Clodagh Sheehy

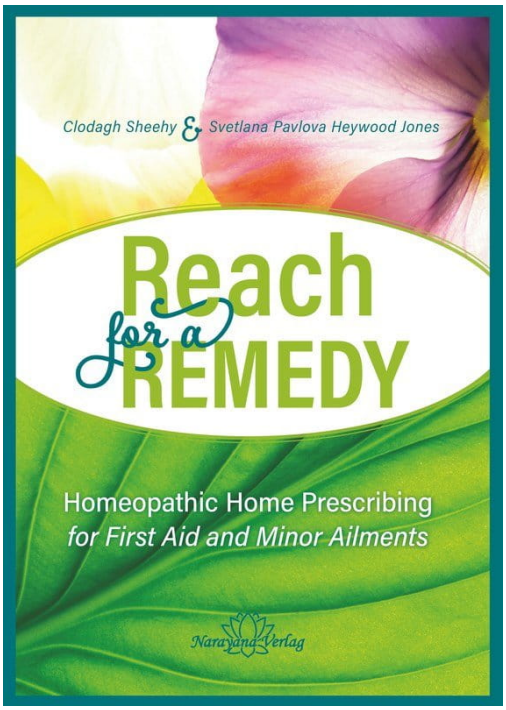
Reach for a Remedy

Testo di esempio

Reach for a Remedy

da Clodagh Sheehy

redattore: Narayana Verlag



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Contents

Who we are xii

Introduction 2
Why homeopathy? 2
What is homeopathy? 3
Matching medicine 3
How to pick your remedy 4
Taking your remedy 7
Remedy strength or potency 8
Remedy kits 9

Professional consultations 10

Creams, flower essences and tissue cell salts 12

Rapid first aid guide 14

Cough, colds and wheezes 22
Cough 23
Colds 24
Wheezes 25

Dental 27
Abscess and gum boil 28
Teeth damage from injury 28
Discomfort after treatment 29
Mouthwash 30
Toothache 30

Digestion 32
Constipation 33
Diarrhoea 34
Food poisoning 36
Hangover 36
Indigestion and heartburn 37
Nausea and vomiting 38

Ears 40
Blocked ears 41
Earache and ear infection 41

Emotional upsets 43
Shock 44
Anger and rage 44
Anxiety 45
Fears 47
Fright 48
Grief and bad news 49
Humiliation 50

Eyes 51
Black eyes 52
Conjunctivitis 52
Eye inflammation 53
Eye strain 53
Stye 54

Fevers and flu 55
Fevers 55
Flu/influenza 58

Headache 61

Mouth 64

Cold sores 65

Mouth ulcers 65

Nose 67

Hay fever 68

Nosebleed 69

Sinus problems 70

Pregnancy – labour – breastfeeding 71

Pregnancy 71

Backache and ligament strain 72

Breast tenderness 72

Constipation 73

Exhaustion 74

Heartburn 74

Morning sickness 75

Night cramps 77

Urinary infection 77

Varicose veins and piles (haemorrhoids) 78

Water retention 79

Labour 80

After the birth 81

Breastfeeding 82

Engorged breasts (mastitis) 82

Exhaustion from breastfeeding 83

Discomfort from breastfeeding 84

Milk flow problems 84

Abscess 85

Skin conditions 86
Bites and stings 87
Boils and abscesses 88
Bruises 89
Burns 90
Cold sores 91
Chilblains 91
Hives/prickly heat 92
Splinters 93
Scars 93

Sleep 94
Insomnia 95
Sleep apnoea 96
Night sweats 97

Specially for children 99
Babies after delivery 101
Bedwetting 102
Circumcision 102
Colic and wind 102
Conjunctivitis 104
Constipation and diarrhoea 104
Cough, colds, wheezes 106
Cradle cap 106
Croup 107
Earache 108
Fevers 109
Head lice 111
Nappy rash 112
Sleeplessness/insomnia 112

Sore throat 114
Sticky eye 114
Teething 115
Travel sickness 117
Worms 117

Specially for teenagers 118
Acne 118
Emotions 119
Growing pains 120

Specially for men 121
Thrush 121
Prostatitis 122
Torsion of the testicle 122

Specially for women 123
Cystitis 124
Menstruation 125
Menopause 127

Sports injuries, stiff joints, strains and sprains 129
Bone fractures 130
Bruises 131
Black eyes 131
Cramps 132
Stiff joints 133
Muscle strain 133
Nerve injury pain 134
Spinal injury 135
Sprains and strains 135

Throat 136
Croup 137
Hoarseness and loss of voice 138
Sore throat 139

Travel 141
Altitude sickness 141
Bites and stings 142
Blocked ears 142
Dehydration 142
Fear of flying 143
Food poisoning 144
Hangover 144
Jet lag 144
Motion sickness 145
Stomach upset 146
Sunburn/sunstroke/heat exhaustion 147

Common remedies 150

Creams and tinctures – tissue cell salts - flower essences and herbs 176
Creams, ointments 176
Tinctures 178
Tissue cell salts 179
Essential oils 185
Flower essences 188
Herbs 188

Remedy Index 189

General Index 192

Image Index 195

Who we are:



Clodagh Sheehy is an award-winning journalist who has been on the staff of national media groups, including the Irish Press and Independent News and Media, for more than four decades.
She has been a qualified homeopath for almost 20 years.

Clodagh graduated from the Irish School of Homeopathy in 1999 and completed a further year's postgraduate study to become a registered member of the Irish Society of Homeopaths. She was a member of the Society's national committee from 2006-2009. She is currently an external examiner for the Irish School of Homeopathy.

Clodagh has also studied Reiki and flower essences. Her website www.irishhealing.ie tracks news and research for all forms of alternative medicine both in Ireland and internationally.

"My Dad's death from bowel cancer in 1974 sparked my interest in alternative medicine. Research at the time by an

Irish doctor showed a link between bowel cancer and a lack of fibre in the diet. I also felt there was some link between illness and stress. I worked for a medical newspaper at the time and read a lot around the subject but was still puzzled.

When I was introduced to homeopathy in the 1980s I felt I'd found the missing link. Homeopathy took into account the connection between illness, the mind, the body and the emotions. This, to me, made sense and, even more important, the remedies worked.

Homeopathy has led me on a journey through many alternative therapies. I think the word 'alternative', in a way, is a bit misleading. If you are seriously injured in a car crash you need surgery and everything orthodox medicine can give you. Homeopathy can work side by side with all of this to speed up your recovery so I prefer the term 'integrated medicine', where everything works together. Nothing is excluded." **– *Clodagh***

Svetlana Pavlova Heywood Jones a native Bulgarian, studied sociology in Sofia and completed a Masters in European Studies in Aachen, Germany. She pursued a career in the area of health insurance in Bulgaria for 2 years and in Ireland for 12 years.



During this time she became conscious of the huge costs of providing conventional medical health care vs. the cost effective holistic alternatives.

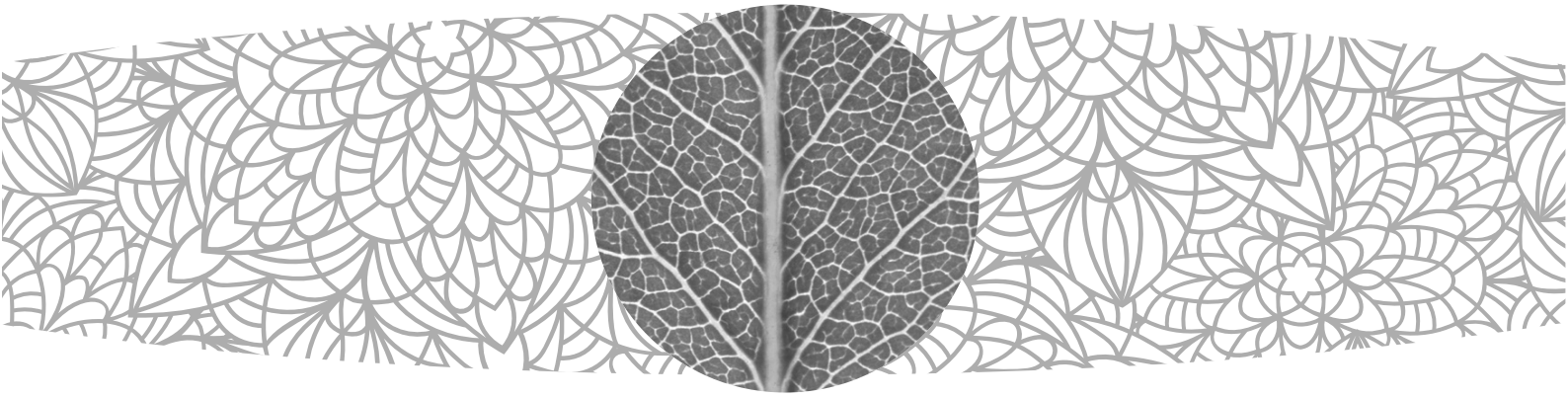
This prompted her to pursue her homeopathic studies, completing her qualification in the Irish School of Homeopathy in Dublin in 2015. She is a registered member of the Irish Society of Homeopaths.

Svetlana uses homeopathy, herbs and foods as healing modalities. She has lived with her family in Ireland since 2001.

"I come from a long ancestral line of using herbs. My great grandmother was my role model. She never took medicine in her life and was a great believer that the cure for all ailments is in us and in the plants and herbs around us. My grandmother and mother followed in this tradition.

It was only after some years in the health insurance industry that I became more and more conscious of the lack of alternative healing modalities in conventional medicine. A GP's warning that a third surgery would seriously impair the hearing of one of our children forced me to look for holistic alternatives.

It was in this search that I discovered the wonderful potential of homeopathy. Those parental responsibilities together with my childhood experience and the growing awareness in my career choice drove me to my present occupation.
Now it's my turn to pass on the knowledge and experience, not only to my children and their children but to everybody who is interested in it." **– *Svetlana***



Introduction

WHY HOMEOPATHY?

If you've heard of *Arnica*, you've heard of homeopathy.

If you've used *Arnica*, the top choice remedy for bruising, you have used homeopathy and you know that it works.

Homeopathic remedies are powerful, gentle, inexpensive and safe. They have no toxic side-effects and so can be used for babies, tots, teenagers, pregnant mums, busy parents, in fact by all age groups from birth to the golden years.

The integrated approach to health and wellness is a fast growing trend. Homeopathy is part of this trend. The remedies can be used on their own but can also be used side by side with conventional treatments.

Worldwide, homeopathy is regularly used by 200 million people and is included in the national health systems of countries like Switzerland, Brazil, India, Chile and Mexico. Almost one in three EU citizens uses homeopathic medicines in their day-to-day healthcare.

WHAT IS HOMEOPATHY?

Since ancient times healers have recognised that the body has a life-force or energy running through it. The presence of this life-force marks the difference between a living person and a deceased one.

Illness is seen as a disturbance or blockage of this vital energy. Homeopathy uses remedies to unblock the obstruction.

Homeopathy does not 'treat' specific conditions. It works with the energy of the whole body to stimulate the body's own healing ability.

Homeopathy, like Ayurvedic and Traditional Chinese Medicines, supports the delicate energy balance between the mind, the physical body and the spirit.

Experience over thousands of years has proven the effectiveness of this approach.

MATCHING MEDICINE

The symptoms of an illness are like flashing lights on the car dashboard telling you there is an issue you need to address.

In homeopathy these symptoms are used as a guide to select a remedy. A match is made between the person's unique individual symptoms and the remedy. The remedy then supports the whole body to heal itself.

How does this matching work? A few examples will give you a better idea.

Too much coffee can keep you awake at night. A remedy made from coffee can be used to help sleeplessness when you are wide awake and tense and your mind is racing – the matching remedy is *Coffea*.



Cutting onions can make your eyes water and sting. Hay fever can also make your eyes water and sting. A remedy made from onion is good for hay fever – the matching remedy is *Allium cepa*.

If you are stung by a nettle you may break out in a red, itchy rash. A remedy made from nettle can ease hives or a red, itchy rash caused by an insect bite – the matching remedy is *Urtica*.

HOW TO PICK YOUR REMEDY

Every single homeopathic remedy can help a wide range of conditions and there are volumes written about each remedy. We have condensed this knowledge to make your choices easy.

This book is about everyday first aid emergencies and minor day-to-day illnesses. It cannot be used to treat serious or complex conditions which would need professional treatment.

You must decide first if the condition can be helped at home or if you need professional help. If you decide it is a minor health issue which could be treated at home then check the relevant section of the book – *Cough, Sports injuries, Emotional trauma, Digestion* etc.

ALERT

We have used this box throughout the book to warn you that serious conditions need medical help.
In these situations you should contact your doctor or the emergency services or go straight to hospital.

To pick your remedy follow these easy steps:

1. Identify the condition and find it in the book.
2. Pick your most important symptoms, both physical and emotional.
3. Match these symptoms to the most appropriate remedy description.

Then Reach for a Remedy.

How to pick your most important symptoms

Your symptoms are the signposts to the best remedy. Learning to pay attention to your strongest symptoms will help you to reach for the right remedy.

Homeopathy works on both the mind and body so remember to look at both physical AND emotional symptoms.

You could feel angry, sad, irritable, jealous or fearful. These emotional symptoms matter just as much as the physical ones.

Symptoms to look for

Specific information about symptoms is very important in homeopathy. The choice of remedy can be influenced by things like thirst, food likes and dislikes, your mood, the side of the body that is affected and sometimes the specific time of day or night that the symptom is worse or better.

This is a simple guide to help you know what to look for.

Location	Where in your body is the main problem located?
What side?	Is it on the right side or the left side?
Time	Is it worse or better at a particular time of the day or night?
Temperature	Are you hot or cold, feverish, shivering, sweaty or burning?
Pain	How intense is the pain? Is it burning, throbbing, stinging or shooting?
Energy	Are you restless, overactive or listless? Do you want to keep moving or lie perfectly still?
Mood	Are you angry, sad, clingy, irritable, fearful, jealous, silent, talkative or apathetic?
Thirst	Are you thirsty or not? Do you want hot drinks or cold? Do you want to sip or gulp?
Food	Is there any food that you crave or can't bear? Does any particular food make you feel better or worse?
Specifics	Does anything make the symptoms feel better or worse?

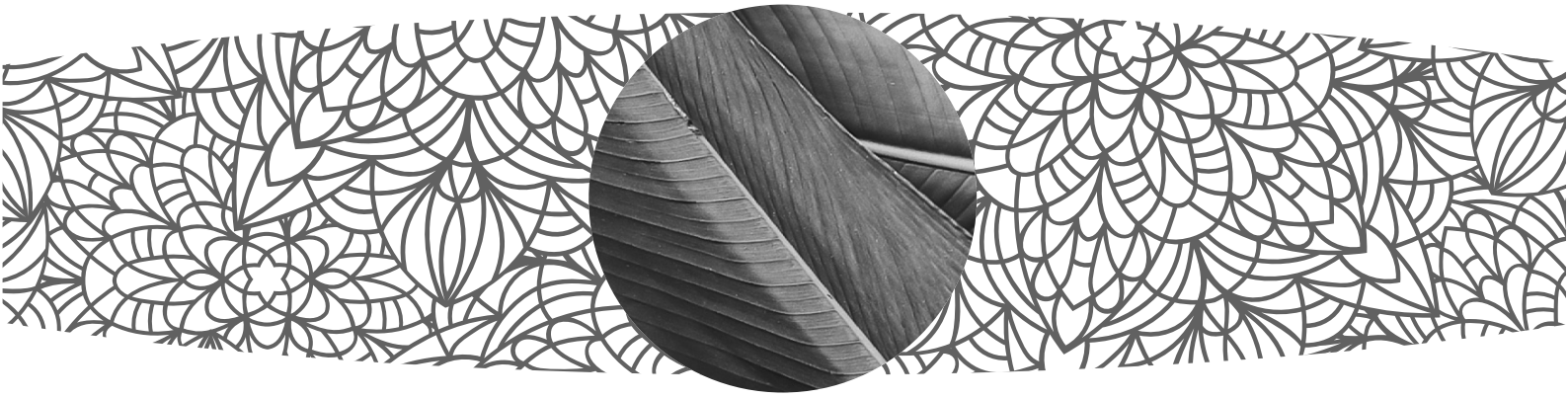
Matching your symptoms to the remedy

To make the matching easy we have arranged the information in each section to guide you through the choices.

On the left hand side of the page we list the most commonly used remedies for the condition.

On the right hand side we have descriptions of the remedy.

Make a match between your symptoms and the descriptions of the remedies on the right hand side. You will find the name of your remedy on the left.



Dental

If your gum or face is swollen or throbbing, your temperature is rising and you feel generally unwell, there is a high chance you have an infection. You could have an abscess or a gum boil forming. Even without pain you could have an unpleasant sensation when you bite. This could be a sign of a broken tooth or filling.

Contact your dentist immediately.
Try these remedies, or *Bach Flower Rescue Remedy*, while you wait.

	HOW MANY PILLS:
Emergency:	One to two pills every 10-15 minutes until the person stabilises – up to six doses.
Acute conditions:	One to two pills every two hours up to six doses.
Less acute conditions:	One to two pills three times a day up to seven days. *If symptoms persist or worsen, consult a healthcare professional.*
Dose:	It is recommended that all of the remedies in this section be taken in the 30C potency.

Abscess and gum boil

A dental abscess or boil is an inflammation of the tissue in or around the tooth. It usually indicates some underlying dental condition. You could try one of these remedies while you wait for your dental appointment.

BELLADONNA ***Take at the first hint of an abscess***
The abscess can be red, hot and throbbing.

HEPAR SULPH ***Speeds pus formation***
This remedy is a good choice where pus is not ready to discharge. This will help it clear.

GUNPOWDER ***Abscess with toothache***
Take it while waiting to see the dentist.

MERC ***Abscess pain can go up into your ear or jaw***
You have lots of saliva – and a metallic taste in your mouth.

PYROGEN ***Abscess deep and slow to develop***
You may feel as if you have flu coming on with aches all over. You have putrid breath.

Teeth damage from injury

If your teeth become damaged from an injury you could take remedies while you wait for the damage to be assessed by a dental professional.

Remedy Index

A

Aconite 7, 23-24, 29, 41, 44, 46-49, 56, 58, 62, 80-81, 101, 104, 107-108, 110, 112, 115, 137-139, 143, 151, 161

Aethusa 47

Agaricus 91

Agnus castus 84

Allium cepa 4, 25, 68, 151, 160

Alumina 33

Ant tart 23, 25, 151

Apis 44, 53-54, 77, 87, 92, 124, 139, 152

Arg nit 34, 46-47, 53, 112, 114, 138, 143, 152

Arnica 2, 29, 44, 48-49, 52, 69, 72, 80-81, 89, 101-102, 130-131, 134-135, 144, 153-154, 162, 164, 173, 176-177, 179

Arsenicum 23, 25-26, 34, 36,-38, 46, 90, 95, 97, 105, 110, 113, 146, 150, 153

Aurum 49

B

Baptisia 58

Belladonna 28, 30, 41, 57, 59, 62, 73, 82, 88-90, 108, 110, 116, 139, 147, 154, 161

Bellis 52, 72, 80-81, 89, 132, 154

Borax 143, 155

Bryonia 33, 59, 62, 72, 83, 119, 133-135, 155

C

Calc carb 46, 85, 97, 106, 115-116, 132, 156

Calc fluor 180

Calc phos 120, 130, 173, 180

Calc sulph 181

Calendula 81, 84, 88, 92, 106, 112, 130, 153, 156, 177

Cantharis 77, 90, 112, 124, 147, 157

Carbo veg 37-38, 74, 78, 96-97, 157

Caulophyllum 80

Causticum 78, 90, 120, 124, 132-133, 138, 157

Chamomile tea 115

Chamomilla 29-30, 34, 41, 80, 84, 102-103, 105, 108, 113, 116, 119, 126, 158

China 35, 38, 57, 62, 83, 97, 143, 147, 158

Cimicifuga 80

Cina 117

Clove oil 186

Coca 142

Cocculus 76, 95, 117, 144-145, 158

Coffea 3, 30, 62, 95, 159

Colocynthis 50, 103, 126-127, 159

D

Devil's claw 188
Drosera 160

E

Echinacea 178
Eupatorium 59, 160
Euphrasia 52, 68, 104, 115, 151, 160, 178

F

Ferrum phos 42, 57, 108, 111, 140, 161, 181

G

Gelsemium 25, 35, 46, 48, 57, 59, 63, 80, 110, 144, 161
Glonoin 63
Graphites 93, 177
Gunpowder 28

H

Hamamelis 78, 153, 179
Hepar sulph 28, 42, 85, 88, 97, 107-108, 137, 139, 161
Hypercal 30, 88, 153, 178
Hypericum 29-30, 80-81, 87, 130

I

Ignatia 47, 49-50, 63, 162
Influenzinum 58
Ipecac 26, 35, 37, 39, 76, 105, 146, 163

K

Kali bich 70, 163
Kali carb 26, 72, 95
Kali mur 41, 142, 181
Kali phos 74, 113, 182
Kali sulph 182

L

Lac defloratum 85
Lachesis 96, 98, 125-127, 140, 163
Lavender 186
Ledum 29, 52, 87, 89, 131, 162, 164
Lycopodium 36, 38, 48, 73-74, 79, 95, 98, 106, 164

M

Mag phos 103, 116, 126, 132, 165, 182
Merc 28, 31, 42, 57, 60, 65, 70, 74, 78, 98, 105, 109, 111, 122, 124, 140, 165

N

Nat mur 49, 65-66, 72, 79, 91, 165, 183
Nat phos 183
Nat sulph 26, 79, 184
Nit ac 66, 84
Nux vomica 25, 33, 35, 37-39, 45, 63, 73, 75-76, 96, 103, 113, 117, 119, 132, 145, 146, 166

O

Opium 33

P

Phosphorus 24, 29, 39, 44, 69, 138, 167

Phytolacca 83, 140, 167

Podophyllum 35, 105, 146, 168

Pulsatilla 36, 38, 42, 50, 52-54, 70, 75-76, 78, 80, 84, 91-92, 103-105, 109, 113, 115, 122, 124-125, 127-128, 168

Pyrogen 28, 57, 89, 111, 169

R

Rescue Remedy 48, 50, 188

Rhus tox 60, 65, 91-92, 112, 132-135, 138, 140, 169-170

Ruta 54, 63, 136, 170

S

Sabadilla 68

Sabal serrulata 122

Sea salt 115

Sepia 33, 65, 73, 76, 98, 126-128, 170

Silica 33, 42, 53, 70, 89, 93, 109, 171, 184

Sol 148, 171

Spongia 24, 26, 107, 137, 172

Staphysagria 31, 45, 50, 54, 80, 82, 102, 111, 119, 125, 172

Stramonium 114

Sulphur 96-98, 173

Symphytum 52, 130, 173

T

Tabacum 39, 117, 145, 174

Teucrium 117

Thuja 122

Tissue cell salts 179

U

Urtica 4, 87, 90, 92, 174

V

Valerian 188

Y

Yoghurt 148

General Index

A

Abscess 28, 85
Acne 118
After the birth 81
Altitude sickness 141
Anger 44, 50, 119
anti-acid salt 183
Anxiety 33, 46, 47, 120

B

Babies after delivery 101
Backache 72
Bedwetting 102
bereavement 44, 49
Bites and stings 87
Black eyes 52, 131, 164, 173
Blocked ears 41, 142
Bone fractures 130
bones and teeth salt 180
Breastfeeding 81-84, 177
Burns 90

C

Chilblains 91-92
chronic inflammation salt 182
cleaning salt 181
Colds 22, 24, 106, 163
Cold sores 65, 91
Colic 102
Conjunctivitis 52, 104
Constipation 33, 73, 104
Cough 4, 22-24, 106, 167
Cradle cap 106
Cramps 132
cramps salt 182
Croup 107, 137
Cystitis 77, 124

D

Dental 64
detox salt 184
Diarrhoea 26, 34-36, 38, 47, 103-105, 115-116, 126, 143, 146, 153, 158, 168
Digestion 4

E

Earache 41-42, 108, 109
Ear infection 41, 108, 154
Ears 108, 142
Electric shock 167
Emotions 119
Engorged breasts 82, 83
Exhaustion 74, 83
Eye inflammation 53
Eye strain 53

F

Fear of flying 143
Fears 46
flexibility salt 180
Flu 28, 58-59, 85, 88-89, 105, 153, 160-161

Food poisoning 144
Fright 48

G

Grief 49
Growing pains 120
Gum-boil 28

H

Hangover 37, 144
Hay-fever 68
Headache 62-63
Head lice 111
Heartburn 32, 37-38, 74-76, 166
Hives 92
Hot flushes 127, 168

I

Indigestion 38
inflammation salt 181
Insomnia 95-96, 112

J

Jet lag 144

L

Labour 80, 101, 126
laryngitis 167
loss of voice 138

M

Mastitis 82, 167
Menstruation 125
mental shock 151
Morning sickness 76
Motion sickness 145
Mouth 65-66, 166
Mouth ulcers 65, 166
mucous membrane salt 181
Muscles 24, 26, 46, 48, 57-60, 80, 91, 107, 110, 134, 137, 144, 161, 177, 179
Muscle strain 133

N

nails, skin and hair salt 184
Nappy rash 112
Nausea 38, 76, 146
Nerve injury pain 134
nerves and mind salt 182
Night sweats 97-98, 173

P

Painful period 126
physical shock 101-102, 153
Piles 78-79
Pre-menstrual syndrome (PMS) 125
prickly heat 174
Prostatitis 122
puncture wound 87, 162

R

rage 45, 172

S

Scars 93
Shock 44, 48
Sinus problems 70
Skin conditions 86
Sleep 96-97, 127, 166

Sleeplessness 112
Sore throat 139-140
Splinters 93
Sprains 135
Sticky eye 114-115
Stiff joints 133
Strains 103, 135
Stye 54

T

Teeth 28
Teething ***115***-116
tendons 170
Throat 114
Thrush 121
tissue cell salts 179
Toothache 30-31
Travel 117, 144-145
Travel sickness 117

V

Varicose veins 78
vomiting 26, 34-39, 76, 105, 146, 153, 160, 163, 168

W

water balance salt 183
Water retention 79
Wheezes 22, 25, 106
Wind 23, 41-42, 56, 58, 74, 102-103, 105, 107-108, 110, 137, 139, 151, 157, 159, 164
Worms 117

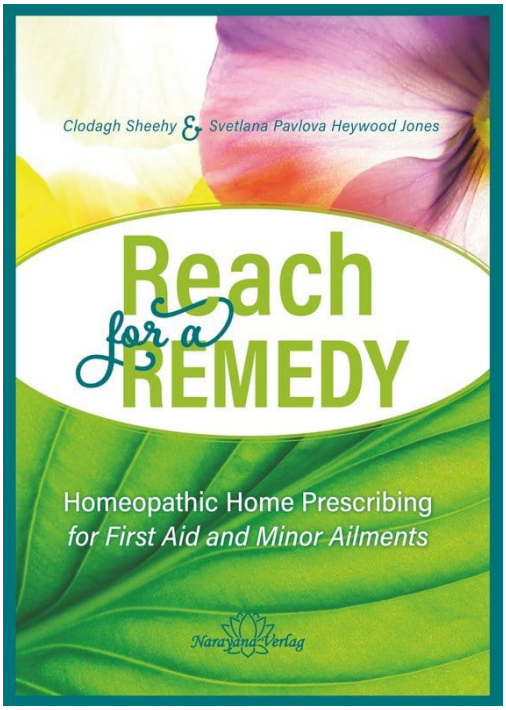
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