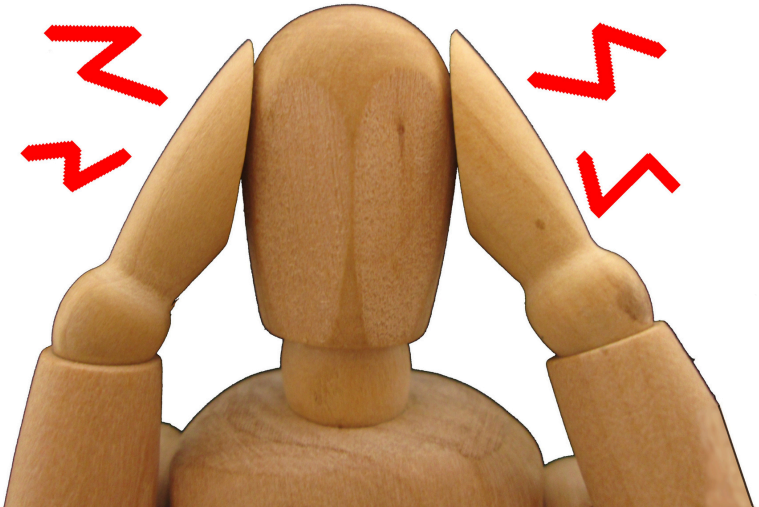


Homeopathy

SEVEN REMEDIES FOR HEADACHES



Annette Falconett

Disclaimer

The information contained in this ebook is for acute conditions, not chronic conditions.

The information here is not intended to replace a one on one relationship with a qualified health care professional and is not medical advice.

Be sure to get medical advice as needed. Homeopathy is not a replacement for proper medical care.

I am not a medical professional and I cannot advise you regarding your medications. I cannot diagnose.

I encourage you to make your own health care decisions based on your research and in partnership with a qualified health care professional.

This is intended as a sharing of my knowledge and information from my research, education and experience.

What is homeopathy?

According to the National Center for Homeopathy, “Homeopathy is a system of natural medicine used by millions of people worldwide for more than 200 years to achieve wellness.

It is a federally recognized form of medicine overseen by the U.S. Food and Drug Administration (FDA).

Homeopathy can help strengthen the body to fight short-term illness such as colds, flus, earache, sore throats, and more. For chronic conditions like asthma, depression, autism, or arthritis, find a professional homeopathic practitioner.”

HOMEOPATHY



How to choose a homeopathic remedy's potency

First determine if the condition is a short-term (acute) illness or a chronic condition.

If acute, consider using homeopathy at home. (There are many books available to help you determine a good remedy for home use.)

If the condition is chronic, you need to work with a professional homeopath.

Homeopathic remedies come in various potencies (or strengths): 6c, 12c, and 30c potencies are gentle and recommended for home use. You can also use 6x, 12c and 30x.

Chronic conditions may require a higher potency remedy, which a practitioner must provide.

The goal is to use the lowest potency that works. Start low and increase potency only if the remedy stops working.

The Remedies



Remedy Full Name & Shortened Name

Aconite Napellus - Aconite

Arnica Montana - Arnica

Carbo Vegetabilis - Carbo Veg

Coffea Crude - Coffea

Gelsemium Sempervirens - Gelsemium

Ignatia Amara - Ignatia

Natrum Muriaticum - Nat Mur

Aconite Headache

Sudden, violent headache.

Restlessness and fear.

Worse in evening, warm room.

Better open air.

Can be caused by exposure to cold wind.

May feel like your brain is being forced out of your skull.

Brought on by anxiety.



A N X I E T Y

Arnica Headache

Headaches from head trauma.
Confusion with the headache.
Desire to be left alone.
Don't want to be touched.
Hot head with cold body.
Brain feels tired.
Headache may feel like pain from
a nail, sharp pain.



Carbo Veg Headache

Headaches from anxiety.

Hair is sore.

Pain worse from pressure of a hat.

Headache from over indulgence.

“Bad effects of debauchery.”

Worse in a warm room.

Insatiable thirst for cold water.



Coffea Headache

Headaches that occur with insomnia.

Brain can't "turn off".

Pain can be worse with noise.

Headache after good news.

Headaches from drinking coffee.

Is chilly, dreads cold air.



Gelsemium Headache

Blurred or double vision.

Difficult to hold head straight.

Difficult to open eyes.

Severe shaking with weakness.

Exhaustion.

It is worse lying down.

Feels like a band around the head.

Apathetic.

Usually have no thirst.



Ignatia Headache

Headache from bad news.

Headache from grief.

Feels like a nail in the side of the head.

Headache with back or neck spasms.

Headache after being angry.

Headache is worse from tobacco.



Nat Mur Headache

Migraine with zigzags of lights.

One sided.

Dry mouth, watery vomit.

Hammering, throbbing pain.

Pain feels like being hit by a hammer.

Feels like head is in a vice.

Headache after grief.

**Considered a main remedy for
migraines and headaches.**



Guidelines for using the remedies:

The following are general guidelines.

- **Use lower potencies for acute conditions.**
- **Nothing by mouth 15 minutes before & after.**
- **Pellets can be placed under tongue to dissolve.**
- **Pellets can be put in water & you can drink it.**

Guidelines for using the remedies:

- Take one dose.
- If no improvement, you can dose again.
- Once there is improvement, stop dosing.
- If symptoms return/increase, you can re-dose.
- If there is no improvement after 2-3 doses it may be time to re-evaluate your choice of remedy.

Guidelines for using the remedies:

- **Keep your remedies out of the heat.**
- **Try to not touch them with your hands.**
- **If the remedies yellow, replace them.**

Some final thoughts:

- **Homeopathy for acutes can be easy to learn and use.**
- **Homeopathic remedies are relatively inexpensive, and can be safe for all ages when used properly.**
- **Many common remedies are available from health stores, grocery stores, and online sources listed on next page.**

Places to purchase remedies:

Oллоis, <https://ollois.com/>

Boiron, <https://boironusa.com/>

Doctor's Supplement Store*

Fullscript*

***Don't have an account to purchase supplements from? Let me know and I will set one up for you.**

Arnica and AJ

Interested in learning more?

Join my study group.

Email me for more information:

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A Bit About Me

I became interested in nutrition and healing when I developed MCS, Multiple Chemical Sensitivities. Allopathic medicine said,
“it’s in your head.”

I knew there were better options. I changed my lifestyle and my food. I recovered more health than would have been possible with allopathic medicine.

Recently I enrolled in homeopathy school. I have been interested in homeopathy for three decades.

Homeopathy has helped me to improve my health, the health of others and my pets. Yes, homeopathy can be used for our animals!

If you are interested in learning more about how to use homeopathy on a regular basis for acute/first aid situations, you can join my study group. Email me:
arnicaandaj@gmail.com

I look forward to hearing from you soon.

And remember, your health is your most important asset!

Annette

References:

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Seven Remedies for Headaches

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