

HOMOEOPATHIC FIRST AID MEDICAL DIRECTORY.

First Aid medicines and procedures take place with the first signs of emotional or physical injury or illness. These medicines listed are not for chronic use and if symptoms persist, please contact your Homoeopath practitioner Celeste Amenta and your local Doctor. Ensure that in any severe or emergency situation you seek medical assistance. Medicines should only be used in accordance to how they have been prescribed.

- All medicinal doses are: 2 pills = 1 dose.
- 3 x a day therefore means – 2 pills taken 3 times a day.
- Pills are to be sucked or placed under the tongue to dissolve. No food liquid or strong flavours are to be had 10 minutes on either side of administering the medicines.
- When selecting a medicine, you or your family member may not have all the symptoms for one medicine, however, choose the medicine with the majority of symptoms present. If they have quite a few symptoms in 2 medicines almost equally, you can give both 10 minutes apart.
- Keep medicines in a safe place out of the reach of children, and away from direct, strong sunlight.
- When in doubt of administering medicines please don't hesitate to contact me on 0408294624.

FIRST AID MEDICINES		
Illness	Symptoms	Medicine and administration
COLDS	<ul style="list-style-type: none">• Start of a common cold.• Runny nose, pours like water.• Tickly throat that causes irritated cough.• Possible acrid watery discharge from nose that burns the skin and upper lip.• Sneezing. <p><i>*Top hay fever remedy, or allergic reaction remedy due to allergens in the air.</i></p>	<p>All Cep 30C (ages 0-3) All Cep 200C (3 onwards)</p> <p>Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce.</p> <p>Then continue following the above prescriptions. Eg, when cold goes from Severe to mild, you would reduce the medicine to 3 x a day.</p>

COLDS	<ul style="list-style-type: none"> • Runny nose with bland mucous. • Eyes are red and watery, which burns, eyelids appear red and dry. • Worse in a warm room. • Flowing mucous by day, stopped up by night. 	<p>Euph3oC (ages 0-3) Euph2ooC (3-onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce.</p> <p>Then continue following the above prescriptions. Eg, when cold goes from Severe to mild, you would reduce the medicine to 3 x a day.</p>
COLDS	<ul style="list-style-type: none"> • Dry, stuffed-up nose, dry lips and very thirsty. • Child or adult is irritable. • Cheeks red and dry. • Dry cough, worse for warm room. <p><i>*See cough section for more symptoms.</i></p>	<p>Bry3oC (ages 0-3) Bry2ooC (ages 3 onwards). Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce.</p> <p>Then continue following the above prescriptions. Eg, when cold goes from Severe to mild, you would reduce the medicine to 3 x a day.</p>
COLDS	<ul style="list-style-type: none"> • Great for first signs of cold and fever with mild sore throat and light cough. • Cheeks may be red, eye lids heavy looking. • Intermittent or mild temp. • Possible ear ache. (Great ear ache medicine). • Runny nose with sore throat. • The person often gets colds and coughs in winter that turn into bronchial complaints. 	<p>FerrPhos 3oC(ages 0-3)FerrPhos 2ooC (ages 3 onwards). Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce.</p> <p>Then continue following the above prescriptions. Eg, when cold goes from Severe to mild, you would reduce the medicine to 3 x a day.</p>

COLDS	<ul style="list-style-type: none"> The 'go to' cold remedy for second stage of a cold, with All Cep or FerrPhos being the first. Stuffed up nose. Yellow or mucky mucous with sinus problems. Better for cold air, open flow of air. Child wants to be held a lot. May have conjunctivitis. May have ear ache also. 	<p>Puls3oC (ages 0-3) Puls2ooC (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce.</p> <p>Then continue following the above prescriptions. Eg, when cold goes from Severe to mild, you would reduce the medicine to 3 x a day.</p>
TEMP	<ul style="list-style-type: none"> Very sudden temp and/or high temp. Red cheeks, wants to be wrapped up with chill/shuddering. Better for being in a warm room. Very red, sore throat, like splinters to swallow. (Does not have to be present to take this medicine for temp and fever). 	<p>Bell3oC (ages 0-3) Bell2ooC (3-onward).</p> <p>40 -38 Every 20 mins till reduced. 37-36 Every 40 mins till reduced.</p> <p>Once reduced, repeat if temp increases again.</p>
TEMP	<ul style="list-style-type: none"> Mild temp that comes with the onset of a cold. Chill and heat alternate. Temperature comes and goes, or is mild the whole time. 	<p>FerrPhos 3oC (ages 0-3) FerrPhos 2ooC (ages 3 onwards)</p> <p>Every hour till reduced. Then only if temp re-occurs.</p>
THROAT	<ul style="list-style-type: none"> Onset of a sore throat that comes with a mild cold and fever, or ear ache. Sore, red and inflamed. Hurts to swallow. <p>*First aid medicine for excessive bleeding or blood noses.</p>	<p>FerrPhos 3oC (ages 0-3) FerrPhos 2ooC (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce.</p>

THROAT	<ul style="list-style-type: none"> • Sudden or severe pain in the throat with swelling and rawness. • Great pain upon swallowing. • Red throat. 	<p>Bell3oC (ages 0-3) Bell2ooC (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 30 mins - 1 hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>
THROAT	<ul style="list-style-type: none"> • Hard, enlarged glands. • History of tonsillitis or glandular fever. • Colds where the glands often become enlarged and throat full and pain felt in the tonsils or gland region, even under arms or groin. 	<p>Bar C 3oC(ages 0-3) Bar C 2ooC (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>
THROAT	<ul style="list-style-type: none"> • Raw and red sore throat with scratchy feeling. • Enlarged glands with painful sore throat. • Red and raw or ulcerative tonsils or throat. • One side might hurt more than the other. • Tonsils may produce a discharge which is bloody. • Tonsillitis first stage. • May have ear ache with it, or burning chest cough. <p><i>*Very popular medicine for many infections of the skin- cuts and burns that become infected, ulcers in the mouth and gums, preventative for infection after tooth extraction, ear infections.</i></p>	<p>Merc Sol 3oC (ages 0-3) Merc Sol 2ooC (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 30 mins - 1 hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>

THROAT	<ul style="list-style-type: none"> • Early onset of cough. • Dry, or barking or croupy cough. • Worse at night. • Child is restless and fearful. • Can come on due to a sudden shock in your life. <p><i>*First aid medicine for sudden or delayed shock or trauma; physical or emotional.</i></p>	<p>Acon 30C (ages 0-3) Acon 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce. (Only up to 2 doses).</p> <p>Then continue following the above prescriptions.</p>
THROAT	<ul style="list-style-type: none"> • Enlarged glands, where throat feels as though it is closing. • Throat feel as though there is a lump or stick in it. • Tonsils and/or nose producing cheesy, white or yellow discharge. • Cheesy or sour taste when harking. • Colour of mucous and/or spittle is yellow or lumpy white. • Needing to bring up spittle from the throat. • Worse in cold air, rooms or at the beginning of seasonal change from summer to autumn. • May have a spasmodic, wet cough at night or in cold air. • May have snotty nose that is white, thick or yellow. • Night time worse. • Post nasal dripping which causes coughing or harking. 	<p>HepSulph 30C (ages 0-3) HepSulph 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 1-2 hours until symptoms reduce.</p> <p>Then continue following the above prescriptions.</p>
COUGH	<ul style="list-style-type: none"> • This is a good all-rounder for spasmodic coughs that come on when night time air hits or the weather becomes cooler. • Struggle to inspire without letting out a series of hard, short coughs (can be dry sounding or flemy). 	<p>Hep Sulph 30C (ages 0-3) Hep Sulph 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p>

	<ul style="list-style-type: none"> • A sensation of tickling, lump or splinter in the throat • If any of the other cold or throat symptoms that match are present than this medicine will suit very well. 	<p>Severe- Every 30 mins - 1 hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>
COUGH	<ul style="list-style-type: none"> • Rattling cough, or rattling sound in the chest when breathing in and/or out. • Possible wheezing. • Cough sounds dry but there is mucous in the airways. • Mucous very hard to bring up, just sits in the chest. • Worse at night or lying down. 	<p>Ant T 30C (ages 0-3) Ant T 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening. Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night. Severe- Every 30 mins - 1 hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>
COUGH	<ul style="list-style-type: none"> • Dry, hacking, painful cough. • May need to hold ribs. • May have bad splinter-like head ache. • Better for rest, no movement. • Worse heated rooms. <p>*If the cold symptoms are also present this will be a good match.</p>	<p>Bry 30C (ages 0-3) Bry 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening. Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night. Severe- Every 30 mins - 1 hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>
TEETH and GUMS	<ul style="list-style-type: none"> • Teething in infants and children. • One red cheek. • Irritable child who wants something than throws it away. • Struggling to sleep with tooth pain. • Great for restlessness, or inability to sleep in both adults and children. 	<p>Cham 30C (ages 0-3) Cham 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening. Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night. Severe- Every 30 mins - 1 hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>

TEETH and GUMS	<ul style="list-style-type: none"> Possible infection and/or bleeding from dental work. Go to medicine for ulcers in the mouth or gums. 	<p>Merc Sol 30C (ages 0-3) Merc Sol 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>
TEETH and GUMS	<ul style="list-style-type: none"> Tooth ache, with nerve pain. <p>*Great first aid medicine for injuries to the nerves or flesh; such as lacerations to fingers etc and pinched nerves, such as spinal pain.</p>	<p>Hyp 30C (ages 0-3) Hyp 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every hour until symptoms reduce. (Only up to 3 doses)</p> <p>Then continue following the above prescriptions.</p>
GASTRO Or FOOD POISONING	<ul style="list-style-type: none"> Vomiting with diarrhoea from rotten food/food poisoning or Gastro. Severe pains in the tummy with cramping. Better for releasing bowels, but pain and bouts of diarrhoea return shortly. Possible temp/fever. <p><i>* Can take this with Coloc for cramping and China for weakness. All 3 are allowed. Take approx. 2 mins apart from each other.</i></p> <p><i>*First aid for pets that may have been poisoned- take every 10 mins 30C. Always consult a Vet also.</i></p>	<p>Ars Alb 30C (ages 0-3) Ars Alb 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 30 mins- 1hour until symptoms reduce.</p> <p>Then continue following the above prescriptions.</p>

GASTRO Or FOOD POISONING	<ul style="list-style-type: none"> • Profuse painless diarrhoea from either 'Bali Belly' or other disagreeable foods. • Great amounts of watery diarrhoea. • May not have pain just very runny stools. • Involuntary release of stools. • Horrible odour. 	<p>Podo 30C (ages 0-3) Podo 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 30 mins- 1hour until symptoms reduce.</p> <p>Then continue following the above prescriptions.</p>
GASTRO Or FOOD POISONING	<ul style="list-style-type: none"> • Fever with shakes and gastro. • Painful diarrhoea • Cramping • Vomiting • Loss of fluids • Weakness and trembling. • Dehydration. 	<p>China 30C (ages 0-3) China 200C (ages 3 onwards) *take alongside any other G.I.T medicine, especially good for recovery.</p> <p>Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 30 mins- 1hour until symptoms reduce.</p> <p>Then continue following the above prescriptions.</p>
GASTRO Or FOOD POISONING	<ul style="list-style-type: none"> • Very certain food poisoning. • Diarrhoea • Stomach cramps. • Profuse vomiting. • Shaking. • Weakness. <p>*First aid infection medicine, open wounds and infections of the skin, good for pets who have been attacked and there is the possibility of infection; in this case take with Acon for shock. For pets use 30C</p>	<p>Pyro 30C(ages 0-3) Pyro 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening.</p> <p>Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night.</p> <p>Severe- Every 30 mins- 1hour until symptoms reduce.</p> <p>Then continue following the above prescriptions.</p>

HANG OVER or OVER EATING	<ul style="list-style-type: none"> • Had too much to drink, hangover. • Bad headache upon waking. • Tummy pain from eating disagreeable or rich food or too much food. 	Nux Vom 30C (ages 0-3) Nux Vom 200C (ages 3 onwards) Take on presentation of the illness. If reduced, only take another once or twice, one or 2 hours later.
COLIC in INFANTS	<ul style="list-style-type: none"> • Colicky babies who bend their knees and cry out in pain from cramping in the tummy. 	Coloc30C (ages 0-3) Coloc 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening. Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night. Severe- Every 30 mins- 1hour until symptoms reduce. Then continue following the above prescriptions.
INJURIES And JETLAG	<ul style="list-style-type: none"> • First aid injury medicine. • Shock after injury or emotional trauma, and cannot be comforted. • Physical blows to the body with bruising and pain. • Painful muscles upon injury from a fall. • Sprains and strains. 	Arn 30C (ages 0-3) Arn 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening. Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night. Severe- Every 30 mins- 1hour until symptoms reduce. Then continue following the above prescriptions.
BITES and STINGS	<ul style="list-style-type: none"> • Swelling and stinging due to a bee or wasp sting. • Swelling of any part of the body which becomes red, quick to swell and may burn. • Any allergic reaction where this might happen. However, after administering this as first aid and symptoms persist seek medicinal care. 	Apis 30C (ages 0-3) Apis 200C (ages 3 onwards) Mild- 3 x a day until symptoms clear. Morning, midday, evening. Moderate- 4 x day until symptoms clear. Morning, midday, late afternoon, night. Severe- Every 30 mins- 1hour until symptoms reduce. Then continue following the above prescriptions.

