






# 7 TOP HOMEOPATHIC REMEDIES Every Doctor Mom Must Know!

## MINDSET





Reminder, Mama! All Homeopathic Remedies are safe for all ages and stages. This means you can safely give homeopathics to as young as newborns. Out of all of the alternative aides, this is the one you really want to master. The right homeopathic remedy will help your child within minutes!



REMEDY	MAIN INDICATION	SPECIFIC INDICATIONS	OTHER REMEDIES TO CONSIDER	NOTES
 <b>ARNICA</b>	Injuries	Any type of fall that may cause bruising or pain	<ul style="list-style-type: none"> <li>Nat Sulph if it is a head injury</li> <li>Hypericum if the injury is nerve-related</li> </ul>	Best given when you see significant inflammation (heat, swelling, etc.).
 <b>CHAMOMILLA</b>	Teething/ Pain	When your child is inconsolable. Nothing seems to make him or her better	<ul style="list-style-type: none"> <li>Belladonna if teething accompanies fever</li> </ul>	This remedy is one of the most common homeopathics for babies and infants.
 <b>BELLADONNA</b>	Fever	When your child's fever comes on suddenly and your child's face is red	<ul style="list-style-type: none"> <li>Aconite if fever comes after exposure to cold</li> </ul>	Parents sometimes report that their kids respond to the same remedy for the majority of fevers. So the first couple of fevers is your opportunity to find which remedy your child reacts to the best!



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<p><b>PULSATILLA</b></p> 	Yellow or Green Runny Nose	When your child is extra clingy and not thirsty	<ul style="list-style-type: none"><li>• Nat Mur if runny nose turns into more clear, egg white</li></ul>	Pulsatilla may still help your child even if he or she is thirsty. But if your child prefers to be alone, it likely is a different remedy. Their desire to cling to you must be very strong.
<p><b>ARSENICUM ALBUM</b></p> 	Food Poisoning	When your child is vomiting or having diarrhea	<ul style="list-style-type: none"><li>• Nux Vomica if symptoms come after eating too much junk food</li><li>• Lycopodium can be helpful after eating too much sugar/sweets</li></ul>	Arsenicum album can also be used for anxiety especially if your child is anxious about his or her own health.
<p><b>ANTIMONIUM TARTARICUM</b></p> 	Cough	When your child's cough is wet and rattling	<ul style="list-style-type: none"><li>• Spongia if the cough is dry, barking or croupy</li></ul>	With cough, you should notice improvements within minutes, but don't assume it will go away completely. It can take time.
<p><b>APIS</b></p> 	Bite/Hives	When your child's skin is red, swollen, and hot. Also when they feel better with cold applications	<ul style="list-style-type: none"><li>• If Apis is not effective consider Ledum, especially if the bite feels cold to the touch</li></ul>	Apis is a short-acting remedy so frequent doses may be required.



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## MASTERY

### TIP FOR STAYING CONFIDENT:

Homeopathy is very forgiving. Since it's so safe, if you give the wrong remedy your child will be OK. There are no drug interactions between homeopathic remedies and conventional medicines so the two can be safely used together. Keep on practicing. Don't give up so you can really master this medicine and feel confident.

### TIP FOR STAYING COMPETENT:

#### FAVORITE RESOURCES TO SHARE INCLUDE:

*"Homeopathic Medicines at Home"* by Panos

*"Everybody's Guide to Homeopathic Medicine"* by Cummings and Ullman

### TIP FOR STAYING CALM:

You want your child to know that you've got this! You will make much better decisions and be able to think more clearly if you're calm. If you're struggling to stay calm, take a deep breath and take a homeopathic remedy or Rescue Remedy yourself. Some good remedies to learn about include Aconite, Calcarea carbonica, Arsenicum album and Phosphorous.



## READY TO LEARN MORE?

For more detailed information, watch

Doctor Mom's Medicine Course



For more information on dosing and instructions, check out

Doctor Mom's Master Guidebook



To learn more about our favorite remedies, visit

Medicine Favorites

