

Homeopathy

**FIRST AID KIT -
FIVE REMEDIES**



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Disclaimer

The information contained in this ebook is for acute conditions, not chronic conditions.

The information here is not intended to replace a one on one relationship with a qualified health care professional and is not medical advice.

Be sure to get medical advice as needed. Homeopathy is not a replacement for proper medical care.

I am not a medical professional and I cannot advise you regarding your medications. I cannot diagnose.

I encourage you to make your own health care decisions based on your research and in partnership with a qualified health care professional.

This is intended as a sharing of my knowledge and information from my research, education and experience.

What is homeopathy?

According to the National Center for Homeopathy, “Homeopathy is a system of natural medicine used by millions of people worldwide for more than 200 years to achieve wellness.

It is a federally recognized form of medicine overseen by the U.S. Food and Drug Administration (FDA).

Homeopathy can help strengthen the body to fight short-term illness such as colds, flus, earache, sore throats, and more. For chronic conditions like asthma, depression, autism, or arthritis, find a professional homeopathic practitioner.”

HOMEOPATHY



How to choose a homeopathic remedy's potency

First determine if the condition is a short-term (acute) illness or a chronic condition.

If it's acute, consider using homeopathy at home.

If the condition is chronic, you need to work with a professional homeopath.

Homeopathic remedies come in various potencies (or strengths): 6c, 12c, and 30c. You can also use 6x, 12x and 30x. These lower potencies are gentle and recommended for home use.

Chronic conditions may require a higher potency remedy, which a practitioner must provide.

How to choose a homeopathic remedy's potency (con't)

The goal is to use the lowest potency that works: start low and increase the potency only if the remedy stops working.

You stop using a remedy when there is improvement. If symptoms return you can take the remedy again.

How to take the remedy

It is preferred that you have nothing in your mouth for 10-15 minutes before and after you take a remedy. If there is discomfort, you can dose without waiting the 10-15 minutes before a dose.

Do not touch the remedy with your hands.

Let the remedy melt under your tongue. If you are using drops let them sit in your mouth a bit before swallowing.

You can put the white pills in water, let them dissolve and sip the water. You can also use the dissolved remedies on unbroken skin.

Follow the manufacturer's instructions on how many pills or drops are in a dose. Different manufacturers have different dosing.

Caring for your remedies

Keep your remedies at room temperature.

Heat can ruin remedies.

You may hear taking your remedies through TSA will ruin the remedies. I have sent remedies through TSA's x-ray and they are fine, they still work.

If you notice the white pills are no longer white, it is time to throw them out and replace them.

When to seek medical attention

While some conditions can be handled at home, like most scraped knees, there are times we need to seek professional medical attention.

Do not delay getting to an ER!

You can administer homeopathy on the way to the ER. I have done this and we had great results.

If you want the kit

I created this course using an Ollios kit as my guide.

You DO NOT need the kit to attend the course.

You may use this link to purchase the kit and any other remedy you would like. You will receive a 10% discount.

My honest suggestion, wait on the purchase of the kit. Let's have a class together and we can discuss it.

Arnica

- **It's for bumps, lumps and bruises.**
- **Black eyes, dental pain after a cleaning, aching all over, and falls.**
- **Arthritis and gout pain.**
- **If the bed feels too hard when it normally does not.**
- **May be helpful for postoperative pain.**



Notes:

Hypericum

- Nerve pain.
- Fingers caught in a door or drawer.
- May help for painful scars.
- Sharp and shooting pain.
- Injuries to coccyx due to a fall.
(Seek medical attention.)



Notes:

Ruta

- **Injuries to tendons, connective tissues.**
- **Eyestrain, especially from fine work.**
- **Headaches that feel like a nail in the head.**
- **May be helpful for carpal tunnel.**
- **Joints that are sore from sleeping on them.**



Notes:

Staphysagria

- **Tendency to throw things when mad.**
- **Ailments from anger or grief.**
- **Post surgical pain, especially abdomen.**
- **Acute UTIs.**
- **Trembling when mad.**



Notes:

Sympytum

- May help bones heal, AFTER being set properly.
- Arnica for the eye.
- Tennis elbow.
- Low back pain from over exertion.
- Injuries to the face.



Notes:

A Bit About Me

I became interested in nutrition and healing when I developed MCS, Multiple Chemical Sensitivities. Allopathic medicine said, “it’s in your head.”

I knew there were better options. I changed my lifestyle and my food. I recovered more health than would have been possible with allopathic medicine.

Recently I enrolled in homeopathy school. I have been interested in homeopathy for three decades.

Homeopathy has helped me to improve my health, the health of others and my pets. Yes, homeopathy can be used for our animals!

If you are interested in learning more about how to use homeopathy on a regular basis for acute/first aid situations, you can join my study group. ((Link to sign up))

If you are interested in working with me you can schedule a discovery call with me, <https://calendly.com/falconhom/15min>

I look forward to hearing from you soon.

And remember, your health *is* your most important asset!

In Health,

Annette

References:

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<https://homeopathycenter.org/>

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