David Gemmell

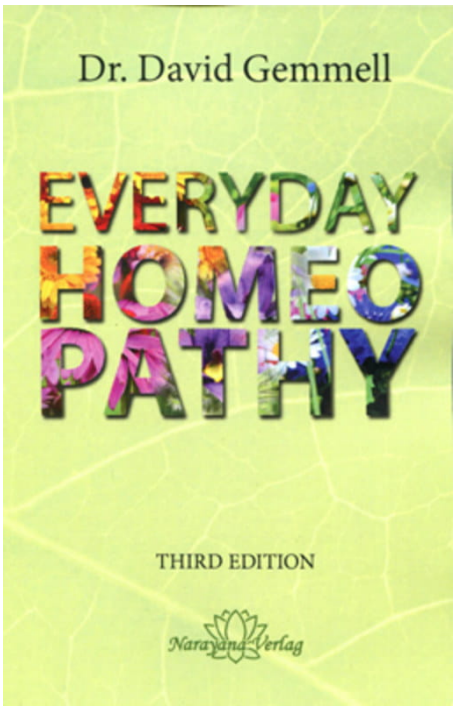
Everyday Homeopathy

Testo di esempio

Everyday Homeopathy

da David Gemmell

redattore: Narayana Verlag



Nel Negozio online Narayana troverete tutti i libri in tedesco e inglese su omeopatia, medicina alternativa e stile di vita sano.

Copyright:
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern
tel. +49 7626 9749 700
E-mail info@narayana-verlag.de
https://www.narayana-verlag.de

Narayana Verlag è una casa editrice specializzata in libri di omeopatia, medicina alternativa e benessere. Pubblichiamo opere di autori innovativi e di grande prestigio come Rosina Sonnenschmidt, Rajan Sankaran, George Vithoulkas, Douglas M. Borland, Jan Scholten, Frans Kusse, Massimo Mangialavori, Kate Birch, Vaikunthanath Das Kaviraj, Sandra Perko, Ulrich Welte, Patricia Le Roux, Samuel Hahnemann, Mohinder Singh Jus e Dinesh Chauhan.

La casa editrice Narayana Verlag organizza seminari di omeopatia. Relatori di fama mondiale come Rosina Sonnenschmidt, Massimo Mangialavori, Jan Scholten, Rajan Sankaran e Louis Klein ispirano fino a 300 partecipanti.

Contents

INTRODUCTION 1

Why this book has been written 1
What is homoeopathy? 3
How to use this book 4
How to select the symptoms 4
The remedy 5
The dose 5
Continuing the dose 6
Potency 7
Important points to remember about homoeopathic remedies 8

ACCIDENTS AND FIRST AID 9

Animal bites 10
Burns and scalds 12
Eye injuries - blows to the eye 14
Eye injuries - foreign bodies 16
Fractures 18
Head injury 20
Insect bites and stings 22
Nosebleeds 24
Sprains and strains of joints, muscles and ligaments 26
Wounds - abrasions, scrapes and grazes 28
Wounds - cuts and lacerations 30
Wounds - infected 32
Wounds - punctured 34

PROBLEMS OF WOMEN 37

MENSTRUATION 38
Establishment of menstrual periods in adolescent girls 40
Heavy periods - flooding (Menorrhagia) 40
Late periods 42
Painful periods (Dysmenorrhoea) 44
Scanty periods 46
Premenstrual syndrome (PMS)/ Premenstrual tension (PMT) 48

VAGINAL DISCHARGE (LEUCORRHOEA) 50
BREAST PROBLEMS 52
Breast pain 52
Lumpy breast (Nodules) 52

PREGNANCY 54
Threatened miscarriage 54
Morning sickness 55
Heartburn 56
Cravings 56
Night cramps 57
Urinary frequency 58
Backache 58
Emotional disturbances - before and after confinement 59
Coming up to confinement – from eight months (36 weeks) 60

Coming up to confinement - last days 60
After the confinement 61

BREASTFEEDING PROBLEMS 62
Too little milk 62
Too much milk 62
Sore nipples 62
Inflammation of breasts (Mastitis) 63

MENOPAUSE ("CHANGE OF LIFE") 64
Hot flushes 65
Other problems associated with the menopause 66

CHILDREN'S PROBLEMS 67

THE NEWBORN BABY 68
After delivery 68
Soft tissue swelling of scalp 68
Hernia 68
Jaundice 69
Swollen breasts 69
Conjunctivitis ("Sticky eyes") 69

THE BABY 70
Feeding problems 70
Milk intolerance 70
Wind and colic 70
Diarrhoea 72
Diarrhoea alternating with constipation 72
Nappy rash 74
Teething 74
The crying baby 76
Convulsions (Fits) 76

TODDLERS AND SCHOOL CHILDREN 78
Adenoids – large 78
Asthma in children 80
Bedwetting 82
Colds and influenza in children 84
Constipation in children 86
Cough in children 87
Croup 88
Earache 90
Ears – discharging 92
Fluid in the ears ("Glue ear") 92
Sleeplessness in children 94
Sore throat in children 94

FEVERS AND INFECTIOUS DISEASES 96
Chickenpox 98
Glandular fever (Infectious mononucleosis) 98
Measles 100
Mumps 100
Scarlet fever 102
Whooping cough 102
Immunisation 103

GENERAL PROBLEMS 105
Acne vulgaris 106
Anxiety (see also "Fear") 108
Arthritis 110
Chilblains and poor circulation 114
Chronic fatigue syndrome 116
Common cold - early stages 120
Common cold - later stages 122
Constipation 124
Cough 126
Cystitis 128

Dental abscess (Gum boils) 130
Diarrhoea 132
Eczema 134
Fear (see also "Anxiety") 136
Fibrositis (Muscular rheumatism) 138
Hangover (Ill effects of alcohol) 140
Hay fever 142
Headache and migraine 144
Herpes - mouth or genital 151
Hoarseness and loss of voice 152
Indigestion (Dyspepsia) 154
Inflammation, boils and abscesses 156
Influenza 158
Irritable bowel syndrome (IBS) 160
Mouth ulcers (Aphthous ulcers) 162
Nausea and vomiting 164
Nettle rash (Hives, Urticaria) 166
Operations 168
Pain 172
Perspiration - excessive 180
Piles (Haemorrhoids) 182
Psoriasis 184
Rosacea (Acne rosacea) 184
Shingles (Herpes zoster) 186
Shingles, pain after (Post-herpetic neuralgia) 188
Sinusitis and catarrh 190
Skin - oily or greasy 193
Sleeplessness 194
Sore throat (Infected tonsils, Tonsillitis, Pharyngitis) 196
Toothache 198
Travel sickness and jet lag 200
Varicose ulcers 202
Warts (Verrucas) 204

A BASIC MATERIA MEDICA 206

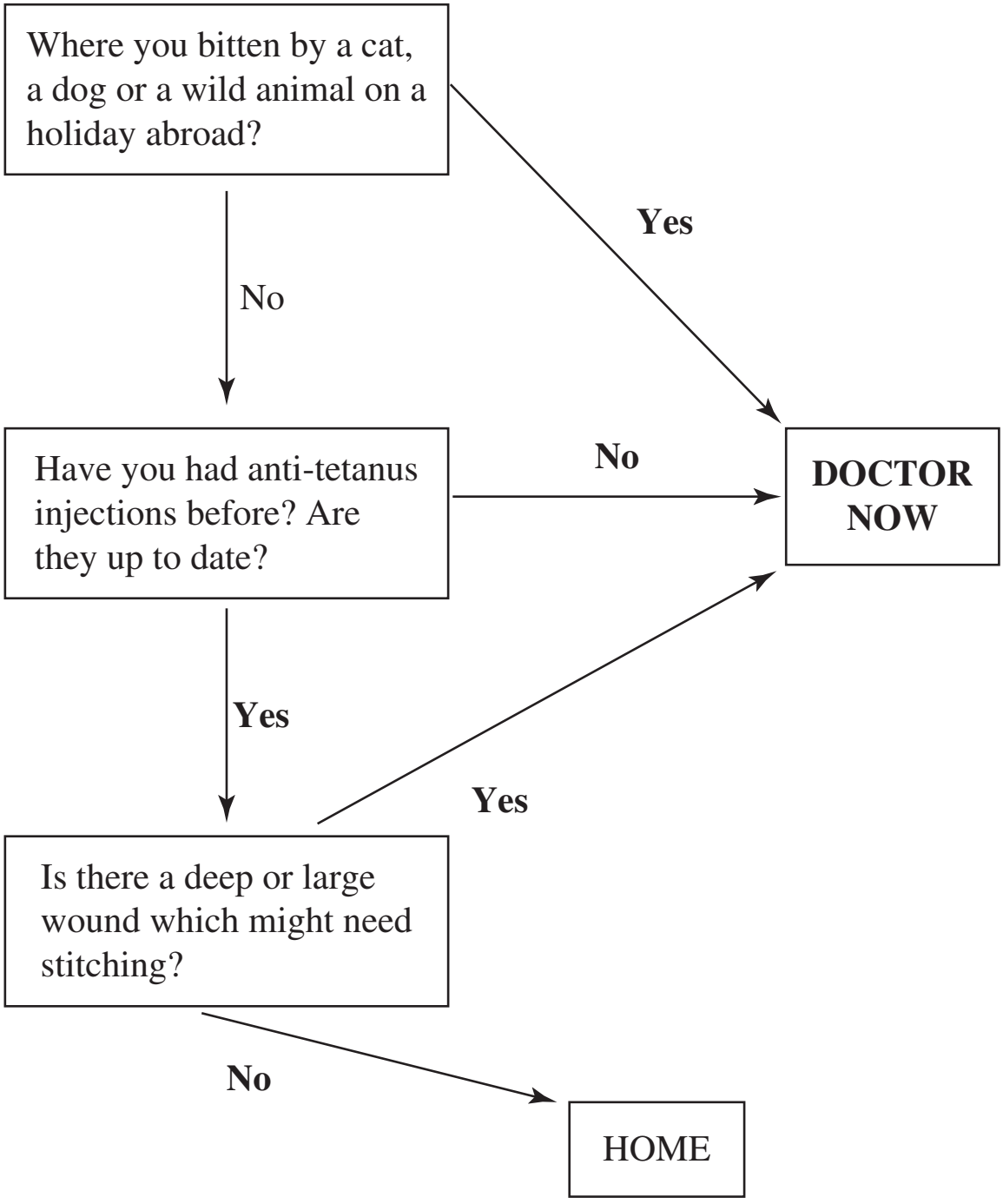
THE MEDICINE CHEST 212

THE FIRST AID BOX 214

INDEX OF REMEDIES 215

INDEX OF PROBLEMS 219

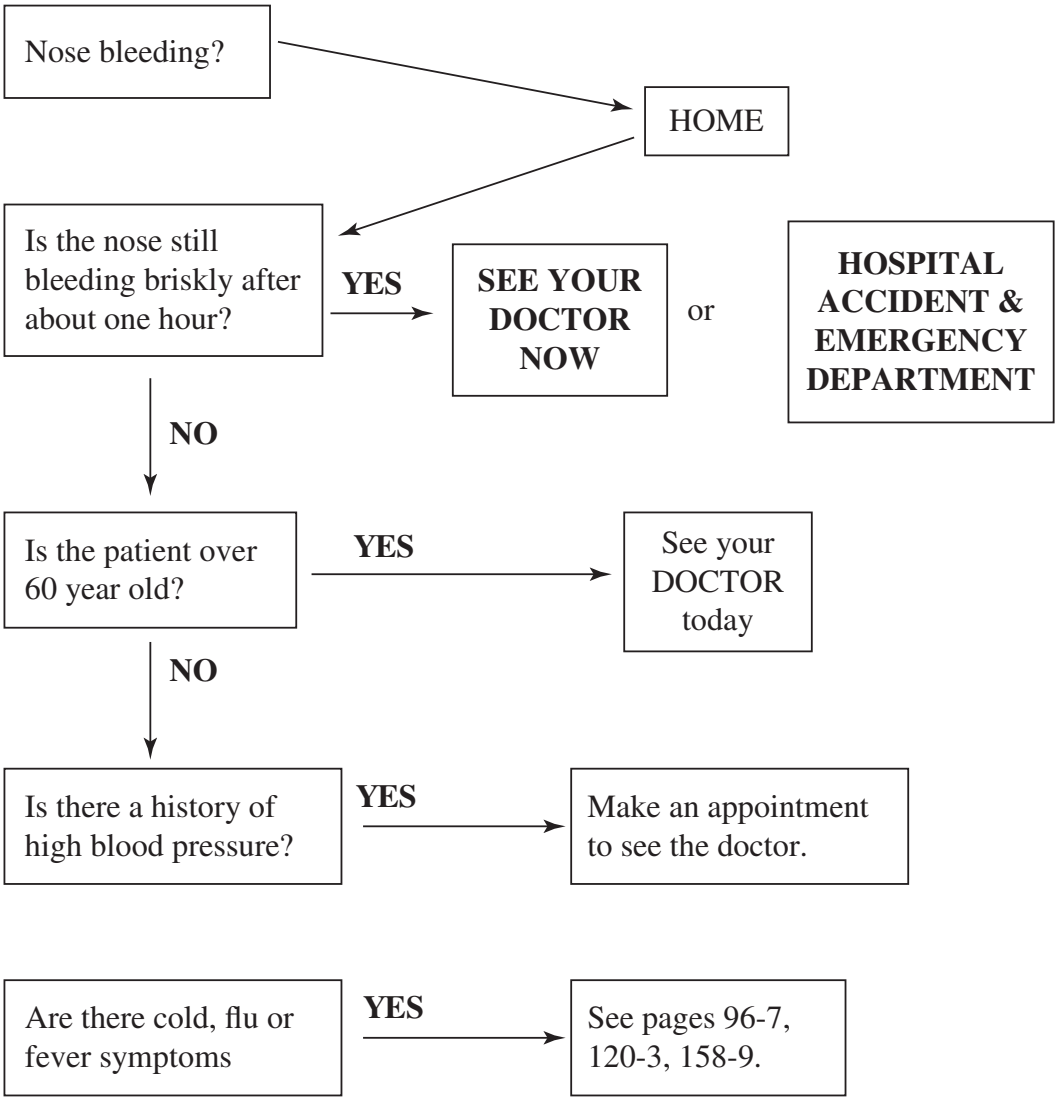
ANIMAL BITES



NOSEBLEEDS

Bleeding from the nose normally comes from a minor injury to the small veins in the lining of the soft part just inside the nostrils. Occasionally it occurs because of a virus infection - more frequently in children - and may start with sneezing.

Some people have a tendency to get nosebleeds easily, and while not serious, they are a nuisance. The following method of First Aid is practical, and the most suitable remedy can be given at the beginning.



NOSEBLEEDS

General Measures

- *Do not panic. Be calm.* Give the remedy.
- Sit the patient down leaning forward, over a large bowl or basin, and tell him not to sniff or swallow the blood.
- Use a towel as a bib to cover the chest and drape it over the knees.
- Tell the patient to *pinch* the soft part of the nose between the thumb and fore-finger for *not less than five minutes by the clock,* and to breathe through the mouth throughout.
- Do not blow the nose for twelve hours at least.

By Mouth

Irritable. Fear – ”something must be done”.	**Aconite 30c.** One dose every half hour for 2-3 doses.
After injury.	**Arnica 6c**. One dose every two to three hours for the first day and twice a day for 3 days.
Anxious, dithery and trembly, wants to be held.	**Gelsemium 6c.** One dose every half hour for 2-3 doses.
Weeping. ”Hysterical”.	**Ignatia 30c.** One dose every half hour for 2-3 doses.
Bright red bleeding, particularly after injury.	**Phosphorus 6c.** One dose every fifteen minutes until stopped.

LATE PERIODS

Some women have a natural menstrual cycle which is longer than the average of twenty-eight days. This is normal for them and should not cause concern, provided that they remain well and happy.

However, some women develop delayed periods and this may make them unwell. These periods may be painful and abnormal, as a result of hormonal imbalance. This itself may arise from emotional causes, the use of the contraceptive pill or the onset of the menopause.

Premenstrual tension occurs or increases sometimes, and this is dealt with separately (see pages 48-9).

One of the remedies on the opposite page may be helpful, but the picture may be complicated by emotional problems, different types of pain and feelings of malaise before, during or after the bleeding. If this is so, consult the other relevant pages in this section of the book and try to form a composite picture. If this fails, seek the advice of an experienced homoeopath.

LATE PERIODS

Late - after fright or chilling, (especially in young girls whose periods are not properly established).	**Aconite 30c**
Blood pale. Painful colic. Generally unwell and constipated. ”Morning sickness” during period.	**Graphites 6c**
Black, tarry blood. Flows lying down and stops flowing on walking about. Heartburn and belching.	**Magnesium carbonicum 30c**
Suppressed due to shock or grief.	**Natrum muriaticum 30c**
Thick, dark and clotted. Intermittent flow. Painful pressure downwards. Gentle, yielding; highly emotional; loves sympathy; weepy, changeable; easily discouraged; feels better in open air.	**Pulsatilla 30c**
Hot, flushing skin, rashes and spots. Faint feeling in late morning.	**Sulphur 6c**

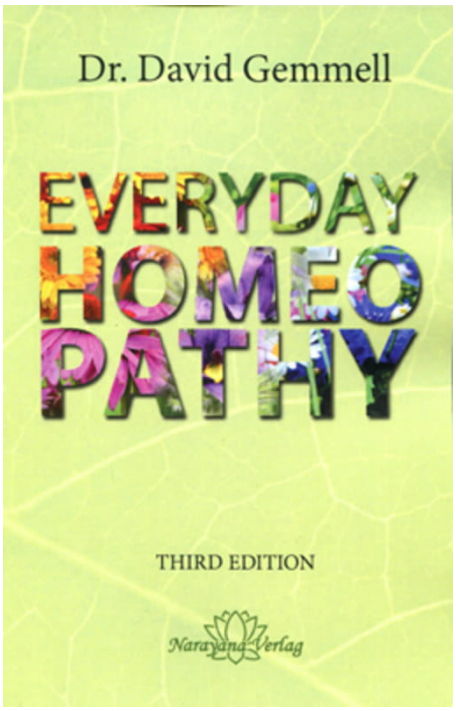
Dosage. All the remedies for this condition may best be given as three doses, one morning, evening and the following morning, starting on day twelve of the menstrual cycle.

David Gemmell

Everyday Homeopathy

232 pagine, kart.
appare 2016

Acquista ora



Altri libri su omeopatia, medicina alternativa e vita sana www.narayana-verlag.de