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Animal Communication and Healing

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Homeopathic Remedies for use in First Aid Situations

Homeopathy works on 2 major principles, the first being **Like Cures Like**, that is, a substance which can cause symptoms in a **healthy person** (such as arsenic) could also be used to treat people **suffering from similar symptoms** to those produced by the poison.

The second principle is that of the **Minimum Dose** – the physician should choose the appropriate medicine and prescribe it in the minimum dosage possible to induce cure and not exacerbate symptoms, or create new ones (For example modern anti-inflammatory medicines can cause issues with the stomach lining, leading to acid indigestion, stomach ulcers, nausea etc, which may require an additional prescription to treat.)

In fact Hahnemann realised that the more dilute the dose, the stronger the curative effects. And this is where many conventional medics believe Homeopathy cannot be effective. But they are working with half the facts. Dilution alone does not create homeopathic remedies. Dilution, along with succession – or vigorous shaking, is what increases the strength of the remedy. Homeopathy is an energetic, vibrational medicine, it is not merely diluted poisons.

So it takes a skilled prescriber to know the appropriate remedy (out of over 4000 available) to treat the patient, and also to know the appropriate dosage and repetition of the dose for optimum effect.

Homeopathy treats the person not the symptoms. So while it is useful to have a list of ailments the patient suffers with, we must also understand the patient's personality and how they deal with those particular symptoms, what may have caused the current symptoms as well as previous medical history and additional current complaints. We also understand how symptoms within the same disease category can differ between patients.

That said, it's also easy to work with homeopathic remedies for our own animals, with some basic information and a reliable homeopathic vet for back up.

These instructions are only for use within your own family. Do not attempt to administer remedies to anyone else's children or animals.

Please note: these instructions are not intended to replace appropriate medical or veterinarian advice, rather to be used after diagnosis, or in emergencies before help arrives.

Homeopathic remedies are safe, non - toxic, non-addictive and have no side effects, and can safely be used alongside conventional medications (or indeed instead of).

Homeopathy is a holistic medicine, i.e. it treats the whole person or animal – mentally, physically and emotionally, and not just the symptoms of disease, which is why it can be particularly effective for victims of cruelty & abuse.

The remedies are in a lactose or sucrose base and are pleasant tasting, (you can also buy them in liquid format but be careful they don't contain alcohol) and dogs, horses & sheep will take pills from your hand. Cats can be more fussy, so for them simply crush the appropriate tablet between 2 clean spoons, and sprinkle the powder onto their food or into their water.

For very sick animals, dissolve the remedy in water and use it to moisten the nose or lips – the animal will still benefit as the remedy is absorbed through the mucous membranes. With dangerous animals use this mixture in a plant spray bottle & spray from a distance!

Recommended Remedies for your Homeopathic First Aid Kit

ARNICA

If you only buy one Homeopathic remedy – THIS is the one to buy! This remedy is the first to consider in all cases of accident / trauma / injury / surgery / physical abuse. It starts the healing process, (even so far as beginning to heal broken bones) prevents and heals bruising, prevents or stems haemorrhages, yet can also help dissolve blood clots when necessary, and deals with mental as well as physical shock.

FOR INJURIES

Give 3 – 6 times daily as long as pain is suspected, but for no more than 3 weeks without advice from a qualified homeopath / vet.

FOR SURGERY

Give one tablet before surgery, and one as soon as possible after any type of surgery (including dental treatment) – as well as starting the healing process it also helps the patient cope with anaesthetic, and lessen it's after effects. (It doesn't count as food as far as the anaesthetic is concerned.)

ACONITE

A great remedy for fears and anxiety including panic attacks – fear of thunder, fireworks, sudden movements and noises. Jumpy and twitchy – can be very irritable if startled.

Also excellent for shock – animal and human. (Look for dilated pupils, quickened pulse & breathing.) The patient will either be in a state of near collapse, or else hiding in the most inaccessible place. If you can't reach to give the remedy, or approaching too closely will frighten them more, then I'm afraid you need to be cruel to be kind, and put the tablet into a water spray bottle & spray the face or paws so it can be absorbed. The animal may never thank you, but you may be able to stop any further injury, to the animal and to you! Useful before and after journeys if this is particularly stressful. A good remedy to drop into the water bowl, since these animals are usually very thirsty.

ARSENICUM ALBUM

Useful remedy for all kinds of digestive problems including gastro-enteritis and food poisoning (with the appropriate medical advice). The patient will be extremely restless & look fearful. Will only drink tiny amounts of cold water. All kinds of vomiting & diarrhoea, particularly if the patient reaches a state of collapse. There may be a fever & cold sweat, and the patient will be shivering. Generally worse at night, after midnight, and better for being kept warm.

HEPAR SULPH

For use in infections; boils, styes, swollen glands. The patient will not tolerate touch as everything feels extremely painful, and will therefore be very irritable and snappy – can be violent. If anything is discharging from the wound it will smell sour & offensive, and hands / feet / paws will be sweaty. Also extremely chilly, shivering patients who want to be covered up.

HYPERICUM

For all kinds of incisions / lacerations / stab wounds, stitches, particularly if nerve endings have been affected. (Think of the type of pain from a paper cut, yet there's not much to see.) Also good for cat scratches and animal bites, in humans and other animals. Very good for areas rich in nerve endings e.g. toes, ear tips, noses etc. and therefore good for crush type wounds (think of the kind of pain from a stubbed toe or jammed fingertip.) May prevent tetanus (use in conjunction with Ledum).

Give one tablet 3 – 5 times daily as long as pain is evident, for no longer than 3 weeks without advice from a qualified homeopath. As soon as the patient's mood improves you can be sure the pain is gone! (And you will no longer need the same remedy for your hands!)

IGNATIA

For everyone who has loved and lost – anyone. Humans or animals whose beloved soulmate has crossed Rainbow Bridge, people involved in rescue and rehabilitation, all kinds of heartbreak and loss. Major grief remedy. Useful for orphaned babies, mothers who have lost a litter or older animals whose humans have died or abandoned them for no reason. The patient will be depressed, miserable and desperate for human contact, yet may have forgotten how to respond – (purring, tail wagging etc.) (This remedy is the purr restorer!)

Also useful for animals with this particular background who are prone to mood swings, loving one minute then aggressive the next – a confused state. Often they are unwilling to venture outdoors, and may be averse to stroking & fussing. They may seem restless & unsettled, moving sleeping position regularly. (Combined with heavy sighs.)

One tablet daily until you see the patient smile!

MERC VIV

Major remedy for mouth ulcers, gingivitis, gum infections, particularly in association with excessive saliva and a flabby looking tongue. The patient will be unhappy with extremes of temperature, and will not want to be touched. You will notice a particularly miserable expression, with the back turned to you. Will probably be off their food due to pain.

PHOSPHORUS

All kinds of fear & anxiety especially from loud noises e.g. thunderstorms, cars backfiring, guns & fireworks – also not good with the bright lights of fireworks or lightning. Nervy jumpy animals whose coat may twitch, and who may urinate involuntarily from fright. Very pretty animals whose nerviness may let them down at rehoming time. When not afraid can be very playful (charmings) when they feel safe. Physically can be ‘bleeders’ – prone to haemorrhaging from tiny wounds. Also a good remedy for burns, especially electric burns, (for little “nibblers” of electrical wires, e.g. bunnies, rats, hamsters, puppies and kittens, after ingestion of caustic substances. In almost all these cases veterinary advice

One tablet up to 3 times daily (e.g. 5th November, travelling).

RHUS TOX

The “Creaky Gate” remedy. Of great use in cases of overexertion, arthritis and rheumatism. The patient is generally a bit slow to get up and get going, but seems happier once moving about gently. If trying to rest will shift position frequently due to discomfort. Symptoms tend to get worse at night, when the patient becomes anxious or irritable.

SILICA

Superb remedy for removal of foreign objects from the body – splinters, gravel, glass shards, thorns etc. (DO NOT USE FOR PATIENTS WITH PACEMAKERS AS THEY COULD MOVE. ALSO USE WITH CAUTION IN MICROCHIPPED ANIMALS WHERE INFECTION OR BROKEN SKIN HAPPENED AFTERWARDS.)

Use for infected wounds and skin infections which are slow to heal. Hard cysts that won't go away accompanied by sweaty paws that smell sour. Similar types of injuries to those requiring Hepar Sulph, except Hepar Sulph infections are intensely painful, whereas Silica's are much less so.

SULPHUR

A great remedy for itchy skin. Can help flea bite allergies, and all other dry, itchy, allergic skin conditions. Soothes the itching so the animal stops scratching, and allows the skin to heal, and therefore the fur to regrow. Great for dry, scaly, scabby, smelly animals (and people)!

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For information on Clare's own Combination Remedies and Remedy Kits, plus her unique organic and therapeutic skincare preparations please visit:

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claremetcalf.vpweb.co.uk/default.html

RECOMMENDED READING

Cats: Homeopathic Remedies – George Macleod

Dogs: Homeopathic Remedies – George Macleod

The Treatment of Horses by Homeopathy – George Macleod

A Veterinary Materia Medica & Clinical Repertory – George Macleod

The Homeopathic Treatment of Small Animals – Christopher Day

Homeopathic Care for Cats and Dogs – Don Hamilton

Materia Medica of Homeopathic Medicines – Phatak

A Concise Repertory of Homeopathic Medicines – Phatak

RESOURCES

HOMEOPATHIC PHARMACIES UK

Helios

Homeopathic pharmacy & staffed by qualified homeopaths, also homeopathic books & publications, product ranges etc.

www.helios.co.uk (01892) 537254

Nelsons

The first London pharmacy incorporates a clinic, staffed by homeopaths and offering a prescription service. Homeopathic remedies and Bach Flower remedies. These are the remedies found in health food stores and pharmacies in green tubes.

www.nelsonspharmacy.com 020 7079 1288 / 020 7629 3118

Ainsworths

Homeopathic remedies, Bach flower remedies and supplements

www.ainsworths.com 01883 340332 / 02079 355330

Free Spirit Homeopathy

(My Homeopathic Clinic – see products page below)

Custom made Remedy Kits, Unique Remedy Combinations, Single remedies, organic therapeutic Skincare products.

Bespoke ranges on request.

To make an appointment for Homeopathic Consultation (for Humans) or to purchase products please contact:

[Free Spirit Homeopathy - Clare Metcalf; Home](#)

<https://claremetcalf.vpweb.co.uk> › [Clare-Metcalf--Home](#)

and via www.freespiritanimalcare.co.uk

Homeopathic Pharmacies and suppliers OUTSIDE UK

In Europe

many high street pharmacies will order homeopathic remedies for you within 24 hours (if they don't carry their own stock)

In USA

many Wholefoods and Healthy lifestyle, health food type stores carry supplies as do feedstores and even some drugstores.

<https://www.boironusa.com>

<https://www.hahnemannlabs.com>

<https://www.homeopathyworks.com>

Australia

<https://www.owenhomoeopathics.com.au>

<https://angelshomeopathicdispensary.com.au>

<https://homeopathyplus.com> › shop-main

<https://www.byronat.com.au>

Excellent site listing Homeopathic Pharmacies Worldwide:

[Homeopathy Suppliers & Pharmacies - WholeHealthNow](#)

www.wholehealthnow.com › homeopathy info › weblinks3

Free Spirit Products

www.freespiritanimalcare.co.uk

claremetcalf.vpweb.co.uk

Single Remedies

Including Arnica for all accidents & injuries, Ignatia for grief, Fragaria to eliminate tartar from teeth, remedy kit single refills etc.

Price £6 each plus P&P

Remedy Kits

10 remedies, each bottle containing over 100 individual doses, plus a bottle of Hypercal Tincture.

Homeopathic First Aid Kit

Family Medical Kit

Homeopathy for Pets Kit

Supplied in a small, portable yet sturdy cardboard box - fits in a pocket, handbag, glove compartment etc.

Full instructions included - incorporating Mini Repertory (remedy selection tool) and Mini Materia Medica (remedy descriptions) making remedy selection simple.



Each Kit costs £30 plus P&P

Homeopathic Cancer Treatment Kit

A double sized kit (20 remedies plus 2 healing tinctures) for use by patients undergoing conventional cancer treatments and seeking relief from side effects e.g. surgery, chemotherapy, radiotherapy etc.

Each remedy bottle contains at least 100 doses.

Supplied in 2 small, portable yet sturdy cardboard boxes

Full instructions included - handout style with headings for symptom selection, and appropriate remedies listed according to usefulness making remedy selection incredibly easy & straightforward for patient and carer alike.



Price: £45.00 plus P&P

Homeopathic Sports Kit

Kit comprises Ache and Pain Combo remedy and 50ml Ache and Pain Organic Aloe Gel for topical application to aches, pains, strains & sprains.

Carry in your kitbag for any eventuality!

Price: £15.00 Plus P&P

Combination Remedies

Absolutely unique combination remedies not available anywhere else, created and blended by international homeopath Clare Metcalf. Each combo comes with instructions, and each bottle contains over 100 doses. **Price £8 plus P&P**

Ache & Pain Combo

The perfect painkilling combination for those worried about the effects of conventional painkillers and anti-inflammatory drugs. Used for accidents, injuries, sprains, strains, arthritic / rheumatic pain and sports injuries. We receive many repeat orders for this combo. The same combo is available in our unique organic aloe vera based gel for direct application to sore areas.



All Combo remedies cost £8 each plus P&P and contain over 100 doses.

Stress Combo

Totally non-addictive and non-sedative in their action, this combination will help the sufferer to function efficiently under stressful situations, with no detrimental effects. Useful for exam nerves, interviews, panic attacks, hospital or dental visits, following shock or stressful situations.

Travel Combo

The traveller's best friend! Can be used preventatively, and for symptomatic relief of nausea, vomiting, dizziness, vertigo caused by all forms of travel.

Tummy Combo

The perfect combination of remedies for all kinds of tummy upsets, from tummy bugs, travel tummy and food poisoning (vomiting, diarrhoea & gas) to nervous tummies and IBS type symptoms. Safe, non-addictive, steroid and antibiotic free, and can be used in combination with prescription medications.

Hayfever Combo

Follow the instructions supplied to achieve optimum relief of the miserable, inconvenient and often distressing symptoms of hayfever and common allergies. Relieves itchy, watery eyes, runny nose, sneezing, itchy palate, scratchy throat etc. Also very useful for colds & flu.

Anal Glands

A combination remedy to help prevent the often painful and unpleasant filling of anal glands in animals, and also helps to clear blockages by allowing the body to reabsorb the discharge and break it down naturally, with less need for manual extraction.

Disclaimer: The information supplied in these pages is not intended to replace professional medical / veterinary advice in emergency situations. If in doubt always seek professional assistance.

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