



Top Ten Natural Care Products To Keep In Your Medicine Kit

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Top Ten Natural Care Products

Many years ago I used to teach a class on this topic, because people used to ask what remedies I would recommend that people make sure they have at home over all others. A big task given there are thousands of remedies. Over the years, I have moved on from this topic. But recently I was reminded of it via a post on a Facebook Group. The final list, which has evolved over the years, has more than 10. However, Top Ten still sounds best!

As we move through the list of the Top Ten Natural Care Products, it is important to make clear the difference between acute and chronic illness.

Acute illness is an illness that is self limiting. You either get over it or you die from it. Fortunately, if we are generally healthy, we live. For most people, having an acute illness actually makes your immune system stronger. There is another option, which is that your body can't quite shake it and you develop some type of chronic illness that is related to the acute illness. For example, getting respiratory influenza and then developing asthma as an outcome. Fortunately, homeopathy can help prevent or mitigate that situation.

A *chronic illness* is one which goes on and on and on. The experience of a chronic illness is not to make you stronger. Rather, the outcome is the body gets weaker.



The remedies and other products included in my list are, in most cases, included in the list due to their ability to handle acute situations. They may be injuries or it could be a contagious disease. Most also have a long term use as well, but those uses won't be discussed in this ebook.

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Dosing

How many pellets per dose of a homeopathic remedy should be indicated on the bottle in which it came. If you are purchasing the brand that mostly comes in blue tubes, two pellets is plenty, regardless of what it says on the bottle. The number of times and frequency in which you dose for acute situations is generally the following, unless the individual remedy below indicates otherwise. Take a dose. Wait an hour. If you are not better, take another dose. Wait another hour. Repeat with a third dose. If after three doses you aren't better, then find a different remedy. If you are better after the first, second or third dose, then stop the remedy. Once you notice you are feeling worse, then repeat the remedy.

If you have not ever taken homeopathic remedies, please [go to my website](http://www.lotushomeopathy.com) to learn the do's and don'ts of taking homeopathic remedies.

1. Apis 30C

Apis is a homeopathic dose of bees. If you have any allergies and you have a sudden reaction to the allergen, Apis is a good remedy to have around. Take a 30C dose once every 5 minutes after symptoms start to appear. If you establish a relationship with a homeopath, 200C would be a better dose to have handy. Carbolic Acid is another option.

2. Arnica Montana 30C and 200C

Okay. How many of you saw this remedy coming?



Arnica Montana for Trauma

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Arnica Montana is probably the most popular and well-known homeopathic remedy. More people have been convinced of the importance and usefulness of homeopathy by a few doses of Arnica than any other remedy. That includes the homeopath at Lotus Homeopathy. It is a premiere remedy for the effects of Trauma. This could range from a bruise from bumping your hand accidentally on the edge of the kitchen table while walking by to a major car accident or a brain concussion.

Arnica montana is a mountain daisy. It hardly seems that such an innocent looking plant could possess such power. It has been used in Folk Medicine as an herbal preparation for many hundreds of years. Like most herbs, it has a doctrine of signatures which helped our ancestors recognize how it might be useful. Healers of earlier centuries recognized its affinity for trauma when it was observed that mountain goats and sheep would eat the Arnica plant after fighting or after falling off the rocks. And you could use Arnica Montana 30c (or stronger) after a fight or a fall even today.

3. Arsenicum 30C

Arsenicum is the number one remedy for food poisoning. Not everyone needs it, but the symptoms to watch for are sick to stomach, vomiting and REALLY chilly. If you eat out a lot, this is a remedy to have around. The person who needs it may be worse after midnight and be anxious and restless.

It is also a good remedy for Montezuma's revenge, which may or may not be food poisoning.



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4. Bryonia 30C

Bryonia is a homeopathic remedy for pain when the pain is worse from motion and better from being stabilized with an ace bandage or a hand. You can imagine that Bryonia is an excellent remedy in the process of healing an injury. But it also is a good cough remedy, especially if you are experiencing pain with the cough, which is better when you lay on the sore spot, or put your hand on it. A lot of people think that Arnica is the remedy for over doing it when exercising, but Bryonia frequently is a better choice. Bryonia is better from heat, which is a frequent modality for overuse injuries. It is also better from being alone. The people who need it tend to be pretty irritable as well. Fear of motion due to the anticipation of potential pain is also a symptom of Bryonia.

5. Rhus Tox 30C



Poison Ivy, with the smooth leaves. Leaves of three, let it be.

Rhus Tox is a homeopathic dose of Poison Ivy. It is for injuries and illnesses that are worse for first motion and better from continued motion. This is in contrast to Bryonia, which is worse from all motion, not just first motion. People who need Rhus Tox are also chilly and are better from heat, often hot water or hot compresses, as opposed to warmth.

It is also a potential remedy for poison ivy, but generally you need several remedies in succession when exposed to poison ivy.

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6. Ledum 30c

Ledum is a homeopathic remedy made from the plant *Ledum Palustre*. Ledum is useful for a number of things, but most especially, it is useful for puncture wounds. Common examples of puncture wounds include biting your tongue, Getting an insect bite (yes, an insect bite is considered a puncture wound in homeopathy!), stepping on something sharp.

The next three items could be called Lifestyle remedies. You need them more often depending on the lifestyle you live.

7. Nux Vomica 30C



Nux Vomica can help with overindulgence.

Nux Vomica is a homeopathic remedy made from a nut. It's most useful for the after effects of over indulgence. This could include too much food or too much drink. Take a dose of 30C before you go to bed, if you can remember, but for sure when you wake up in the morning. In hearing of others use of this remedy, they find they not only feel better if they take it, they sleep better too. If you take it in the morning, you may find you are able to fall back asleep again.

I feel like Nux Vomica is the ultimate homeopathic remedy. In General, homeopathy could be described as the "hair of the dog that bit you." And Nux vomica is a specific remedy for the "Hair of the dog that bit you."

If you feel compelled to over indulge frequently, [please click here](#) and schedule an initial appointment for constitutional care from Lotus Homeopathy.

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8. Ruta



This plant, when made into a homeopathic remedy, helps connective tissue.

Ruta Graveolens 30c is a useful remedy for athletes. It is great for sprained ankles, tendinitis, and other injuries to the connective tissue. It is also indispensable if you have an injury to the iliac crest. This is called a hip pointer in the world of athletics. [Please read this earlier post which has a success story on the use of Ruta.](#) The dental ligament, which is under your gums, can become injured from dental work. Ruta can help heal the insult to the dental tissues quickly.

9. Your Constitutional Remedy in 30C

You only know your constitutional remedy after having a series of appointments with a classical homeopath. One of the nice things about a constitutional remedy is that you get sick less often. But, nothing is perfect and people with a constitutional homeopathic remedy do get sick occasionally. If you feel you are getting sick, but have no specific symptoms, you can take a 30C dose or two for a couple of days of your constitutional remedy and it will help ward off whatever is coming.

If you would like to know your constitutional remedy, [click here to schedule an Initial Consultation with Lotus Homeopathy.](#)

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10. Causticum 30C



In addition to healing burns, Causticum can help a certain type of cough.

Causticum is a homeopathic remedy that is made from a mix of minerals, including Potassium and Sulphur. Take a 30C dose as soon as possible after a burn. This would be for burns such as accidentally touching a hot oven rack or a pan when cooking or baking. It will also provides relief for burns to the inside of the mouth if you eat something that has not cooled sufficiently. I remember a client calling me in a panic one day when her young son had done that. Causticum helped immediately. It could also help sunburn, but see below for a better idea for sunburn. The other items below are topical, so if you don't want to put them in your mouth, Causticum is definitely the first choice.

Causticum can also help a tickly cough that is worse lying down and better from drinking cold water.

11. Calendula Ointment or Cream



Calendula is widely used in a variety of personal care products. It is really soothing for the skin. But did you know it can help burns? Spread it on the burn as soon as possible. Repeat as necessary. Calendula ointment or creme is widely available in health food stores, coops, even everyday grocery stores, such as Target. It was one of the first remedies I ever used when I became interested in homeopathy. I had "burned" my lip on a spoonful of ice cream. It was amazing. I try to stay away from Calendula Gel as it can sting, whereas the Ointment or Creme is more soothing.

Calendula ointment is great for small rashes of unknown origin, and other itchy spots. If you have chronic skin conditions, it is okay to use Calendula ointment temporarily, but [click here to schedule an initial consultation](#) from Lotus Homeopathy to heal the problem.

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12. Lavender Essential Oil



Lavender is a great help for burns.

Lavender is one of the few essential oils that are okay to apply directly to the skin. Lavender is handy in a number of ways. If you are using a deodorant and it is an especially sweaty day, you may want to put some drops directly under your arms or on your feet. You can also apply Lavender Essential Oil to a burn to help it heal faster and prevent blistering. I would do this in combination with the Causticum, if topical use is indicated.

I hope this set of natural care products will find a home in your medicine chest.

[Please read this past blog](#) to learn more about treating burns with homeopathy.

There are definitely more than 10 “can’t live without” Natural Care Products.

The next items in the list are for times when you feel like you are coming down with something, or perhaps you definitely came down with something. More often than not, I prefer to use homeopathy to help acute illnesses, but sometimes it is hard to get to a remedy, it is the middle of the night and you don’t know what to take or you don’t have the remedy on hand.

I would also add that going to a chiropractor when you are feeling you are getting sick is also on my must do list. But it is hard to keep a chiropractor in your medicine cabinet.... Did you know your white blood cells become more active with each adjustment?

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13. Your Constitutional Remedy in a 30C



Your constitutional remedy may look like this, if you decide to pour it onto a leaf.

Your constitutional remedy is the remedy given to you by a professional classical homeopath to help heal your

chronic condition. If you are feeling like you are coming down with something but don't really have any specific symptoms, having your constitutional/chronic remedy in a 30C can be of great assistance. You only know your constitutional remedy after having a series of appointments with a classical homeopath. One of the nice things about a constitutional remedy is that you get sick less often. But, nothing is perfect and people on homeopathy do get sick occasionally. So a dose or two of your remedy in 30C for a couple of days may be the ticket to get you back on track. If you don't know your constitutional remedy, [click here to schedule an appointment with a classical homeopath.](#)

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14. Zinc Lozenges

If you feel a sore throat coming on, and especially if you know strep is going around, reach for a Zinc Lozenge. Zinc is bacteriostatic which means that it prevents bacteria from replicating. It is a handy way to keep the bacteria at bay to give your body some time to kill off the bacteria that may be colonizing in the back of your throat. You must suck on the lozenge. Don't chew it. There are many brands and flavors of Zinc Lozenges, so read and follow the directions carefully. It is possible to take too much zinc. Know what amount is in your multi-vitamin.

There are also many sore throat remedies in the Homeopathic Materia Medica, so don't stop there. Call a Classical Homeopath to get additional help. If sore throats or recurring strep are a problem for you [click here to schedule an appointment with a classical homeopath to get a constitutional remedy](#).

15. Saccharomyces boulardii

Do you feel a bit of digestive distress coming on? Perhaps you ate something that was a few days past its expiration date?



Get rid of intestinal critters with *Saccharomyces boulardii*

Or maybe you are traveling and you aren't used to the local food and beverages? *Saccharomyces boulardii* is a probiotic which helps rid the body of the little critters that may be inhabiting your GI tract. It is available everywhere you can get vitamins and supplements.

It is extremely popular in the early part of the year as people are preparing to travel somewhere warm. If you are sick, take one capsule twice a day, weaning down to once a day until you feel you don't need it anymore. You can also take it once a day to help prevent illness. Of course, a good probiotic should be taken daily, and this one may appear in your daily probiotic. Getting it as a single organism is great for those times when no matter how many times you wash your hands, you just can't avoid the Norwalk virus.

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A good homeopathic remedy can also help and should be included in your get-well scheme.

Thank You For Reading!

I hope you have enjoyed this E-Book and found it useful.

If any of the situations described in the E-Book fit your situation, or if you have other health issues, please click on the button below to schedule your Discovery Call today!

www.lotushomeopathy.com

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