

There's A Remedy for That!

Homeopathic Remedies for Common Summer Ailments

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Homeopathic remedies are powerful medicines made from substances found in Nature that stimulate your being's innate ability to HEAL YOURSELF. Unlike conventional pharmaceutical drugs and herbs that work chemically to change the body's physiology, homeopathic remedies work ENERGETICALLY by stimulating the Vital Force to restore optimal health. I often tell my clients that homeopathic remedies work more like an acupuncture needle than a conventional drug.

When our Vital Force is strong and healthy, we have very few symptoms and all our systems work in harmony. We have lots of energy, sleep well and can eat pretty much anything without any adverse reactions. But when the Vital Force becomes weakened due to stress, injury or long-term trauma, we develop symptoms. These symptoms can be mental, emotional or physical or, most commonly, a combination of all three. These symptoms serve as MESSENGERS from your Vital Force, indicating that it needs help.

Whereas conventional medications suppress the symptoms (i.e., shooting the messenger), homeopathic remedies stimulate the Vital Force to restore it to a state of health. As the Vital Force recovers, the symptoms go away and stay away as long as the Vital Force is maintained in good working order.

Homeopathic remedies can be used for chronic conditions like Chronic Fatigue Syndrome, Fibromyalgia, Attention Deficient Disorder and Depression. They can also be used for acute conditions like colds, flu, strains and sprains.

Since its summer, I'd like to share with you some of the remedies you can use for common summertime ailments. These remedies are readily available in most health food stores and are ridiculously cheap! As a rule of thumb, use the 30c potency and repeat it every few hours until the symptoms subside. As the symptoms abate, take the remedy once or twice a day for a few days to prevent relapse.

INSECT BITES/STINGS

First remedy to use for any kind of bite like mosquito or spider bites is LEDUM PALUSTRE. Take the 30c potency about every 3-4 hours and this will not only help the itching and redness but also help prevent infection at the puncture site. Indeed, PUNCTURE is the hallmark call for Ledum. It's also the remedy to use if you step on a nail or develop a headache after a spinal tap.

PICNIC FOOD POISONING

The usual signs of food poisoning are N, V & D (nausea, vomiting and diarrhea). The go to remedy when you have these symptoms is ARSENICUM ALBUM. I usually recommend

the 30c potency EVERY 15-30 minutes initially. Often this will increase the vomiting and diarrhea temporarily as your Vital Force works to expel the “bad mojo” that came in with the potato salad. As the symptoms abate, you can take the remedy every 6-8 hours.

HEAT STROKE/SUNBURN

BELLADONNA is the remedy to give for people suffering from overexposure to heat or sun. Give the 30C potency every 15 minutes as you begin cooling measures.

I am available for consultations for both acute and chronic conditions via Skype or telephone. I also make house calls in the Boulder area. Feel free to email me at drkathi@drkathifry.com. Or call me at 480 695 1383.

