

## HELIOS HOMEOPATHIC REMEDY KITS

Helios Homeopathic Remedy Kits are ideal for home use. Each kit contains a range of remedies to treat common ailments and first aid situations. The remedies are contained in 2 gram glass bottles, each holding approximately 35 doses in sucrose pillule form. Each kit comes in a sturdy polypropylene storage case, handy for traveling, with its own comprehensive, self-prescribing guide to help you in your selection of the most appropriate remedy.

If you are not completely satisfied with your remedy kit, please return it to us unused and we will be happy to replace or refund it.

### **The Basic 18 Remedy Kit contains the following 18 remedies:**

**Aconite:** a plant – Aconitum Napellus (monks hood)

This remedy should be given if the patient's symptoms have arisen after exposure to a cold, dry wind. It can be very helpful when asthma attacks are aggravated by this type of weather.

It is also a great remedy for shock – the patient may have witnessed a shocking event such as a car crash, heard some bad news or been involved in a frightening event.

It is the Number One remedy for the fear created by anticipating something like an examination or driving test, and people who suffer anxiety attacks or claustrophobia should carry Aconite about their person so they can take some to prevent panic.

It is useful for people who sleepwalk and have anxious dreams, and for pregnant women who are anxious about giving birth.

Its keynote is 'intensity' and it may be helpful for attacks of croup which fit the following description:

Violent onset with anxious appearance and fear in the patient. Attacks often begin at midnight and the patient sits up to obtain relief. There may be a watery discharge.

**Apis:** honey bee – Apis Mellifera

Apis is of service when tissue is swollen with fluid – for example when the patient is taking steroids. It can also help with the symptoms of shingles.

It is most commonly used for insect bites and stings such as from a wasp or horsefly (bee stings are more responsive to Aconite and Arnica)

**Arnica:** a plant – Arnica Montana

Arnica was introduced into European folk-medicine by shepherds who pastured their sheep in the mountains. They noticed that when sheep fell and bruised themselves, they nibbled on the leaves of this plant, hence it is called "Fallkraut" (fall herb) in German. Arnica grows in just the places - rocky slopes and mountains - where people (and animals) are most likely to fall and bruise themselves.

Arnica is an excellent first aid remedy, for physical and emotional shock and injuries. It is also wonderful for joint and muscle problems from either injuries or excessive exercise – highly recommended for backache or stiffness caused by a hard day's gardening or Yoga practice!

**For Athletes:** Arnica is helpful for bruising, tissue-damage, shock, and soreness. If taken shortly after an injury occurs, both pain and swelling may be reduced, and healing can take place more quickly and efficiently. For sprains or deeper injuries that require days or weeks to heal, another remedy may follow *Arnica*. Some athletes take Arnica “preventively” before a workout, to reduce the tendency toward soreness. Gels and ointments containing the herbal form or very low dilutions may be soothing to sore muscles.

**Broken Bones: Alongside the correct conventional treatment,** this remedy is useful for reducing the pain and swelling that accompany any new injury, and should be taken as soon as possible after a break occurs. It may also be helpful in calming the person, since breaking a bone is traumatic as well as painful. Doses may be taken frequently, according to how the person feels. Arnica may be used for several days while pain and soreness are prominent. Another remedy may be indicated later, to encourage proper healing of the bones and surrounding tissues.

**Bruising:** This is the primary remedy for new, traumatic injuries - including bruises caused by impact with blunt objects, early stages of sprains and strains, and bruise-like soreness after muscular exertion (such as physically-taxing work, athletics, or childbirth). The symptoms typically feel worse from touch and motion. *Arnica* is also helpful for controlling soreness, bleeding, and tissue-bruising related to surgery and dental work.

**Dental Support:** This is a useful first-aid remedy for any situation involving bruising and tissue damage. Some dentists recommend that patients take it both before and after stressful dental work, including dental surgery. Arnica may be used as long as soreness lasts, or followed by another remedy aimed at more specific symptoms.

**Eye Strain:** This remedy can bring relief to a person with a bruised, sore feeling in the eyes after closely-focused work or from looking into the distance (sightseeing, watching movies, etc). The person may feel a need to keep the eyes open, getting dizzy when closing them.

**Pregnancy and Delivery Support:** This remedy is often indicated for relief of soreness that comes from physical exertion and muscle strain, so it is also useful for soreness after labor and delivery, and for haemorrhoids that follow childbirth.

**Surgery and Recovery Support:** Because this remedy is useful for all new injuries, it can help reduce soreness, bruising, tissue damage, and bleeding related to surgical procedures. Arnica can be taken the night before an operation, and is also helpful for bruising, swelling, and soreness during recovery.

**Varicose Veins:** When this remedy is indicated, the legs look bruised, or black and blue, and the swollen veins are very sore to touch. The legs feel deeply sore all over and are also worse from motion. Lying down may bring relief.

#### **4 Arsenicum Album:** a mineral - Arsenic

This remedy is an important polycryst, meaning that its indications can be for every organ and system in the body. Arsenicum is a common remedy for both acute and chronic problems. Arsenicum is found in homeopathic kits for good reason.

It is highly effective in cases of food poisoning where there is diarrhea and chilliness.

It will also dry up the type of cold where the nose runs like a tap, with constant dripping of clear fluid.

As a constitutional remedy, Arsenicum Album can be suited to fastidious and tidy persons, meticulous at work and home, who feel extremely depleted and can't lift a finger when they are ill.

Animal lovers, make note of Arsenicum as a wonderful remedy for calming nervous, restless animals and for horses suffering from over-exhaustion.

**Belladonna:** a plant – Atropa Belladonna

Belladonna is a very useful remedy for fever where the patient is bright red in the face, over-heated, but not sweating. They may have a throbbing headache, with a 'strawberry tongue' (where the tongue is red and spotted). Belladonna patients may seem to be in a very bad, angry mood. The remedy is also very effective for bright red haemorrhage, such as a nosebleed.

**Bryonia:** a climbing plant – Bryonia Alba or white bryony (wild hop)

Bryonia patients have a very dry mouth and feel much worse if they move – they need to stay very still or all their symptoms get worse. They may be so sensitive to movement that they wince even if someone sits down on the bed they are lying in. This remedy is helpful for headaches, pneumonia, flu and in convalescence. It is a good sciatica remedy and surprisingly good pain killer.

**Cantharis:** dried beetle remains - Spanish Fly

This remedy treats inflammation and burning sensations in the genito-urinary tract and is therefore an excellent cystitis remedy, which is also good for burns and scalds.

**Chamomilla:** a plant – Chamomile

This is the Number One remedy for teething infants, and can also be very helpful with the pain of earache. The child is demanding, needy, clingy, irritable and whines a lot. You can lose sympathy for the child because it doesn't seem to know what it wants, asking for things and then rejecting them in a bad temper, and wanting to be carried the whole time. The type of ugly mood in a child that exhausts your patience.

**Gelsemium:** a plant – Gelsemium Sempervirens (jasmine)

This is primarily a fantastic remedy for 'flu. The patient is so weak that they seem as still as death. The skin is cold and clammy, the pulse rapid and feeble. The eyes will seem droopy.

**Hypericum:** a plant – Hypericum Perfolatum (St Johns Wort)

This remedy has a particular affinity for the nerves so it can be very helpful after dentistry that affected the nerve. It is also unbeatable for falls on the coccyx (tailbone).

It is especially indicated for pain that radiates or shoots from the injury. It should be used for crushed fingers from slammed doors, puncture wounds (including bites and from medical procedures), 1st and 2nd degree burns and tailbone injuries.

Hypericum is indicated in spinal irritation, sticking pains, tearing pain, hypersensitivity to pain.

This remedy is also a top mental nerve remedy for depression and irritability following injury, stress, shock.

**Ignatia:** the bean from a tree - St Ignatius Bean

The remedy is our most important for grief. Hysteria, feeling choked with a lump in the throat or with a very tight jaw – trying to hold back tears. It is important to give Ignatia when someone is very sad or upset following a loss of any kind. Ignatia patients can verge on the hysterical, alternately laughing and crying.

**Ledum:** a plant - Ledum Palustre (Marsh Rosemary)

This remedy has a huge sphere of use for injuries, bites from animals and puncture wounds. It is also helpful for swollen, painful joints that feel cold to the touch but are relieved by cold applications such as ice packs.

**Mercurius Viv:** a metal – Mercury (quicksilver)

Used in thermometers because of its acute sensitivity to temperature, people who need this remedy are the same – constantly adjusting the heating and cooling systems because they only feel comfortable in a very narrow temperature range. Its principal first-aid use is for mouth ulcers and throat infections. Mercury is very good for the type of throat infection that causes the breath to stink.

**Nux Vomica:** the seeds of a tree - Strychnos nux-vomica

This is the King of the Hangover Remedies! It is the major digestive remedy used by many homoeopaths because it helps with nausea, sour burping, bloating a few hours after eating, indigestion, heartburn, the after effects of overeating, especially rich or spicy foods. It is enormously helpful for the nausea of pregnancy.

The Nux person is sometimes called the Type A personality. This makes Nux an important remedy to consider with symptoms resulting from our hectic pace of life. The Nux person lives life in the fast lane, eating junk foods, drinking endless cups of coffee to keep him going and eating/drinking too much at business lunches.

He demands perfection from those around him, and is certainly not the easiest boss to get along with!

**Pulsatilla:** a plant – Pulsatilla Nigricans (Wind Flower)

So called because it trembles in the wind: the patient requiring Pulsatilla is nervous, weepy and clingy patient who feels worse for damp and wind.

This remedy is often called for at times of hormonal imbalance such as the onset of puberty and during the menopause. Indeed it covers many female complaints such as varicose veins, cystitis, menstrual difficulties and 'the blues' (the Pulsatilla patient feels better when she receives sympathy and attention).

Pulsatilla is extremely helpful for chronic ear infections and bland yellow discharges.

A Pulsatilla child is timid at first and seems happiest hanging onto mother's skirts. Pulsatilla types are basically gentle and can be persuaded to cooperate and change viewpoints easily. Pulsatilla covers many childhood complaints and should be in every family home. Indications include earache (stopped feeling), cough (gagging, bringing up yellow mucous), colds with heavy yellow discharge.

**Rhus Tox:** a plant - Rhus Toxicodendron (Poison Ivy)

Rhus Tox is used homeopathically for rashes, chickenpox, measles and the like. Skin ailments like hives, chickenpox, fever blisters and poison ivy rash. There will tend to be red spots which are very itchy with heat and swelling.

It is also invaluable for arthritis/rheumatism/joint pains, especially of the type which gets worse in damp cold weather. Rhus Tox is called for when the patient stiffens up during a period of immobility such as sitting in a chair or after a night's sleep. Progress is slow and painful after rising, but the body warms up and seems to improve with moderate movement.

Rhus Tox is often the remedy in backache, body aches during 'flu, lumbago, rheumatism and sprains. It can also treat bruised and sprained pains after lifting heavy loads, or over-lifting with the sudden "crick" in the back, with pain worse with raising arms above the head.

Rhus Tox patients feel better with movement, warm, dry weather, rubbing the painful areas, and changes of position. Rhus tox people are restless since change of position improves their pain. The nickname is "Rusty Hinge" and Rhus tox is often referred to as the "Rusty Gate Remedy". The back stiffens up after sitting still for awhile. This is also why mornings and initial motion are so painful.

Remember Rhus Tox for the 'flu season! The keynotes are 'flu symptoms with general aches in the muscles, joints, and bones.

**Ruta:** a plant - Ruta Graveolens (garden rue)

This remedy is a wonderful First Aid treatment for sprains, injuries, strains, bruised bones and pulled ligaments and tendons. In a very high potency it can also disperse ganglia.

The keynotes are soreness in the bones, joints, tendons, and cartilage.

Sprains or fractures that aren't healing well indicate a need for Ruta Grav. Ankle sprains, soreness in the feet, ankles, achilles tendon and lower back respond well to Ruta Grav.

This keynote of soreness around bones includes eyestrain from reading for too long or computer work. The eyes feel hot with difficulty focusing, and may have a bruised sensation.

**Silica:** a mineral – Silicea Terra

Silica will tend to expel splinters if there is pus underneath them. It is also useful where a wound seems to take far too long to heal up. The Silica patient suffers from lack of "grit", physical and mental, and seems to have poor assimilation leading to defective nutrition. It can be helpful for people who seem to have constant pus-sy, swollen fingertips whenever there is damage to a cuticle or fingernail. Because of its ability to expel pus, it is obviously a key remedy in the treatment of abscesses and boils. It can also be helpful for constipation in the type of person described.

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