

# Robin Hayfield

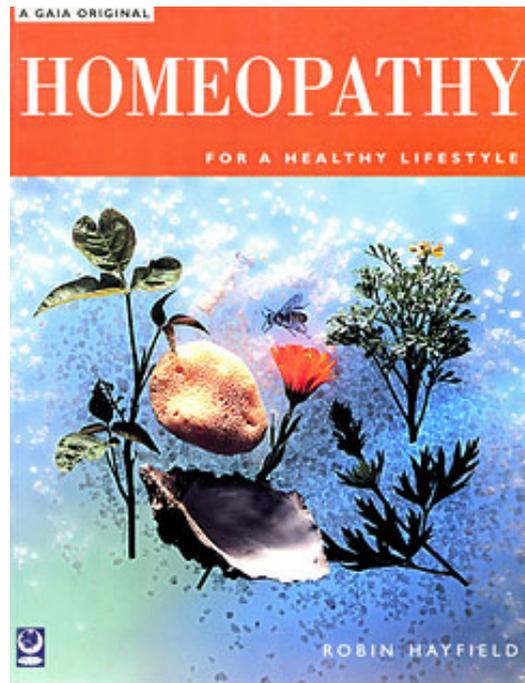
## Homeopathy: For A Healthy Lifestyle

Reading excerpt

[Homeopathy: For A Healthy Lifestyle](#)

of [Robin Hayfield](#)

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PART ONE  
SECTION ONE

THE COMMON  
AILMENTS

Anxiety and Anticipation	Fractures
Asthma	Grief
Bites and Stings	Haemorrhoids
Boils	Hayfever
Bruises	Indigestion
Burns	Measles
Chickenpox	Mumps
Colds and Influenza	Nausea and Vomiting
Colic	Nosebleeds
Coughs and Croup	Shock
Cuts and Injuries	Sinusitis
Cystitis	Sore Throats and Tonsillitis
Diarrhoea	Sprains and Strains
Earache	Surgery and Dentists —
Eye Injuries	before and after
Eye Strain	Teething Toothache
Eyes — Inflammation	Travel Sickness
Eyes — Styes	Whooping Cough
Fainting and Collapse	

# *Treating common ailments*

This chapter describes 37 common ailments that can be treated safely and easily by you at home, and offers a range of remedies for their treatment. Most of the ailments can be identified easily and few are likely to require diagnosis from an orthodox medical practitioner. The exceptions are mumps, measles, chickenpox, and whooping cough.

Firstly consult the list on page 19, then turn to the appropriate entry. Each ailment is presented in alphabetical order within the chapter. The general description of the symptoms will help to confirm your diagnosis and indicate the likely progress of the condition (though names of diseases are not of paramount importance to the homeopath). Several remedies are suggested; each one suiting a particular range of symptoms, both physical and emotional. The treatment will be more effective if the remedy covers your emotional and mental symptoms as well as the physical ones.

Read through all the remedy suggestions to see which of them matches the particular symptoms most closely. Once you have selected the remedy for the ailment, check it against the remedy entry in Part Two, the "Materia Medica" (see pp. 62-89), which gives a more detailed description of every remedy mentioned in the book. For information on dosages, see the facing page. If the treatment brings no improvement, find the remedy with the next closest match to the symptoms. See the facing page for instructions on handling and using the remedies.

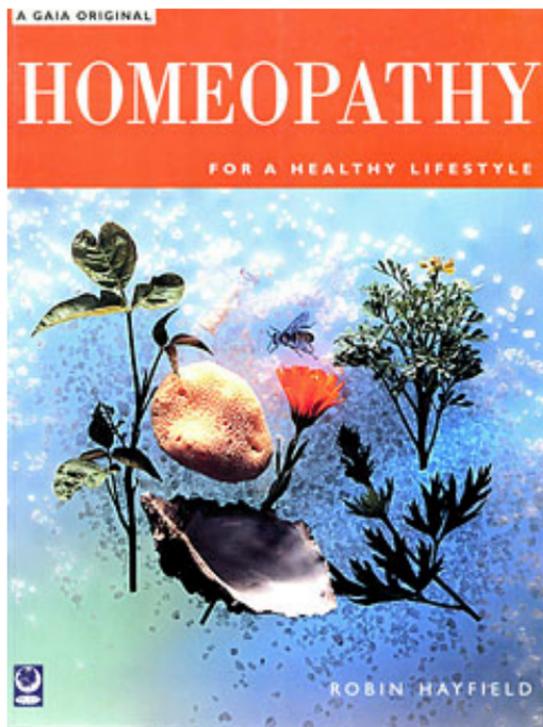
The remedies suggested in this chapter should bring improvement or cure in most cases. Read the notes on each ailment carefully, and always consult a doctor where indicated. Do not treat skin diseases such as acne, eczema, or psoriasis. Homeopathic practitioners regard the skin as an organ of elimination for poisons from inside the body. To cure the skin without dealing with the problem that lies behind it merely suppresses the symptoms and can be counter-productive. Deep, chronic prescribing from a qualified homeopath is needed.

### *Dosage*

Use one remedy and one pill at a time. If there is no improvement after a day or so then try the next best remedy. In cases of emergency if there is no improvement after an hour change the remedy. As a general rule take one pill a day of the 30th potency, or one pill of the 6th potency three times a day. If the condition is really acute you can increase the frequency of the dosage to every few hours, or even hourly. Once you, or the sufferer, start to get better, stop taking the remedy. Having a clean tongue is helpful, so before you take the remedy, wait fifteen minutes before or after eating, or cleaning your teeth. Suck the remedy, don't just swallow it. Handle only the tablet you are taking. If you touch any others, or drop some, throw them away — don't put them back in the bottle.

### *Caution*

Serious illnesses and emergencies, of course, are beyond the scope of this book and need medical help. Warnings and cautions are included throughout the book indicating when this is necessary. Some conditions are obvious: no one should attempt to treat cancer, a stroke, asthma, or high blood pressure at home unaided. For persistent abdominal or chest pains, continuous bleeding, or any suspicious lumps, refer immediately to your doctor. For chronic diseases (any condition that does not clear up within a reasonable period after home treatment) consult a professional homeopath, who will prescribe constitutional or appropriate treatment. Use the golden rule: if in any doubt seek help.



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