



## Benefits of Homeopathy

Homeopathy is a system of natural medicine used world-wide for over 200 years. Recognized by the World Health Organization (WHO) as the second most widely used system of medicine in the world. Homeopathy is Effective, Fast Acting and Cost Effective and Safe.

### Homeopathy is based on two main principles

- ‘*Like cures like*’, which means that a substance can produce certain symptoms in a healthy individual, can also be used to treat those same symptoms in a sick individual.
- ‘*Minimum dose*’, which means that only enough medicine is given to stimulate the body’s own healing mechanism (vital force or life force or chi), which ensures that homeopathic treatment is gentle and effective as it is healing.

### HOWEVER...Safety First!

- Injuries or illnesses of a serious nature should never be treated without seeking expert advice.
- Use your instincts and common sense, if in doubt or worried call for medical assistance.
- Give the appropriate remedy while you are waiting for help to arrive or on your way to an emergency room. Refer to \*Warning Signs at the end of pamphlet.

## Reasons for Headaches



Weather



Sleep loss



Stress



Fatigue



Alcohol



Smoking

## Managing Headaches With Homeopathic Remedies

### Belladonna

- Headache due to sun exposure or women’s menses
- Pain is throbbing, pulsating or hammering in the temples
- Fullness in the head; Triggers: bright light, noise and exposure to cold air
- Onset is sudden and violent and will disappear just as sudden
- Headache often originates in occiput, and radiate to right temple or forehead or settle around the right eye
- There may also be redness of the eyes and face
- Headache is better applying pressure over the head, binding or wrapping up the head

### Bryonia alba:

- Heavy or splitting headache; Pain settles over one eye (typically left eye) or spreads to entire head
- Pain is worse from any motion, including eye movement
- There can be nausea with a heavy feeling in stomach; There can be vomiting
- Keynote: person wants to lie completely still and be left alone
- Lots of dryness – lips parched or cracked, mouth, tongue and throat = **VERY THIRSTY**

### Gelsemium:

- Headaches located around the eye, aggravated by stress or mental exertions, sun exposure or lying with head low
- Headache may come on as a result of anticipation, depression, bad news

- Congestive headaches at the base of the head, radiating to forehead
- Pain sensation of a band around the head; Dull, heavy pain with heaviness of eyelids
- Blindness before headache which is made better by urination
- Person will be **THIRSTLESS**

#### Glonoinum:

- Headache from sun exposure (summer headaches)
- Pain is congestive with sensation of all blood rising to the head causing congestion
- Pain is throbbing, bursting, there is fullness with a feeling as if the head will burst
- Person feels every pulsation in the head
- Heat on head with extreme pain in forehead and throbbing at the temples
- There may be vertigo as well as flushes of heat on face, and head
- Pain worse from motion, jarring and heat; Pain is better by sleep

#### Iris versicolor:

- Headache with nausea and vomiting (which is bitter or sour)
- Burning in gastric tract (throat and stomach) may be present
- Pain is dull, shooting or throbbing; Pain can extend to the face and teeth
- There may be blurring of vision just before headache or vertigo or constriction in the scalp
- Person feels worse from resting but better from motion

#### Kali bichromium:

- Sinus headache due to sinus inflammation; Pain in forehead above the eyes
- There is stoppage of the nose; Frontal sinus is congested; Post-nasal drip
- Pain is dull or throbbing
- There can be vertigo
- Sensitive to bright light
- Visual disturbances before or with headache
- Shooting pain at the root of nose along with yellowish/greenish discharge from nose

#### Kali phosphoricum:

- Headache caused by tension, stress, anxiety, mental exertion and emotional disturbances (sadness or full of worries); Nervous headache
- Sensation of weight in the back of head along with weakness
- Pain across the forehead and in both temples
- Sensation of band around the forehead just above the eyes
- Sensitive to noise
- Marked tiredness with headaches
- Excellent remedy for headaches arising from mental exertion in students

#### Lachesis mutus

- Left sided migraines with congested, pulsing pain
- Worse from pressure or tight clothing
- Face appears deeply flushed or blotchy
- Pain can be hammering, or a bursting sensation with flushes of heat on the vertex
- Headaches are worse before menses and are better once menses flow starts
- Headaches are worse from sleeping (night or day) and worse from heat

#### Natrum muriaticum:

- Headaches occurring around a woman's menstrual cycle
- Headache from sun exposure
- Headache due to eye strain caused by reading
- Headache pain from sunrise to sunset
- Headaches that begin with blindness or zig-zag dazzling, like lightning in eyes (aura before onset)
- Headache with profuse watering from eyes or disturbed vision

- Pain is throbbing with heat sensation felt on the head
- Pain like many little hammers are hammering the head
- There may be numbness or tingling in the lips or face before a headache
- Better by lying in the dark and after sleeping

#### Sanguinaria canadensis:

- Headache due to skipping meals or fasting
- Right sided congestive sun headaches
- Tension in neck and shoulder that extends to forehead
- Bursting feeling in eye
- Worse by jarring, light and noise
- Gastric origin of headaches, symptoms rise from stomach to head ending in vomiting
- Headache improved after vomiting, burping or passing gas, urinating and after sleep
- Made better by sleep or lying quietly in a dark room

#### Administering the Homeopathic Remedy

- Pick the remedy that best matches the symptoms
  - For acutes use a 200ch but if not available use a 30ch potency
  - Method 1: one pellet placed under the tongue
  - Method 2: place one pellet in 4 ounces of water
  - \*Reduce dosing as symptoms improve
  - Stop the remedy when improvement is seen (or as prescribed by homeopath)
  - If you don't see any improvement, re-asses the symptoms
  - If you cannot find a better remedy, find a registered homeopath
- \*Take a dose 4 times a day

#### How to Prevent Headaches



Stay hydrated



Spend time in nature



Eat at regular times



Reduce screen time



Avoid harsh lights and noise



Journal  
(keep track of triggers)



Good sleep routine

**\*Warning Signs:** If you or the person you are treating has any of the following, seek assistance immediately!

Bleeding: heavy or unexplained	Dehydration, especially in babies, tots and the elderly	Puncture wounds near vital organs
Burns, severe	Drowsiness that cannot be explained	Stools that are pale, white or bloody
Chest pain, severe	Fever above 40C (103.5F) or with a stiff neck	Swelling that is severe around the mouth or throat
Confusion, following any trauma	Fluid that is watery or bloody from ears or nose or following any type of head injury	Thirstlessness with prolonged fever, diarrhea or vomiting
Consciousness, lost or impaired	Headache, severe	Vision that is lost or impaired
Convulsions	Impaired or loss of movement	Vomiting that is unexpected or bloody
Delirium	Lost or impaired speech	Wheezing that is severe

**Disclaimer:** It is important to note that homeopathy may not be the appropriate choice for all conditions. If you or individual under your care is experiencing life-threatening symptoms, please dial 911 or go to your nearest emergency room for immediate attention.