

The Gift of
Homeopathic
First Aid

D A W N W A T E R H O U S E



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DAWN WATERHOUSE

HOMEOPATHY, DIET, NUTRITION, BIOFEEDBACK, MEDITATION

Dawn discovered holistic therapies at 21 when suddenly crippled with a severe form of rheumatoid arthritis and medical treatment offered no substantial solutions. Smitten with the results obtained with dietary changes and a few homeopathic remedies, Dawn commenced studies for a new career and has run a successful clinic for over 25 years.

Dawn lives on the borders of Colchester, Essex, UK with her soul mate, children and pets. The friendly chickens have even been known to make a guest appearance when Live on FB.

Dawn is passionate about empowering her clients to discover their health and their true inner self. In addition to offering in person appointments, she also runs natural health and professional workshops and offers a free support group.

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HOW TO USE THIS GUIDE

- There are many homeopathic remedies available that can be used for a wide array of conditions, from first aid, to more chronic health problems.
- This booklet has been created to help you become familiar with 11 of the most common remedies used in first aid situations that I suggest for my clients.
- In general there are approximately 50 remedies that are commonly considered for first aid, so if a remedy in your first aid kit does not seem to help adequately, you may benefit from a broader kit. You can build this as your confidence and experience grows.
- To use this guide, you may wish to print off the two tables and pin them somewhere safe, or laminate them together as a quick reference guide, or you may wish to print off this complete booklet.
- I recommend creating your own natural first aid kit, and my courses will help guide you through the process, in the mean time, take a look at the tables below and consider what you feel are the most important situations you want to cover, and which remedies you feel would be most beneficial - they are the remedies to consider investing in first. Remember, the time to buy a first aid remedy is before you need it.
- When choosing a remedy for a first aid situation, you may not have all of the symptoms that are listed, that is okay, just choose the remedy with the closest fit.

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WHAT IS HOMEOPATHY

- Homeopathy is a natural and safe alternative to complimentary medicine which is suitable for all of the family. It was discovered in the 18th Century. Modern Homeopathy has been used successfully to treat millions throughout the world.
- Homeopathy works by treating the whole person rather than just the symptoms of the illness, and fits in well into today's modern lifestyles. It can be used to aid minor ailments and conditions such as coughs, colds, aches and pains. It is suitable for adults and children of all ages.

HOW TO USE HOMEOPATHY

- To select the remedy, look at the guides and choose the remedy that covers the most aspects or the cause of the problem.
- If there are two or three remedies you feel strongly about, give the remedy you feel most strongly about first, and repeat after 30 minutes if needed. If there is still no improvement, you may need to consider looking to either an additional remedy or a different remedy. As an example, if there is a splinter, you may be looking at ledum and silica. After thought you choose silica. Silica is a slow acting remedy and slowly works to push the splinter back out. But you may feel it has not quite done the job. Ledum may help along side as it is a remedy for puncture wounds and will help heal the wound once the splinter has come out.
- Remedies are available in many different potencies, and I recommend either a 6c or a 30c for your kit. On a first aid basis, 6c is good for common or long standing ailments and 30c is suitable for emergencies and acute symptoms

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My Top First Aid Remedies

ACONITE

Eye Injuries
Fear and Fright
Fever
Headache
Shock
Sudden Onset Ailments
Teething

APIS

Cystitis
Prickly Heat
Stings
Stinging Pains
Tonsillitis
Urticaria

ARNICA

Bruising
Fever
Injuries
Muscle Soreness
Shock and Trauma
Wasp Stings

ARSENICUM

Colds and Fevers
Cramps in Calves
Diarrhea
Fear
Food Poisoning
Restlessness

BELLADONNA

Cough
Cystitis
Fever
Headache
Sunstroke
Teething
Tonsillitis

BRYONIA

Constipation
Cough
Dryness
Headache
Joint Pain.
Thirsty for Cold Drinks
Tummy Ache

CALENDULA

Bruises
Cuts
Eye Injuries
Grazes
Muscle Soreness
Wounds

HYPERICUM

Cuts
Falls to the Sacrum
Injuries to Finger Nails
Nerve Injuries
Scratches
Whiplash

LEDUM

Bruising
Eye Injuries
Puncture Wounds
Splinter Injuries
Wasp Stings

NUX VOMICA

Anxiety
Constipation
Hangovers
Over Indulgence
Over Sensitivity
OverStudy

SILICA

Acne
Boils
Headaches
Sinus Problems
Splinters
Teething

First Aid Instances and Recommended Remedies

COUGH

Aconite
Belladonna
Bryonia

CYSTITIS

Apis
Belladonna

FEVER

Aconite
Arnica
Arsenicum
Belladonna

FRIGHT

Aconite
Arsenicum

HEADACHE

Aconite
Arsenicum
Belladonna
Bryonia
Nux Vom
Silica

INJURY

Arnica
Bryonia
Calendula
Hypericum
Ledum
Silica

SPLINTER

Ledum
Silica

STING

Apis
Arnica
Ledum

STOMACH UPSET

Arsenicum
Bryonia
Nux-Vom

TEETHING

Aconite
Belladonna
Nux Vom
Silica

WOUNDS

Arnica
Calendula
Hypericum
Ledum

Taking Homeopathic Remedies

- Homeopathic remedies should always be taken on a clean palate, at least 15 to 30 minutes after eating or drinking (though straight after fresh water is okay).
- Never handle homeopathic remedies directly as this may reduce their effectiveness, use a clean spoon to tip the remedy onto before taking.
- Ensure your mouth is free from strong flavoured substances before taking the remedy, such as coffee, mint or tobacco.

Storing Homeopathic Remedies

- Homeopathic remedies are extremely delicate and should be protected from environmental influences such as chemicals and light. They are best stored in their original containers in a dry cupboard away from direct sunlight and out of the reach of children. They should also be stored away from strong smells.

When to Seek Professional Help

- If you are unsure of what to do in a first aid situation, seek professional help. In non-emergency situations, seek the help of a homeopath or medical practitioner, in emergency situations seek the help of emergency services.

Next Steps

Join a Community

Would you like some support on your natural health journey, why not join a group where I am on hand to answer your questions as they arise? I do not promise immediate answers, but I do respond quite quickly.

In addition you have the benefit of regular health topics being added to the group that will help you keep well, added as "Units" so they are searchable.

If you would like to become part of the Face Book community, please click the link below.

[Join the Natural Health Community](#)

Organise a Remedy Kit

Now you know some of the common remedies used in the home, and have an appreciation of how to start using them, you may want to consider investing in your own kit. When an incident happens you need your first aid kit at your finger tips!

Please get in touch if you would like to have a small bespoke kit, or would like a bigger kit organised for you. It may not be as expensive as you think (Click the contact link below for the contact form).

[Contact Dawn to Arrange Your Personal Remedy Kit](#)

Homeopathy is one of the few
medical specialties which carries no
penalties - only benefits,

Yehudi Menuhin

Thank you for including me in your
health journey.... I hope to meet you
soon

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