

KIT INFORMATION

Owen Homoeopathics can be purchased from your local stockist or from us direct. Check the website for a full list of stockists.

www.h-e-c.com.au

BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen

Everybody's Guide to Homoeopathy – Cummings & Ulmann

Australian Family Homoeopathy – Callinan

Neals Yard Natural Remedies – Susan Curtis

Aromatherapy an A-Z – Patricia Davis

Aromatherapy for Scentual Awareness – White & Downes

IMPORTANT

Taking of Homoeopathic Remedies

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, allow them to dissolve under the tongues.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle, as they are probably contaminated.
7. Store your remedies away from direct light, heat and strong smells particularly camphor or essential oils, as the potency of the remedy will be weakened.
8. When taking Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your remedies away from electrical appliances such as fridge, TV, microwave, computer and stereo.

MINI HOME REMEDY KIT

It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.

This kit contains a selection of remedies to cover minor ailments such as accidents and the associated shock, bites and stings, colds and tummy upsets.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia and to a lesser extent Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

Homoeopathic medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines have been prepared in a specific way by a process called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. This means that the Homoeopathic medicine will not affect or influence any other medicines prescribed for you by your doctor.

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OWEN HOMOEOPATHICS

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Use the 6c potency unless otherwise specified.

1. **ACONITE 6c**
First remedy to think of in the first 24 hours of the acute inflammatory process. States that come on rapidly, often during the night and after exposure to cold, dry weather (especially wind). Fevers, colds, flu, earache, vomiting, diarrhoea, travel sickness. Intolerance to pain worse from touching or uncovering. Repeat often as necessary for excitement or fear. Can be good for shock prior to or after surgery (especially anything to do with the eyes), also consider Arnica.
 2. **ARNICA 30c**
Bruising, trauma and shock. Soft tissue damage, concussion, black eyes - reduces bleeding and swelling. Dental surgery or medical fractures. Feeling as if bruised and beaten (aches and pains). Insomnia due to overtiredness. Good for jet lag. Gout, rheumatism with a fear of being touched. Angina pectoris and stitches in the heart. Says he feels well when seriously ill or injured - this is shock.
 3. **ARSENICUM 6c**
Feeling as if poisoned with burning pains. Food poisoning especially useful when travelling (take one dose per day while away from home to help adjust to food and cultural changes). Weak, exhausted and fearful - feel they are going to die. Often wake at midnight with a stomach ache. Worse 12 - 3 a.m. Chilly and can be fussy and fastidious while ill.
 4. **CANTHARIS 6c**
Burns, sunburn, indigestion. Cystitis and painful urination - great urgency and constant desire. Sore burning throat. Cold sores. Intense mental and physical irritation. Confusion, frenzy and delirium.
 5. **HEPAR SULPH 6c**
Boils, splinters and splinter like pains, particularly in the throat, especially right sided. Cold sores and herpes. Ear infections - sensitive to drafts and cold air. Styes and easy infections of the mucous membranes. Laryngitis with loose noisy cough. Eczema and acne. Can be useful for infections of the cuticles. Worse from cold and touch and better from warmth and damp and wrapping up, especially the head.
 6. **HYPERICUM 6c**
Puncture wounds, bites, splinters. Affects the nervous system - jammed fingers, bricks on toes. Eye injuries like squash ball injuries. Relieves pain after operations. Burns. Bee stings with long shooting pains. Deep foci of infection instead of antibiotics. Shooting pains and lightening like pains that come and go and may be accompanied by numbness.
 7. **IPECAC 6c**
Prevents or treats persistent nausea or vomiting. Can be travel sickness, morning sickness, gastric upset, vomiting or asthma. Haemorrhage remedy for nosebleeds. Sensitive to noise and chilly. Extreme impatience - irritable and discontent. Aversion to all food, especially veal and pork. Excess salivation. Worse from cold, heat, food and periodically while lying down. Better from firm pressure, warmth and when at rest with the eyes closed.
 8. **LEDUM 6c**
Bites, stings, puncture wounds - the anti-tetanus remedy. Take before going to mosquito infested areas. Animal bites, scratches, people bites. The skin is swollen, pale and mottled and the pain is local. Also good for black eyes and bruises which are turning black. Worse from movement, warmth, pressure and night. Better from cold, cold applications and rest.
 9. **NUX VOMICA 6c**
Poisonings of various kinds like overindulgences in food or alcohol too late at night, ill effects of shift work or broken sleep. Stuffy colds where the nose drips during the day. Insomnia after mental strain. Wakes 3 - 4 a.m. and stays awake. Habitual constipation. Stomach pains 2 - 3 hours after eating. Irritable, nervous, chilly. Wakes tired and irritable.
 10. **RHUS TOX 6c**
Overexertion, strain - stiffness of bone, muscle or connective tissue, joints or tendons. Rheumatism that is worse on beginning to move and then improves. Ailments from getting wet while perspiring - sneezing, runny nose. Shingles. Intense itching of the skin. Restlessness of mind and body. Dreams of great exertion.
- RESCUE REMEDY**
A combination of Bach Flower remedies for emergencies and accidents or when you need reassurance, confidence, comfort and control. Take 4 drops as necessary internally or externally.