

Homeopathic ~ First Aid Remedies

<u>Remedy</u>	<u>Indications</u>	<u>Symptoms</u>	<u>Suggested Dosage</u>
Apis Mellifica (Honeybee)	Bee stings, insect's bites, hives, jelly fish stings.	Swelling, itching, redness, pains are stinging & burning. Puffy swelling eyes, throat, tongue, face. Thirstlessness. Better cold applications, open air. Worse heat, touch, pressure.	12c up to every 3 hours depending on symptoms
Aconitum Napellus (Monkshood)	Shock, Ailments of immune system, especially if caused by suddenly sweat or by dry cold air, getting wet, storms or cold winds. Acute, sudden and violent illness with high fever.	Anxiety, fright and shock. A state of fear, anguish of mind and body, Fear of death, dying many fears after an accident.	12c-30c-200c every 2-3 hours depending on symptoms
Arnica Montana (Leopards bane)	First remedy in any injury or accident. Bruising, sore muscles, shocks, falls, head injuries, concussion.	Soreness & bruised feeling, shock, bleeding caused by injury, overuse of muscles, sprains, strains.	12c-30c-200c 1-3 hours depending on symptoms
Calendula Officinalis (Marigold)	Abrasion, scratches, burns, superficial wounds, gnat bites, incised wounds, diaper rash.	Skin irritation or injury requiring a soothing lotion or cleansing. Protects skin & promotes healing, prevents infection.	Ointment apply topically as needed 12c-30c
Hypericum Perfoliatum (St Johns Wort)	Nerve ending injuries-crushed fingertips, tail bone. Puncture, cut or lacerated wounds, concussion of brain or spine.	Pains shooting up/down the limb, or spine. Worse from touch, cold, dampness, fog. Better from bending head.	12c 3 times a day/ointment apply topically
Ledum Palustre (Marsh tea)	Puncture wounds from sharp objects, bee or mosquito stings, animal bites & scratches, black eye from blow.	Injured area is cold & numb, better by cold applications. Worse at night & from warm applications & from heat of bed.	12c 3 times a day, depending on symptoms
Rhus Toxicodendren (Poison Ivy)	Sprains or strains of joints, muscles, tendons or ligaments. Torn ligaments & tendons. Blistering, itching, burning & swelling of skin (poison oak/ivy).	Painful when beginning to move better after continued motion, Thirsty, restless. Injured area is hot & swollen. Better from heat. Worse from cold, damp weather.	12c 1-3 hours depending on symptoms
Ruta Graveolens (Rue)	Sprains close to the bone. Bruised bone, shin splints. Tendons & ligaments ailments not helped by Rhus Tox.	Sprains. Worse from cold, lying down, wet weather & being at rest.	After Arnica 12c 3 times a day
Symphytum Officinale Comfrey (knit-bone or bone-set)	Fractures, broken bones or bone injuries phantom nerve pain, Eye injuries, eyeball and eye socket.	Knit bones back together, (make sure the bone has been set properly before giving this remedy) Bruising to the bone's especially bones close to the surface such as eye orbit and shins. Brittle bones, Eye injury long lasting pain after eye injury. Worse to the touch, worse movement.	12c-30c-200c 3 x day depending on the injury and symptoms

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Avghi's Journey to Healing

Avghi's path to homeopathy began with a transformative experience living in South Africa, where she gained profound respect for traditional healing wisdom. This pivotal journey ignited her lifelong dedication to homeopathic medicine and helping others achieve optimal health.

With three decades of clinical experience since 1995, Avghi has earned recognition as one of California's leading homeopathic practitioners. As Director and Co-founder of the Adamas School of Homeopathy (established in 2003), she helps to educate the next generation of practitioners while maintaining her thriving practice. A sought-after educator and author, she has shared her expertise on television, radio, and numerous podcasts.

An Integrative Approach to Wellness

Homeopath, centers on treating the whole person, addressing physical, mental, and emotional health rather than isolated symptoms. Drawing on homeopathy's 250-year legacy, she provides safe, effective, natural care without side effects or dependency. Her integrative approach may incorporate Bach Flower Remedies and nutritional guidance when needed, tailoring each treatment plan to her patients' unique needs and empowering them to achieve lasting wellness.

- **What is Homeopathy:** Homeopathy is a 200-year-old science, tried & true, used widely in Europe & the US. Founded by Dr. Samuel Hahnemann.
- **How It works:** Homeopathy stimulates the body's own immune system, by using minute doses of potentized substance from the plant, mineral & animal kingdoms.
- **Why it works:** Homeopathy treats the whole person on physical, emotional & mental levels. It helps the body back into balance; it aims to cure not simply to alleviate.
- **Who would use Homeopathy:** Homeopathy is safe for babies, children, teens, pregnancy and adults... for physical, mental & emotional balance.

I invite you to explore what Homeopathy can do for you.

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