David Gemmell

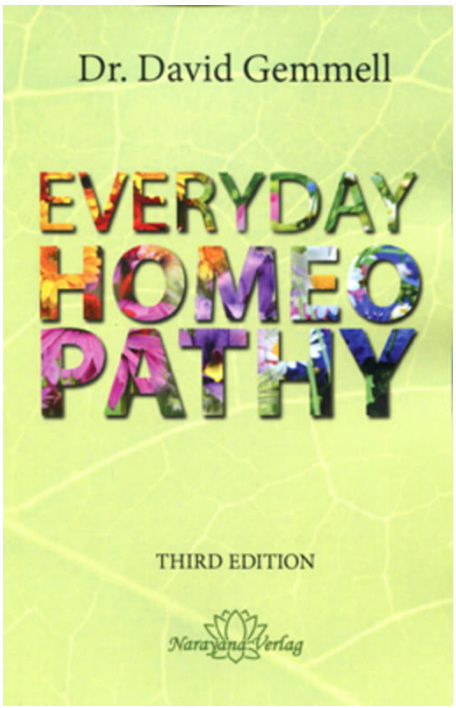
Everyday Homeopathy

Sample text

Everyday Homeopathy

from David Gemmell

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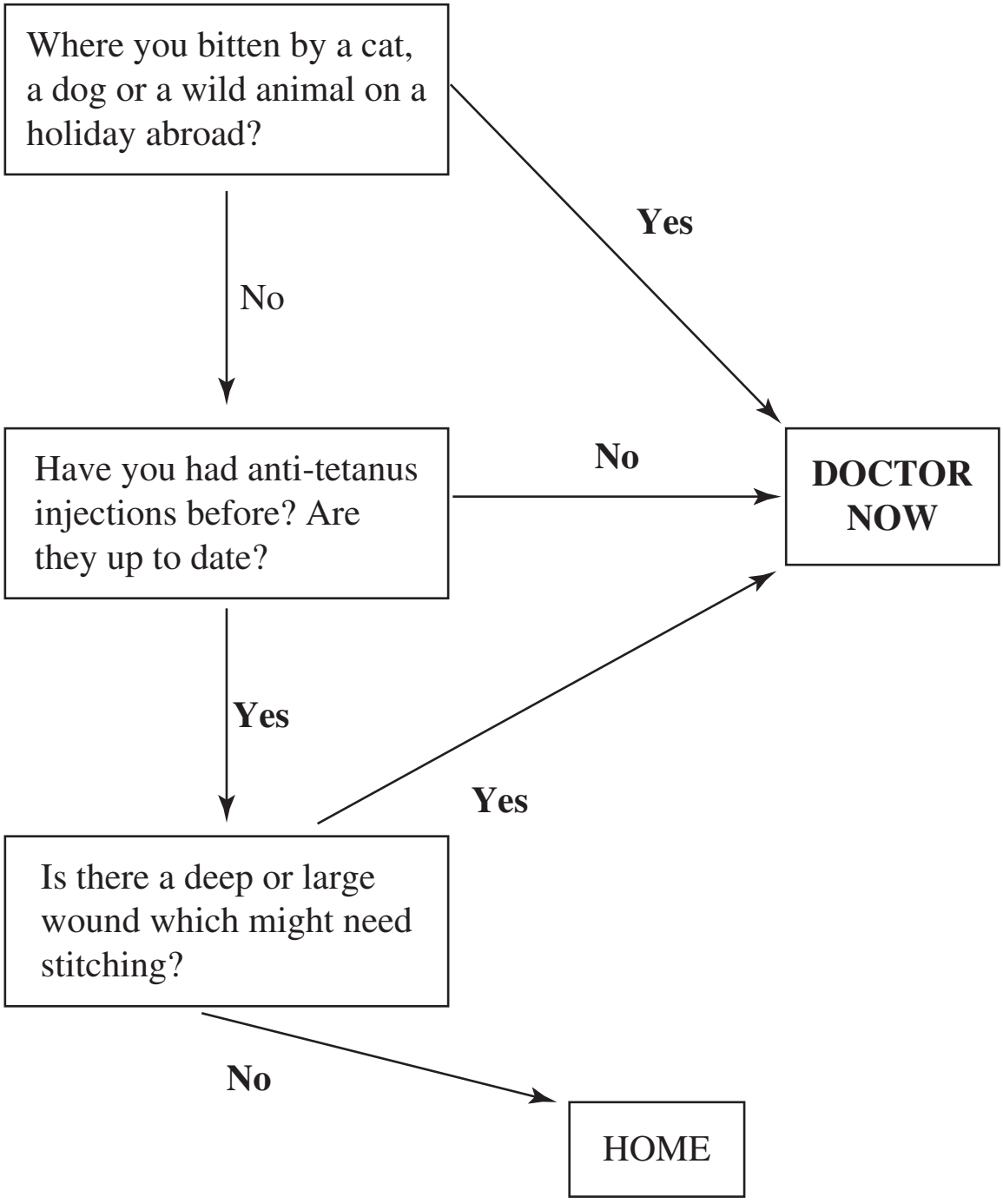
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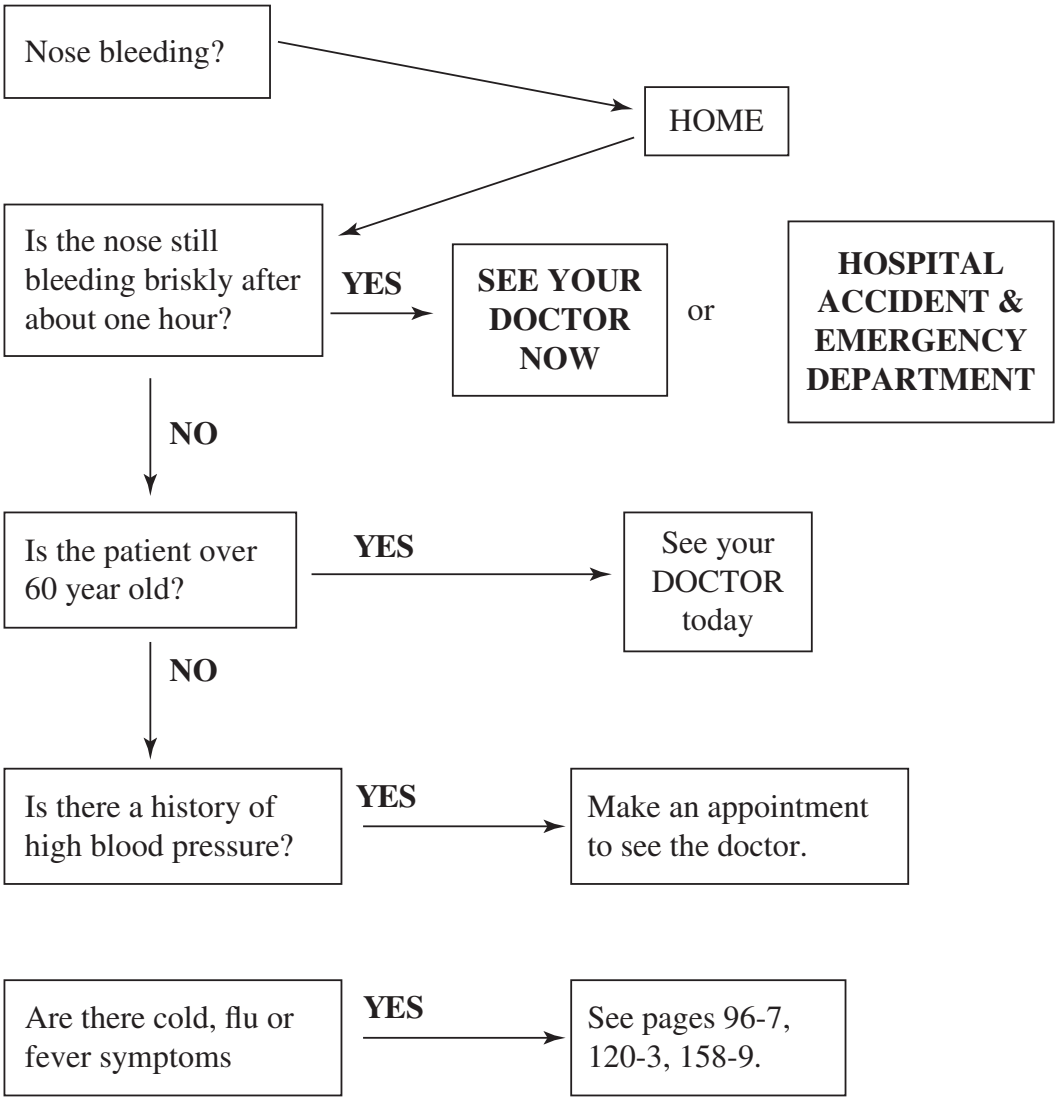
ANIMAL BITES



NOSEBLEEDS

Bleeding from the nose normally comes from a minor injury to the small veins in the lining of the soft part just inside the nostrils. Occasionally it occurs because of a virus infection - more frequently in children - and may start with sneezing.

Some people have a tendency to get nosebleeds easily, and while not serious, they are a nuisance. The following method of First Aid is practical, and the most suitable remedy can be given at the beginning.



NOSEBLEEDS

General Measures

- *Do not panic. Be calm.* Give the remedy.
- Sit the patient down leaning forward, over a large bowl or basin, and tell him not to sniff or swallow the blood.
- Use a towel as a bib to cover the chest and drape it over the knees.
- Tell the patient to *pinch* the soft part of the nose between the thumb and fore-finger for *not less than five minutes by the clock,* and to breathe through the mouth throughout.
- Do not blow the nose for twelve hours at least.

By Mouth

Irritable. Fear – ”something must be done”.	**Aconite 30c.** One dose every half hour for 2-3 doses.
After injury.	**Arnica 6c**. One dose every two to three hours for the first day and twice a day for 3 days.
Anxious, dithery and trembly, wants to be held.	**Gelsemium 6c.** One dose every half hour for 2-3 doses.
Weeping. ”Hysterical”.	**Ignatia 30c.** One dose every half hour for 2-3 doses.
Bright red bleeding, particularly after injury.	**Phosphorus 6c.** One dose every fifteen minutes until stopped.

LATE PERIODS

Some women have a natural menstrual cycle which is longer than the average of twenty-eight days. This is normal for them and should not cause concern, provided that they remain well and happy.

However, some women develop delayed periods and this may make them unwell. These periods may be painful and abnormal, as a result of hormonal imbalance. This itself may arise from emotional causes, the use of the contraceptive pill or the onset of the menopause.

Premenstrual tension occurs or increases sometimes, and this is dealt with separately (see pages 48-9).

One of the remedies on the opposite page may be helpful, but the picture may be complicated by emotional problems, different types of pain and feelings of malaise before, during or after the bleeding. If this is so, consult the other relevant pages in this section of the book and try to form a composite picture. If this fails, seek the advice of an experienced homoeopath.

LATE PERIODS

Late - after fright or chilling, (especially in young girls whose periods are not properly established).	**Aconite 30c**
Blood pale. Painful colic. Generally unwell and constipated. ”Morning sickness” during period.	**Graphites 6c**
Black, tarry blood. Flows lying down and stops flowing on walking about. Heartburn and belching.	**Magnesium carbonicum 30c**
Suppressed due to shock or grief.	**Natrum muriaticum 30c**
Thick, dark and clotted. Intermittent flow. Painful pressure downwards. Gentle, yielding; highly emotional; loves sympathy; weepy, changeable; easily discouraged; feels better in open air.	**Pulsatilla 30c**
Hot, flushing skin, rashes and spots. Faint feeling in late morning.	**Sulphur 6c**

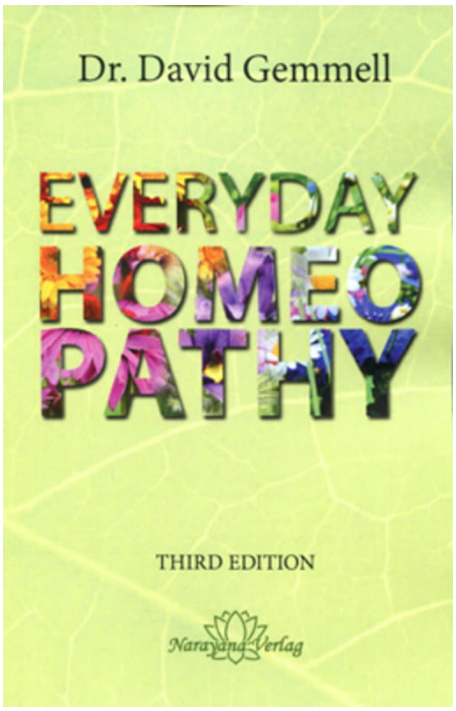
Dosage. All the remedies for this condition may best be given as three doses, one morning, evening and the following morning, starting on day twelve of the menstrual cycle.

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