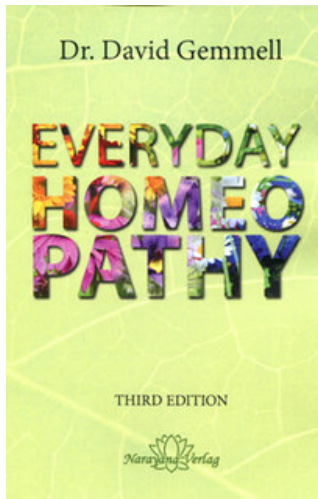




David Gemmell Everyday Homoeopathy

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de [David Gemmell](#)
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Contents

| | | | |
|---------------------------------|----|---------------------------------|----|
| INTRODUCTION | 1 | PROBLEMS OF WOMEN | 37 |
| Why this book has been written | 1 | <i>MENSTRUATION</i> | 38 |
| What is homoeopathy? | 3 | Establishment of menstrual | |
| How to use this book | 4 | periods in adolescent girls | 40 |
| How to select the symptoms | 4 | Heavy periods - flooding | |
| The remedy | 5 | (Menorrhagia) | 40 |
| The dose | 5 | Late periods | 42 |
| Continuing the dose | 6 | Painful periods (Dysmenorrhoea) | 44 |
| Potency | 7 | Scanty periods | 46 |
| Important points to remember | | Premenstrual syndrome (PMS)/ | |
| about homoeopathic | | Premenstrual tension (PMT) | 48 |
| remedies | 8 | <i>VAGINAL DISCHARGE</i> | |
| ACCIDENTS AND FIRST AID | 9 | (<i>LEUCORRHOEA</i>) | 50 |
| Animal bites | 10 | <i>BREAST PROBLEMS</i> | 52 |
| Burns and scalds | 12 | Breast pain | 52 |
| Eye injuries - blows to the eye | 14 | Lumpy breast (Nodules) | 52 |
| Eye injuries - foreign bodies | 16 | <i>PREGNANCY</i> | 54 |
| Fractures | 18 | Threatened miscarriage | 54 |
| Head injury | 20 | Morning sickness | 55 |
| Insect bites and stings | 22 | Heartburn | 56 |
| Nosebleeds | 24 | Cravings | 56 |
| Sprains and strains of joints, | | Night cramps | 57 |
| muscles and ligaments | 26 | Urinary frequency | 58 |
| Wounds - abrasions, scrapes | | Backache | 58 |
| and grazes | 28 | Emotional disturbances - before | |
| Wounds - cuts and lacerations | 30 | and after confinement | 59 |
| Wounds - infected | 32 | Coming up to confinement – | |
| Wounds - punctured | 34 | from eight months (36 weeks) | 60 |

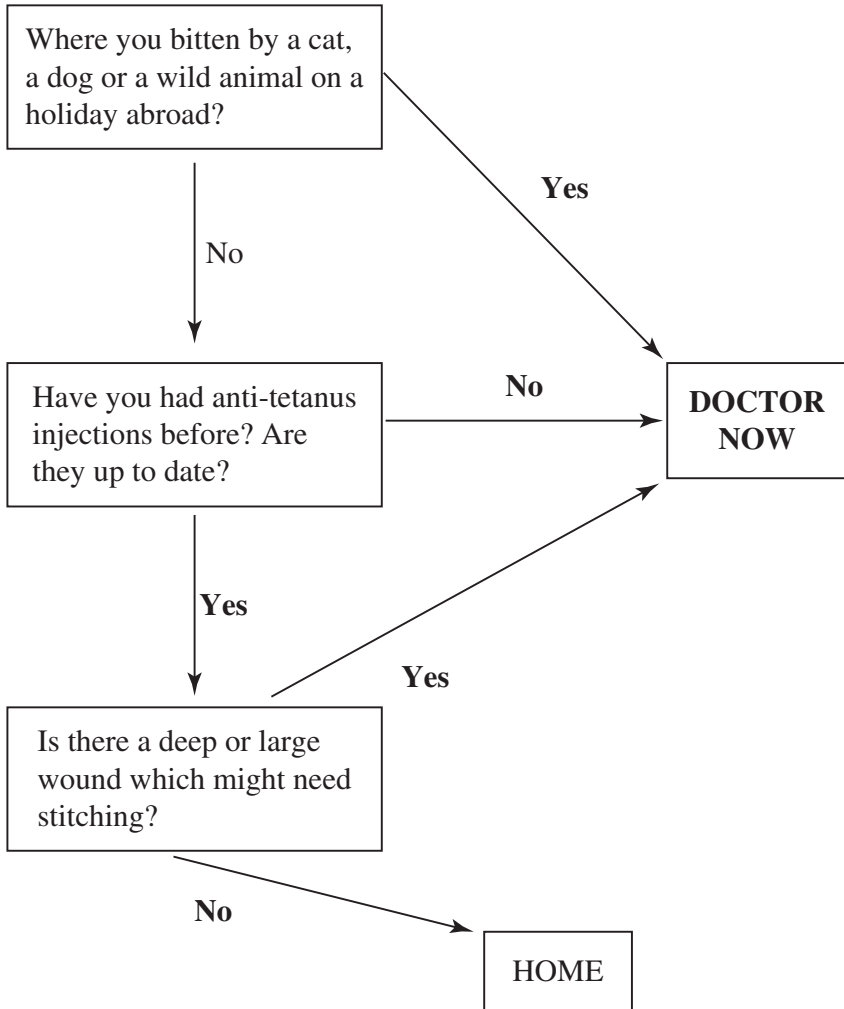
Contents

| | | | |
|---|----|---|-----|
| Coming up to confinement - last days | 60 | <i>TODDLERS AND SCHOOL</i> <i>CHILDREN</i> | 78 |
| After the confinement | 61 | Adenoids – large | 78 |
| | | Asthma in children | 80 |
| <i>BREASTFEEDING PROBLEMS</i> | 62 | Bedwetting | 82 |
| Too little milk | 62 | Colds and influenza in children | 84 |
| Too much milk | 62 | Constipation in children | 86 |
| Sore nipples | 62 | Cough in children | 87 |
| Inflammation of breasts (Mastitis) | 63 | Croup | 88 |
| | | Earache | 90 |
| <i>MENOPAUSE (“CHANGE OF LIFE”)</i> | 64 | Ears – discharging | 92 |
| Hot flushes | 65 | Fluid in the ears (“Glue ear”) | 92 |
| Other problems associated with the menopause | 66 | Sleeplessness in children | 94 |
| | | Sore throat in children | 94 |
| CHILDREN’S PROBLEMS | 67 | <i>FEVERS AND INFECTIOUS DISEASES</i> | 96 |
| <i>THE NEWBORN BABY</i> | 68 | Chickenpox | 98 |
| After delivery | 68 | Glandular fever (Infectious mononucleosis) | 98 |
| Soft tissue swelling of scalp | 68 | Measles | 100 |
| Hernia | 68 | Mumps | 100 |
| Jaundice | 69 | Scarlet fever | 102 |
| Swollen breasts | 69 | Whooping cough | 102 |
| Conjunctivitis (“Sticky eyes”) | 69 | Immunisation | 103 |
| <i>THE BABY</i> | 70 | GENERAL PROBLEMS | 105 |
| Feeding problems | 70 | Acne vulgaris | 106 |
| Milk intolerance | 70 | Anxiety (see also “Fear”) | 108 |
| Wind and colic | 70 | Arthritis | 110 |
| Diarrhoea | 72 | Chilblains and poor circulation | 114 |
| Diarrhoea alternating with constipation | 72 | Chronic fatigue syndrome | 116 |
| Nappy rash | 74 | Common cold - early stages | 120 |
| Teething | 74 | Common cold - later stages | 122 |
| The crying baby | 76 | Constipation | 124 |
| Convulsions (Fits) | 76 | Cough | 126 |
| | | Cystitis | 128 |

Contents

| | | | |
|--------------------------------------|-----|---|-----|
| Dental abscess (Gum boils) | 130 | Operations | 168 |
| Diarrhoea | 132 | Pain | 172 |
| Eczema | 134 | Perspiration - excessive | 180 |
| Fear (see also "Anxiety") | 136 | Piles (Haemorrhoids) | 182 |
| Fibrositis (Muscular rheumatism) | 138 | Psoriasis | 184 |
| Hangover (Ill effects of alcohol) | 140 | Rosacea (Acne rosacea) | 184 |
| Hay fever | 142 | Shingles (Herpes zoster) | 186 |
| Headache and migraine | 144 | Shingles, pain after (Post-herpetic neuralgia) | 188 |
| Herpes - mouth or genital | 151 | Sinusitis and catarrh | 190 |
| Hoarseness and loss of voice | 152 | Skin - oily or greasy | 193 |
| Indigestion (Dyspepsia) | 154 | Sleeplessness | 194 |
| Inflammation, boils and abscesses | 156 | Sore throat (Infected tonsils, Tonsillitis, Pharyngitis) | 196 |
| Influenza | 158 | Toothache | 198 |
| Irritable bowel syndrome (IBS) | 160 | Travel sickness and jet lag | 200 |
| Mouth ulcers (Aphthous ulcers) | 162 | Varicose ulcers | 202 |
| Nausea and vomiting | 164 | Warts (Verrucas) | 204 |
| Nettle rash (Hives, Urticaria) | 166 | | |
| A BASIC MATERIA MEDICA | | | 206 |
| THE MEDICINE CHEST | | | 212 |
| THE FIRST AID BOX | | | 214 |
| INDEX OF REMEDIES | | | 215 |
| INDEX OF PROBLEMS | | | 219 |

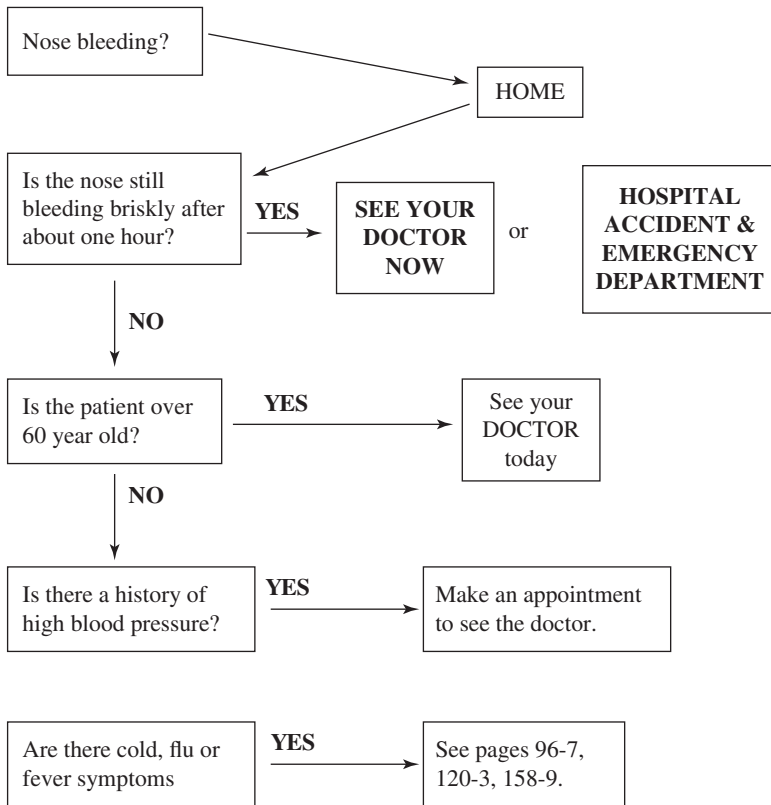
ANIMAL BITES



NOSEBLEEDS

Bleeding from the nose normally comes from a minor injury to the small veins in the lining of the soft part just inside the nostrils. Occasionally it occurs because of a virus infection - more frequently in children - and may start with sneezing.

Some people have a tendency to get nosebleeds easily, and while not serious, they are a nuisance. The following method of First Aid is practical, and the most suitable remedy can be given at the beginning.



NOSEBLEEDS

General Measures

- *Do not panic. Be calm.* Give the remedy.
- Sit the patient down leaning forward, over a large bowl or basin, and tell him not to sniff or swallow the blood.
- Use a towel as a bib to cover the chest and drape it over the knees.
- Tell the patient to *pinch* the soft part of the nose between the thumb and fore-finger for *not less than five minutes by the clock*, and to breathe through the mouth throughout.
- Do not blow the nose for twelve hours at least.

By Mouth

Irritable. Fear – "something must be done". **Aconite 30c.** One dose every half hour for 2-3 doses.

After injury. **Arnica 6c.** One dose every two to three hours for the first day and twice a day for 3 days.

Anxious, dithery and trembly, wants to be held. **Gelsemium 6c.** One dose every half hour for 2-3 doses.

Weeping. "Hysterical". **Ignatia 30c.** One dose every half hour for 2-3 doses.

Bright red bleeding, particularly after injury. **Phosphorus 6c.** One dose every fifteen minutes until stopped.

LATE PERIODS

Some women have a natural menstrual cycle which is longer than the average of twenty-eight days. This is normal for them and should not cause concern, provided that they remain well and happy.

However, some women develop delayed periods and this may make them unwell. These periods may be painful and abnormal, as a result of hormonal imbalance. This itself may arise from emotional causes, the use of the contraceptive pill or the onset of the menopause.

Premenstrual tension occurs or increases sometimes, and this is dealt with separately (see pages 48-9).

One of the remedies on the opposite page may be helpful, but the picture may be complicated by emotional problems, different types of pain and feelings of malaise before, during or after the bleeding. If this is so, consult the other relevant pages in this section of the book and try to form a composite picture. If this fails, seek the advice of an experienced homoeopath.

Menstruation

LATE PERIODS

Late - after fright or chilling, (especially in young girls whose periods are not properly established). **Aconite 30c**

Blood pale. Painful colic. Generally unwell and constipated. "Morning sickness" during period. **Graphites 6c**

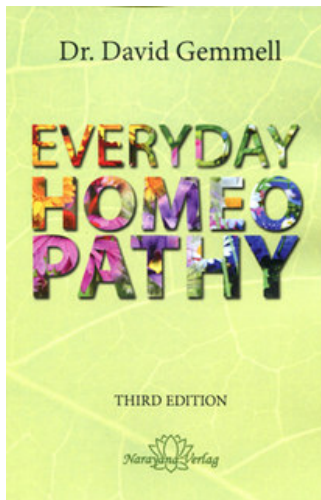
Black, tarry blood. Flows lying down and stops flowing on walking about. Heartburn and belching. **Magnesium carbonicum 30c**

Suppressed due to shock or grief. **Natrum muriaticum 30c**

Thick, dark and clotted. Intermittent flow. Painful pressure downwards. Gentle, yielding; highly emotional; loves sympathy; weepy, changeable; easily discouraged; feels better in open air. **Pulsatilla 30c**

Hot, flushing skin, rashes and spots. Faint feeling in late morning. **Sulphur 6c**

Dosage. All the remedies for this condition may best be given as three doses, one morning, evening and the following morning, starting on day twelve of the menstrual cycle.



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[Everyday Homeopathy](#)

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