



## LESLEY HAYLOCK HOMEOPATHY

### MY TOP TEN REMEDIES FOR HOME PRESCRIBING

#### **ACONITE**

For when symptoms come on after a shock or exposure to the cold. Good for symptoms that come on very suddenly, or for symptoms that have only just started such as cold and flu symptoms, coughs, ear problems. Also good for panic symptoms, or injuries where the person is panicked.

#### **APIS**

This remedy is great for bites and stings when the affected area is red, swollen, hot and puffy. This intense stinging feeling also makes it a good remedy for cystitis. This person may be feeling irritated, both physically and emotionally.

#### **ARNICA**

The no. 1 remedy for physical trauma, shock and injury. Arnica is great for bruising and swelling following sprains, strains, falls, bumps and even surgery. Unlike aconite, this person may be in silent shock so will tell you they are fine.

**Lesley Haylock MARH HB HH**

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## **BELLADONNA**

For red, hot, intense inflammation and fevers, throbbing pain and headaches, and inflamed sore throats. Ideal remedy for childhood and adult fevers, especially where the person is in a state of delirium, and have dilated pupils.

## **CHAMOMILLA**

Excellent teething and excruciating pain remedy. This remedy has an angry, irritable theme so is ideal for temper tantrums in children that are in intense discomfort from colic, where nothing will satisfy them. They will demand attention or a toy, and then throw it in despair. Also useful for intense labour pains.

## **GELSEMIUM**

A remedy for colds and flu when there is great aching and trembling in the body, with chills, extreme weakness, and heaviness in the eyelids, muscles and back. It is also useful for anticipatory anxiety, with a nervous, upset stomach.

## **HEPAR SULPH**

This is like the antibiotic of homeopathy, as it is good for infections with stitching, sharp pains as if a needle has been inserted. Infections may have suppurating yellow discharge, like an infected wound, boil, abscess or tough pungent catarrh from the sinuses.

## **HYPERICUM**

Very good for neuralgic, shooting pains, sciatica, tingling, numbness, and crush injuries to nerve rich areas like toes, fingers and the coccyx. The nerve pains are sharp and shooting, like a stab or electric shock. Also useful for lacerated wounds, like a clean slice, an incision or a deep paper cut.

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## **NUX VOMICA**

The remedy for digestion issues relating to over-indulgence from too much rich food, alcohol, hangovers, and even too much stress. They are impatient workaholics who overdo everything - food, drinking, socialising and smoking. Also useful for indigestion, heartburn, bloating and constipation, especially from over eating, where they just need to rest.

## **RHUS TOX**

For strains and injuries to muscles, tendons and joints. The stiffness and pain are worse when they first stand up, but ease off a bit once they are moving around. The pains are often worse in cold, damp weather, and feel better with warmth - from a bath, compress or heating. It is also a remedy to consider for chicken pox and shingles.

## **MY TOP RECOMMENDED READS**

To learn more about how often to take remedies, and to dive deeper into homeopathy, as well as why we get sick, here is a selection of my favourite, inspired reads.

Colin Griffiths *The Companion to Homeopathy*

Martin Miles *Homeopathy and Human Evolution*

Dorothy Shepherd *The Magic of the minimum Dose*

Bessel Van Der Volk *The Body Keeps the Score*

Dr Joel Wallach & Dr Ma Lan *Dead Doctors Don't Lie*

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