# Natural Medicine First Aid workshop

By Christine Pope,

Naturopath, Homeopath and Nutritionist

# Overview

- Naturopathic First Aid
- Immune Support – Supplements
- Management of fever
- Homeopathics for Flu Symptoms
- Useful remedies
- Resources and followup

# Basic Immune Support

- 1g a day of Vitamin C – split doses
- Zinc 25mg a day
- Vitamin D up to 5000 iu
- Elderberry (Sambucol)
- YEP tea / Lemon and garlic
- Manuka Honey

# Fevers

**What is a Fever?**

Fever is a rise in body temperature above the normal temperature, usually caused by infection. Normal body temperature is around 37°C

## Medical concerns

In children between the ages of six months and six years, fever can trigger convulsions. A fever of 42.4°C or higher, can permanently damage the brain.

# Fevers

**Practical Matters**

Less clothing

Sponging

Liquids and rest

Image from Visual Language Stock Photo

# What is Homeopathy

Homeopathy is a therapeutic method which selects medicines according to the Law of Similars  and administers medicines according to the Law of Minimum Dose.

Homeopathy is a method of treatment, based upon a natural Law of Cure, namely 'Like Cures Like'.

# Homeopathic Case Taking

We need to match the remedy to the case

Sensation – words for pain

Location – where is it , point?

Modalities – makes it better or worse

Concommitant – a symptom that occurs at the same times

Causation – what was the trigger?

# Dosage

## How Many Doses and How Often?

- Prescribe according to the urgency of the situation Acute 3 times a day or up to hourly for an injury
- Stop on improvement
- Repeat the same medicine if the same symptoms return as needed.

# Homeopathic Remedies

# Fever Remedies

- First stage of many colds and flu is fever
- Useful remedies include Aconite, Belladonna, Ferrum Phos and Chamomila – ABC Mix is helpful
- Europe's most popular remedy for flu is Oscillococinum which can ward off the flu if given early and reduce the symptoms.
- Dull, droopy and dizzy consider Gelsemium for flu symptoms or slow recovery.

# BELLADONNA - Physical

- Intense heat, redness, burning
- Pupils dilated, shining
- Dusky red appearance of face or one red cheek
- Dryness, burning hot to touch
- Rapid pulse
- Symptoms appear and disappear suddenly

# Belladonna

Sudden, intense fever and inflammation, especially 3 PM. Night

Face and body burning hot; hands and feet icy cold.

Dilated shiny pupils

Redness, burning and heat

Violent mental symptoms, striking, biting, spitting, kicking

Frightening hallucinations

# FERRUM PHOS

Useful for the first stages of fever and the initial stages of inflammatio n.

# FERRUM PHOS - Fevers

First stage of catarrhal and inflammatory fevers

Chill daily at 1pm with desire to stretch

Fever generally with soft, quick pulse and thirst, but sweat doesn't >

Fever with no clear pathology associated.

# NUX VOMICA – Stomach flu

Nausea

Insomnia

Overindulgence, indigestion

Colds/snuffles

Vomiting

Diarrhoea

Hay fever/asthma

# NUX VOMICA - Physical

- Chilly – dislike drafts and open air and catch cold easily
- Oversensitivity of senses – to noise, touch, draft, smells etc
- Useful for digestive organs, stomach, liver, nerves, respiration
- Wants to lean head on something in headache
- Ineffectual urging to stool/ constipation
- Sensation as if not finished

## Cough Remedies

Hepar Sulph – productive cough and mucous , often cough is hoarse.

Nux Vomica –post nasal drip

Pulsatilla – very changeable

Bryonia – hard and dry

# Arsenicum

- Symptoms like food poisoning
- Worse after midnight
- Chilly
- Desires sips of water
- Vomiting and diarrhea
- One nostril blocked
- Anxious

# PULSATILLA - Physical

Complaints wander and shift in nature and character.

Ear/ Nose complaints

External ear red and swollen

Otorrhoea, discharge of blood, pus, thick yellow, offensive

Chronic bland yellow discharge from nose

**Profuse thick, bland green /yellow discharges**

Delay of first menses in mild, gentle young girls (Clarke)

# PULSATILLA - Physical

Sluggish

Constipation

Stools changeable, no two stools alike

**THIRSTLESS+++**

Averse to fats, pork

**"heat" sensitive.** Cannot bear heat in any form

Crave fresh air.

Chronic cough after measles

# Resources

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Order remedies – Similimum Wellington/Nelsons Pharmacy York St/Martin & Pleasance

Useful Book – Homeopathic Self Care (Amazon)

Appointments at Elemental Health, 15 Stanley St St Ives or call 8084 0081 (christine@elementalhealth.net.au)