

HOMEOPATHY

★ **THE 35** ★

**HOMEOPATHY'S ANSWER TO THE 35 CONDITIONS
NO LONGER ROUTINELY PRESCRIBED FOR
IN PRIMARY CARE**

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WELCOME *to* *The 35!*



This book teaches you how you can use homeopathy for the 35 conditions.

In 2018 a joint consultation between the NHS and the National Institute for Health and Care Excellence (NICE) led to the directive that GPs would no longer issue prescriptions for a list of 35 conditions.

In 2022 this decision was announced to the public.

The conditions are described as *“minor conditions considered to be self-limiting and so do not need treatment as they will heal or be cured of their own accord.”*

A minor condition is described as *“that which lends itself to self-care, i.e. that the person suffering does not normally need to seek medical advice but may decide to seek help from a local pharmacy for symptom relief and use an over the counter (OTC) medicine.”*¹

Minor and self limiting conditions can still involve pain and discomfort, so this book offers some options that may ease the symptoms being experienced.

¹ <https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-public-faqs.pdf>



HOW TO USE THIS BOOK

Potency of remedies

The thirtieth potency (30c) is the most easily available in kits or from homeopathic pharmacies (see Appendix).

Dosage

For simple acute situations like digestive upsets, coughs, insect bites etc., take one pill every 30 minutes for up to 6 doses, then wait 2 hours and assess improvement. If the situation improves, wait. Only give another dose if improvement stops and the problem persists. If there is no improvement, try another remedy that closely matches the symptoms.

Complaints marked with * may be a longer term condition. Take one dose per day for up to 10 days and watch for improvement. If the situation improves, wait. If there is no improvement, you may need to speak with a qualified homeopath, other healthcare practitioner or your GP who can advise accordingly.

***NB.** In this book you will find the most commonly used homeopathic remedies for each condition. There are many more, but homeopathy is an individualised system, so if the ones indicated in this book don't resolve the situation, you might need a homeopath to assist you in finding one specific to you.*

IMPORTANT:

This book is for educational purposes only and should not be used as a substitute for the advice of an appropriately qualified and licensed healthcare practitioner or physician. If the problem doesn't respond to suggested remedies or is a recurring complaint, consult a registered homeopath, or your GP. If urgent go to your local accident and emergency department.



Complaints | Remedy | Indications



ACNE* 	<u>REMEDY</u>	<u>INDICATIONS</u>
	KALI BROMATUM	First remedy for acne vulgaris. Large, hardened spots. Painful spots, carbuncles. Worse if periods are irregular.
	CAUSTICUM	Acne rosacea, or vulgaris. In groups; on nose, forehead.
	HEPAR SULPHURICUM CALCAREUM	Acne vulgaris. Painful spots, on forehead. Will bring abscesses to a head (follow with Silica).
	SULPHUR	Bluish acne rosacea; acne vulgaris. On forehead; itching from warm of bed.

ATHLETES FOOT* 	<u>REMEDY</u>	<u>INDICATIONS</u>
	GRAPHITES	Dry rough skin between toes; cracks exude sticky moistness, slow to heal
	PETROLEUM	Rough hard skin with deep cracks, burning, itching and bleeding easily
	SILICA	Clusters of itching moist eruptions between the toes; worse in daytime and evening
	THUJA	Dry, sensitive skin, itching and burning on covered parts. Worse scratching and cold bathing.

BACK PAIN AND STRAIN 	<u>REMEDY</u>	<u>INDICATIONS</u>
	ARNICA	Muscular aches after sports, lifting, gardening; feels bruised, worse from moving.
	ARSENICUM ALBUM	Similar to Arnica but is better from moving; a typical gardener's remedy.
	BRYONIA	Severe pain, much worse from movement of any kind.
	RHUS TOXICODENDRON	After lifting, straining, overdoing it. Stiff, painful on first movement; better for continuing gentle movement and for applying warmth.





Complaints | Remedy | Indications



BITES & STINGS 	<u>REMEDY</u>	<u>INDICATIONS</u>
	APIS	Burning pains; swelling, heat, redness, inflammation of site. Bee or jellyfish stings.
	ARNICA	Swelling or bruising round site.
	LACHESIS	Purplish discolouration around bite; seepage of dark blood.
	LEDUM	Bites or wounds where skin is punctured; better cold compress.
URTICA URENS	Bee stings; nettle stings.	

BURNS & SCALDS 	<u>REMEDY</u>	<u>INDICATIONS</u>
	ARNICA	Give first for shock then select from the following:
	ARSENICUM ALBUM	Minor burns, blistering; pain better for heat.
	CANTHARIS	More serious burns, blistering; pain better for cold compress.
	HEPAR SULPHURIS CALCAREUM	If you suspect the burn is becoming infected (seek advice).
KALI BICHROMICUM	More serious burns if they are ulcerating. Urgent attention is required.	
URTICA URENS	For minor burns, if burn continues with stinging, burning pains.	

COLD SORES 	<u>REMEDY</u>	<u>INDICATIONS</u>
	CAUSTICUM	Painful blisters or sores on the face, especially the tip of the nose.
	NATRUM MURIATICUM	First remedy for cold sores, painful blisters on lips, face, corners of nose and mouth, chin. Worse for the sun. Numbness in face or lips.
	RHUS TOXICODENDRON	Painful blisters or sores about the lips. Worse from cold wet weather. Cracks in the corners of the mouth.
SEPIA	Painful blisters or sores with cracking of the lips, either the corners or middle of lower lip.	





Complaints | Remedy | Indications



		<u>REMEDY</u>	<u>INDICATIONS</u>
<p>COLDS & NASAL CONGESTION</p>  		ACONITE	<p>First remedy after exposure to cold, dry air or wind; sudden, intense onset. Extreme restlessness, anxiety and fear. High fever. Chest may be affected. Croup common, choking cough. Rapid, hard pulse.</p>
		ALLIUM CEPA	<p>Burning discharge from nose, making upper lid red and sore, but bland discharge from eyes. Better in open air. Tickling in larynx.</p>
		ARSENICUM ALBUM	<p>Burning nasal discharge which reddens skin, burning in nose. Throat burns but better for hot drinks. Restless, anxious; chilly, better for heat. Worse at night, midnight.</p>
		BRYONIA	<p>If nose remains dry and obstructed with headache over root of nose; worse for motion. Lips parched and dry, great thirst. Irritable like a 'Bear with a sore head'.</p>
		CALCAREA CARBONICA	<p>Gets a stuffed up cold at every weather change. Nasal congestion, with foul smelling, yellow discharge. Congested sinuses under the eyes. Sneezes without mucus. Post nasal drip. Nostrils may be sore, ulcerated. Sensation of swelling at root of nose. Nosebleeds. Worse in the morning</p>
	KALI BICHROMICUM	<p>Nose feels heavy. Pressure and pain at the root of the nose. Thick, stringy, lumpy, greenish or yellow mucus. Post nasal drip, has to hawk out the mucus. Loss of smell. Inability to breathe through their nose, it is so stuffed up. When they can blow out some mucus it comes out as large mucus plugs, leave the inside of the nose feeling raw and sore. Tickle in their left nostril, as if there is a hair inside. Sinusitis. Worse cold and damp or hot weather; better from warm weather and fresh air.</p>	

CALCAREA CARBONICA



BRYONIA

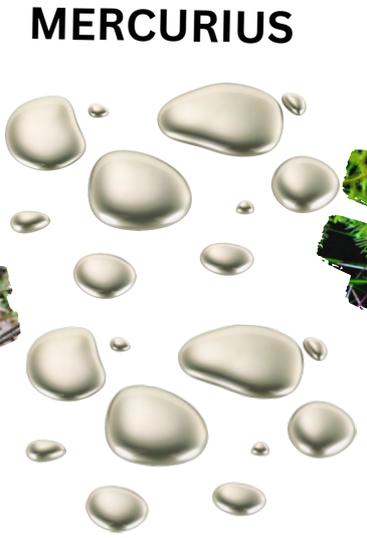




Complaints | Remedy | Indications



	<u>REMEDY</u>	<u>INDICATIONS</u>
<p>COLDS & NASAL CONGESTION</p>  	LYCOPODIUM	<p>Stuffed up nose, snuffles and breathes through their mouth. Nose is crusted up and there are elastic like mucus plugs. Nasal congestion starts on the right side then goes to the left or whole nose is affected. Recurrent nasal congestion, may be from childhood. Catarrh of nose and sinuses, particularly on right side. Thick yellow discharge. Blows nose often. Swelling of nose along with nasal congestion. Congestion worse right side of nose. Worse 4-8pm.</p>
	MERCURIUS	<p>Nasal obstruction, with sneezing and nasal discharge. Mucus is yellow-green and smelly. Nostrils raw and sore. May have nosebleeds. Worse damp weather. Worse drafts and having a cold. Worse in changeable temperature. Worse if gets too hot. Worse at night. Better in the morning.</p>
	NUX VOMICA	<p>Nose blocks at night and runs in day. Frontal headache. Throat sore and very sensitive to inhaled cold air. Chilly on least motion or uncovering, during fever must be covered and kept quiet. Irritable and angry.</p>
	PULSATILLA	<p>Nasal congestion with loss of smell, taste and appetite. Right nostril blocked, with pressing pain at root of nose, better going outdoors. Lots of yellow or green nasal mucus discharge, nose streams when outside. Sinusitis. May have frequent sneezing. Stuffed up nose is worse indoors.</p>





Complaints | Remedy | Indications



COLIC (OF INFANTS)	<u>REMEDY</u>	<u>INDICATIONS</u>
	CHAMOMILLA	Child is irritable and complaining with the pains; nothing satisfies. Better as long as they are carried. Often accompanies teething, may have diarrhoea with green stools.
	COLOCYNTHIS	Pain is better bending double or applying hard pressure to the area. Child improves when they bend knees up to abdomen. Better for warmth. Worse after eating or drinking.
	DIOSCOREA	Pains are worse when the child bends forward. They may straighten their body or even arch backwards for relief.
	MAGNESIUM PHOSPHORICA	Pains are better for warm applications, warm drinks or rubbing. Severe cramping, griping pains.
	PULSATILLA	Colic after mother (if breastfeeding) eats rich foods. Child is mild, timid, weepy; wants affection. Thirstlessness.

CONSTIPATION	<u>REMEDY</u>	<u>INDICATIONS</u>
	ALUMINA	Severe, obstinate constipation. Difficulty passing even a soft stool. Great straining; hard, dry, knotty stools with no desire. Constipation after starting infant formula.
	BRYONIA	Large dry hard stool passed with great effort, straining. Constipation from travelling; pregnancy. Very thirsty.
	NUX VOMICA	Urging: when stool is passed, feels as if part of it remained; frequent urging but passes small amounts. A history of taking laxatives; alcohol; over indulgence. Hard, painful stool. Sharp pain in rectum after stool. Irritable.
	OPIUM	Involuntary stool after fright. No urging. Stools resemble hard, round balls.





Complaints | Remedy | Indications



COUGHS	<u>REMEDY</u>	<u>INDICATIONS</u>
		ACONITE
	ANTIMONIUM TARTARICUM	Spasmodic cough; worse lying down, must sit up. Worse after midnight.
	BELLADONNA	Very hot, flushed, red face. Cough connected to inflamed red tonsils; short, dry, hoarse with little or no expectoration. Scraping or burning in throat. Worse evening, night, lying down. Better sitting up, eating or drinking warm things.
	BRYONIA	Dry hard cough. Worse for motion, eating or drinking; coming from cold air to warm room. Better for quiet and pressure of hand on chest. Intense thirst for cold water; dry mouth and lips. Headaches from coughing.
	DROSER	Croup and whooping cough remedy. Dry, barking or ringing metallic sound. Worse for lying down or when head hits the pillow, worse for eating or drinking; may end in vomiting.
	FERRUM PHOSPHORICUM	Short tickling cough, with few other symptoms.
	KALI BICHROMICUM	Thick, tough, ropey yellowish mucus from chest or nose that is difficult to bring up. Hacking cough with a tickle in the pit of the throat.
	PHOSPHORUS	Cough is worse for talking, laughing. Worse lying on left side. Chilly. Thirst for cool drinks or fruit juice. May have a headache from coughing. Need for company.
	PULSATILLA	Dry cough during evening, loose in morning. Thick, yellow mucus. Worse in a warm or stuffy room. Better for open air; better sitting up. Wants company.





Complaints | Remedy | Indications



	<u>REMEDY</u>	<u>INDICATIONS</u>
COUGHS	RHUS TOXICODENDRON	Restlessness, needs to move, and better for motion. Cough during sleep. Worse for exposure to cold damp, even exposing an arm out of the blanket will aggravate the cough.
	RUMEX	Cough due to tickling in the throat or chest. Worse for cold air; inhaling cold air.
	SPONGIA	Dry, harsh hoarse cough; wakes from sleep feeling suffocated because of cough. May sound like a saw going through wood. Prefers warm drinks.



	<u>REMEDY</u>	<u>INDICATIONS</u>
CRADLE CAP	STAPHYSAGRIA	Moist, foul, eroding eruptions, worse on the back of the head. Itching eruption above and behind the ears.

	<u>REMEDY</u>	<u>INDICATIONS</u>
CYSTITIS	APIS	Sharp stinging pains in lower abdomen; frequent urge to urinate, urine scanty, hot and bloody. Worse for heat, better for cold.
	CANTHARIS	Constant frequent urging to urinate, ineffectual urging; burning, cutting pains, inability to empty bladder properly. Blood in urine, ache in small of back. Worse pain before and after urination.
	CAUSTICUM	Frequent urging for urination, worse coughing or sneezing but nothing passes. Retention of urine after surgical operation or childbirth.
	STAPHYSAGRIA	Starts after sex; or surgical operations, catheterisation.



HYPERICUM



COCCULUS





Complaints | Remedy | Indications



	<u>REMEDY</u>	<u>INDICATIONS</u>
DANDRUFF * 	KALI SULPHURICUM	Dandruff of the scalp. Yellow flakes; large, scaly.
	MEZEREUM	White, dry flakes. Head covered in thick leathery crusts, under which pus collects. Intolerable itching, worse in bed.
	NATRUM MURIATICUM	Dandruff of the scalp, herpetic, flakes worse for the sun, alternating with loss of smell.
	THUJA	Scaly, white flakes; dry hair falls out. Greasy skin of face.

	<u>REMEDY</u>	<u>INDICATIONS</u>
DERMATITIS 	CHAMOMILLA	Tendency to dermatitis. Rash of infants and nursing mothers. Skin unhealthy.
	HEPAR SULPHURICUM CALCAREUM	Great sensitivity to everything. Tendency to dermatitis, very sensitive. Deep cracks on hands. Chilly from slightest draft, has to be wrapped up.
	MERCURIUS	Constantly moist. Itching, worse from warmth of bed and perspiration.
	PULSATILLA	Skin itches on getting heated. Better from open air.
	RHUS TOXICODENDRON	Great itching, stinging and prickling. Worse cold and damp. Yellow, acrid fluid from eruptions. Pustules, blisters.
	SILICA	Tendency to dermatitis; sebaceous glands affected. Unhealthy skin, every injury suppurates.



CHAMOMILLA



THUJA





Complaints | Remedy | Indications



DIARRHOEA (ADULT)		<u>REMEDY</u>	<u>INDICATIONS</u>
			ALOE SOCOTRINA
	ARSENICUM ALBUM	Traveller's diarrhoea; after bad food; vomiting and diarrhoea together. Burning pains. Sudden extreme weakness and exhaustion. Thirsty, needing frequent small sips. Chilly. Anxious, with possible fear of death. Worse after midnight.	
	CHAMOMILLA	Diarrhoea accompanied by painful colic; during teething. Offensive green, slimy stools, resembling spinach. Rotten egg odour to stools. Extremely irritable and complaining.	
	CHINA OFFICINALIS	Watery, painless diarrhoea with much wind.	
	COLOCYNTHIS	Worse after eating. Pain in abdomen, better from hard pressure, bending double or lying on abdomen.	
	CUPRUM	Where there are no clear accompanying symptoms but cramps are the main symptom.	
	IPECACUANHA	Frothy green stools, with continual extreme nausea but clean pink tongue. No thirst.	
	NUX VOMICA	After overeating. Patient strains and passes small amounts of stool, better temporarily after each stool.	
	PODOPHYLLUM	Profuse, explosive, squirting stool with lots of rumbling and wind. Comes out forcefully like water from a fire hydrant. Offensive stools. Worse after eating, early morning. Intense cramps (may double up with pain). Diarrhoea and drooling (from the mouth) during teething. During summer.	
	SULPHUR	Offensive frequent stools; urgent explosive stool, worse in the morning. Anus maybe red.	
	VERATRUM ALBUM	Vomiting and diarrhoea together. Very cold sweat, icy, pale face and tip of nose. Exhaustion. Severe cramps. Rapid, feeble pulse.	





Complaints | Remedy | Indications



EARWAX * 	<u>REMEDY</u>	<u>INDICATIONS</u>
	CAUSTICUM	Increased wax; foul, offensive.
	LACHESIS	Dry, pale, whitish wax; pappy, sticky, increased wax. Or lack of wax; thin wax.
	PULSATILLA	Dark wax. Hardened, flowing, increased wax causing hearing difficulty, as if the ear was stuffed. Thick, bland discharge; offensive odour. External ear may be swollen and red. Worse at night, better open air.

EYES, DRY, SORE; CONJUNCTIVITIS 	<u>REMEDY</u>	<u>INDICATIONS</u>
	ARSENICUM ALBUM	Irritated eyes. Sore, burning pain. Eyes water easily, is hot and stings. Soreness is worse when looking upwards. Pain comes on suddenly, at midnight and continues for a couple of hours. Sudden sharp, stitching pain on opening eyes. Feels as if there is something in the eye, like sand. Eyelids can be red and sore. Worse periodically. Worse moving eyes. Worse opening eyes. Better for hot, dry cloth held to closed eyes.
	BELLADONNA	Burning, shooting pain in eyes. Deep throbbing in eyes when lying down, eyes feel swollen. Pains can be burning, smarting, gnawing or biting. May also suffer from photophobia (sensitivity to light). Sore eyelids. Prone to conjunctivitis. Eyes water with a brine-like discharge. Worse if they get hot, or for pressure on the eyes.
	EUPHRASIA	Eyes water all the time. Feeling of pressure in eyes; burning, cutting, smarting gnawing pain in eyes and eyelids at any time of day or night. Sensation as if sand in the eye. Worse rubbing eyes, bright light; on waking.
HEPAR SULPHURICUM CALCAREUM	Red inflamed eyes and eyelids. Eye pain, as if they are being pulled into head; very sensitive to air and touch. Field of vision is reduced, obscured when reading. Conjunctivitis. Worse in the wind or slightest draft; worse at night.	





Complaints | Remedy | Indications



EYES, DRY, SORE; CONJUNCTIVITIS		<u>REMEDY</u>	<u>INDICATIONS</u>
	LYCOPODIUM	Stinging and smarting pains. Dryness; the eyes can feel cold or hot, or too large. Dry or gunky eyelids stick together at night, on waking. Watery eyes during the day.	
	NATRUM MURIATICUM	Sensation as if eyes are full of salt; itch and burn. Pain in eyes when looking down. Eyes feel heavy. Burning watery eyes, as if wet from tears. Sensation as if eyes being pulled together. May suffer from photophobia from bright light, sunlight. Worse reading.	
	PULSATILLA	Sensation of sand or a hair in the eyes. Thick, profuse, yellow, bland discharges. Itching and burning in eyes. Lids inflamed, sticky. Eyes feel hot. Burning, smarting. Biting pains which are worse in the evening and outdoors. Sensation as if membrane pulled over eyes. Itchy eyes, in the evening, or when out doors, must rub them. Worse in the evening and/ or the morning. Much worse in a warm room.	
	RHUS TOXICODENDRON	Swollen and red. Soreness may be so extreme that it hurts to move eyeballs. Worse in cold, wet, damp weather; at night; bright light. Better for warm application. Person feels restless, unsettled.	
	RUTA GRAVEOLENS	Soreness and irritation of eyes. Red hot pain, eyes burn like fire. Smarting, gnawing, biting pains. Bruised sensation and feeling of pressure in eyes. Soreness from eye strain, including working on computer for long hours or reading fine print. Worse in the evening; from overuse, eye strain.	
	SULPHUR	Cutting sensation as if there is sand in the eyes. Heat and burning in the eyes. Bursting pain in the eyeballs. Burning, smarting, gnawing or biting pains in the eye balls, feel too big. Eyes water in the morning followed by severe dryness. Eyelids feel as if grazed or chafed. Eye lashes fall out. Itchy eyes and lids. Worse at night. Worse if too hot, or in a warm room.	





Complaints | Remedy | Indications



	<u>REMEDY</u>	<u>INDICATIONS</u>
HAEMORRHOIDS (PILES)* 	AESCULUS	Distended rectal veins, rectum feels full of sticks; stool is jammed in rectum against the distended veins.
	COLLINSONIA	Severe pain, worse from movement of any kind; constipation.
	HAMAMELIS	Bleeding; sore bruised pains; after childbirth, or during pregnancy.
	KALI CARBONICUM	After labour or delivery; prolonged pushing. Better for cool bathing of the area.
	NITRIC ACID	Burning sharp pains, worse after stool.

	<u>REMEDY</u>	<u>INDICATIONS</u>
HAYFEVER, SEASONAL RHINITIS 	ALLIUM CEPA	Burning nasal discharge with sneezing, eyes stream bland fluid; eyes sensitive to light. Worse in warm room.
	ARSENICUM ALBUM	Burning, itching in nose and throat. Better in open air though sensitive to light.
	EUPHRASIA	Sneezing; burning water from the eyes, bland from the nose (opposite to Allium-c). Better in open air but sensitive to light.

	<u>REMEDY</u>	<u>INDICATIONS</u>
HEADLICE* 	LYCOPODIUM	Violent itching. Where there is premature grey hair or hair loss.
	PSORINUM	Hair looks matted. Intolerable itching. May have an offensive smell.
	STAPHYSAGRIA	First remedy for head lice. Scratching changes place of the itching.





Complaints | Remedy | Indications



HEADACHES & MIGRAINE		<u>REMEDY</u>	<u>INDICATIONS</u>
			BELLADONNA
	BRYONIA	Left-sided headaches, over left eye or forehead, extending to the back of the head then to the whole head. Worse from any movement, even the eyes; worse from cough. Tongue coated white or brownish, especially the centre. Extreme dryness. Wants to lie down and be left alone, thirsty.	
	COFFEA	General aggravation from strong emotions. Pain 'as if a nail were driven into head'. Worse music, noise, even footsteps. Insomnia.	
	IPECACUANHA	Headache with severe nausea and vomiting. Extends to face, mouth, teeth or root of tongue. Tongue clean despite constant nausea.	
	IRIS VERSICOLOR	Classic migraine headache, generally right-sided, often centred in the temple or above the eye. Blurred vision before headaches. Temporary loss of vision in one or both eyes. Vomiting with headache, which brings no relief.	
	NATRUM MURIATICUM	Sensation of hammers in the head. Often right sided, but can be in any location. Better from lying in a dark, quiet room and cold application. Worse light, sun, reading; before or after period; noise, head injury and grief. Worse 10am or from 10am to 3pm.	
	NUX VOMICA	From unwise eating or drinking; over indulging.	

INDIGESTION, HEARTBURN		<u>REMEDY</u>	<u>INDICATIONS</u>
			ARSENICUM ALBUM
	NATRUM PHOSPHORICUM	Acid-tasting eructations, sour vomit, stools and perspiration. Worse from fat, milk, sugar.	
	NUX VOMICA	After too much rich food, or alcohol; over indulging. May be accompanied by headache.	





Complaints | Remedy | Indications



MOUTH ULCERS	<u>REMEDY</u> ARSENICUM ALBUM	<u>INDICATIONS</u> Ulcers on roof of mouth, down into throat, inside of lips and on tongue. Burning pain; look bluish or white. Prone to ulcers when feeling anxious; recurring ulcers. Better for hot drinks. Worse for cold food or drinks.
		BORAX VENETA
	HEPAR SULPHURICUM CALCAREUM	Ulcers with inflammation or swelling of the mouth, slow to heal. Sticking, sharp splinter-like pains, so sensitive that they cannot bear to have them touched or cold air blow upon them. Likely to be very irritable and cross. Worse at night and on waking. Better warmth.
	LACHESIS	Ulcers on gums or side of tongue. Gums are bluish, purple, swollen and bleed easily. Ulcers spread. Pain is burning; mouth feels raw, sore, better for a cold drink. Lots of sticky saliva and a nauseous, copper or sour taste. Bad breath. Worse after waking; may start in lead up to a period.
	MERCURIUS	Ulcers inside of the cheeks, tip or side of tongue; bleed and feel hard. Yellow colour; spreading of ulcers. Breath smells foul, metallic or sweetish taste. Saliva increased. Stinging pain which makes it difficult to talk. Thirsty and better for cold drinks. Pain is worse at night.
	PHOSPHORUS	Painless ulcers on gums, lips, tongue or roof of mouth. Edges of gums look ulcerated. Watery saliva with a sweetish or salty taste but tongue feels dry. Wake with a taste of rotten eggs. Gums bleed easily. The roof of the mouth may feel itchy. Thirsty for cold water. Worse warm food and drink. Worse at twilight and in the evening.

EUPATORIUM



**ALLIUM
CEPA**





Complaints | Remedy | Indications



NAPPY RASH	<u>REMEDY</u>	<u>INDICATIONS</u>
	BORAX VENETA	Easily infected and won't heal. Nappy rash due to thrush and they might have oral thrush as well. Itchy.
	CALCAREA CARBONICA	Nappy rash comes on whenever the infant is teething, especially if the teeth take a long time and are difficult to fully come through. Prone to loose stools and diarrhoea. Worse bathing. Worse if nappy is tight.
	GRAPHITES	Looks worse between the buttocks. Thrush. Available as a cream.
	MERCURIUS	Nappy area is very sweaty. Burning, redness. May be associated with teething, baby dribbling more than usual. Worse in changing temperatures. Worse if too hot or warmth of the bed. Worse sweating.
	PULSATILLA	Clingy, irritable, tearful and whiny from the discomfort, doesn't want to be put down; more settled when cuddled and carried. Rash looks burnt, sore. Worse when overheated; better with nappy off and cold applications.
	SULPHUR	Very itchy, baby scratches when they aren't wearing a nappy, will pull at their nappy to try to take it off. Rash is dry, scaly, cracked or moist and looks infected. Ulcerated. Worse between the buttocks; at night and from warmth, getting hot in bed.

PERIOD PAIN	<u>REMEDY</u>	<u>INDICATIONS</u>
	BELLADONNA	Heavy flow, blood feels hot, with intense cramping or tearing pain; may have throbbing congestive headache.
	LACHESIS	Pain relieved once the flow starts; can't bear tight clothing anywhere; dark clotted blood.
	MAGNESIUM PHOSPHORICUM	Cramping pain, better for warmth, rubbing, bending double. Worse from cold.
	NUX VOMICA	Irregular, long-lasting, dark flow; sensation as if bowels must open. Intense pain with faint feeling.
	PULSATILLA	Irregular, changeable or intermittent periods; nausea and chilliness with the pains. Wants comforting; better in fresh air.
	SEPIA	Aching, burning pain; bearing down sensation as if everything would fall out. May feel irritable, indifferent to loved ones.





Complaints | Remedy | Indications



SPRAINS & STRAINS 	<u>REMEDY</u>	<u>INDICATIONS</u>
	ARNICA	First remedy to give for shock from injury; bruising, pain and swelling. Then consider one of the following:
	BRYONIA	Joint or muscle pains, sharp or stitching pains worse from slightest movement. Hot, swollen joints.
	RHUS TOXICODENDRON	Sprained joints, swollen joints from injury, pulled muscles; worse for first movement but better as movement continues.
	RUTA GRAVEOLENS	Damage to cartilage of bones and tendons. Injuries where the bones are close to the surface. Bruised, aching bones; tendons feel injured and overstretched.
	STRONTIUM CARBONICUM	Swollen, sprained ankle; lingering or has not responded well to other remedies. Recurrent ankle sprains.

SUNBURN & SUN-STROKE 	<u>REMEDY</u>	<u>INDICATIONS</u>
	BELLADONNA	Face very red, hot with throbbing headache and sensitivity to light. Symptoms come on quickly; picture is of great intensity – of heat, redness and dryness. Patient will be agitated and have a severe headache.
	CUPRUM METALLICUM	Severe muscular cramping or twitching with possible sweats after exposure to the sun.
	GLONOINE	Similar to Belladonna – give if it does not help. Blood rushes to the head, sense of head bursting. Mental confusion.
	NATRUM CARBONICUM	Weakness from exposure to the sun, dizziness, nausea and/or diarrhoea. Not the same intensity as Belladonna. Symptoms brought on by heat exhaustion rather than heat stroke.

CUPRUM METALLICUM



ARNICA

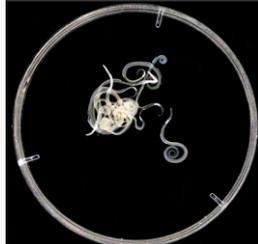




Complaints | Remedy | Indications



SWEATING (EXCESSIVE) 	<u>REMEDY</u>	<u>INDICATIONS</u>
	CALCAREA CARBONICA	Sweat especially on the head; chilly when sweating.
	MERCURIUS	Profuse, offensive, may be cool and clammy. Worse at night.
	SILICA	Offensive sweat on hands, feet and armpits; chilly.
	SULPHUR	Excessive offensive sweat, they cannot tolerate heat.

THREAD WORMS* (PINWORMS) 	<u>REMEDY</u>	<u>INDICATIONS</u>
	BARYTA CARBONICUM	Crawling and burning sensation in the anus, which is sore, moist; often with constipation.
	CINA MARITIME	The first remedy to think of. Irritability with the itching; child may also pick or rub nose, or grind teeth in restless sleep.
	NATRUM MURIATICUM	May have constipation alternating with diarrhoea with the anal irritation.
	NATRUM PHOSPHORICUM	Itching anus, picks nose; can be used longer term to keep intestines at correct acidity.
	SABADILLA	Itching of the nose or ears accompanies the anal itching.
	SULPHUR	Itching with redness around the anus, sore and painful; worse at night.
TEREBINTHUS	Burning and crawling sensation in the anus as if worms were creeping out.	

SULPHUR



**NATRUM
MURIATICUM**





Complaints | Remedy | Indications



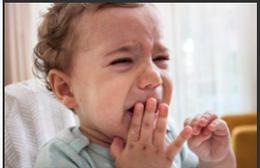
THRUSH*	<u>REMEDY</u> ANTIMONIUM CRUDUM	<u>INDICATIONS</u> Oral thrush; thick white coating on tongue.
	BORAX VENETA	All types of thrush. With oral thrush there is a dry, hot mouth despite lots of saliva. Useful for oral thrush of the mouth and tongue in newborn babies and children. White fungus like growth in mouth, on tongue. Bitter taste. Mouth feels as if burnt and bleeds easily. Worse whilst feeding, the baby will cry with pain whilst being breastfed or bottle-fed. Vaginal thrush: discharge like egg white, genitals itch; worse after a period. Sensation as if warm water was flowing from the genitals.
	LYCOPODIUM	Discharges acrid and burning, may be blood-stained. Men suffer from a cutting pain in their genitals; may have soreness between the scrotum and thigh. Women experience a burning pain vaginally.
	PULSATILLA	Symptoms are constantly changing. Discharge is creamy white or yellow-green, thick, bland or burning and worse when lying down or in the heat. May have itching. Feels tearful, moody, is better for consolation and cuddles. Thrush during puberty or pregnancy, before period. Worse if affected area becomes heated. Better for fresh air. Better for cold bathing of the affected area.
	SEPIA	White, greenish or yellow discharge that is lumpy, like cottage cheese, egg white, offensive smelling with dryness and itching. Bearing down sensation. Thrush is worse for hormonal changes such as before and between periods and during pregnancy. Offensive genital sweat in both men and women. May feel sluggish, worn out, indifferent and irritable. Lack motivation to exercise however they feel better in themselves for it. Worse for contraceptive pill or HRT.





Complaints | Remedy | Indications



TOOTH-ACHE, TEETHING & TOOTH DECAY	<u>REMEDY</u>	<u>INDICATIONS</u>
		ACONITE
ARNICA		<p>Useful after tooth extraction for swelling and bruising, pain in the gums, in alternation with Hypericum.</p>
CALCAREA CARBONICA		<p>Useful where there is delayed development of not only teeth but of bones in general, such as slowness of the fontanelles to close.</p>
CALCAREA PHOSPHORICA		<p>Late teething. Fontanelles slow to close. Sweaty head. Child is fretful with the pains.</p>
CALCAREA PHOSPHORICA & CALCAREA FLUORICA TOGETHER		<p>To prevent further decay and strengthen teeth; take as tissue salts or 6x potency.</p>
CHAMOMILLA		<p>The number one teething remedy: child is whiny, irritable, stubborn and just plain miserable. They do not want to be looked at, may strike out in anger. Nothing satisfies them. Quiet as long as being carried. One cheek hot (usually the side the tooth is coming through) the other pale. Loose stools; short hacking cough worse at night.</p>
HECKLA LAVA		<p>Jaw swells with toothache; facial neuralgia. Abscess. Tooth decay.</p>
HEPAR SULPHURIS CALCAREUM		<p>Root abscess with swelling and pain. Fever with occasional chills. Follow with Silica once the pus has come to a point.</p>
MERCURIUS		<p>Toothache. Bleeding gums, loose teeth, sensitive, worse for cold or hot food. Bad breath, profuse salivation. Increased thirst for water.</p>
PLANTAGO		<p>Pain from caries, hollow teeth. Increased salivation and swelling of cheeks. Pain extends to the ears from the teeth or to the eyes.</p>





Complaints | Remedy | Indications



TOOTH-ACHE, TEETHING & TOOTH DECAY	<u>REMEDY</u> SILICA	<u>INDICATIONS</u> Face, gum and cheeks maybe swollen. Pain from root abscess; follows Hepar Sulph when pus has begun to discharge. Pain from wisdom teeth. Worse from cold air, cold water. Fever. Teeth come through slowly and with difficulty, first teeth or wisdom teeth.
	STAPHYSAGRIA	Pain worse when any food or drink touches the affected teeth, cold drinks particularly; in decayed or sound teeth. Bleeding gums. Excessive salivation.

TRAVEL SICKNESS	<u>REMEDY</u> COCCULUS INDICUS	<u>INDICATIONS</u> Worse for loss of sleep, motion or during vertigo. With nausea, worse at the mere thought or smell of food. With vomiting. Jet lag.
	PETROLEUM	With vertigo or motion sickness. With nausea, vomiting.
	SEPIA	Motion sickness. With nausea; empty feeling in stomach, not better from eating.
	TABACUM	With deathly nausea. Sinking in the stomach. With or without vomiting, which incapacitates. Nausea better from cool air and uncovering of the abdomen.

WARTS & VERUCCAE *	<u>REMEDY</u> ANTIMONIUM CRUDUM	<u>INDICATIONS</u> Hard, smooth warts, may form clusters. Digestive complaints and a white-coated tongue may be present.
	CAUSTICUM	Large hard warts on the face or fingers, bleed easily; surrounded by yellowish or dirty-looking skin.
	NITRIC ACIDUM	Large fissured warts that itch or bleed when washed; plantar warts (veruccae).
	THUJA	The most common remedy: use if no other symptoms appear to fit. Isolated, jagged or mosaic warts on soles of feet or genitals; people who tend to moles, warts.





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Our Story



We are a small group of homeopaths who found each other following the creation of the UK's People's Health Alliance (PHA). During a general meeting of PHA homeopaths, it was agreed there was a need for an acute complaints guide, for homeopaths and non-homeopaths alike. This small group was born and work began.

In June 2022 it was announced that the UK's National Health Service (NHS) had published a list of 35 conditions that GPs would no longer treat. We changed our focus and *The 35* was created.

We are launching this small book in the first week of August 2024, interestingly also the week when the NHS has announced capping of GP appointments.

The 35 offers options for filling the gap left by the NHS decision and we are sharing it with as many people as possible. If you are reading this, we ask that you share it with others so they can also make use of it.

We are a dedicated, ebullient bunch who like to laugh – a lot. We are determined to spread the joy of homeopathy to anyone prepared to listen (and even a few who are not!). We believe there is an ever increasing need for the general public to have access to this incredible healing modality. It is always a surprise to us that there are people who have still never heard of homeopathy!

We will continue to create and spread the word via any medium we can find. We are delighted you have joined us on the journey and sincerely hope you find this book useful.

If you'd like to contact us, you can do so here: **35conditions@gmail.com**

Created with love:

Carol Boyce

Pat Bromley

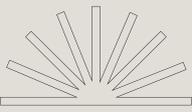
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Linda Razzell

Rebecca Sturgeon

Julie Taylor (& Design & layout)



Want to 
know more?



To find out more about homeopathy or to find a homeopath:

Alliance of Registered Homeopaths (ARH)

a-r-h.org

Homeopathy International (HINT)

hint.org.uk

The Society of Homeopaths (SoH)

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