

A GUIDE TO NATURAL FAMILY WELLBEING

The Homeopathic Medicine Cabinet

Gentle remedies for everyday
health and lifelong wellbeing



by Karen Louise Bell
Licensed Family Homeopath

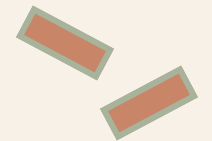


Welcome



Hi,
I'm Karen; a mum, a homeopath with years of clinical experience and someone who truly believes in empowering families to care for their health naturally.

This guide is for you if you ever wanted:

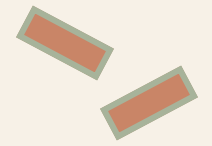


- *To explore homeopathy or curious about using natural forms of medicine to support your family's health*
- *To feel more confident and supported when your child has an acute illness and want to use natural remedies*
- *Discover some gentle emotional support for when you feel overwhelmed with life*
- *A natural toolkit for everyday common acute illnesses.*

You don't need to be an expert, just curious, open and ready to learn. I've raised my own child from birth to adulthood with Homeopathy and have seen it work wonders for everything from bumps and bruises to navigating the tumultuous teens and supporting my own hormonal transitions.

By the end of this guide, you'll have knowledge of some simple, useful homeopathic remedies- and if you want to take it further, I'd love to invite you on my online course for parents: **A Parent's Guide to Homeopathy** or a 1:1 consultation.

Chapter 1: Why Natural Healing?

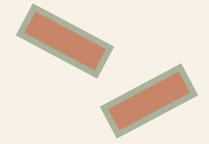


The human body has an innate intelligence, when you or your child gets sick, the body will automatically produce certain symptoms to try and heal itself and is continuously striving towards a state of homeostasis (a natural state of balance). Like when we cut ourselves, we bleed, cells are rapidly produced to form a scab to heal. When we have a virus attacking our system, the body may produce a fever in order to create a hostile environment for the invading pathogen and stimulate white blood cells to fight the disease. Catarrh that is produced when we have a cold has a cooling function to calm inflammation.

The body has an innate intelligence that is always trying to regulate internal physiological processes.

The symptoms that are produced in an acute illness are the body's attempt to heal itself, ***they have a purpose.***

Chapter 1: Why Natural Healing?



If we can naturally support the body through acute illnesses, with least amount of suppression (unless medical attention is needed) then long term it can help to strengthen the body's overall immune system.

This is why I fell in love with using homeopathy, because it goes **with** the body's natural processes and not **against** it. It recognises that the body has an innate vital life force and helps to stimulate this to fight illness.

This is not to say that homeopathy is to replace or be a substitute for medical advice or treatment. In the case of a first aid situation, medical attention is always priority. Homeopathic remedies are never used to replace medical advice or treatment, remedies can be used alongside where indicated.

Chapter 2: What is Homeopathy?

Homeopathy is a natural healing system using highly diluted forms of natural substances made from the plant, mineral and the animal kingdoms. It's based on the healing principle; ***"treat like with like"***

For example:

Cutting an onion makes your eyes water and burn - so the remedy made from red onion (Allium Cepa) is used to treat watery, irritated eyes in hayfever.

Remedies are diluted and succeeded so many times that there are no actual trace elements or material dose contained within it, just the energetic imprint



Think of a remedy like a seed - it carries the *information* your body needs to stimulate healing from the inside out.

Homeopathic remedies are:

- ***Safe for babies, pregnant mums, and even pets.***
- ***Non-toxic with no nasty side effects.***
- ***Energetic by nature - they help to stimulate the body's own healing response.***



"Nature Itself is the best Physician."

-Hippocrates

Where can I purchase Homeopathic Remedies?

Homeopathic remedies can be purchased from Homeopathic pharmacies in the UK (see resources at the end)

They usually come in the form of sucrose pillules but are also available in lactose tablets, powders and liquid remedies.

In this guide, I will be referring to pillules - as these are the most common form.

When you order your remedies, you can start building your home kit with small 4gram bottle, these usually contain enough pillules to get you started.

1 pillule equals one dose - and you can also buy starter kits of 18 or 36 remedies. This will be handy for you to have if you jump on to my online course: ***A Parent's Guide to Homeopathy***



Chapter 3: How to Use Remedies

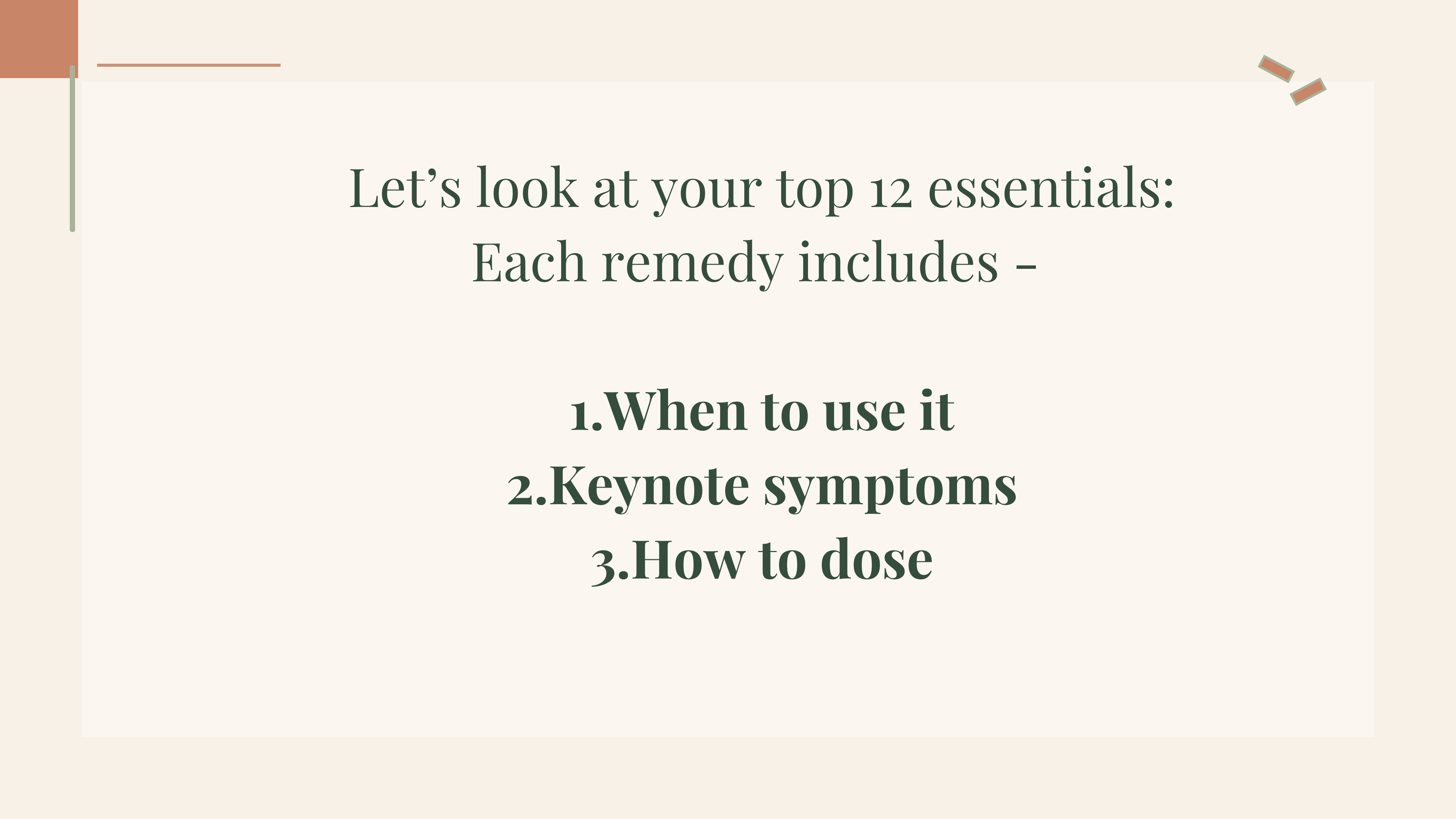
- Homeopathic remedies come in many different potencies, which signify their strength and how many times they have been succeeded and dilutes. In this guide and for acute first aid conditions I would recommend a **30c potency** (or 6c for very sensitive individuals) . See resources at the end of the guide for advice on where to purchase remedies or receive acute advice.
- Let the remedy dissolve in a clean mouth - avoid coffee, mint, or food 20 minutes before/after taking a remedy where possible.
- Match 3 strong indicated symptoms in the person to a remedy (“the three legged stool approach”).

Dosing guide:

- **Mild illness:** 1 dose (1 pillule), 2-3 x day for 3-5 days.
- **Acute illness** (strong symptoms): 1 dose every 30 mins to 2 hours up to 6 doses.
- **Stop when improvement begins**
- If no change after 3-6 doses, try a better match.

Observe: Is your child sleeping better, brighter, less distressed, the symptoms have changed in some way, has there been a response since taking the remedy? These are good signs that the remedy is working.

You're not alone, you can always reach out to a qualified Homeopath or Helios pharmacy (see resources) for further help.



Let's look at your top 12 essentials:
Each remedy includes –

- 1. When to use it**
- 2. Keynote symptoms**
- 3. How to dose**

Arnica – for bumps, bruises & shock

Think of Arnica when:

- There's a fall, bump, bruise or injury.
- Your child says "I'm fine" but clearly isn't.
- After a shock, trauma or emotional upset.
- Pain feels bruised or sore, especially after overexertion.

Great for:

- Minor head bumps
- Bruising after rough play
- Jet lag or exhaustion.



Key Signs:

- Sore, tender, bruised feelings
- Wants to be left alone
- Complains the bed feels "too hard"
- Doesn't want to be touched

Tip - A *must-have* in every *natural first aid kit* and can be used after childbirth to support healing

Aconite – for sudden shock, fear & early fevers

Think of Aconite when:

- A cold or fever comes on suddenly, especially after exposure to cold wind
- Your child is anxious, panicked or just had a fright
- You may feel fearful (that you are going to die) and have a racing heart

Great for:

- Sudden high fevers
- Nighttime anxiety
- First signs of illness
- Croup with a dry, barking cough that has come on suddenly after exposure to a cold wind or shock.



Key Signs:

- Cold, dry weather exposure
- Sudden onset of symptoms
- Restlessness and panic
- Looks frightened or shocked

Tip - *Reach for Aconite at the very first sign something's coming on.*

Belladonna – high fever, flushed face, throbbing pain

Think of Belladonna when?

Your child is suddenly unwell, with a high temperature, flushed cheeks, and bright, glassy eyes, yet they were perfectly fine just hours before. The illness comes on fast and feels intense.

Great for:

- Sudden high fevers (especially without sweating)
- Earaches or sore throats that start suddenly
- Throbbing headaches or heat stroke
- Night terrors or vivid, scary dreams in feverish children
- Heatstroke/sunburn

Key Signs:

- Sudden onset of symptoms
- High, dry fever with hot head but cold hands and feet
- Bright red face or ears
- Pupils may be dilated, eyes glassy
- Child may be restless, delirious, or sensitive to light, noise, or touch
- Often better from quiet, dark, and cool environments

Tip - Reach for Belladonna when symptoms are characterised by intense heat, throbbing, pulsating sensation and come on suddenly - can be used to address heat stroke after sun exposure

Chamomilla (for teething, colic, tantrums)

Think of Chamomilla when:

- Your child is irritable, angry and can't be soothed
- Teething pains, colic or diarrhoea
- Happier when being carried
- Throws toys or pushes things away in frustration
- Any teething pain when you feel angry with the pain

Great for:

- Teething babies
- Green, offensive diarrhoea during teething
- Toothache or labour with irritability



Key Signs:

- One cheek flushed
- Angry crying
- Can't settle, very sensitive pain
- Worse from heat, better when carried

Tip - Your go-to for the cranky, clingy, overtired child who can't get comfy especially if they are they are teething, also can be used for tooth pain when you feel angry with the pain and very sensitive

Pulsatilla – for clinginess, moodiness & mucus

Think of Pulsatilla when:

- Your child is tearful, clingy and needs reassurance
- Mucus is thick, bland, yellow or green
- Symptoms (and moods) change quickly
- They feel better for cuddles and fresh air

Great for:

- Colds, earaches, conjunctivitis
- Teething or fevers with clinginess
- Illness after fatty food
- Hormonal mood swings (great for teens too!)



Key Signs:

- Lack of thirst
- Better with comfort and affection
- Sweet but needy
- Worse for rich, fatty foods but may crave them
- Changeable symptoms (including emotions!)

Tip - A beautiful remedy for children who need you close and just want to be held when they are feeling unwell or emotionally changeable

Euphrasia – for streaming burning eyes & hayfever

Think of Euphrasia when:

- Your eyes are red, watery, itchy or burning
- There's a clear or burning discharge
- Your child keeps rubbing or blinking their eyes
- Symptoms are worse indoors, better outdoors

Great for:

- Hayfever with eye symptoms
- Conjunctivitis
- Eye irritation from colds
- Eye infections



Key Signs:

- Eyes feel gritty or sore
- Tears may burn or irritate the skin
- Swollen eyelids
- Feels better in fresh air

Tip - Also lovely as a compress: dilute Euphrasia tincture in cooled boiled water and apply with cotton pads.

Silica – expelling foreign objects from the body

Think of Silica when:

Your child has a stubborn splinter, slow-healing wound, or repeated infections, especially when they seem chilly, shy, or delicate.

Great for:

- Helping the body push out splinters, glass, or thorns
- Recurrent ear infections or sinus issues
- Boils or abscesses that won't come to a head
- Delicate or slow-healing children
- Weak nails, fine hair, or constipation from bashfulness



Key Signs:

- Chilly, thin, or delicate child who catches colds easily
- Timid but determined personalities
- Sweaty hands, feet, or head (especially during sleep)
- Suppurating wounds or blocked glands
- Constipation with hard stool that's hard to pass

Tip: Silica is like the body's gentle "push"—great for helping the body expel what doesn't belong. Avoid using it when your child has implanted devices (like surgical pins or pacemakers), as it may try to push those out too.

~~Nux Vomica~~ – Digestive upsets, irritability, and over-stimulation – tired but wired nervous systems.

Think of Nux Vomica when:

You or your child is grumpy, irritable, and out of sorts. They are feeling extra sensitive to light, noise and smells.

Great for:

- Indigestion with acid reflux
- Feeling nauseous but unable to vomit or not improved by vomiting.
- Constipation with frequent, unsuccessful urges
- Irritability and sensitivity to light, noise, smells
- Overwound children who are cranky and overtired.
- Waking 3-4am thinking of work related stresses.



Key Signs:

- Moody, easily annoyed, doesn't want to be comforted
- Complaints made worse by noise, light, or being interrupted
- Digestive issues (bloating, gas, nausea, constipation)
- Feels better after rest, warmth, or a nap
- Often chilly and sensitive to cold

Tip: Use Nux Vomica after holidays, birthday parties, or long travel days when everything's been "too much" and you or your child is feeling impatient and irritable! Use for hangovers where you feel nauseous and irritable from noises and smells.

Gelsemium – Influenza, anxiety with shakiness and lethargy

Think of Gelsemium when

- Feeling weak, heavy, or drowsy, especially during colds or flu
- Anxiety before an event – exams, public speaking, interviews
- Illness that comes on slowly with increasing fatigue and heaviness
- Trembling from nerves or weakness

Great for:

- Flu with chills, fatigue, and droopy eyelids
- Headaches that begin at the back of the head and move forward
- Anticipatory anxiety – when nervousness leads to shaking, frequent urination, or diarrhea
- Recovery after bad news, fright, or emotional shock



Key Signs:

- Droopy eyes and heaviness all over the body
- Thirstlessness despite fever
- Shaky, weak limbs (may feel like they can't hold themselves up)
- Slow onset of symptoms
- Prefers to lie still and be left alone
- Worse with excitement or mental exertion

Tip - Use Gelsemium 30C before a big event if nerves make you shaky or foggy-headed. It can help calm the mind and steady the body.

Apis Mel – Bee stings, allergic reactions, cystitis & styes

Think of Apis Mel when:

Any acute inflammatory conditions that are characterized by stinging, burning and swelling/puffiness.

Great for:

- Insect bites and bee stings
- Allergic reactions with redness, swelling and heat.
- Urinary tract infections and cystitis that has burning and stinging pain
- Skin reactions with hive like eruptions and intense itching and burning.

Key Signs:

- Person may be restless and not able to sit still
- Swelling, redness and stinging pains that can have a taut, red, shiny appearance
- Worse from any heat but better for cold or cold compresses.
- Sudden onset with rapid progression.

Tip: good remedy for the summertime when there is more chance of being stung by bees!



Arsenicum Album – food poisoning, burning and cramping pains

Think of Arsenicum when:

Hay fever with a burning watery discharge from the nose and a wheezy cough.

Influenza where there is chilliness and restlessness

Food poisoning with stomach cramps and a burning sensation

Anxiety with restlessness, a compulsion to tidy and the theme will be around health or money.

Great for:

Burning pains, cramps, food poisoning, gastroenteritis, influenza, anxiety around health and money



Key signs:

Restlessness, pacing with a strong desire to tidy

Thirsty but can only manage small frequent sips of water

May not want to be left alone when ill but can come across as quite demanding

Symptoms may have a burning and cramping sensation to them.

Tip - Take this on your travels with you in the case of food poisoning



Ignatia Amara – emotional shocks and disappointments

Emotional shocks, disappointments, rejections, spasms that come on after a grief or fright



Think of Ignatia when:

- Children that are behaving very dramatically or hysterical after a grief, shock, or being told off
- After a romantic disappointment or break up of a friendship/partnership
- After a death of a loved one
- Insomnia from grief or worry
- Spasmodic coughs that have been brought on by a grief or disappointment.

Great for:

Emotional shocks, disappointments, rejections, spasms that come on after a grief or fright

Key Signs:

- Sobbing, crying uncontollably
- Brooding and secretive teenagers that slam doors and behave dramatically
- A lump sensation in the throat
- Contadictory symtoms; in the case of a sore throat it will feel better for eating
- Spasmodic symptoms such as a spasmodic cough or muscle spasm brought on after a grief.

Tip - can be handy for the whole family to take when a beloved pet or Granparent passes away

Lycopodium

Digestive upsets, bloating and low confidence

Think of Lycopodium when:

- Bloating, trapped wind and a feeling of fullness after eating
- Indigestion, reflux or constipation with abdominal discomfort
- Appetite changes or feeling full quickly
- Irritability, self-doubt or anxiety beneath a capable exterior
- Symptoms that are often worse in the late afternoon or early evening



For educational purposes only. Consult a qualified practitioner for individual advice.



So now that you are familiar with some
common Homeopathic remedies,
let's look at some handy natural healing
products to keep in the cupboard....

Creams to keep in the cupboard

Helios creams are made using natural ingredient, they do not contain lanolin, artificial preservatives or petroleum derivatives and are not tested on animals.

Arnica cream

Contains organic tincture of arnica and essential oils of lavender and geranium to naturally soothe bumps, bruises and minor injuries.

Hypericum and Calendula Cream

Contains organic tinctures of hypericum and calendula and is useful for cuts in the skin, will help to promote healing and calendula has natural antiseptic properties.



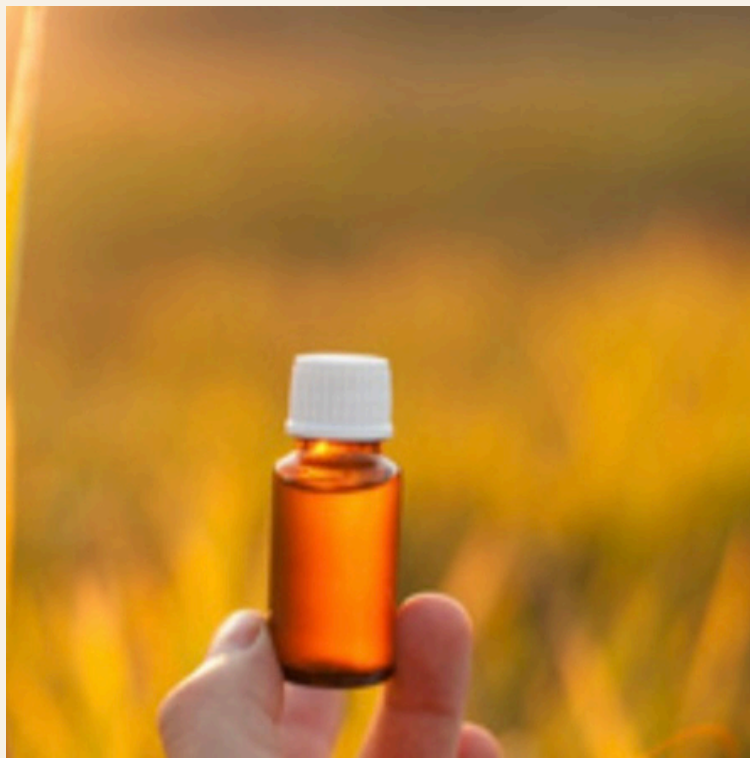
Emotional Balance with Flower Essences



Flower essences are gentle, vibrational remedies made from the unique healing essence of a flower, used to support emotional balance and well-being. They are safe for all ages and can be a powerful tool during times of stress, shock, or emotional overwhelm

Bach Flower Remedies

Rescue remedy (Rock rose, Imatiens, Clematis, Star of Bethlehem and Cherry Plum). Helpful for **exam nerves, shock, acute panic, stressful and emotionally demanding days.**



Australian Bush Flowers

Calm and Clear (Crowea, Black-eyed Susan, Boronia, Bottlebrush, Bush Fuchsia, Jacaranda, Little Flannel Flower and Paw Paw).

Encourages you to **relax, wind down and find time for yourself. Great for someone who feels stressed, constantly on the go and full of worries and 'things to do'.**

It comes in a spray bottle too so perfect to spritz around the house to create a calmer home atmosphere or if your child is having a difficult time falling to sleep, a few squirts before bedtime can be really beneficial.

ABC remedy, Helios – fevers, pain, inflammation, teething



ABC is a very useful remedy to keep in your cupboard. It is sold by Helios pharmacy and is a combination of three remedies; Aconite, Belladonna and Chamomilla.

Combined together, this remedy can be used for ailments such as the onset of a sudden fever or any acute inflammatory condition. It can be used in teething babies where there is pain, irritability and heat. Key signs are heat, pain, inflammation and sudden onset of symptoms.

Kali phos tissue salt – the nerve nutrient



A key tissue salt for mental fatigue, stress, and emotional exhaustion. Can be used for over wired children that are finding it difficult to sleep, exam stress or mental overload. It is an important key nutrient for the brain, emotions and nervous system and can help support you or child to cope through particularly mentally stressful circumstances where you are finding it difficult to switch off mentally or full of 'nervous tension'. Recommended dosage is on the bottle.

Further Resources



Helios Pharmacy



For acuteremedy advice and kits:

www.helios.co.uk



Online Course: A Parent's Guide to Homeopathy: learn how to build your home kit and feel confident supporting your family through acute illnesses.

Book a consultation with Karen -

www.naturallybloom.co.uk

Find a Homeopath: www.findahomeopath.org





"Given the right conditions, the body has the
ability to heal itself ”

With Love,

Karen x