



Homeopathy
for
Mommies

BUGS, BITES AND STINGS

Mosquitoes, Certain Flies, Fleas, Bedbugs, Gnats, Midges, Spiders, Ticks, and Chiggers. All these insects have the chance of carrying diseases that can be transmitted to humans or animals.

We've discussed: Equine Encephalitis, West Nile, Lyme Disease., There's also Yellow or Dengue fever, Malaria, certain parasites - lymphatic filariasis, repeated episodes of inflammation and lymphedema.

What can we do to protect ourselves and our families from these insects? And If we do get bit or stung, what do we do then?

Prevention is always the best medicine!

A Diet Rich in Vitamin B (I like to suggest Spirulina or some other Whole Food Supplement.)

Many Outdoorsman where Vitamin B Patches. Make sure that your diet is rich in Minerals and Vitamins. It is a poor diet that leaves the body defenseless to parasites and flying invaders...look at animals in nature. It is only during times of famine or extreme weather that their bodies will succumb to parasites and other diseases.

Dress in lightweight, light or white colored clothing.

To help protect the body from Biting or Burrowing insects:

I like to use Organic Coconut Oil with a few drops of Lemongrass and/or Rosemary (this is the plant Ledum-yes, this does have a slight Camphor constituent, but when used sparingly in a lotion like this, I find it to be very efficient, and does not seem to cancel homeopathic remedies).

- Cover the skin completely (and rub it in) in areas that are most at risk:
- Hiking -the legs and arms to protect from ticks, chiggers, Midges and mosquitoes
- The entire body to protect from Swimmers itch.

Or just add some **Lemongrass** to your favorite Organic Lotion or Cream.

Natural Bug Sprays can also be made using:

½ c. Witch Hazel

½ c. Apple Cider Vinegar

40 drops Essential Oils (Famous Oils are: Eucalyptus, Lemongrass, Citronella, Tea Tree and Rosemary.)

I Like to use Lemongrass and Rosemary. All the others are very strong in Camphor and may cancel the benefits of Homeopathic remedies. Place in small Spray bottle and use Safely on you and your children.



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Ticks: Lyme Disease: Prevention: Borel Burg 200c Bil-Monthly; then Monthly during Tick Season. Infection: If One suspects or finds tick has bitten: Borel Burg Daily for one week, then weekly for 6-8 weeks; while taking Silicea 6c - 3 times daily for 1 week and then daily for the following 4-6 weeks.

Mosquitoes: Prevention for: Staphysagria 30x used daily during times of threat may deter mosquitoes. Ledum x potency also may help. For Painful Eruptions after bites or stings: Krestoum, Apis, Vespa, Rhus tox, or Bug Bite combo.

Allium Cepa: Redness, Nettle rash, measles, scarlatina, when the complaints are characterized by the Coryaz symptoms. Prickling as from pins. Sensation of glowing heat on different parts of the body. Red streaks running up arm. Felon after childbirth. A felon is an "extremely painful abscess on the palmar aspect of the fingertip".

Anacardium: Skin symptoms similar to Rhus-t. and will antidote poison oak & ivy. Skin worse scratching. Intense Itching. Skin insensible.

Apis: Bee Stings. Swellings after bites or stings. Nettle rash, allergic dermatitis. Sudden puffing of body, parts or shole., Hives., Burning, stinging, and itching. Rosy red., sensitive, sore skin. Erysipelas. Nettle rash-hot weather, when one can't sweat.

Caladium: Itching rash alternates with Asthma. Burning sensation. Erysipelas inflammation. Sweet sweat that attracts flies. Insect bites burn and itch intensely.

Cantharis: HFM-Gnat Bites... this is good for conditions of the skin when: Skin Burns and scalds, with rawness and smarting. Relieved by cold applications. Sunburns. Eruptions burn when touched. Dermatitis with bleb or mealy formation. Vesicular eruptions.

Carbolic acid: Number 1 for Anaphylactic Shock Symptoms; Burning itching vesicles and pustules. Bloody vesicles or pustules. Burns tend to ulcerate. Erysipelas.

Clematus: Glands hot painful, swollen, worse inguinal glands., vesicles, pustules, red, burning, scaly, scabby, corrodng eruptions. Worse washing in cold water.

Graphites: Chronic Posion Oak. Sores discharging a glutinous fluid, thin and stichky. Eruptions worse form heat. Skin breaks easily and exudes a gluey honey colored discharge. Rawness esp. in bends of limbs.

Kresotum: Eruptions, vesicles, nodosities and blisters over whole body, like bug bites. Pustules and herpes. Wheals like urticaria. Herpetic eruptions, better warmth. Small wounds bleed freely. urn, break open and bleed.



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Ledum: Antidotes Poson Ivy., and any Puncture Wound. Skin Dry., itching. Worse Scratching/After hot water. Burns.

Rhus. Tox.: One of the first remedies that is usually tried for an outbreak of poison ivy. Itching better hot water. Skin sensitive to cold air. Burning, red, swollen, intense itching. Hives, Rheumatism., Urticaria during chills and fever.

Rhus ven.: Vesicles, Erysipelas, skin dark red. Itching, relieved by hot water.

Sepia: Blotched, raw, rough, hard or cracked., worse flexures. Itching. Not relieved by scratching, worse in bends of elbows and knees. Itching vesicles, urticaria, Boils in axilla., Ringworm like eruption every spring.

Vespa: Erythema intense itching, burning, boils, stinging and soreness, relieved by bathing with vinegar.

Skin; itching; bathing, washing; amel.; warm, hot: Anacardium, Arsenicum, Ichthyolum (Bituminous mineral of Tyrol, fossilized remains of fish) Medorrhinum, Radium Bromatum, Rhus tox., Rhus ven., Silicea, Syphillinum
Skin; itching; cold; amel.: Aloe., Apis., Berberis., Borel Burg., Caladium., Carcinosin., Causticum., Dulcarmara., Graphites, Ichthyolum (Bituminous mineral of Tyrol, fossilized remains of fish) Ignatia, Kali Bich., Kali iod., Ledum, Mezereum, Nux-v., Phytolacca, Psorinum, Pusatilla, Rhus-v., Sulphur

Generalities; inflammation; lymphatic tissue, lymphangitis: Belladonna and Phytolacca and Silicea intercurrently. Any symptoms may be treated. Make sure that remedies are not inimical or canceling each other.

Cistus Can., is a fantastic remedy when your patient is suffering intensely and it is a great remedy when the Glandular system has been affected... I would not hesitate to contact a good homeopath for a chronic condition with the never well since Bit by a tick, bug, spider, etc.

Also: if it looks as though infection has occurred, even from a bug bite or sting...don't hesitate to use the infection remedies: Hepar Sulph if the skin is dry OR Mercurious if the skin is moist. AND Pyrogenium if there is an odor (which is indicative that the infection is in the blood.) And of course Silicea to aid the transport OUT of the body.

Find these remedies and online training
on our website: homeopathyformommies.com

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