



There's a remedy for that!



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ABIES NIGRUM

Bloatedness, distention, flatulence, heartburn & indigestion

ACONITUM

Anxiety, apprehension, fears, worry, panic, depression & irritability

Backache, sciatica & spinal disorders

Cold, runny nose & hayfever

Cough

Croup

Cuts, sores & bruises

Dizziness (vertigo) & nausea

Emergency, First Aid

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct

Fears

Fever

Flu

Hoarseness, loss of voice & laryngitis

Injury

Insomnia & sleeplessness

Nightmares & night terrors

Shock, trauma, violation, disappointment & hysteria

Sore throat, tonsillitis & pharyngitis

AESCULUS

Haemorrhoids (piles)

AGNUS CASTUS

Menopausal symptoms

ALLIUM CEPA

Cold, runny nose & hayfever

Hayfever

ALOE SOCOTRINA

Haemorrhoids (piles)

ANT TART

Cough

APIS MEL

Bites, stings, puncture wounds & abrasions

Bladder irritations, cystitis & urinary tract complaints

Emergency, First Aid

Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation

Sore throat, tonsillitis & pharyngitis

ARGENTUM NIT

Anxiety, apprehension, fears, worry, panic, depression & irritability

Bloatedness, distention, flatulence, heartburn & indigestion

Collapse, fainting & dizziness (vertigo)

Digestive disorders, nausea, vomiting & diarrhoea

Dizziness (vertigo) & nausea

Fears

ARNICA

Abscess, boils, septic spots & splinters

Acne, pimples & spots

Bites, stings, puncture wounds & abrasions

Bones, aching, injuries & fracture

Collapse, fainting & dizziness (vertigo)

Concussion & head injury

Cuts, sores & bruises

Emergency, First Aid

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct

Injury

Joint inflammation & pain, gout & arthritis

Lower back pain, lumbago & sciatica

Muscle-ache & weakness, stiffness & lactic acid build-up

Nightmares & night terrors

Nosebleeds

Post op – after an operation or surgical procedure

Shock, trauma, violation, disappointment & hysteria

Sprains, strains to muscles, ligaments, tendons & joints

Toothache, teething, dental pain, tooth abscess & gumboils

ARSENICUM ALB

Anxiety, apprehension, fears, worry, panic, depression & irritability

Cold, runny nose & hayfever

Digestive disorders, nausea, vomiting & diarrhoea

Emergency, First Aid

Fears

Fever

Fever blisters, cold sores, mouth ulcers, chapped lips

Flu

Hair, scalp & hair loss

Hayfever

Heartburn, indigestion & flatulence

Insomnia & sleeplessness

Nightmares & night terrors

AURUM

Anxiety, apprehension, fears, worry, panic, depression & irritability

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct

Grief & hysteria

Shock, trauma, violation, disappointment & hysteria

BARYTA CARB

Sore throat, tonsillitis & pharyngitis

BELLADONNA

Abscess, boils, septic spots & splinters

Bladder irritations, cystitis & urinary tract complaints

Burns, scalds, abrasions & grazes

Dizziness (vertigo) & nausea

Earache, pain, infection & disorders

Ears – noises in the ear, sensitive hearing & deafness

Emergency, First Aid

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct

Fever

Headache & migraine

Hoarseness, loss of voice & laryngitis

Jet lag, travel & motion sickness

Joint inflammation & pain, gout & arthritis

Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation

Sore throat, tonsillitis & pharyngitis

Stomach-ache, abdominal pains & cramps, colic

Sunburn, sunstroke, heat fatigue & dehydration

Toothache, teething, dental pain, tooth abscess & gumboils

BELLIS PERENNIS

Bones, aching, injuries & fracture

Cuts, sores & bruises

Emergency, First Aid

Injury

Post op – after an operation or surgical procedure
Sprains, strains to muscles, ligaments, tendons & joints

BENZOICUM ACID

Joint inflammation & pain, gout & arthritis

BERBERIS AQUIFOLIUM

Acne, pimples & spots

BERBERIS VULGARIS

Bladder irritations, cystitis & urinary tract complaints

BORAX

Fears

Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation

Thrush & fungal infection

BOVISTA

Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation

BRYONIA

Constipation

Cough

Dizziness (vertigo) & nausea

Emergency, First Aid

Fears

Fever

Flu

Hangover

Headache & migraine

Hoarseness, loss of voice & laryngitis

Joint inflammation & pain, gout & arthritis

Nosebleeds

CALC CARB

Abscess, boils, septic spots & splinters

Earache, pain, infection & disorders

Hot flushes

Menopausal symptoms

Nightmares & night terrors

Warts, moles, skin tags

CALC FLUOR

Ears – noises in the ear, sensitive hearing & deafness

Scars, keloid scars & stretch marks

CALC PHOS

Backache, sciatica & spinal disorders

Bones, aching, injuries & fracture

Growing pains

CALC SULPH

Abscess, boils, septic spots & splinters

Acne, pimples & spots

Cuts, sores & bruises

CALENDULA

Bites, stings, puncture wounds & abrasions

Burns, scalds, abrasions & grazes

Cuts, sores & bruises

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct

Fever blisters, cold sores, mouth ulcers, chapped lips

Injury

CANTHARIS

Bladder irritations, cystitis & urinary tract complaints

Emergency, First Aid

Fever blisters, cold sores, mouth ulcers, chapped lips

Sunburn, sunstroke, heat fatigue & dehydration

CARBO VEG

Bloatedness, distention, flatulence, heartburn & indigestion

Collapse, fainting & dizziness (vertigo)

Digestive disorders, nausea, vomiting & diarrhoea

Dizziness (vertigo) & nausea

Emergency, First Aid

Heartburn, indigestion & flatulence

Stomach-ache, abdominal pains & cramps, colic

CAUSTICUM

Ears – noises in the ear, sensitive hearing & deafness

Growing pains

Hoarseness, loss of voice & laryngitis

Joint inflammation & pain, gout & arthritis

Legs – restless, fidgety or aching

Post op – after an operation or surgical procedure

Warts, moles, skin tags

CHAMOMILLA

Earache, pain, infection & disorders

Ears – noises in the ear, sensitive hearing & deafness

Emergency, First Aid

Toothache, teething, dental pain, tooth abscess & gumboils

CIMICIFUGA

Period pain, menstrual disorder & premenstrual tension (PMT)

CINA

Nightmares & night terrors

COCCULUS

Collapse, fainting & dizziness (vertigo)

Digestive disorders, nausea, vomiting & diarrhoea

Dizziness (vertigo) & nausea

Jet lag, travel & motion sickness

COFFEA

Insomnia & sleeplessness

COLLINSONIA

Haemorrhoids (piles)

COLOCYNTHIS

Bladder irritations, cystitis & urinary tract complaints

Emergency, First Aid

Lower back pain, lumbago & sciatica

Period pain, menstrual disorder & premenstrual tension (PMT)

Stomach-ache, abdominal pains & cramps, colic

CUPRUM

Digestive disorders, nausea, vomiting & diarrhoea

Dizziness (vertigo) & nausea

Emergency, First Aid

Stomach-ache, abdominal pains & cramps, colic

DROSERIA

Cough

Hoarseness, loss of voice & laryngitis

DULCAMARA

Cold, runny nose & hayfever

Cough

Fever blisters, cold sores, mouth ulcers, chapped lips

Hayfever

Warts, moles, skin tags

ECHINACEA

Abscess, boils, septic spots & splinters

Bites, stings, puncture wounds & abrasions

EUPATORIUM PER

Bones, aching, injuries & fracture

Flu

Growing pains

EUPHRASIA

Cold, runny nose & hayfever

Emergency, First Aid

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct

Hayfever

FERRUM PHOS

Abscess, boils, septic spots & splinters

Cold, runny nose & hayfever

Earache, pain, infection & disorders

Ears – noises in the ear, sensitive hearing & deafness

Emergency, First Aid

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct

Fever

Hot flushes

Injury

Menopausal symptoms

Sore throat, tonsillitis & pharyngitis

Sunburn, sunstroke, heat fatigue & dehydration

FLUORICUM ACIDUM

Nails, nail biting, dry skin & cracking on fingers

Scars, keloid scars & stretch marks

GELSEMIUM

Anxiety, apprehension, fears, worry, panic, depression & irritability

Dizziness (vertigo) & nausea

Exam nerves & mental focus
Fears
Fever
Flu
Hayfever
Headache & migraine
Muscle-ache & weakness, stiffness & lactic acid build-up

GLONOINE

Emergency, First Aid
Headache & migraine
Sunburn, sunstroke, heat fatigue & dehydration

GRAPHITES

Ears – noises in the ear, sensitive hearing & deafness
Nails, nail biting, dry skin & cracking on fingers

HAMAMELIS

Emergency, First Aid
Haemorrhoids (piles)

HEPAR SULPH

Abscess, boils, septic spots & splinters
Acne, pimples & spots
Cold, runny nose & hayfever
Cough
Croup
Earache, pain, infection & disorders
Ears – noises in the ear, sensitive hearing & deafness
Emergency, First Aid
Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Fever blisters, cold sores, mouth ulcers, chapped lips
Hayfever
Hoarseness, loss of voice & laryngitis
Sinusitis
Sore throat, tonsillitis & pharyngitis

HYPERICUM

Backache, sciatica & spinal disorders
Bites, stings, puncture wounds & abrasions
Cuts, sores & bruises
Emergency, First Aid
Haemorrhoids (piles)
Injury

IGNATIA

Grief & hysteria
Shock, trauma, violation, disappointment & hysteria

IPECAC

Cough
Digestive disorders, nausea, vomiting & diarrhoea
Dizziness (vertigo) & nausea
Emergency, First Aid
Flu

KALI BICH

Cold, runny nose & hayfever

Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Hoarseness, loss of voice & laryngitis
Sinusitis
Sore throat, tonsillitis & pharyngitis

KALI BROM

Acne, pimples & spots
Insomnia & sleeplessness
Nightmares & night terrors

KALI MUR

Ears – noises in the ear, sensitive hearing & deafness
Hair, scalp & hair loss
Thrush & fungal infection

KALI PHOS

Anxiety, apprehension, fears, worry, panic, depression & irritability
Ears – noises in the ear, sensitive hearing & deafness
Exam nerves & mental focus
Exhaustion - Mental/physical fatigue
Insomnia & sleeplessness
Nightmares & night terrors

KALI SULPH

Earache, pain, infection & disorders
Hair, scalp & hair loss
Snoring

LACHESIS

Hot flushes
Menopausal symptoms

LEDUM

Bites, stings, puncture wounds & abrasions
Bloatedness, distention, flatulence, heartburn & indigestion
Cuts, sores & bruises
Emergency, First Aid
Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Injury
Joint inflammation & pain, gout & arthritis

LYCOPodium

Anxiety, apprehension, fears, worry, panic, depression & irritability
Constipation
Exam nerves & mental focus
Fears
Hair, scalp & hair loss
Heartburn, indigestion & flatulence
Joint inflammation & pain, gout & arthritis
Legs – restless, fidgety or aching
Menopausal symptoms

MAG PHOS

Emergency, First Aid
Exam nerves & mental focus
Exhaustion - Mental/physical fatigue
Lower back pain, lumbago & sciatica

Muscle-ache & weakness, stiffness & lactic acid build-up
Period pain, menstrual disorder & premenstrual tension (PMT)
Stomach-ache, abdominal pains & cramps, colic
Toothache, teething, dental pain, tooth abscess & gumboils

MERC DULC

Earache, pain, infection & disorders

MERC SOL

Earache, pain, infection & disorders
Fever blisters, cold sores, mouth ulcers, chapped lips
Hoarseness, loss of voice & laryngitis
Sinusitis
Sore throat, tonsillitis & pharyngitis
Toothache, teething, dental pain, tooth abscess & gumboils

NAT CARB

Sunburn, sunstroke, heat fatigue & dehydration
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NAT MUR

Cold, runny nose & hayfever
Constipation
Exhaustion - Mental/physical fatigue
Fever blisters, cold sores, mouth ulcers, chapped lips
Grief & hysteria
Hayfever
Headache & migraine
Nails, nail biting, dry skin & cracking on fingers
Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation
Sunburn, sunstroke, heat fatigue & dehydration

NAT PHOS

Muscle-ache & weakness, stiffness & lactic acid build-up
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NAT SULPH

Concussion & head injury
Emergency, First Aid
Injury
Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation

NITRIC ACID

Fever blisters, cold sores, mouth ulcers, chapped lips
Warts, moles, skin tags

NUX VOM

Anxiety, apprehension, fears, worry, panic, depression & irritability
Bloatedness, distention, flatulence, heartburn & indigestion
Constipation
Digestive disorders, nausea, vomiting & diarrhoea
Earache, pain, infection & disorders
Ears – noises in the ear, sensitive hearing & deafness
Emergency, First Aid
Haemorrhoids (piles)
Hangover

Headache & migraine
Heartburn, indigestion & flatulence
Menopausal symptoms
Period pain, menstrual disorder & premenstrual tension (PMT)
Snoring
Stomach-ache, abdominal pains & cramps, colic

PETROLEUM

Dizziness (vertigo) & nausea
Earache, pain, infection & disorders
Ears – noises in the ear, sensitive hearing & deafness
Jet lag, travel & motion sickness
Nails, nail biting, dry skin & cracking on fingers

PHOSPHOROUS

Collapse, fainting & dizziness (vertigo)
Cough
Digestive disorders, nausea, vomiting & diarrhoea
Emergency, First Aid
Fears
Growing pains
Hoarseness, loss of voice & laryngitis
Nosebleeds
Post op – after an operation or surgical procedure

PHYTOLACCA

Sore throat, tonsillitis & pharyngitis
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PSORINUM

Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation

PULSATILLA

Acne, pimples & spots
Cough
Digestive disorders, nausea, vomiting & diarrhoea
Earache, pain, infection & disorders
Ears – noises in the ear, sensitive hearing & deafness
Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Fears
Fever
Heartburn, indigestion & flatulence
Hoarseness, loss of voice & laryngitis
Hot flushes
Insomnia & sleeplessness
Menopausal symptoms
Period pain, menstrual disorder & premenstrual tension (PMT)
Sinusitis
Stomach-ache, abdominal pains & cramps, colic

RANUNCULUS

Hayfever

RESCUE REMEDY (BACH FLOWER REMEDIES)

Anxiety, apprehension, fears, worry, panic, depression & irritability

Bites, stings, puncture wounds & abrasions
Burns, scalds, abrasions & grazes
Concussion & head injury
Croup
Emotional dis-ease
Injury
Shock, trauma, violation, disappointment & hysteria

RHUS TOX

Backache, sciatica & spinal disorders
Emergency, First Aid
Fever
Fever blisters, cold sores, mouth ulcers, chapped lips
Flu
Hoarseness, loss of voice & laryngitis
Injury
Joint inflammation & pain, gout & arthritis
Lower back pain, lumbago & sciatica
Muscle-ache & weakness, stiffness & lactic acid build-up
Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation
Sore throat, tonsillitis & pharyngitis
Sprains, strains to muscles, ligaments, tendons & joints

RUTA GRAV

Backache, sciatica & spinal disorders
Emergency, First Aid
Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Injury
Lower back pain, lumbago & sciatica
Sprains, strains to muscles, ligaments, tendons & joints
Warts, moles, skin tags

SABADILLA

Cold, runny nose & hayfever
Hayfever
Sore throat, tonsillitis & pharyngitis

SANGUINARA

Hot flushes
Menopausal symptoms

SEPIA

Acne, pimples & spots
Anxiety, apprehension, fears, worry, panic, depression & irritability
Backache, sciatica & spinal disorders
Constipation
Dizziness (vertigo) & nausea
Hair, scalp & hair loss
Hot flushes
Legs – restless, fidgety or aching
Menopausal symptoms
Period pain, menstrual disorder & premenstrual tension (PMT)
Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation
Thrush & fungal infection

SILICA (N.B. Silica should not be taken by anyone with breast, dental or other implants.)

Abscess, boils, septic spots & splinters
Anxiety, apprehension, fears, worry, panic, depression & irritability
Constipation
Exam nerves & mental focus
Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Fears
Haemorrhoids (piles)
Headache & migraine
Nails, nail biting, dry skin & cracking on fingers
Scars, keloid scars & stretch marks
Sinusitis

SPONGIA

Cough
Croup
Emergency, First Aid
Hoarseness, loss of voice & laryngitis

STAPHYSAGRIA

Cuts, sores & bruises
Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Shock, trauma, violation, disappointment & hysteria

SULPHUR

Acne, pimples & spots

SYMPHYTUM

Bones, aching, injuries & fracture
Cuts, sores & bruises
Emergency, First Aid
Eye inflammation/strain, conjunctivitis, styes, injury, blocked tear duct
Injury
Sprains, strains to muscles, ligaments, tendons & joints

THLASPI BURSA

Period pain, menstrual disorder & premenstrual tension (PMT)
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THUJA

Nails, nail biting, dry skin & cracking on fingers
Sinusitis
Warts, moles, skin tags

URTICA URENS

Emergency, First Aid
Joint inflammation & pain, gout & arthritis
Skin rash, eczema, urticaria, hives, psoriasis, skin inflammation

ZINCUM

Legs – restless, fidgety or aching
Nightmares & night terrors