



Acute Illness “Cupboard” Sheet!

- <http://abchomeopathy.com/> – Resource for looking up remedies (potencies may be different)
- Remember to use Hydrotherapy! <http://www.optionsnaturopathic.com/hydrotherapy.php>
- **PROBIOTICS** –Always begin or double your current dose with any acute illness!
- Make “Sippie” cups! Use **10 drops** of Unda #'s per **10 oz. filtered water**
- + **5 pellets** of select **single remedies** per **10 oz. water** (per complaint below) & sip all day
- Use no more than 4 Unda #'s at a time, up to 4-5 single pellet remedies, 1 metal/mineral rx's
- Use the lowest potency you have **Low= 4-7CH or Medium = 12CH-** for stronger symptoms.
- **STARTER KIT (see separate handout): Most Common INFANT homeopathics include Aconite, Belladonna, Calc carb, Chamomilla, Ferrum phos, Pulsatilla, Sambucus & Nux vomica**

COMPLAINTS:

Runny nose/sniffles:

Clear mucus: Allium cepa 30K

Yellow mucus: Hydrastis 5CH, Thuya 30K, Kali Bich 30K

Congestion: Kali Bich and Ledum, Thuya can work as well

Fever: (See our [website](#)) Unda 2, 15 + Belladonna 7CH (6C or 12C), Chamomilla 4CH (6C or 12C)
Elderberry Syrup or Fruit Anthocyanins - all antiviral

Cough: Unda 2, 15, 27 (+ #5 if deep-seated) + Bryonia, Ant. Crud.

Strep: Unda 2, 15, 37, 312 + Streptococcinum 200K + Mercurius 30K + Belladonna 7CH

Antibiotics: Probiotics! DURING & after any courses (+ specific [Unda's](#) and Herbal Biotic)

Probiota Bifido: Adult dose: 4 caps twice a day; Child dose: 2 caps twice a day

Yeast infection: Saccharomyces boulardii. – 2 caps, twice a day + Kreosotum 6CH + Unda 10+21+48

Ear Infections: Avoid dairy Unda 2, 15, 710 + remedies like: Pulsatilla, Chamomilla, Belladonna

Onion half held over the ear for pain, wrapped in cheese cloth or thin towel

Kali mur 6X: Fluid behind ear, give 2 tabs, twice a day

Stomach Bug: Unda 3, 37, 50 + Arsenicum 30K (6C or 12C) + Aloe 30K (6C or 12C) + Nux vomica 5CH (6C or 12C) + Gelsemium 7CH (6C or 12C)

Nausea: Nux vomica 6CH (if vomiting) Arsenicum 6CH, Ipecac 6CH

Headache: Belladonna 7CH and Nat mur 30K or 200K most common among MANY possibilities.

First Aid:

T-Relief tablets (oral) for bumps, pain, dental work or the cream for scrapes

Unda Calendula Ointment - in lieu of antibacterial ointment, works better! For all cuts and wounds

Arnica 30K, 200K, increase potency with more severe trauma, possibly even up to MK

PAIN RELIEF: CW HEMP Extract MAX (CBD), castor oil packs for abdominal pain and cramps