

HEADACHES & HOMEOPATHY

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DISCLAIMER

The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.

I am not a medical professional and I cannot advise you about medications.

I encourage you to make your own health care decisions based upon 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.



Here's mine...

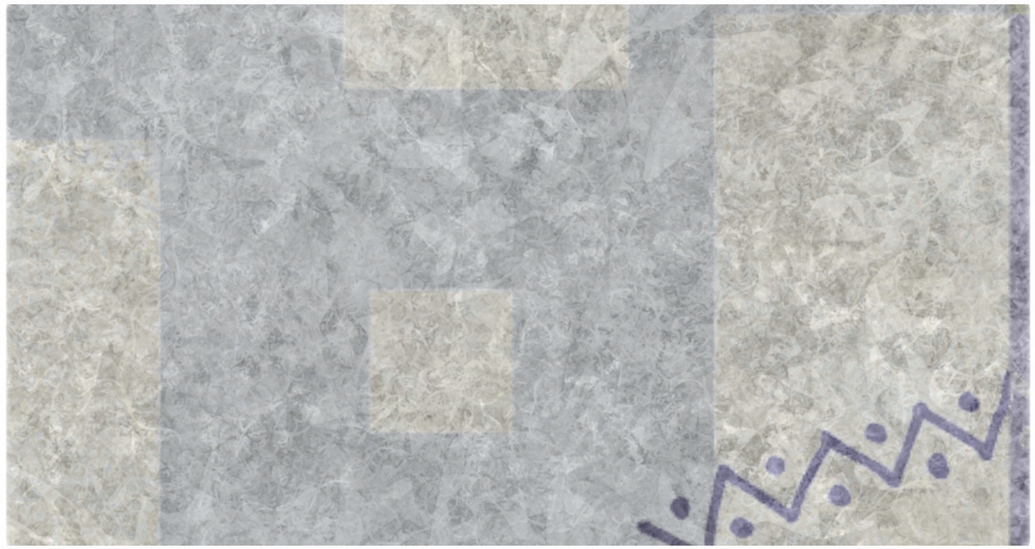
OCULAR MIGRAINE



https://my.clevelandclinic.org/health/diseases/24961-ocular-migraine

- Ocular migraine involves attacks of visual disturbances that affect one eye and migraine headaches.
- The visual issues are temporary.

OCULAR MIGRAINE



- Retinal Migraine refers to visual symptoms that occur in only one eye before or during the headache phase of a migraine attack.

- Retinal Migraine symptoms may include decreased vision, the appearance of twinkling lights, and temporary blindness.

americanmigrainefoundation.org/resource-library/understanding-ocular-migraine/



To determine the best homeopathic remedy, symptoms are important.

The Chief Complaint is most important.



My “Symptoms”

- I thought the lights were too bright.
- I verified this with my daughter.
- My vision was a little distorted.
- I considered an issue with my contacts.
- There were bright zigzags in my lower right field of vision.
- When we got out of the store, back into natural light I realized what was happening.



What is the Chief Complaint?

- I thought the lights were too bright.
- ~~I verified this with my daughter.~~
- My vision was a little distorted.
- I considered an issue with my contacts.
- There were bright zigzags in my lower right field of vision.
- ~~When we got out of the store, back into natural light I realized what was happening.~~



What is the Chief Complaint?

- I thought the lights were too bright.
- My vision was a little distorted.
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What is the Chief Complaint?

- I thought the lights were too bright.
- My vision was a little distorted.
- There were **bright zigzags in my lower right field of vision.**

I was having an eyeball migraine.

But I knew what to do.





Nat Mur 30X

- My zigzags were gone in 10 minutes.
- I was fine the rest of the day.
- I did not get a migraine.



When I looked up my symptoms...

- Migraine with zigzags of light.
- Hammering, throbbing.
- Better from open air.

WHAT IS HOMEOPATHY??



- **Homeopathy is a natural form of medicine used by over 500 million people worldwide to treat acute and chronic conditions.**

- **It is the second most widely used form of medicine in the world.**

- **Sadly, only about 2% of Americans have used homeopathy.**

WHAT IS HOMEOPATHY??



- **Homeopathy stimulates the body to heal itself.**
- **Homeopathy is based on the principle of ‘like cures like’.**
- **Which means, a substance taken in small amounts will cure the same symptoms it causes if taken in large amounts.**

LIKE CURES LIKE



- **A substance that can cause symptoms in a healthy person can help a sick person with similar symptoms.**
- **Cutting an onion can cause watery eyes, sneezing and a runny nose.**
- **A homeopathic remedy made from an onion can help heal someone with a similar cold and hay fever symptoms.**



- Is generally considered safe.
- Is inexpensive.
- Can be learned and used by all.

THE FDA & HOMEOPATHY



- **The FDA has declared homeopathy illegal.**
- **The FDA claims the remedies are “untested drugs.”**
- **The FDA is currently limiting our access to homeopathic remedies.**
- **I want homeopathy to always be a health choice in the US.**

THE FDA & HOMEOPATHY



- **The current FDA eye drop recall.**
- **No homeopathic eye drops have caused harm.**
- **The FDA has blocked the sale of homeopathic eye drops anyway.**
- **The FDA has blocked the importation of homeopathic eye drops to the US.**

Americans for Homeopathy Choice

https://homeopathychoice.org/

HOMEOPATHY

For our purposes today, we will only be discussing acute headaches.

If you have chronic headaches, please seek medical attention.

If you have not had headaches in the past and suddenly you do, please seek medical attention.



WHAT IS A HEADACHE?



https://www.hopkinsmedicine.org/health/conditions-and-diseases/headache

- **A headache is pain or discomfort in the head or face.**
- **Headaches vary greatly in terms of the location and intensity of the pain, and how often the headaches occur.**

WHAT IS A MIGRAINE?



https://www.hopkinsmedicine.org/health/conditions-and-diseases/headache

- **In this type of headache, symptoms other than pain occur as part of the headache.**

- **Nausea and vomiting, lightheadedness, sensitivity to light (photophobia), and other visual symptoms typically occur with migraines.**

SO, YOU ARE HAVING A HEADACHE.

NOW WHAT?



AT MY HOUSE...



You will not find:

- **Aspirin**
- **NSAIDs**

AT MY HOUSE...



- **If you have a headache the first thing you will be offered is water.**
- **Some headaches are caused by dehydration.**

AVOID MIGRAINE TRIGGERS WHEN POSSIBLE





- **Know your triggers.**
- **Avoid them when you can.**

SO MANY REMEDIES!

-over 8,000



For this presentation I will only be discussing the easier to find remedies.

SINGLE REMEDY VS. COMBO REMEDIES



I use both.

Classical Homeopathy is one remedy at a time.

Modern/Practical Homeopathy can use combination remedies.

Today, I am only discussing single remedies.



And let’s not forget:

To determine the best homeopathic remedy, symptoms are important.



- Type of pain.
- Location of pain.
- Hot vs. cold.
- Concomitants.
- Periodicity.

LET'S LOOK AT A FEW REMEDIES





ACONITE HEADACHE

Sudden, violent headache.
Restlessness and fear.
Worse in evening, warm room.
Better open air.
Can be caused by exposure to cold wind.
May feel like your brain is being forced out of your skull.
Brought on by anxiety.





ARINCA HEADACHE

Headaches from head trauma.
Confusion with the headache.
Desire to be left alone.
Don’t want to be touched.
Hot head with cold body.
Brain feels tired.
Headache may feel like pain from a nail, sharp pain.

BELLADONNA HEADACHE



Headaches that come and go suddenly.
Sensation “eyes will pop out”.
Hot head and flushed face.
Cold hands and/or feet.
Intense throbbing pain.
Better lying down in a quiet, dark room.
Large pupils.
Worse from motion, light, noise.
Right sided.
Can have “wild” dreams.

BRYONIA HEADACHE



Bursting headache.
Headaches that begin in the morning.
Better from pressure, lying on the painful side.
Worse from even slight motion.
Left sided.
Thirsty, dry mouth.
Want cold drinks.
Frontal or around eyes.
Tend to be irritable.
Constipation.





CARBO VEG HEADACHE



Headaches from anxiety.
Hair is sore.
Pain worse from pressure of a hat.
Headache from over indulgence.
“Bad effects of debauchery.”
Worse in a warm room.
Insatiable thirst for cold water.



COFFEA HEADACHE

Headaches that occur with insomnia.
Brain can’t “turn off”.
Pain can be worse with noise.
Headache after good news.
Headaches from drinking coffee.
Is chilly, dreads cold air.



FERR PHOS HEADACHE

Headaches that are better from cold.
Congestive headache.
Worse from noise.
Ill effects from the sun.
Throbbing pain.





GELSEMIUM HEADACHE

- Blurred or double vision.
- Difficult to hold head straight.
- Difficult to open eyes.
- Severe shaking with weakness.
- Exhaustion.
- It is worse lying down.
- Feels like a band around the head.
- Apathetic.
- Usually have no thirst.

HYPERICUM HEADACHE



Headache from foggy, damp weather.
Worse from damp.
Bursting pain.
Scalp is *very* sensitive, hurts when touched.

IGNATIA HEADACHE



Headache from bad news.
Headache from grief.
Feels like a nail in the side of the head.
Headache with back or neck spasms.
Headache after being angry.
Headache is worse from tobacco.



MAG PHOS HEADACHE

Considered to be homeopathic aspirin.
Migraines and facial neuralgia.
Worse from cold.
Better from heat and hard pressure.
Headache from mental labor.

NAT MUR HEADACHE





Migraine with zigzags of lights.
One sided.
Dry mouth, watery vomit.
Hammering, throbbing pain.
Pain feels like being hit by a hammer.
Feels like head is in a vice.
Headache after grief.
Considered a main remedy for migraines and headaches.



NUX VOMICA HEADACHE

Headache from the sun.
Headache from over indulgence.
From too much mental work.
Worse on waking up, from light or noise.
Headache with nausea.
Toxic headaches.
Constipation from headache.
Worse from cold.
Better from warmth.



PULSATILLA HEADACHE

Pain forehead or sides of head, spreads to teeth.
Worse from warmth, overworking.
Better from open air, slow walking, cold and binding the head.
Tends to be a remedy for woman & children.
Tends to work well in gentle, kind people.
Worse in evening & during sleep.



Now you have fourteen remedies that can relieve headaches.

Which remedy is best?

What potency should you use?



WHICH REMEDY SHOULD YOU USE?

- **What is your chief complaint?**
- **Narrow down the remedies that fit your case.**
- **Compare the remedies' symptoms.**
- **Select the best remedy.**



compare remedies

Symptom	Coffea	Ferr Phos
Insomnia	Yes	No
Worse from Noise	Yes	Yes
Headache after Good News	Yes	No
Congestive Headache	No	Yes



What if the remedy you have selected doesn't work well?

It doesn't relieve your chief complaint?



You don’t always get the best remedy on first try.

Keep trying.

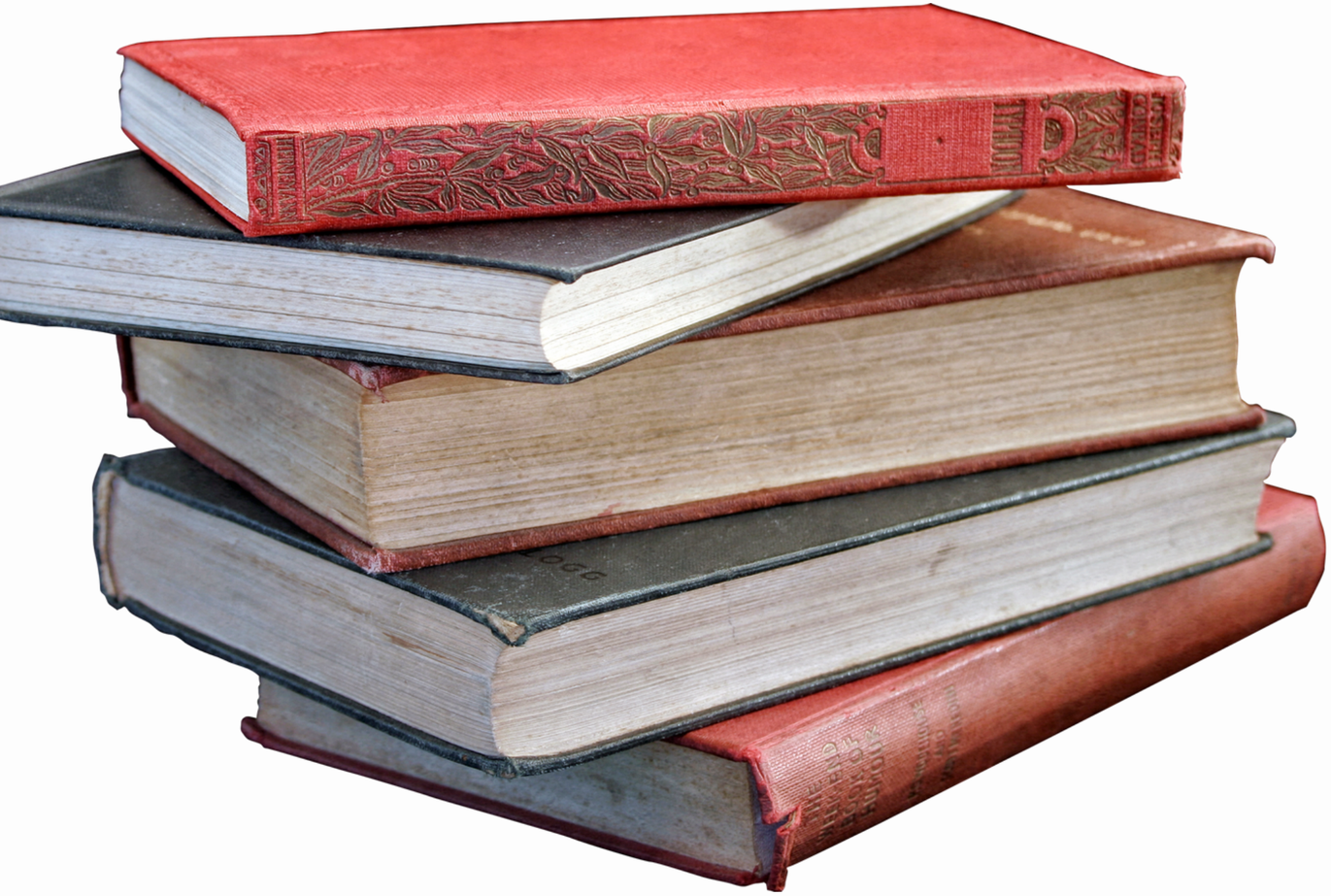
(Headaches can be tricky to select a remedy due to all the possible symptoms.)



Here's mine...



- Flu like symptoms.
- Back & hip pain, in bed.
- Bed was not comfy.
- I could not sleep.



- Got out a remedy book.
- Found my chief complaint, 30-40 remedies listed.
- I narrowed the list down to 6.



- I selected a remedy.
- It took the edge off, a bit, but still no sleep.
- I went back to my book and my list, and selected another remedy.
- The aches went away and I could sleep.



Now you have fourteen remedies that can relieve headaches.

You know how to narrow down your choices.

What potency should you use?

HOMEOPATHY

For our purposes today, we will only be discussing acute headaches.

Therefore, we will only discuss the lower potencies used in homeopathy.

6 X or C **12 X or C** **30 X or C**



HOMEOPATHY

Remedies are made by diluting a substance numerous times in water.

The more a substance is diluted, the stronger the healing effect.

The lower potencies work well for acutes. The higher potencies tend to be used for more chronic conditions.



Dosing



- Follow the instructions on the remedy.
- Take one dose. And wait.
- If no improvement, you can dose again.
- Once there is improvement, stop dosing.
- Then if symptoms return/increase, you can re-dose.

Dosing



- You followed the instructions on last slide, and you get no relief or very little relief a change is needed.
- It is time to re-evaluate your choice of remedy.

Before You Dose, Just Be Aware



- Some remedies may make you fall asleep. That is a good sign.
- Some remedies may make you vomit. That’s a good sign.
- Some remedies may clear your colon. That’s a good sign.

Before You Dose, Just Be Aware



- For the reasons listed on the previous slide, I like to take a new remedy when I am at home.
- When I know how I react to a remedy, I have no problem taking a remedy as needed no matter where I am.



SOME TAKEAWAYS

Homeopathy is used by millions around the world.

When used properly, it is considered safe and effective.

Anyone can learn to use homeopathy for acute situations.

EASY HOMEOPATHY BOOKS

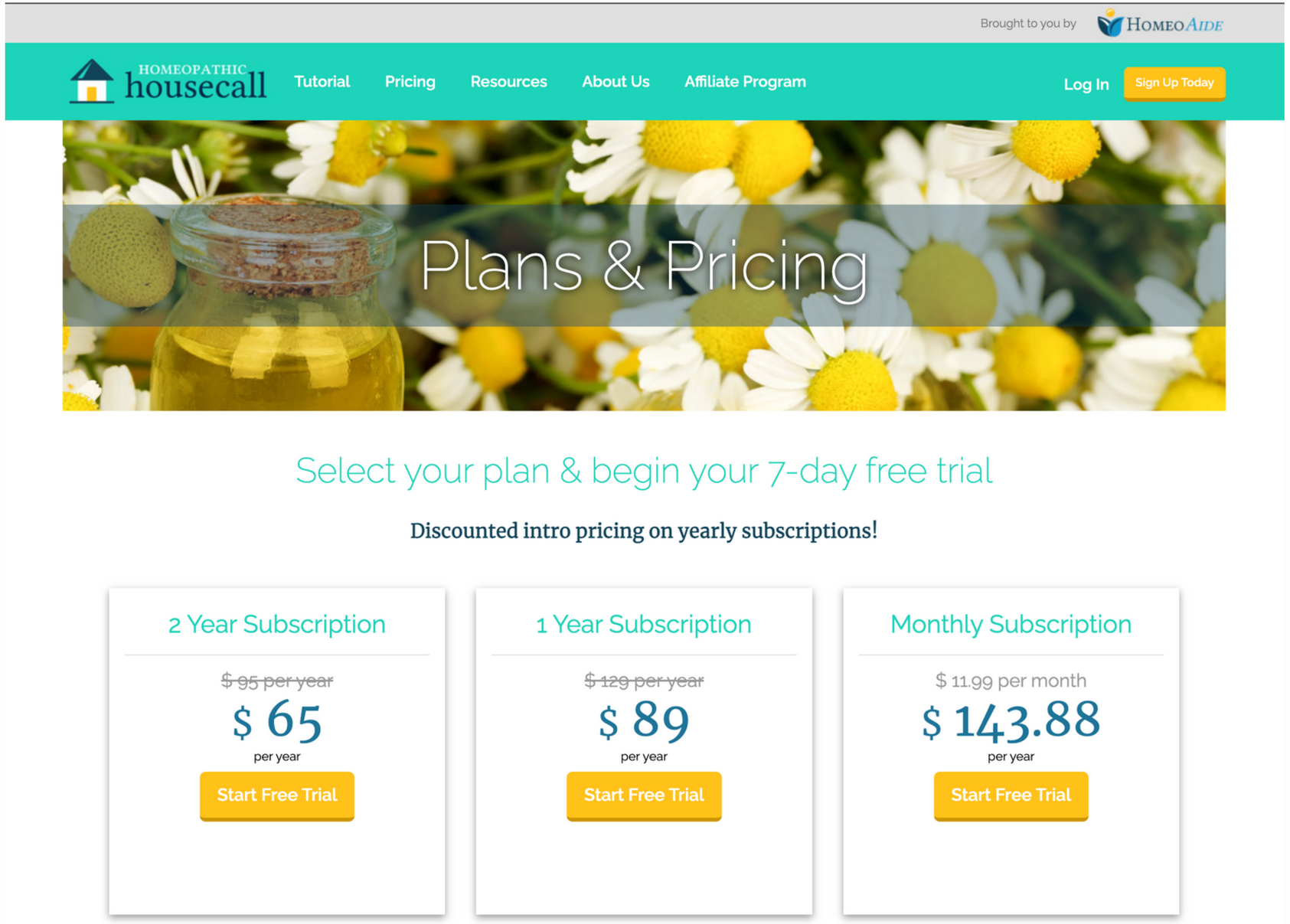
Easy Homeopathy: The 7 Essential Remedies You Need for Common Illness and First Aid
by Edward Shalts

Homeopathic Medicine At Home: Natural Remedies for Everyday Ailments and Minor Injuries
by Maesimund B. Panos MD, Jane Heimlich

Homeopathy Made Simple: A Quick Reference Guide
by R. Donald Papon

The Homeopathic Emergency Guide: A Quick Reference Guide to Accurate Homeopathic Care
by Thomas Kruzel

Software that will do some of the work for you.



https://homeoaide.idevaffiliate.com/185.html

WHERE YOU CAN PURCHASE REMEDIES

Ollois, https://ollois.com/

Boiron, https://boironusa.com/

Hylands, hylands.com

Doctor’s Supplement Store

Fullscript

Sprouts

Some Health Food Stores

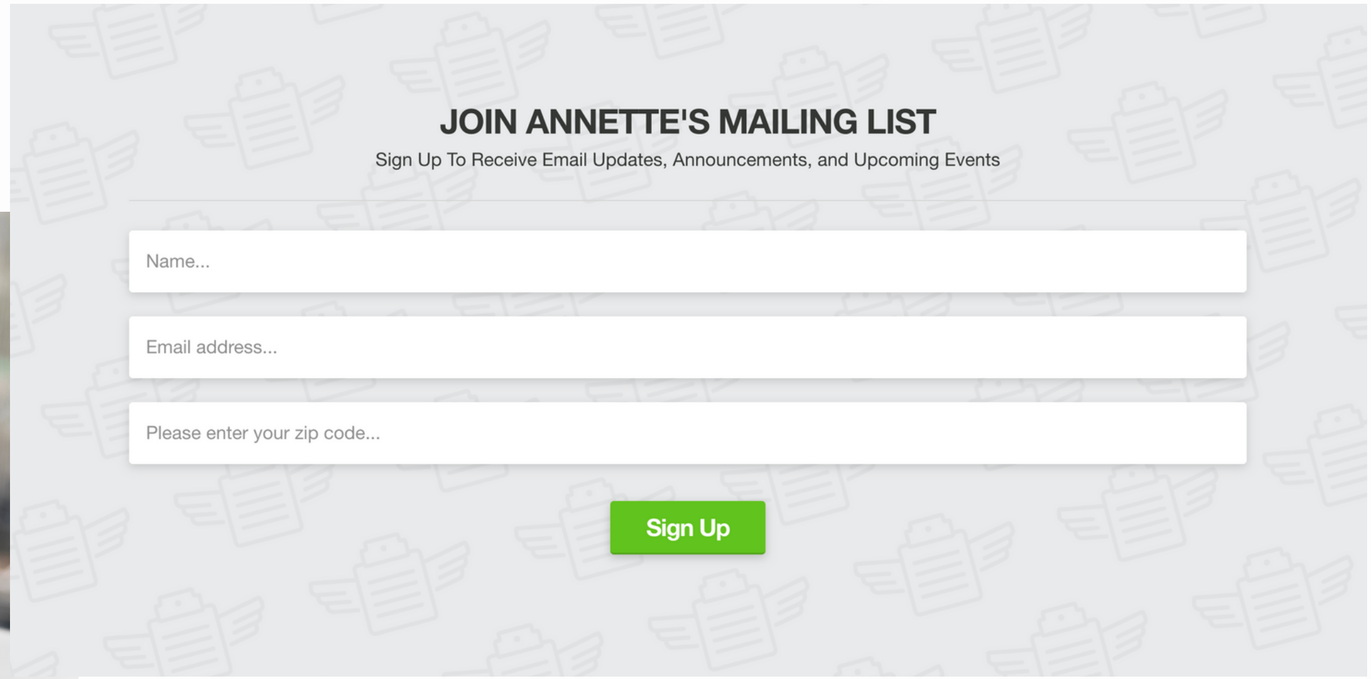
Washington Homeopathic Products
https://www.homeopathyworks.com/

If you are working with a homeopathic practitioner they will have the ability to purchase remedies and have them sent to you.



STUDY GROUP





https://www.signupanywhere.com/signup/kd76masj



CONTACT

E-mail afalconhom@gmail.com

Website https://smallquantities.my.canva.site/homeopathy

RESOURSES

My brain

Easy Homeopathy: The 7 Essential Remedies You Need for Common Illness and First Aid
by Edward Shalts

https://homeopathicfamilymedicinecom.teachable.com/courses/103178/lectures/1505382

Homeopathy Made Simple: A Quick Reference Guide
by R. Donald Papon

Nature's Materia Medica, 4th Ed.
by Robin Murphy

Homeopathy for Musculoskeletal Healing
by Asa Hershoff

The Homeopathic Emergency Guide: A Quick Reference Guide to Accurate Homeopathic Care
by Thomas Kruzel

NCH