

HOMEOPATHIC REMEDY KIT FOR FLU AND COUGHS Instructions for taking the remedy at the bottom.	
Narayani lung support	Take once a day
ABC 200C	High Temperatures with sudden onset – Contains Aconite/Belladonna/Chamomilla
AGE 30C	Normal Flu like symptoms with muscle aches and drowsiness Contains Arsenicum Iodatum/ Gelsemium/ Eupatorium
Ant Tart 30C	Fear of being alone, suffocation Rattling Mucous in air passages Drowning in fluid on lungs Breathing difficult No thirst Anxious and despairing
Arsenicum 1M	Fear of contagion, Always worried about health Fastidious, always cleaning and worried about germs physical prostration with mental restlessness no.1 remedy for food poisoning Burning pains diarrhoea wants company patient = chilly > heat thirsty for frequent sips of drinks > warmth/ lying down < 11pm – 1am
Bryonia 200C	No.1 for dry coughs < slightest movement slow onset dryness of mucous membranes > firm pressure < 9pm after eating cabbage/ beans Worried about work and Money
Ferrum Phos 30C	
Lycopodium 30C	Fear of responsibility Right side Slow onset Flatulence Old people/ intellectually keen Hurried < 4-8pm +++ warm food and drink
Phosphorous 30C	Naturally fearful - WANT COMPANY Weak lungs generally Every cold goes to chest Bleeding, nose etc

	Thirst for cold drinks + ice water (also Bryonia) Oppressed breathing < lying on left side
Pulsatilla 30C	Fear of Abandonment Weepy + Clingy Loose rattling cough < night in bed > fresh air!! (They will hate being stuck in house) Yellow/Green catarrh and discharge in a cold No Thirst Hungry for cakes, bread and butter
Hepar Sulph 30C	Sensitive to least draft Move blanket off and they start coughing Sensitive and irritable Must sit up and bend back Expectoration = yellowish Homeopathic Antibiotic
Merc Viv 30C	No.1 remedy for mouth ulcers suits people who are human thermometers, sensitive to temps smelly breath and discharges (may be streaked with blood) swollen glands sweat profusely excessive saliva especially at night (dribble) very thirsty < in bed at night
Ipecac 30C	Ipe "Gag" - Coughing – gagging and often vomiting on expectoration Rapid onset over a few hours Great Desire for fresh air. Malcontent and sulky person, bad tempered-
VCC 200C	For sudden collapse – with breathlessness Contains - Veratrum Alb/ Camphor/ Carbo Veg
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Using a Bottle to Turn Your Pill (Pellet) into a Liquid Remedy

Fill a 20-30ml dropper bottle/ or small water bottle two thirds full of water. (The remaining air space provides room for the remedy to be agitated during succussion.)

Label the bottle with the remedy name, potency, and date of preparation.

Drop one pill into the bottle and gently "swish" to dissolve. It is now ready to use.

Succuss the bottle five times before each dose.

Dose according to the intensity of your symptoms, either as advised in How Often Should I Take a Dose of My Remedy or by your homeopath. One dose is 5-7 drops, or about a ¼ of a dropper. Again, the amount is not critical, and babies or small animals can be given less