



## HOMEOPATHY WITH BECKY

### MY TOP FIFTEEN REMEDIES FOR HOME PRESCRIBING

Here are my top remedies for a range of everyday situations. I have included brief summaries to get you started for acute personal, family and first aid use.

Please get in touch if you would like to discuss how I can help you recover from more chronic symptoms.

#### **ACONITE**

Sudden onset of symptoms, that may be after exposure to cold winds or fright. Intense fear, anxiety or restlessness. Often used at the very first sign of illness.

#### **ARNICA**

Bruising, soreness or shock after physical injury or emotional trauma. Useful for pre- and post-surgery, as well as falls, bumps, sprains and strains.

#### **ARSENICUM**

Burning pains that feel relieved by warmth. Anxiety about health, restlessness and fear of being alone. Vomiting and diarrhoea from food poisoning.

#### **BELLADONNA**

Sudden high fever with red, hot face and cold limbs. Throbbing head, sensitivity to noise and light, dilated pupils. Fever with hallucinations or delirium.

**Becky Alonso RSHom**

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## **BRYONIA**

Dry symptoms - eyes, skin, cough etc. Headaches that are worse from motion, and the person is thirsty. They are grumpy, and want to be left alone. Everything is worse from movement, and better for lying still, in silence.

## **CANTHARIS**

Useful in UTIs, as well as burns and scalds. Burning, scalding pain during urination. Constant and intense urge to urinate. Worse from drinking coffee or cold drinks.

## **EUPHRASIA**

Conjunctivitis and hay fever with burning tears, but non-burning nasal discharge.

## **GELSEMIUM**

Weakness, trembling, heaviness in limbs, eyes, head etc.

Dull, droopy, and drowsy states. Anticipatory anxiety before exams or events. Flu with chills and muscle aches.

## **HEPAR SULPH**

Abscesses, and infected wounds, that are extremely sensitive to touch with sharp pain.

## **HYPERICUM**

Nerve symptoms with sharp, shooting, 'electric' pain. Useful for crushed fingers, dental work, nerve-rich areas like fingers, coccyx and spine, or post-surgery nerve pain.

## **IGNATIA**

Acute grief or emotional shock remedy. May have sighing or a feeling of a lump in the throat. Headaches from emotional upset and grief. Better from distraction.

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## **NUX VOMICA**

Stress with irritability, impatience and over-doing life. Hangovers or digestive upsets from over-working, over-indulgence of food, alcohol, coffee, smoking etc. Constipation with frequent urging but little relief.

## **PULSATILLA**

Changeable symptoms in people with a gentle and tearful disposition, that seek comfort, consolation, hugs and fresh air. Thick yellow discharges. Worse in warm rooms; better in open air and with attention.

## **RHUS TOX**

Muscles sprains and strains, with initial stiffness, but improvement from continued motion. Restlessness, worse at night and in cold, damp weather.

## **RUTA GRAV**

Tendon and ligament sprains, strains, and bruised feeling in bones and joints. Overuse injuries from repetitive strain, including eye strain from reading or screen use.

## **HOW AND WHEN TO USE REMEDIES**

Use one remedy at a time, that most closely matches your symptoms. If symptoms improve, there is no need to repeat it. If symptoms return, another dose can be taken. If there is no improvement, consider a different remedy or consult a professional.

This guide is intended for new, acute, short-lived symptoms. For chronic conditions, please arrange a professional consultation. This guide is for educational purposes, and is not intended to diagnose, treat, or cure.

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