



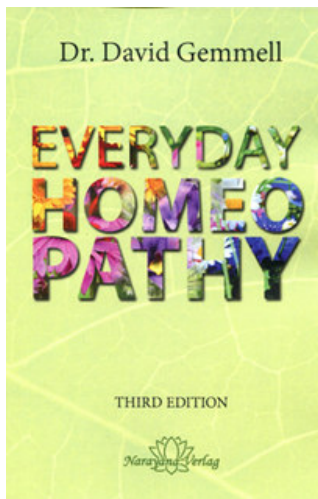
# David Gemmell Everyday Homoeopathy

Reading excerpt

[Everyday Homoeopathy](#)

of [David Gemmell](#)

Publisher: Narayana Verlag



<http://www.narayana-verlag.com/b16508>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copyright:

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

<http://www.narayana-verlag.com>

[Narayana Verlag](#) is a publishing company for books on homeopathy, alternative medicine and a healthy life. We publish books of top-class and innovative authors like [Rosina Sonnenschmidt](#), [Rajan Sankaran](#), [George Vithoulkas](#), [Douglas M. Borland](#), [Jan Scholten](#), [Frans Kusse](#), [Massimo Mangialavori](#), [Kate Birch](#), [Vaikunthanath Das Kaviraj](#), [Sandra Perko](#), [Ulrich Welte](#), [Patricia Le Roux](#), [Samuel Hahnemann](#), [Mohinder Singh Jus](#), [Dinesh Chauhan](#).

[Narayana Verlag](#) organises [Homeopathy Seminars](#). Worldwide known speakers like [Rosina Sonnenschmidt](#), [Massimo Mangialavori](#), [Jan Scholten](#), [Rajan Sankaran](#) & [Louis Klein](#) inspire up to 300 participants.

# *Contents*

<b>INTRODUCTION</b>	1	<b>PROBLEMS OF WOMEN</b>	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>	
<b>ACCIDENTS AND FIRST AID</b>	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

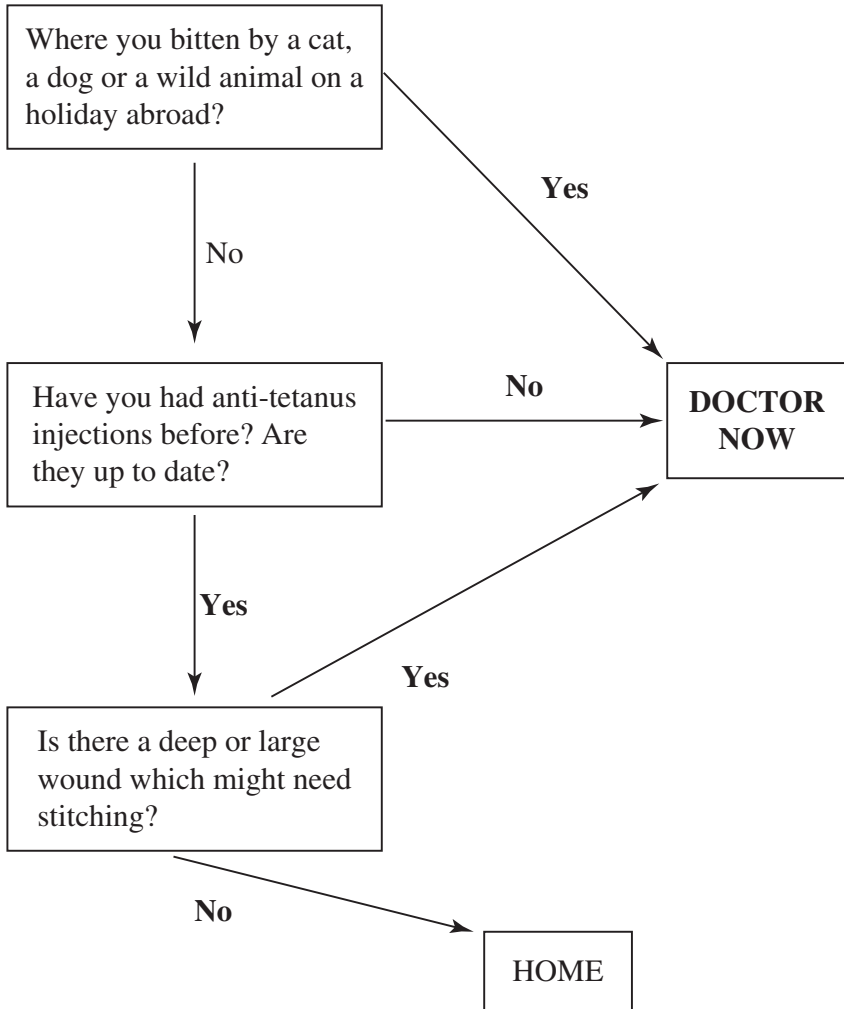
*Contents*

Coming up to confinement - last days	60	<i>TODDLERS AND SCHOOL 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
<b>CHILDREN’S PROBLEMS</b>	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	<b>GENERAL PROBLEMS</b>	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		
<b>A BASIC MATERIA MEDICA</b>			206
<b>THE MEDICINE CHEST</b>			212
<b>THE FIRST AID BOX</b>			214
<b>INDEX OF REMEDIES</b>			215
<b>INDEX OF PROBLEMS</b>			219

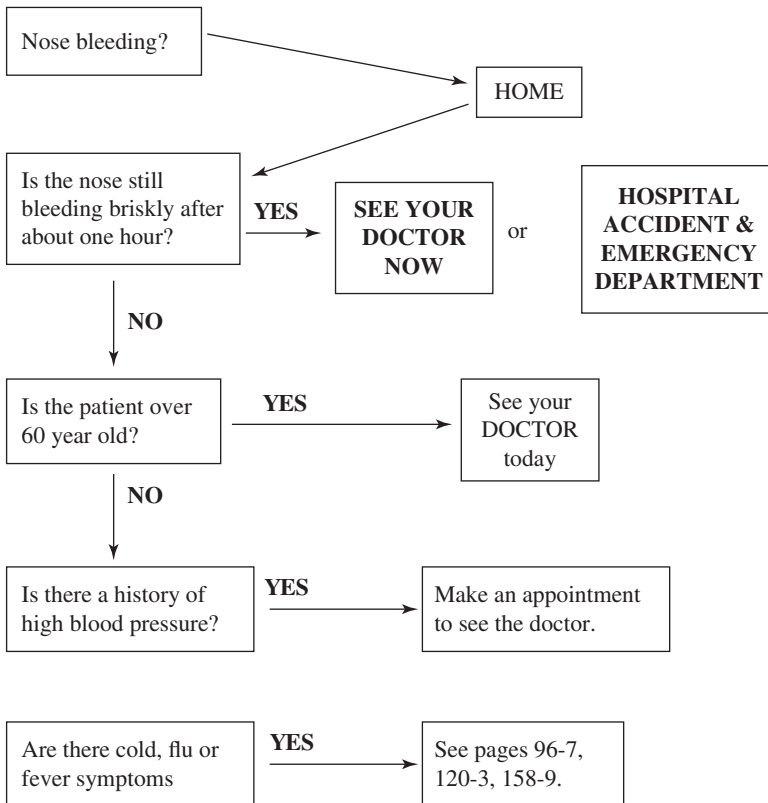
## **ANIMAL BITES**



## 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**

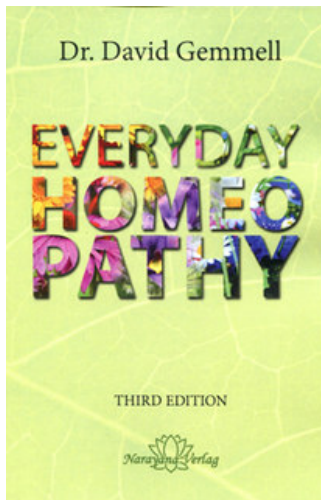
Black, tarry blood. Flows lying down and stops flowing on walking about. Heartburn and belching. **Magnesium carbonicum 30c**

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.



David Gemmell

[Everyday Homeopathy](#)

240 pages, pb  
publication 2014



**order**

More books on homeopathy, alternative medicine and a healthy life  
[www.narayana-verlag.com](http://www.narayana-verlag.com)