

Indication	Symptoms	Remedy
Head & earaches	Relieves symptoms of sunstroke (seek medical advice), throbbing headaches and severe throbbing earaches.	Belladonna 30c
Colic	Pain in babies abdomen causing indigestion and wind.	Chamomilla 6c
Bilious headaches	Relieves heavy frontal headaches with heavy sensation over the eyes which may be due to overindulgence and may lead to a migraine.	Nux Vom 6c
Fear of flying	Anxiety with butterflies in the stomach, irrational fear.	Argent Nit 30c
Bumps & bruises	For treatment of bruising and injuries, sprains and muscle aches. Relieves the swelling and treats physical and emotional shock.	Arnica 30c/6c
Insect bites	Relieves pain and swelling from insect bites and bee stings.	Apis Mel 30c
Distress	Relieves tension that may result from prolonged grief, bereavement or emotional upset.	Ignatia 30c

Muscle & joint pain	Relieves painful stiff joints, muscle and back pain that may result from over exertion and strain and that may feel better with movement.	Rhus Tox 30c
Rheumatic & arthritic pain	Relieves chronic rheumatic and arthritic pain, stiff joints and tendons.	Rhus Tox 6c
PMT	Relieves the symptoms of PMT such as period pain or breast tenderness. Mild gentle disposition with changing shifting symptoms.	Pulsatilla 30c
PMT & menopause	For sudden hot flushes, tiredness, irritability and exhaustion. Change of life. Period pain with a downward pressure.	Sepia 30c
Colds & flu	Provides relief from sudden onset of colds and flu, dry coughs and sore throats.	Aconite 30c
Coughs & colds	Relieves the symptoms of a dry painful cough, pressure and dehydration headaches.	Bryonia 30c
Hayfever & allergies	Relieves symptoms such as inflamed, watering, streaming and itching eyes and nose.	Euphrasia 30c
Flu	Relieves flu like symptoms including shivering, headaches, running nose and muscle pain.	Geisemium 30c
Chesty cough	Relieves the symptoms of a rattling, chesty cough.	Hepar Sulph 30c

Infections	Relieves symptoms of infections such as throat infections, chest infections, earache and minor wounds that become infected.	Hepar Sulph 30c
Sinusitis	Soothes the symptoms of sinusitis associated with headache, pain and swelling around the nose and cheeks with stringy discharge.	Kali Bich 30c
Immune & energy booster	Relieves mental and physical fatigue and lack of energy. Helps boost the immune system after flu and colds.	Kali Phos 30c
Colds	Sneezing and when nose runs like a tap. Also a good remedy for cold sores.	Nat Mur 30c
Upset stomach	Treats anxiety that results in stomach upsets. Also treats symptoms of food poisoning including vomiting and diarrhoea. Rehydration is essential in the treatment of vomiting and diarrhoea.	Arsen Alb 30c
Indigestion & bloating	Relieves tiredness and bloating after eating.	Lycopodium 30c
Overindulgence	Relieves symptoms of over eating and drinking.	Nux Vom 30c
Sweaty feet	Alleviates tendencies to odour and sweaty feet.	Silicea 30c
Acne	Treats facial acne such as red painful or painless infected pustules.	Sulphur 30c
Warts	Treatment of warts.	Thuja 30c
Athletes foot	For damp itchy patches often found between the toes.	Thuja 6c