

David Gemmell

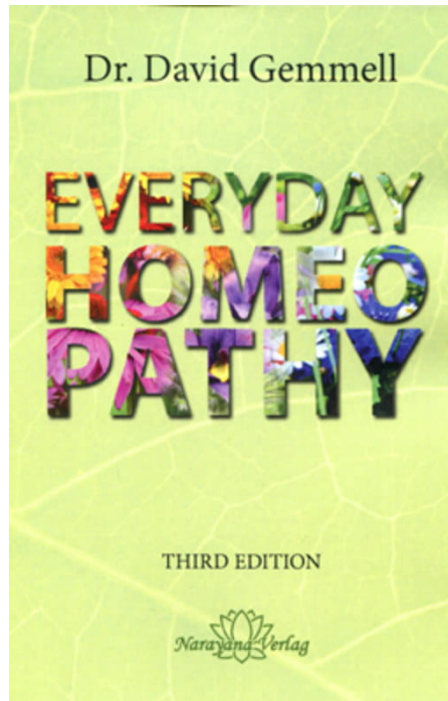
Everyday Homeopathy

Sample text

[Everyday Homeopathy](#)

from [David Gemmell](#)

editor: Narayana Verlag



In the [Narayana Webshop](#) you will find all German and English books on homeopathy, alternative medicine and healthy living.

Copyright:

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern

Tel. +49 7626 9749 700

Email info@narayana-verlag.de

<https://www.narayana-verlag.de>

Narayana Verlag is a publisher of books on homeopathy, alternative medicine, and healthy living. We publish works by top-class, innovative authors such as Rosina Sonnenschmidt, Rajan Sankaran, George Vithoulkas, Douglas M. Borland, Jan Scholten, Frans Kusse, Massimo Mangialavori, Kate Birch, Vaikunthanath Das Kaviraj, Sandra Perko, Ulrich Welte, Patricia Le Roux, Samuel Hahnemann, Mohinder Singh Jus, and Dinesh Chauhan.

Narayana Verlag organizes homeopathy seminars. World-renowned speakers such as Rosina Sonnenschmidt, Massimo Mangialavori, Jan Scholten, Rajan Sankaran & Louis Klein inspire up to 300 participants.

Contents

INTRODUCTION	1	PROBLEMS OF WOMEN	37
Why this book has been written	1	<i>MENSTRUATION</i>	38
What is homoeopathy?	3	Establishment of menstrual	
How to use this book	4	periods in adolescent girls	40
How to select the symptoms	4	Heavy periods - flooding	
The remedy	5	(Menorrhagia)	40
The dose	5	Late periods	42
Continuing the dose	6	Painful periods (Dysmenorrhoea)	44
Potency	7	Scanty periods	46
Important points to remember		Premenstrual syndrome (PMS)/	
about homoeopathic		Premenstrual tension (PMT)	48
remedies	8		
ACCIDENTS AND FIRST AID	9	<i>VAGINAL DISCHARGE</i>	
Animal bites	10	(<i>LEUCORRHOEA</i>)	50
Burns and scalds	12	<i>BREAST PROBLEMS</i>	52
Eye injuries - blows to the eye	14	Breast pain	52
Eye injuries - foreign bodies	16	Lumpy breast (Nodules)	52
Fractures	18	<i>PREGNANCY</i>	54
Head injury	20	Threatened miscarriage	54
Insect bites and stings	22	Morning sickness	55
Nosebleeds	24	Heartburn	56
Sprains and strains of joints,		Cravings	56
muscles and ligaments	26	Night cramps	57
Wounds - abrasions, scrapes		Urinary frequency	58
and grazes	28	Backache	58
Wounds - cuts and lacerations	30	Emotional disturbances - before	
Wounds - infected	32	and after confinement	59
Wounds - punctured	34	Coming up to confinement –	
		from eight months (36 weeks)	60

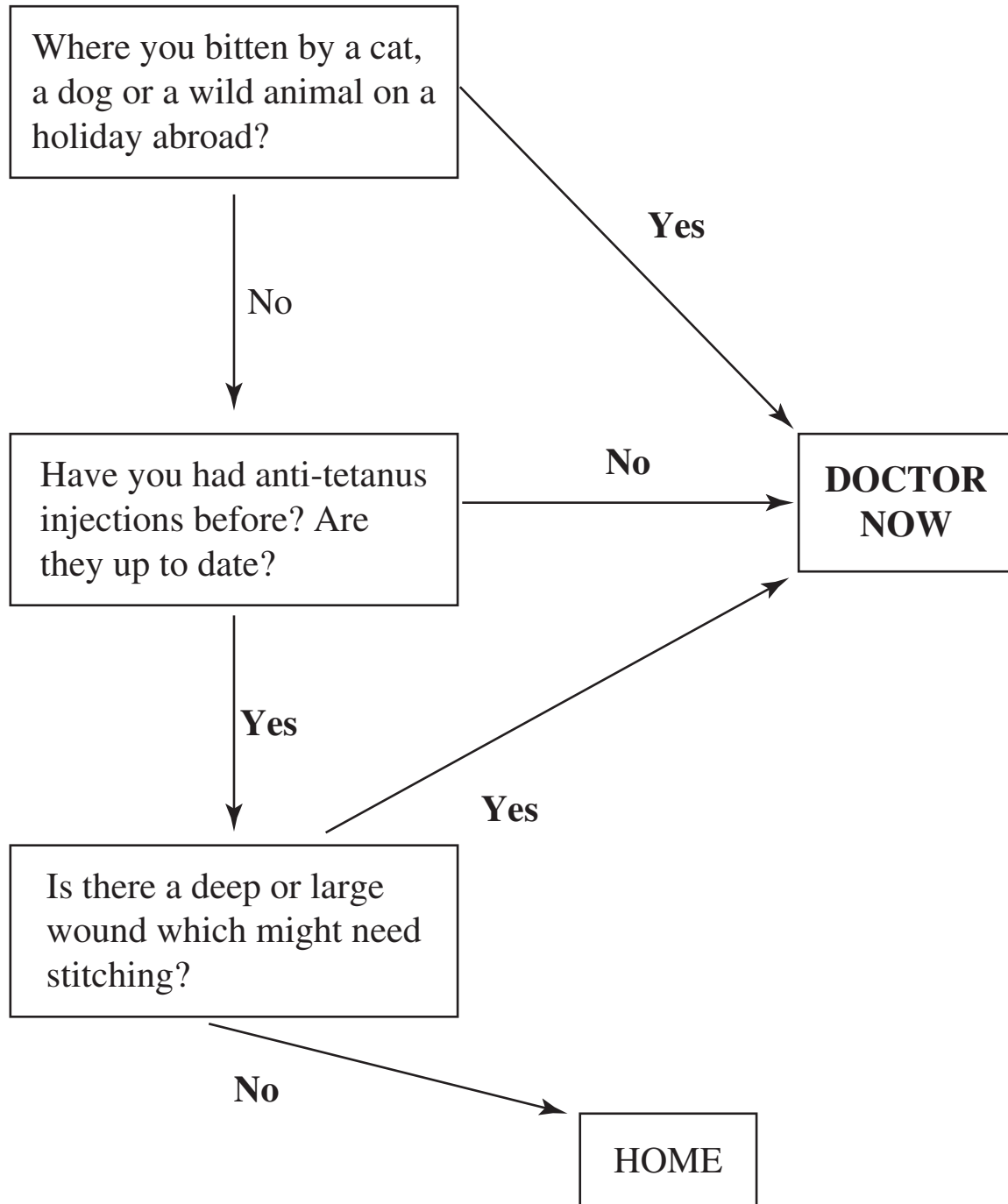
Contents

Coming up to confinement - last days	60	<i>TODDLERS AND SCHOOL CHILDREN</i>	78
After the confinement	61	Adenoids – large	78
<i>BREASTFEEDING PROBLEMS</i>	62	Asthma in children	80
Too little milk	62	Bedwetting	82
Too much milk	62	Colds and influenza in children	84
Sore nipples	62	Constipation in children	86
Inflammation of breasts (Mastitis)	63	Cough in children	87
<i>MENOPAUSE (“CHANGE OF LIFE”)</i>	64	Croup	88
Hot flushes	65	Earache	90
Other problems associated with the menopause	66	Ears – discharging	92
CHILDREN’S PROBLEMS	67	Fluid in the ears (“Glue ear”)	92
<i>THE NEWBORN BABY</i>	68	Sleeplessness in children	94
After delivery	68	Sore throat in children	94
Soft tissue swelling of scalp	68	<i>FEVERS AND INFECTIOUS DISEASES</i>	96
Hernia	68	Chickenpox	98
Jaundice	69	Glandular fever (Infectious mononucleosis)	98
Swollen breasts	69	Measles	100
Conjunctivitis (“Sticky eyes”)	69	Mumps	100
<i>THE BABY</i>	70	Scarlet fever	102
Feeding problems	70	Whooping cough	102
Milk intolerance	70	Immunisation	103
Wind and colic	70	GENERAL PROBLEMS	105
Diarrhoea	72	Acne vulgaris	106
Diarrhoea alternating with constipation	72	Anxiety (see also “Fear”)	108
Nappy rash	74	Arthritis	110
Teething	74	Chilblains and poor circulation	114
The crying baby	76	Chronic fatigue syndrome	116
Convulsions (Fits)	76	Common cold - early stages	120
		Common cold - later stages	122
		Constipation	124
		Cough	126
		Cystitis	128

Contents

Dental abscess (Gum boils)	130	Operations	168
Diarrhoea	132	Pain	172
Eczema	134	Perspiration - excessive	180
Fear (see also "Anxiety")	136	Piles (Haemorrhoids)	182
Fibrositis (Muscular		Psoriasis	184
rheumatism)	138	Rosacea (Acne rosacea)	184
Hangover (Ill effects of alcohol)	140	Shingles (Herpes zoster)	186
Hay fever	142	Shingles, pain after	
Headache and migraine	144	(Post-herpetic neuralgia)	188
Herpes - mouth or genital	151	Sinusitis and catarrh	190
Hoarseness and loss of voice	152	Skin - oily or greasy	193
Indigestion (Dyspepsia)	154	Sleeplessness	194
Inflammation, boils		Sore throat (Infected tonsils,	
and abscesses	156	Tonsillitis, Pharyngitis)	196
Influenza	158	Toothache	198
Irritable bowel syndrome (IBS)	160	Travel sickness and jet lag	200
Mouth ulcers (Aphthous ulcers)	162	Varicose ulcers	202
Nausea and vomiting	164	Warts (Verrucas)	204
Nettle rash (Hives, Urticaria)	166		
 A BASIC MATERIA MEDICA			206
 THE MEDICINE CHEST			212
 THE FIRST AID BOX			214
 INDEX OF REMEDIES			215
 INDEX OF PROBLEMS			219

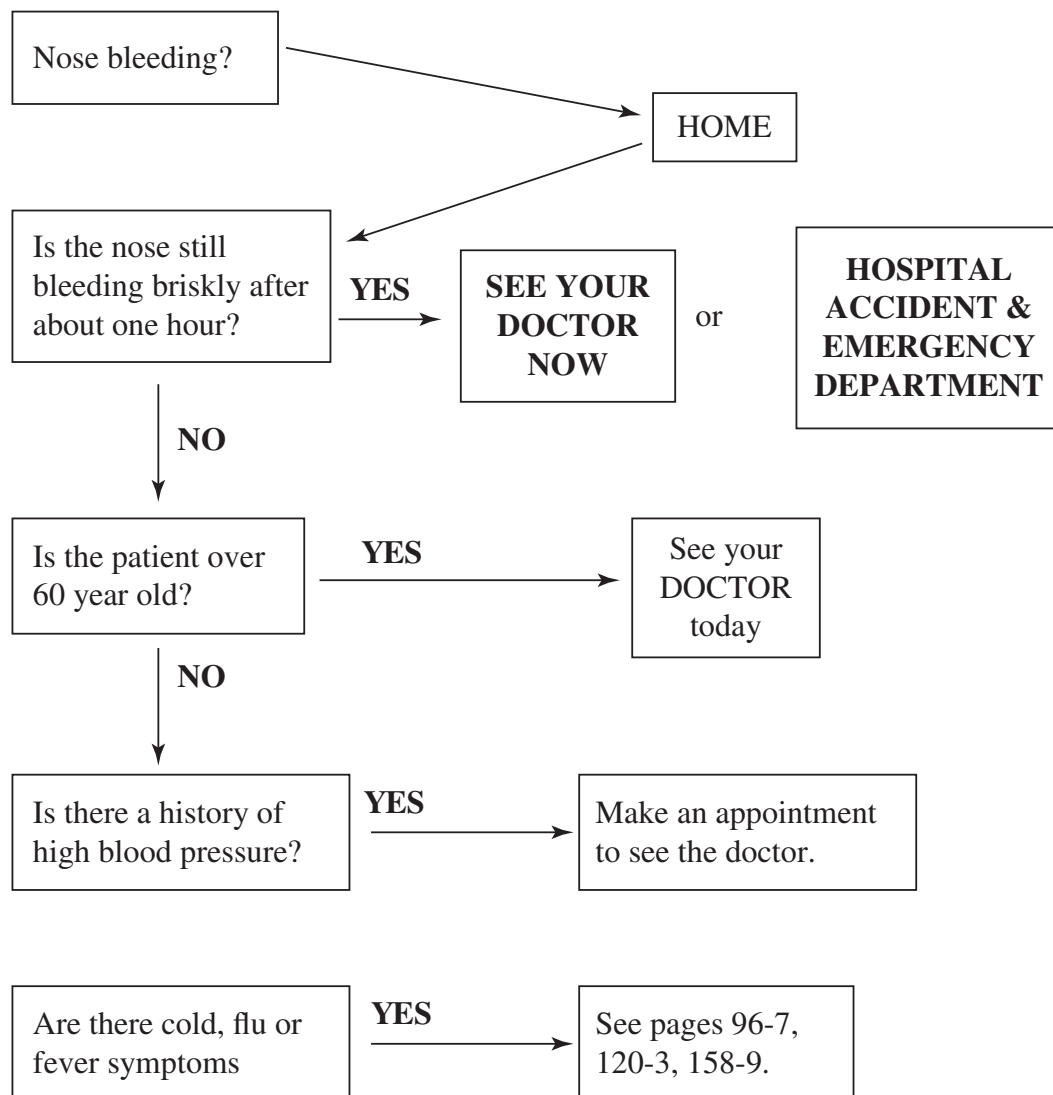
ANIMAL BITES



NOSEBLEEDS

Bleeding from the nose normally comes from a minor injury to the small veins in the lining of the soft part just inside the nostrils. Occasionally it occurs because of a virus infection - more frequently in children - and may start with sneezing.

Some people have a tendency to get nosebleeds easily, and while not serious, they are a nuisance. The following method of First Aid is practical, and the most suitable remedy can be given at the beginning.



NOSEBLEEDS

General Measures

- *Do not panic. Be calm.* Give the remedy.
- Sit the patient down leaning forward, over a large bowl or basin, and tell him not to sniff or swallow the blood.
- Use a towel as a bib to cover the chest and drape it over the knees.
- Tell the patient to *pinch* the soft part of the nose between the thumb and forefinger for *not less than five minutes by the clock*, and to breathe through the mouth throughout.
- Do not blow the nose for twelve hours at least.

By Mouth

Irritable. Fear – "something must be done".

Aconite 30c. One dose every half hour for 2-3 doses.

After injury.

Arnica 6c. One dose every two to three hours for the first day and twice a day for 3 days.

Anxious, dithery and trembly, wants to be held.

Gelsemium 6c. One dose every half hour for 2-3 doses.

Weeping. "Hysterical".

Ignatia 30c. One dose every half hour for 2-3 doses.

Bright red bleeding, particularly after injury.

Phosphorus 6c. One dose every fifteen minutes until stopped.

LATE PERIODS

Some women have a natural menstrual cycle which is longer than the average of twenty-eight days. This is normal for them and should not cause concern, provided that they remain well and happy.

However, some women develop delayed periods and this may make them unwell. These periods may be painful and abnormal, as a result of hormonal imbalance. This itself may arise from emotional causes, the use of the contraceptive pill or the onset of the menopause.

Premenstrual tension occurs or increases sometimes, and this is dealt with separately (see pages 48-9).

One of the remedies on the opposite page may be helpful, but the picture may be complicated by emotional problems, different types of pain and feelings of malaise before, during or after the bleeding. If this is so, consult the other relevant pages in this section of the book and try to form a composite picture. If this fails, seek the advice of an experienced homoeopath.

Menstruation

LATE PERIODS

Late - after fright or chilling, (especially in young girls whose periods are not properly established). **Aconite 30c**

Blood pale. Painful colic. Generally unwell and constipated. "Morning sickness" during period. **Graphites 6c**

Black, tarry blood. Flows lying down and stops flowing on walking about. Heartburn and belching. **Magnesium carbonicum 30c**

Suppressed due to shock or grief. **Natrum muriaticum 30c**

Thick, dark and clotted. Intermittent flow. Painful pressure downwards. Gentle, yielding; highly emotional; loves sympathy; weepy, changeable; easily discouraged; feels better in open air. **Pulsatilla 30c**

Hot, flushing skin, rashes and spots. Faint feeling in late morning. **Sulphur 6c**

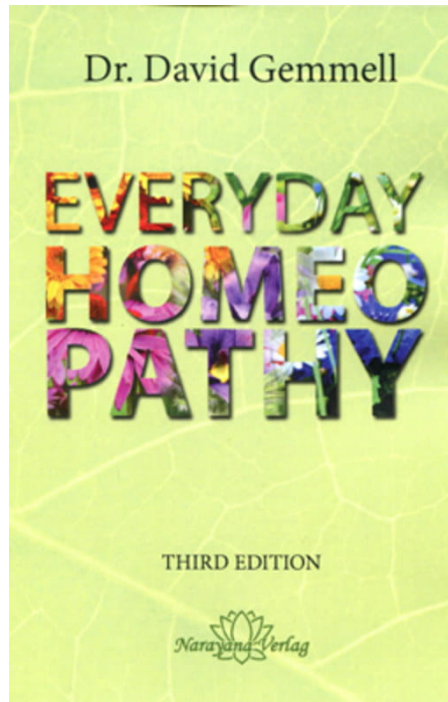
Dosage. All the remedies for this condition may best be given as three doses, one morning, evening and the following morning, starting on day twelve of the menstrual cycle.

David Gemmell

Everyday Homeopathy

232 pages, kart.
appears 2016

[Buy now](#)



More books on homeopathy, alternative medicine and healthy living www.narayana-verlag.de