension situations in psychosomatic cases, and is very effective for those who are especially sensitive.

Remedy and Potency		Mode of Action
Veratrum Alb.	30c	Mental symptoms of melancholy with indifference. Delusions of impending misfortune. Dark rings around the eyes, features sunken. Voracious appetite and a thirst for water. Sinking, empty feeling.
Ignatia	6x	Symptoms of hysteria in people of nervous temperament. Rapid change of mental and physical conditions. The effects of grief and worry. Moods constantly changeable. Sour taste in the mouth. Jerking of the limbs in sleep.
Lachesis	100c	Symptoms of sadness, trembling and confusion. Cannot bear tight clothing. Pain through head on waking. Symptoms worse on left side. Patient sleeps into aggravation.
Bryonia	30c	Aching symptoms in the muscles, affecting the robust. Mentally irritable, aching pain in the eyes. Symptoms worse in the mornings. Hair very greasy.

### DOSAGE

- 3 Pillules, or  
5 Drops, twice daily while symptoms last. When symptoms improve, reduce to 1 Pillule or 2 Drops daily till situation is rectified.

**AURIC STABILISER REMEDY****INDICATIONS**

The aura is the magnetic field surrounding the living person. It varies in intensity and colour to those who can see it and is reflected in the mental and physical structure. When the aura becomes unstable, it is reflected in the instability and polarity of the body. The remedy given below should stabilise the aura and enable the individual and his symptoms to rectify themselves.

Remedy and Potency		Mode or Action
Picric Acid	6x	Symptoms of muscular debility. with a tired feeling. Sallow complexion. Mentally lacks willpower and disinclined to work. Aversion to food. Burning along the spine with weakness. Tired, heavy feeling all over the body. Worse on least exertion, especially mental.
Anacardium	1x	Symptoms of nervous dyspepsia. with weakness of the senses. Empty feeling in stomach. Hallucinations. thinks he is possessed by two persons. Total anxiety. Symptoms worse on application of hot water. Better from eating.
Coffea	3x	One of the main symptoms of this remedy is extreme sensitivity to outside forces. Nervous palpitation. Easily becomes excited but totters around in anguish. Excessive hunger. Symptoms worse with emotions and noise. Better from warmth.

**DOSAGE**

- 3 Pillules, or  
 5 Drops, twice daily while symptoms last. When symptoms improve, reduce to J Pillule or 2 Drops daily till situation is rectified.

## DREAD OF ILLNESS REMEDY

### INDICATIONS

Generally speaking, none of us wishes to become ill but when a number of symptoms occur they can merge into a dread of becoming ill in some people. This can become an obsession and the purpose of the formula below is to rectify the situation and remove this dread, helping the patient to have a more positive outlook. The formula has been used for many years by many Homoeopaths with great results.

Remedy and Potency		Mode of Action
Psorinum	200c	One of the leading symptoms of this remedy is a desire to keep warm. with extreme sensitivity to the cold. with debility. Mentally hopeless, despairs of recovery. Suicidal tendency. Always very hungry. Skin looks dirty and dry. Easily startled, worse on drinking coffee. Better with warm clothing, even in summer.
Nitric Acid	30c	Mentally irritable, vindictive and headstrong. Despairs. Sensitive to noise and touch. Difficult hearing. Great hunger with sweetish taste, loves fat and salt foods. Symptoms worse in the evening and in cold climate.
Nat. Carb.	3c	Unable to think. Very anxious and breathless during a thunderstorm. Sensitive to the presence of certain individuals. Wakes too early in the morning. but drowsy during the day. Symptoms worse for music, mental exertion and thunderstorms. Better by moving. Perspires easily with a dry, cracked skin,
Kali Phos.	6x	Anxiety with nervous lethargy. Feels hysterical, with night terrors, loss of memory. Great despondency. Headaches better after rising. Headaches of those worn out by fatigue. Sub-normal temperature. Symptoms worse by excitement or mental worry. Better: warmth, rest and nourishment.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## WEAKNESS IN THE ELDERLY REMEDY

### INDICATIONS

This is a suitable remedy for those who feel rather weak as the years pass by, especially when they are over the 70's. It helps to combat the mental and physical weakness and restructure the system and rectify other approaching symptoms.

Remedy and Potency	Mode of Action
Carbo Veg. 50c	Lowered vital power in old people, with venous congestion and a slow pulse. Patient feels worn out. Must have fresh air. Sudden loss of memory. Headaches from any over-indulgence, floating black spots before the eyes. Extremities tend to go to sleep. Cold, blue-looking skin. Symptoms worse in the evening and from the cold.
Ferrum Phos, 6x	In the early stages of febrile conditions, susceptibility to chest troubles. Suitable for anaemic subjects. Noises in the ears. Restless and sleepless dreams. Worse at night, better with cold applications.
Silica 6c	For symptoms of imperfect assimilation of nutrition. Mental symptoms show anxiety, nervousness and sensitive to outside impressions, lack of vital heat. Skin cracks.

### DOSAGE

- 1 Pillule each evening until symptoms have lessened, then take
- 2 Pillules each morning for two days.

## ENVIRONMENTAL POLLUTION REMEDY

### INDICATIONS

The problem of environmental pollution is not so recent as one might assume, but it takes many different forms. Apart from the normal atmospheric pollution of our cities, there is also pollution from radio, television, fluorescent artificial lighting, and a host of other environmental problems which aggravate and produce symptoms in certain sensitive individuals. The following formula has been used successfully for a number of years for people who suffer from numerous environmental pollution problems, and although it may not be the answer to them all, it is a very useful formula.

Remedy and Potency		Mode of Action
Platina	6x	Platina antidotes bad effects of lead. Mental symptoms include contempt for others, weary of everything, roaring in the ears, ravenous hunger, painters' colic. Symptoms are worse sitting and standing, better by walking.
Cuprum Met.	6c	Leading symptoms of this remedy are spasmodic affections with cramp and convulsions. Empty feeling in the head and giddiness. Blueness of the lips and of the skin in general. Coughing relieved by drinking cold water. Symptoms worse when in contact with others. Better drinking cold water.
EJectricitas	30c	Intense nervous anxiety. Timid, fearful, sighing. Dreads approach of thunderstorm. Heaviness and paralysis of limbs and entire body.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**INSECT BITES REMEDY****INDICATIONS**

This is a general formula. used to combat the bad effects of insect bites and stings. It does not remove the stings themselves, but in some cases symptoms are aggravated by the sensitivity of the subject to the particular sting. The following formula need only be taken for the first few hours of being bitten or if there is lasting aggravation then it can be continued.

Remedy and Potency		Mode of Action
Ledum P.	6x	Bites by rats or scorpions. also by mosquitoes, and stings of bees. Symptoms: red pimples on forehead and cheeks. skin stings when touched, musty taste with catarrhal affections. Aching in the eyes. Feeling of coldness. sensation as of cold water over the parts.
Apis Mell.	6x	For bee stings. producing swelling. Symptoms of swelling, and puffing up of the various parts, with rosy hue and stinging pains. Symptoms are tearfulness, cannot concentrate the mind to read or study. Skin swells after bites and is sensitive. Very drowsy feeling.
Amica Montana	3c	To counteract wasp bites. This is a common remedy for shock to the system. In some individuals wasp and bee stings can cause great shock. Basic symptoms in the subject are fears of being touched by anyone. Wants to be left alone. Longing for vinegar and distaste for milk and dairy products, Skin black and blue with small eruptions and pimples. Shivering of the body, worse by touch and from drinking wine. Better by lying down.
Euphorbia Pros.	6c	An infallible remedy against bites of poisonous insects. Symptoms include violent headaches, yellow blisters on the face, inflammation of the skin with stinging.

**DOSAGE**

- 2 Pillules twice daily after meals. or
- 3 Drops twice daily.



## ALLERGY TO SHELLFISH REMEDY

### INDICATIONS

A number of people have an allergy to eating shellfish or are becoming aware of this allergy all the time. This is especially so with the pollution of our oceans, and in some cases the sensitivity of the system against this form of food. The following formula should be taken more as a preventative. but. of course. the best cure is to avoid the subject altogether. One dose of this particular formula will prove, one way or the other. if shellfish is the root cause of the symptoms exhibited.

Remedy and Potency	Mode of Action
Urtica Urens 1x	Itching of skin with urticaria, burning and scalding symptoms. Antidotes ill effects from eating shellfish. Symptoms return the same time every year. Pain in the ankles, general heat with tropical-type fever. Worse from cool, moist air.
Sulphur 30c	Sulphur is a great skin remedy. Any rashes with heat and burning on the skin with dry- ness. Red face, very forgetful mental symp- toms arc all attributed to Sulphur. Leading symptoms are: constant heat on top of head, very sensitive to pressure on the abdomen. Drawing pains in the back. twitches during sleep. Has vivid dreams. The skin is dry, unhealthy with itching and burning. Symp- toms are worse in the warmth of the bed. Beller in dry, warm weather and lying on the right side.
Platina 6x	Strong tendency to paralysis symptoms with coldness. Cramp-like twinges in the ears. Flatulence and constriction of the stomach. Constipation of travellers. Tightness of the thighs as if clothes are too tight.

### DOSAGE

- 2 Pillules twice daily after meals, or
- 3 Drops twice daily.

**MENSTRUAL TENSION REMEDY****INDICATIONS**

The problem of menstrual tension among women is very common in today's hurried atmosphere. It is not just the menstrual tension itself that is at fault but 'the pressures involving the modern Woman. Drug-taking to assist or avoid the problem is of little or no use and eventually leads to further tension or even depression. The following formula has been used by leading authorities in Homoeopathy for some years with very good results.

Remedy and Potency		Mode of Action
Mag. Sulph.	4x	Weary pain in the small of the back on moving. Mental symptoms include vertigo, with general depression,
Helleborus	3c	For menstrual depression, with general muscular weakness. Involuntary sighing. Difficulty in arousing from sleep. Feeling of total exhaustion.
Pulsatilla	30c	General disposition and the mental state are the chief symptoms in the use of this remedy. Patient cries readily with changeable characteristic outlook. Symptoms better in the open air. Timid and has fears in the evening to be alone. Suppressed menstruation from nervous debility.

**DOSAGE**

- 1 Pillule, or
- 2 Drops once daily before the first meal. If symptoms reoccur, repeat.

## POST-BIRTH DEPRESSION REMEDY

### INDICATIONS

Recently the symptoms of post-birth depression have seemingly increased. Whether this is because of our knowledge of the complaint or whether it has always been so is a matter for conjecture. Usually this type of depression is treated with drugs. This is not the way to improve the condition since it is only a temporary condition that will pass in a short time. The following formula has been used repeatedly and avoids depressive drugs of all kinds. The avoidance of coffee-drinking within 24 hours of taking this remedy greatly increases the formula's effectiveness.

#### Remedy and Potency    Mode of Action

Aurum Met.	10x	Mental symptoms include feeling of self-condemnation and utter worthlessness. Talks of committing suicide. Cannot do things fast enough. Over-sensitiveness to noise. Sensation as if the heart had stopped beating. Has frightful dreams at night, symptoms worse in the cold weather.
Pieris Acid	4x	Mental symptoms are lack of will power, disinclined to work. Dementia with prostration. General brain-fag. Aversion to food. Generally a great weakness, tired, heavy feeling, worse on least exertion, especially mental. Better from cold air and cold water.
Coffea Cruda	6x	Mental senses very impressionable. Tosses about in anguish. Wakeful sleep. Nervous excitability. Symptoms worse from excessive emotions. Better from lying down and warmth.

### DOSAGE

- 3 Pillules daily for three days. Do not repeat for two further days but repeat the dose thereafter if symptoms are still present.

## AGGRAVATION OF VACCINATION REMEDY

### INDICATIONS

This formula is a very useful one for all kinds of aggravation caused by various types of vaccinations. Some people react violently to vaccination, others less so, nevertheless it will help a great deal in settling the system.

Remedy and Pofency		Mode of Action
Tbuja	3x	Head pains as if pierced by a nail, left-sided headache. Chronic catarrh. Complete loss of appetite. Dislike for fresh foods. Limbs feel heavy, cracking in the joints.
Calcarea lod.	10x	Light-headed feeling. Skin tends to be copper- coloured. Hair falls out. Pain in the chest. Children subject to colds. and croup.
Vaccinum	200c	Flatulent distension with indigestion. Frontal headache. Skin hot and dry. Nervous de- pression, irritability, morbid fear of contract- ing smallpox. Fever.

### DOSAGE

- 3 Pillules, or
- 4 Drops once daily for three days, then
- 1 Dose each alternate day until symptoms disappear.

## NOTES ON DOSAGE

With this appendix, the recommended dosages are in terms of solid pillules. Each two pills is equal to two drops of a fluid remedy. The user does not have to keep taking the remedy as it was being taken prior to the symptoms disappearing which is different than using allopathic treatments. Regularly, one or two doses could clear out the symptoms. That's why it is important to simply follow the directions of use.

**SUGGESTION:** When symptoms of the patient return to a balance, it should be wise to stop taking the remedy. If there is a recurrence, then a further analysis is recommended. Lots of factors like the ambient and eating habits are also at work. Consult again with a therapists or homeopath to obtain further guidance. A great amount of many of the main ailments listed in the text could be treated by staying away from environmental circumstances and dietary practices that could be one of the causes

## DIETHETIC FACTORS

It can be argued whether or not the majority of people have eating habits that can possibly cause an illness, but recent studies show that there is high probability of unknowingness by a major portion of any population, with some exceptions. Diseases that involve being overweight or having a bilous.

Remember: The Homoeopathic formulae listed in this book are for most common ailments; if you have re-occurring problems you should contact your nearest Practitioner for expert advice. It is essential that the remedies are used sparingly to gain best results. The outlines of various remedies in relation to a particular ailment is a guide only. We hope you may find the listed formulas will be of assistance in correcting human ailments.

## ENVIRONMENTAL FACTORS

Many environmental aspects tend to cause disturbance in our lives, both in the mind and the body, and it is intelligent to recognise some of these if possible. For instance, if you don't like the colour of your house, the answer is to modify it, if it tends to exacerbate you. As mentioned before stay away from places or situations and even personalities that you do not feel in a state of ease and could cause unnecessary mental frustration.

External sources such as those that come from electric wires that have currents going through them, or televisions or telephones (even more now that it is mainly wireless) distress, in one or more ways, the physical balance of the human body, so remember to also take the time to find out how to ground or neutralize those situations.

Sound disturbance can very much affect even people who might come off as insensitive to it and can very well cause aggravation and some symptoms of a previous mental or emotional ailments can arise. More recently it has come to attention that smartphone screens, computer monitors, and even inner lightings, can cause a disturbance to mental health.