Aconitum Napellus (Acon.) [plant: ranunculacea family]

**General Physical Symptoms**

- **Sudden onset of symptoms/complaints**
  - Complaints come on very rapidly, and often come on in the middle of the night
  - Aconite is most useful early in abrupt onset acutes (in the first 24-48 hours), when the other general symptoms fit
- **Acutes caused by abrupt shocks**
  - May be emotional as in a strong fright, accident, etc
  - May be physical as in an injury, or a sudden and strong chill (especially cold wind)
- **Red face, hot sweating, and significant thirst for cold drinks**
- **Worse at night**, worse with touch
  - Usually don't want to be touched, examined, or interfered with; or it doesn't help them
- **Better with fresh air**
- **Pains are unbearable and intolerable**; drive them to despair (and possibly real fear of death)
- **Eyes may look shocked**; staring, glassy, etc.

**General Emotional State**

- **Restless anxiety**, easily excited, raw nerves, trembling from emotions
  - May be a fear of death, various phobias like claustrophobia, fear of flying, etc
  - Can have full blown panic attacks with strong heart palpitations, or go into fight or flight
- **Sensitivity during acute**
  - May be very sensitive to the pain; screaming with pain
  - Sensitive to noises

**What Makes Them Worse?**

- **Generally worse at night** (onset of symptoms, fear and anxiety, pain, etc.)
- **Worse being alone, needs company**

**Common Complaints**

- Acute panic and fear, sudden onset fevers, upper respiratory infections, eye inflammation, injuries with shock, teething
Apis Mellifica (Ap.) [insect: bee]

**General Physical Symptoms**
- Inflammation and Swelling
  - *Swelling is puffy, shiny, red, and generally lacking discharge*
  - Common swelling areas are face, lips, hands, feet, fingers, and ankles
  - With various upper respiratory complaints may have red puffy face and swollen lips
  - Skin tends to be dry and hot in affected areas
- **Redness**; Face is red, tongue is fiery red, local swelling complaint is shiny and red
- **Pains are burning and stinging**
- Complaints and symptoms are right-sided; or move from right to left or worse on right
- **Thirstless**
- Allergic reactions; urticaria, hives, rashes, even anaphylactic severe allergy reactions
- Difficult breathing or feeling of suffocation with allergic reactions

**General Emotional State**
- May have a strong fear that something really bad will happen
- Irritability
  - May be quite irritable, especially if prevented from doing things they want to get done
  - During intense fevers kids can be highly irritable; screaming, hitting, crazy
  - The hotter or more feverish, the more irritable and restless
- Busy and restless in an organized and industrious way, possibly hurried and intense
  - May constantly switch from one thing to the next
- Intensity
  - Shrieking with pain, intense rage, intense emotions - along with intense physical symptoms

**What Makes Them Better?**
- Better with discharges (sweating, urination, discharges make them feel better)
- Better in cool open air, or with cold applications to affected part

**What Makes Them Worse?**
- **Worse with heat**, hot applications, warm weather
- Worse with touch
- Worse afternoon (especially 3-5 p.m.; may be an aggravation of fever, etc.)

**Common Complaints**
- Bites/stings, earache, eye inflammation, fever, hives/rashes, allergic reactions, sore throat
Argentum Nitricum (Arg-n.) [metal]

**General Physical Symptoms**

- **Pains are needle-like**, or splinter-like
- Exhaustion with **trembling, palpitations**
  - Especially after mental over-exertion; a sort of nervous system exhaustion accompanied by anxiety
- Trembling and diarrhea from nervous excitement
- Poor coordination
- Weak memory
- **Strong craving for sweets**; also crave salt, and can strongly crave cheese (even very strong cheese)
  - But easily made sick from sweets; easy stomach upset, etc.
  - Also worse from meats and fats
- **Very warm-blooded**; suffer a lot in warm stuffy rooms
- Like to wear bands, tight clothing; feel better when bound up in some way
- Neurological complaints and diseases; with numbness, trembling, etc.

**General Emotional State**

- **Impulsivity**
  - Incredibly impulsive; ideas pop into their head and they act on them without any screening
  - Can be very hurried in doing things, with constant thoughts popping into their head
  - Time seems to pass incredibly slowly for them
- **Obsessive compulsive behavior**
  - Can have very fixed ideas and strong OCD behavior; probably main remedy for OCD in kids
- **Anxiety**
  - Great amount of anxiety; about health, family, being alone, upcoming events
  - Great amount of anticipatory anxiety; sleepless from excitement, anticipation far in advance
  - Fear of losing control or losing mental ability, etc.
- Easy for them to be successful in performance and being the center of attention, esp in the arts
  - Very energetic, big, and outward energy to them

**What Makes Them Better?**

- Better with fresh air
- Better with external pressure; tight bandages, wrapping up parts tightly, hats, tight clothes, etc.
- Better with company

**What Makes Them Worse?**

- Worse with heat
- Worse with sweets
- Worse when alone

**Common Complaints**

- Diarrhea, eye inflammation, indigestion/stomach upset, sore throat, anxiety, OCD
Arnica Montana (Arn.) [plant: compositae family]

**General Physical Symptoms**

- Bruising and hemorrhage; external and internal
  - Very easy bleeding and bruising
- Pains are soreness and bruised feeling
  - The soreness is much worse from any touch or jarring
  - Can't get comfortable in bed because of the soreness, bed feels hard
  - Aggravation of pains in the evening and at night in bed
- Symptoms of shock
  - Not completely in their body after an accident or injury or with an acute complaint
  - Say "I'm fine, I don't want any help" despite obvious injury, etc.
- Complaints stemming from accidents, injuries, surgeries

**General Emotional State**

- Fear of touch, contact, interference
  - Children can shriek when touched, from oversensitivity to pain; become afraid of being hurt and want to avoid contact that aggravates them
- Irritability
  - Can become touchy, capricious, restless, disagreeable
- Denial of illness or suffering
  - Say "Nothing's wrong, I'm fine, leave me alone". Can act like a tough guy, can take all the beatings. Can try to be protective of others so they don't get hurt.
- Forgetful, absent-minded
  - Not all there; difficult concentration, memory, lowered state of consciousness after a shock or injury

**What Makes Them Worse?**

- **Worse with interference or intrusion**; whether interference from other people, or touch, noise, motion, jarring, lying on the injured part, etc.

**Common Complaints**

- Bruises, broken bones, head or other injuries, cuts/wounds, eye injuries, cough, shock, sprains, strains, abdominal pains/complaints
Arsenicum Album (Ars.) [mineral]

General Physical Symptoms

• Burning pains, better from heat
  - Pains are better for a warm bed, heat, or a hot drink, despite their burning quality
  - Sometimes the head will be better with open and cool air, though everything else better warmth

• Discharges are watery, burning, and may be smelly

• General dryness; skin, lips, etc.

• Sensitive to cold and generally chilly; but may need fresh air

• Paleness, anemia, and exhaustion/collapse in acute complaints
  - Can become very pale, anxious, and weak with acute complaints, to the point of collapse
  - This may be out of proportion to the actual severity of the complaint
  - The tiredness often comes suddenly; especially after exertion

• Inflammations in any system possible; skin, throat, GI, eyes, etc.

• Fever with chilliness of the skin/exterior, but feels burning internally

• Destructive processes and discharges; easy tendency to ulcers (shallow, burning, better heat)

• Bitter taste in mouth

• Thirsty for large quantities or frequent small sips

• Likes warm drinks and food, may crave meat and fat

General Emotional State

• Anxiety and panic
  - Very anxious about threats to their health (hypochondriacal), fears of illness, a feeling their defenses are weak; to point of panic attacks, great reliance on others to alleviate their anxiety

• Restlessness
  - May be very restless during illness, especially about treatment/getting help

• Greedy, selfish
  - Can seem very greedy during illness, very concentrated on themselves and what they need to make it through the illness; over-dependency on family, etc.

What Makes Them Better?

• Better with heat; warm drinks, warm in bed, warm applications, warm food

What Makes Them Worse?

• Worse at night; after midnight

• Worse with cold, worse damp, worse wet weather

• Aggravated by cold food and drinks

Common Complaints

• Burns, colds, cough, diarrhea, exhaustion, fever, influenza, food poisoning, indigestion, vomiting, sore throat, anxiety and panic
Baryta Carbonica (Bar-c.) [mineral]

General Physical Symptoms

• Swollen and hardened glands; accompanying all illnesses
  - Especially glands in neck, tonsils, throat, etc.
  - Glands become harder and harder
• Catches colds and infections easily; weak immune system
• Slowness of development in babies/children, failure to thrive, poor weight gain and development
• Chilly and worse from cold/wet weather
• Significant perspiration; may be one-sided sweating
• Tendency to constipation

General Emotional State

• Slow and weak; mentally, developmentally, even emotionally; sluggish
  - Late learning to walk, talk, mature, etc
  - Slow in school, poor performance
• Immaturity and childishness; children whose behavior is far behind their age
  - Accompanying fear and aversion of responsibility
• Insecurity, lack of confidence
  - Desire protection; their biggest concern is their insecurity
  - Children that hide behind their mother, don’t play, don’t make friends, just stare
  - May feel they are being laughed at; easy inferiority complex; hate to be teased
  - Indecisive, cautious, irresolute, reticent to act
  - Much anxiety; about appearance, about their own health, about strangers, etc.
• Rigidity and obstinacy
  - Because of insecurities, slowness, and anxiety can be incredibly obstinate and rigid about doing things in a way that does not stress them or expose them, etc.

What Makes Them Worse?

• Worse with cold
• Worse with pressure

Common Complaints

• Slow development, immune weakness, mental slowness, colds, sore throats, insecurity
Belladonna (Bell.) [plant: solanacea family]

General Physical Symptoms

- Sensitivity to environment; physical complaints start after cold, dry wind or getting head wet, etc.
  - Oversensitivity to stimuli; lights, noise, etc.
- Sudden onset of symptoms
  - Acute conditions come on quickly or suddenly; can also disappear rapidly
- Acute complaints accompanied by a sudden onset, high fever with hot head and cold hands/feet
- Right-sided complaints; or begin on right, or are worse on right
- Pulsating, throbbing, and/or shooting pains; from localized congestions and cramping
  - Come on suddenly; appear and disappear suddenly
- Affected part rapidly becomes inflamed, red and radiating heat, and has pains that are throbbing and pulsing
  - Come on suddenly; appear and disappear suddenly
- Pulsating, throbbing, and/or shooting pains
  - Come on suddenly; appear and disappear suddenly
- Perspiration absent during fever
- Thirst for cold drinks, lemonade
- Red face, red tongue
- General aggravation in afternoon, evening or nighttime
- Glassy eyes, dilated pupils (when fever is involved)

General Emotional State

- Great excitability, restlessness, rage, screaming, tantrums, anger, can go into fight or flight
  - Altered state during acutes; loud, agitated, pacing, screaming, could hurt others, loss of self control
- Confusion and delirium
  - During a high fever, delirium and confusion can be seen
- Anxiety about the unknown
  - Depend on routine and organization, do not thrive on changing environments
- Escape: strong drive to escape or get out of situations they don’t like

What Makes Them Better?

- Lying down (especially in a dark quiet room, without disturbance)

What Makes Them Worse?

- Being moved, touched, or jarred; Bending forward or stooping
- Light, strong noises, strong environmental stimuli
- Changes in routine

Common Complaints

- Cough, earache, eye inflammation, fever, headache, upper respiratory infections, sore throat, sunstroke (with fever), teething problems
Bryonia Alba (Bry.) [plant: violes family]

General Physical Symptoms

• Dryness
  - Mouth and lips dry with acute complaints; with great thirst for large quantities of water
  - General dryness during illness; mouth, lips, tongue, chest, eyes, affected area, etc.
  - Lack of perspiration during fever

• Stitching, sharp, stabbing pains; also sore and bruised; worse with any movement
  - Worse with the slightest movement; try to keep themselves absolutely still to avoid pain (for example holding their chest during a cough to prevent pain, or suppressing the cough, etc.)

• High fever with acutes
  - With fever and chills where they don't want to move or do anything

• Many sorts of inflammation; joints, respiratory system, head; and infections

• Acute diseases usually have a slow onset

• Generally chilly, but head or local areas may be worse from heat, better from open air during acute

• Right-sided symptoms, or worse on the right side

• Aggravation at 9 p.m., may be aggravation in morning on waking

General Emotional State

• Irritable, angry, capricious
  - Mostly internally irritable; may lack the energy during acute to express it
  - This irritability may also be in the form of restlessness or dissatisfaction, despite not wanting to move

• Closed off during acute; don't want interference or to be bothered or touched, want stillness/quietness, avoidance of other people.
  - Fully concentrating on the illness; preventing pain, preventing aggravation, etc.

• Dullness, fatigue, stupefaction during illness
  - May feel exhausted, mentally weak, even confused or delirious during acute illness with fever
  - Want to make no extra effort during acute – all energy going to the illness

What Makes Them Better?

• Better lying still

• May be better with firm pressure (not touch)

• Better with fresh air (although may prefer to be warm and covered if very ill)

What Makes Them Worse?

• Worse with any movement; especially of the painful or affected part

• Worse in hot stuffy rooms; when overheated

• Worse with light and noise, and other interferences

Common Complaints

• Abdominal pain, aches and pains, broken bones, cold, cough, diarrhea, fever, gastric flu, joint pain, sore throat, various infections

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Calcarea Carbonica (Calc.) [mineral]

General Physical Symptoms

• Slow development; mental and physical
  - Slow mental development, slow or behind in school
  - Slow physical development; hair, nails, and bones grow poorly

• Problems with metabolism
  - Poor assimilation of nutrients, failure to thrive in babies, obese children, thyroid problems

• Many swollen glands

• Sour or offensive discharges
  - Profuse sweating, especially of the head; sour
  - Thick, yellow discharges during acute infections; ear, nose, etc.

• Chilly; chillier as they grow older, when young may get overly warm, warm in bed, etc.

• Low stamina, poor physical strength, easily fatigued

• Weakened immune system; catch colds very easily

• Craves carbohydrates; white food diet (bread, pasta, butter, cheese, etc.); but worse from milk

• Tendency towards constipation; but not bothered by it (though may have diarrhea during acutes)

General Emotional State

• Slow mental and emotional development
  - Delayed skill acquisition; walking, talking, comprehension, learning; mistakes and poor recall

• Plodding and methodical; very cautious about anything new until it is well understood
  - Methodical and plodding on work, projects; can play with one thing for a long time

• Rigid and obstinate; strongly willful
  - Extremely obstinate remedy – need to control environment, prevent change, create structure
  - Refuse to do things outside of their own timeframe and design
  - Tantrums if not allowed to finish tasks; will not be rushed or persuaded

• Self conscious about being criticized or examined by others, feeling unsure with new people and places, making it difficult to transition or adapt. Can be shy and timid.

  Independent and curious; want to explore, categorize, and understand things
  - Fascinated with the unknown; with the supernatural, death, god, etc.

• Many fears and anxieties; and general foreboding that something bad will happen
  - Fears of animals, monsters, dark, insects, scary stories (easy nightmares)

What Makes Them Better?

• Better during dry, warm weather

What Makes Them Worse?

• Worse from exertion
• Worse from cold, wet weather, or from change of weather

Common Complaints

• Broken bones, colds, constipation, cough, cradle cap, diarrhea, earache, fatigue, hernia, indigestion, nausea, teething, sprains, slow development, learning difficulties
Calcarea Sulphurica (Calc-s.) [mineral]

**General Physical Symptoms**
- Thick, yellow, discharges accompanying various complaints
  - May be lumpy, often are blood-streaked
  - Color may be yellow/white, or may be straight yellow, or even greenish
  - Discharges and suppuration of wounds continues for a long time, chronic
- Generally worse with warmth and with getting overheated
- Strong tendency towards ulcer and abscess formation and glandular swellings; anywhere on body
  - Abscess discharge thick, yellow pus
- Craving for green and unripe fruit, sour fruit, oranges

**General Emotional State**
- Irritability and anxiety in the evening
  - Very changeable moods within a day
- May feel not appreciated at by his/her family and is trying to do things that will gain him/her appreciation from within the family. Jealous of other siblings.

**What Makes Them Better?**
- Better from fresh air, from being uncovered (even if feverish, etc)

**What Makes Them Worse?**
- Worse with heat, stuffy rooms
- Worse from milk
- Worse from physical exertion

**Common Complaints**
- Abscesses, ulcers, colds, croup, earache, eye inflammation, injuries
Calcarea Phosphorica (Calc-p.) [mineral]

General Physical Symptoms
• Slow development, poor nutritional assimilation
  - Especially involving bones; non union of sutures in babies, growing pains, scoliosis, teething problems, bone formation, etc.
  - May be lean, emaciated; as if not getting nutrition properly; poor weight gain in babies
• Catches colds easily; easy infections
• Weak digestive system; easy vomiting, diarrhea, and pain
  - From cold water, ice-cream, fruit
• Physical structural weaknesses and pains
  - Many aches, pains, and structural problems in bones, muscles, tendons, ligaments, joints
• Fragile; mentally, emotionally, physically; not structurally sound
  - Don’t have the robustness and strength to stand up to stresses well

General Emotional State
• Fear, anxiety, and ailments from bad news
  - Surprised and overwhelmed easily because don’t have the strength or robustness to prevent things from bothering them
  - Jumpy, easily startled
• Irritability and discontentment
  - Never satisfied with themselves or situation; makes them very peevish
  - Can be incredibly whiny, moaning and groaning
  - May desire to travel, or be very restless, because of this discontentment
  - Can be extremely critical; just an outward expression of their irritability
• Over-sensitive to changes, shocks, etc
  - Ailments from bad news, from shocks, from grief or insults
  - Bad effect from change of weather, or from sudden changes in environment like loud noise

What Makes Them Better?
• Better in summer, or warm dry weather
• Better lying down and with rest

What Makes Them Worse?
• Worse with cold and damp, wet weather, draughts
• General aggravation from change

Common Complaints
• Broken bones, cough, diarrhea, exhaustion, joint pains, bone pains, teething, irritability and discontentment, poor development and structural growth
Carbo Vegetabilis (Carb-v.) [plant]

**General Physical Symptoms**
- Faintness and profuse cold sweating
- Deathly appearance; flat, dull, blue, cold, chilly and indifferent
  - Externally very cold, though may feel burning internally
  - Limbs extremely cold
  - Appearance can be blue, pale, dull
  - Blood pressure very low
  - Sluggish energy and very low vitality
- Desire to be fanned; to have air movement
- Burning irritation felt internally, with cold sweating externally
- Puffiness, bloating, swelling
  - Swelling that may constrict breathing
- Loss of consciousness, or edge of consciousness or shock, where they are cold, sweaty, pale
- Not just for shock – this state may accompany various different acute or chronic situations
  - Asthma, bad respiratory infections, acute digestive episodes like food poisoning, burns, etc.
- This state may be found during recovery from a bad illness

**General Emotional State**
- Emptiness and indifference
  - Indifferent to anything and everything around; no pleasure/displeasure
  - Difficult concentration, loss of memory, dullness, unconsciousness

**What Makes Them Better?**
- Better cool air
- Better being fanned, or with air blowing on them

**What Makes Them Worse?**
- Worse with exertion
- Worse after eating rich/fatty food
- Worse from warmth

**Common Complaints**
- Asthma/breathlessness/breathing difficulties, cough, exhaustion/collapse, food poisoning, indigestion, recovery from illness, heart complaints
Chamomilla (Cham.) [plant: compositae family]

General Physical Symptoms
• Unbearable pains
  - Very oversensitive to everything, including pain
  - Oversensitivity to other things in their environment is also experienced as pain easily
• Face red; may be one side/cheek red and the other pale, or redness in spots
• Cramps, convulsions, contractions, spasms
  - Aggravated after getting angry or screaming especially
  - Leads to greater pain
• Clammy, hot sweating
  - Sweating comes with the pain, may also be accompanied by fever
• Wants cold drinks
• Diarrhea accompanying acute complaints

General Emotional State
• Incredibly irritable and demanding
  - Wants to be carried; very demanding of parents, others (but will not be thankful)
  - Strong aversion to being touched, spoken to, looked at, in company
  - Very contradictory and capricious; may demand something then throw it away
• Screaming, inconsolable with pain
  - Very sensitive and reactive to pain; may say they “can't bear the pain any longer”
• Angry and impatient
  - Excitable, restless, hitting, spiteful; especially in response to pain; to parents, or anyone
• Extremely oversensitive; to everything, especially pain, with fear of injury

What Makes Them Better?
• Better uncovering (if hot)

What Makes Them Worse?
• Worse from wind and cold damp air
• Worse during the evening
• Worse from coffee or stimulants

Common Complaints
• Colic, cough, diarrhea, earache, fever, teething, vomiting
China Officinalis (Chin.) [plant: rubiacea family]

General Physical Symptoms

- **Strong discharges which aggravate them greatly**
  - Profuse perspiration; night sweats
  - Bleeding discharges; bloody nose, bleeding from ears, bloody diarrhea
  - Vomiting, diarrhea
  - After a strong discharge they feel worse overall
  - Complaints that start after a severe or strong discharge

- **Pains and neuralgias; sore and bruised pains**
  - Pains may be very changeable, moving here and there
  - Pains are better with hard pressure, but worse with slight touch

- **Exhaustion and debility; nervous exhaustion**
  - Nervous, over-sensitive exhaustion; are easily upset by sensory stimuli, interference, everything

- **Swelling and fullness**
  - Especially with abdominal and GI complaints

- **Liver and gastrointestinal complaints**

- **Tendency to diarrhea**

- **Generally chilly**

General Emotional State

- **Irritability; especially from contradiction and interference by others**
  - Feel others are out to hinder them, mess with them, irritate them; easily feel intruded upon
  - Characteristic teenager attitude; contemptuous, strongly oppositional
  - Feel they have big, wonderful ideas that others tread on or prevent them from expressing
  - Critical, complaining, fault-finding

- **Oversensitivity and overexcitement**
  - Acute sense of smell and hearing; overexcitement of the senses
  - Very lively imagination; tons of fantasizing, big ideas, filled with ideas

- **All or nothing personality; may be either totally closed or completely opened up**

- **Weakness and confusion; mental debility when exhausted, nervous exhaustion**

What Makes Them Better?

- Better from hard pressure

What Makes Them Worse?

- Worse from loss of fluids, strong discharges
- Worse from cold, and fresh open air
- Worse from light touch
- Worse at night

Common Complaints

- Diarrhea, exhaustion, indigestion, vomiting, oppositional behavior and irritability
Cuprum Metallicum (Cupr.) [metal]

General Physical Symptoms

• **Coldness, blueness, and weakness**
  - Cold extremities, blue and pale face, blue lips
  - This is from cramping affecting blood circulation
• **Cramping, spasming, neurological discharge**
  - All sorts of convulsive neurological events; seizure, muscle cramping, spasms, diarrhea, etc.
  - Cramping is the central feature of the remedy
  - All kinds of tics, twitches, and spasming; facial tics, spastic facial expressions, spasming of the throat, intense coughing fits with spasming, intense diarrhea with spasming
  - Cramping; stomach cramping (with vomiting), cramping of muscles and extremities, etc
• **Pains are of a cramping quality**
• **Nausea and vomiting with agonizing cramping and colic**
• **Chilly, and coldness in limbs**
• **Desires ice water** (which helps cramping, etc.)
• **Neurological discharges (spasming, cramping, etc) on relaxing or going to sleep**

General Emotional State

• **Fear, anxiety, and embarrassment**
  - May be very fearful of letting go; constantly work to try to prevent the neurological discharges by keeping in control over themselves
  - Fear that something will go wrong, fear of own urges that they keep suppressed, etc
  - In kids, the neurological discharges may be less controlled and may be the main feature; in chronic cases or adults there is a conscientious effort to suppress and hide these discharges
• **Closed personality**
  - Generally closed; lose the ability to be light, flexible, and open
  - May keep things in only to have them emerge spasmodically or severely when they escape

What Makes Them Better?

• **Better with ice cold drinks, ice water**

What Makes Them Worse?

• **Worse with anything that relaxes control over spasming; massage, sleep, music, resting, etc.**

Common Complaints

• **Colic, convulsions, cough, cramping, diarrhea**
Gelsemium (Gels.) [plant: loganiacea family]

**General Physical Symptoms**
- Nervous exhaustion and intense weariness; paralytic exhaustion
  - Inability to open eyes or keep them open, eyelids extremely heavy
  - Droopiness and weakness of muscles; face, limbs, etc
  - Extreme feelings of heaviness in limbs, all over
- Trembling and shakiness
  - Trembling weakness from the exhaustion
  - May be dizziness
- Profuse fluid discharges
  - Diarrhea, urination, sweats; from excitement, anticipation, anxiety, bad news
- Better with fluid discharge; perspiration or urination
- Thirstlessness during acute complaints

**General Emotional State**
- Mental weakness and sleepiness
  - As if drunk or intoxicated, speech may be thick, dull, forgetful, drowsy, stupefaction
- Anxiety; especially from anticipation
  - Ailments from anticipation, stage fright, extreme nervous reactions to ordeals, etc
  - May feel almost paralyzed in these nervous situations, and trembling with all the symptoms

**What Makes Them Better?**
- Better with fluid discharge; sweating, urination

**What Makes Them Worse?**
- Worse with physical exertion

**Common Complaints**
- Diarrhea, fever, flu, anticipatory anxiety
Graphites (Graph.) [element]

**General Physical Symptoms**

- **Cracking; of the skin**
  - Cracks, opening up, ulcers, etc of the skin
  - Especially at meeting areas between skin and mucus membranes like lips, corner of mouth, nose, eyelids
  - Also at other junctures; between fingers, toes, etc.
  - Ulcers in the mouth and GI system
- **Oozing discharge that is thick and protective**
  - Oozing thick discharge from cracking of skin and mucus membranes; covers up the cracks
  - May be thick, yellow, or honey colored, and dries into thick amber crusts
- **Main affinity is for skin and mucous membrane affections, but also for other issues**
- **Tends to be left-sided**
- **Tends to constipation**
- **Warm at night, and aggravated by heat; though may be chilly in the morning and during the day**

**General Emotional State**

- **Thickness, lack of motivation, and laziness in the morning**
  - Averse to talking, don’t want to get up or get going, depressed in the morning
  - Very shut down and averse to contact in the morning
  - Dwelling on past events, easily offended and hurt, feel like a failure, etc, in the morning
- **Too open, overdoing and going overboard, sensitive and affectionate at night**
  - At night become restless, active, overdoing it
  - Very affectionate, even oversensitive and overly sentimental at this time
  - Much higher energy and outwardness at night, and takes all day to get going to this point

**What Makes Them Worse?**

- **Worse with heat (especially overheating at night in bed)**
- **Worse in the morning on waking**

**Common Complaints**

- Skin conditions, poison ivy, ulcers, cracking, urticaria, ear infections, cradle cap
Hepar Sulphuris Calcareum (Hep-s.) [mineral]

General Physical Symptoms
- **Needle-like or splinter-like pains** (sharp and in a very discrete spot)
- **Incredibly chilly; hates the cold**
  - Worse from getting cold in any way; cold dry weather, fresh air, uncovering, cold wind, etc
  - When sick, can be so sensitive to cold that even if a hand or foot becomes uncovered they may feel worse, start to cough or sneeze, etc
- **Highly sensitive to pain**
  - Pains are unbearable, they feel them very acutely
  - Do not want to be touched when sick or in pain
  - May scream with pain, totally unable to tolerate it
- **Perspiration is cold and profuse;** may be sour
- **Catches colds easily; lacks internal warmth and strength**

General Emotional State
- **Irritable and angry**
  - Prone to fits of anger during illness; may be unhelpful and at same time angrily demand to be helped
  - Also can be hurried and impulsive; impatient
- **Overly sensitive; easily offended** (physically and emotionally)
  - Especially when sick, they are morose and extremely difficult, finding easy offense in everything
  - Children do not want to play; morose, difficult, and irritable

What Makes Them Better?
- Better from warmth of bed, with heat, and with wrapping up warmly

What Makes Them Worse?
- **Worse from getting cold; from cold dry weather, fresh air, uncovering, cold wind**
- Worse at night (may first develop during sleep)
- Worse for lying on the painful part/side, with touch, with pressure

Common Complaints
- Abscess, cold, cough, croup, earache, fever, injuries, joint pain, sore throat
Ignatia (Ign.) [plant: loganiacea family]

General Physical Symptoms

• **Tics, twitches, cramping;** tendency towards neurological problems
  - Especially after emotional upset; such as strong grief
• **Ailments from injuries or shock**
  - Shock of various kinds; a physical injury, an emotional shock like a sudden loss, etc
• **Pain that is felt is small, very specific spots**
• **Contradictory and erratic symptoms**
  - Sore throat better when swallowing; swallowing food (most worse)
  - Empty feeling in stomach not improved by eating
  - Thirsty when cold but not thirsty during fever
  - Cough worse the more they cough
• **Lots of energy in symptoms;** Even fatigued they still have a sort of intense, but very tightly wound, energy
• **Aversion to fruit, cheese (or have a strong craving of one of these; usually a strong feeling to one extreme)**
• **Oversensitivity to noise and odors; especially cigarette smoke**
  - May be sensitive and over-reactive to strong noises or odors – can be a very irritable reaction
• **Lump in the throat;** or throat symptoms accompanying other ailments
  - Throat is a weak point; often have a feeling of a lump in the throat, constantly try to clear throat
  - May be a sore or hoarse throat, losing the voice, with other problems

General Emotional State

• **Idealism, perfectionism, and forced behaviors;** and act on these ideals
  - Strong belief they are right; very opinionated and self-righteous; leads to being very critical
  - Fixed ideas and controlled behavior; attention to appearance, controlling of eating (anorexia)
  - Very conscientious about small things, details
• **Irritability; nervous energy; very tense and tightly wound**
  - Can be very irritable to the people right around them; need to express irritability to others
  - Easily dissatisfied, even at very little nitpicky things
  - Irritated by stimuli; light, smoke, sound; and will vocally or demonstrably show irritation
• **Hysteria, contradictory behavior**
  - Can be very irrational, alternating moods, yelling, stormy behavior, over dramatizing, etc
  - Conflicting symptoms; sad but can’t cry, laughing and smiling during serious things or grief
• **Grief, guilt, isolation, depression;** can become resigned, inward, sad
  - The Ignatia state often stems from an emotional shock, esp the loss of a relationship, leaving the heart to feeling shattered and disappointed, so sad that you cannot weep, left in silent grief
  - Feel trapped and despair of recovery, don’t want to engage and worse from consolation

What Makes Them Worse?

• Worse from emotions, especially grief and disappointment

Common Complaints

• Cough, fever, indigestion, shock, grief, emotional trauma, sore throat, neurological conditions
Kali Carbonicum (Kali-c.) [mineral]

General Physical Symptoms

• Stiffness, hardening, and rigidity in the body
  - Joint pain with much stiffness; accompanied by fluid swelling
  - Cramping; in muscles, asthma, chest, digestive system, constipation, etc.
  - Look stiff, may move stiffly, etc

• Fluid retention; swelling of tissues
  - Joint swelling, swelling of eyelids (bags), abdominal swelling, swelling where the stiffness is
  - The fluid swelling is found along with the stiffening and hardness; when these two are seen together it is an important characteristic potentially indicating this remedy
  - Congestion and swelling of glands, head, sinuses; sensations of fullness

• Sharp pains: stitching, knife-like pains, darting/migratory pains, cramping
  • Tend to be chilly
  • May have strong craving for sweets
  • Tend towards weakness and physical exhaustion

General Emotional State

• Rule-bound, rigid, emotionally inflexible, very conscientious
  - Want to do everything right and correct – very bound by rules, laws, proper way to do things
  - Inflexible to point of being dogmatic, obstinate, overly strict, domineering, and judgmental
  - Very business like and rigid in dealing with others; hardened, not emotional; averse consolation

• Irritability from oversensitivity; especially to change
  - Very averse to any changes; change in weather, noise, touch, things that are in flux
  - Irritated by anything breaking through their shell; like stimuli from their environment
  - Can blow up, angry and yelling, when things aren’t done right and by the book or by the rules
  - Can become restless, capricious with changes in their environment; can’t sleep, starting, irritable

• Anxiety and fear of flux, change, and unknown
  - Fear centered around the unknown and change; fear illness, changes, night, dark, monsters
  - Feel the anxieties and fears in the solar plexus, sternum, and stomach; lose appetite, start easily

What Makes Them Better?

• Generally worse lying down
• Better from eating, filling up, eating sweets especially

What Makes Them Worse?

• Generally better sitting up
• Worse at night, with a particular aggravation of symptoms at 2-4 a.m.
• Worse from wet, cold weather, worse drafts

Common Complaints

• Aches and pains, joint pains, cough, fever, indigestion, asthma, upper respiratory infections
Lachesis Muta (Lach.) [animal]

General Physical Symptoms

• Sensations and pains of fullness, pressure, swelling, or congestion
  - Especially in areas where the local complaints are; head, throat, ear, sinus, chest, etc
  - Feeling of too much blood; as if blood not moving and pooling up; bursting with tension
  - Congested areas look purplish from congested blood

• Hot-blooded, and badly aggravated by more heat; may feel flushes of heat
  - Heat increases congestion and pain; aggravated by sun or heat in any form

• Aggravated by anything that increases pressure or fills them up
  - Aggravated by eating and drinking (fills them up and increases pressure)
  - Aggravated from tight, constrictive clothing; absolutely cannot be constricted
  - Worse lying down because pressure is increased in head (for head complaints especially)

• Aggravations during sleep and at night; most vulnerable and worst symptoms during sleep
  - Also aggravated in the morning on waking; may wake up into a bad aggravation of symptoms

• Aggravated by any suppressions
  - Worse from stopping a cough, sneeze, mucus discharge from nose, stopping bleeding, etc.

• General amelioration and improvement from discharge when have congestion and fullness

• Strong tendency to left-sided complaints; or begin on left and move to right, or worse on left

• Strong weakness and fatigue during acute; especially after strong discharges

• Intense and severe infections; Skin, throat, ear, respiratory, chest, all kinds of bad infections

• Neurological symptoms; spasms, twitches, convulsions

General Emotional State

• Intensity, fullness, and loquacity
  - Very high energy, passionate, intense, outgoing energy
  - Can be incredibly talkative – may be very one directional (monologue versus conversation)

• Anger, violence, nastiness; can be very outwardly angry and violent, not suppressed

• Confusion and laziness; can be mental confusion and spaciness during acutes

• Sadness, depression, closed off; can get into bad funks, but usually more outward and high energy

• Fears, suspicions, jealousy
  - All kinds of fear & suspicion about being attacked, poisoned, illness, germs, peoples intentions
  - Can be incredibly jealous, leading to nasty behavior

What Makes Them Better?

• Better with intense discharges

What Makes Them Worse?

• Worse anything that increases pressure; tight clothes, suppression of discharge, lying down, heat

Common Complaints

• Bites/stings, cough, croup, earache, injuries, fever, sore throat, intense infections
Lycopodium (Lyc.) [plant]

**General Physical Symptoms**

- **Swelling, bloating, puffing up in physical symptoms**
  - Digestive complaints with gas and constipation; swelling of abdomen; various swellings
- **Right-sided symptoms and complaints**; or begin on right and move to left
- **Lots of colds, sniffs, upper respiratory complaints; colds go to chest easily**
- **Chilly, cold blooded**; better from warmth, warm drinks (local complaints)
- **Thinness or emaciation in children, even if they eat a lot or have big appetite**
- **Digestive system easily affected**; lots of bloating, swelling, gas, constipation, sourness, acidity
  - Full and bloated after eating very little, or no appetite and then become ravenous once eating
  - Complaints can be worse from missed meals; aggravated by missing meals
- **Can be very hungry**; voracious eaters
- **Strong craving for sweets**; crave chocolate
- **Averse to and digestive problems from beans, onions, cabbage**; averse to fat
- **Afternoon aggravation**; 4-8 p.m.; also may be aggravated in the morning on waking

**General Emotional State**

- **Dictatorial; love of power, and irritability**
  - Can be very bossy and dictatorial, especially with younger siblings
  - May be very intolerant of contradiction, may try to boss parents, control others behavior
  - Irritability marked; especially when in pain, when contradicted, in the morning
- **Anxiety and insecurity**
  - Lack self-confidence despite bossiness; feel weak and inadequate
  - Timid with strangers, at school; may be very apprehensive and worried about these things
  - Fears; speaking in public, ghosts, dark
  - Fear of being alone, but only want the other person in the house, not with them or interacting
- **Mental weakness**
  - Can have poor memory, difficult concentration, cognitive problems especially dyslexia
- **Selfishness and cheating**; puffing themselves up
  - Because of their weakness and insecurity, can do a lot of cheating and selfish behavior to get by in life find ways to get around things, control others
  - Often act bigger, better, and stronger than they really are – may have an affected deep voice, use irritability to control others, present themselves differently than they feel inside

**What Makes Them Better?**

- Better with warmth; warmth of bed, warm drinks (for sore throat, etc)

**What Makes Them Worse?**

- Worse from pressure; tight clothes, etc.

**Common Complaints**

- Joint aches and pains, colds, constipation, cough, cradle cap, earache, fever, indigestion, sore throat
Medorrhinum (Med.) [nosode]

General Physical Symptoms

• Constant inflammations and infections
  - Allergies, cough, sore throat, sinusitis, skin infections, joint inflammation, chest infections, etc
  - Repeated colds, sinusitis, asthma, and other upper respiratory conditions

• Profuse yellow, green and irritating discharges during infection; otherwise thick discharge
  - Lots of purulent mucus with infections, often acrid or irritating to skin
  - All discharges are offensive and acrid

• Extremely warm-blooded and worse from heat; hot extremities, kick off blankets and clothes, etc
  - Feet are often very hot; also soles of feet are sensitive, painful

• May have constant post-nasal drip and discharge; as if never fully get over illnesses

• High energy at night; very hard to sleep, thrash about, high energy at night; insomnia

• Abdominal sleep position; sleep on abdomen with knees tucked to chest

• Strong family history of young heart disease, history of intense infections, alcoholism

• Extremely thirsty for ice-cold drinks; will chew on ice

• Strong craving for oranges and unripe fruit; also crave sweets, salt, and fats; avoid slimy food

General Emotional State

• Extremes of personality; may be either extroversion (more commonly) or introversion
  - Extremely vital, loud, open, hyperactive, and social (in extroversion)
  - Meet others easily, age differences don’t matter, very talkative and uninhibited
  - Can also be extremely shy, inward, timid loners, but in either case the personality is extreme
  - May alternate between these extremes, with stormy emotions and oscillating behavior
  - Tend to have intense sensory experience; colors, tastes, enjoyment of sights and sounds

• Meanness, violence, and cruelty; lying
  - Can be very violent, fighting, striking parent and other children; like violent movies, etc.

• Confusion and mental weakness
  - Can have much difficulty concentrating, and very short attention span
  - Can have mistakes in speech, trouble judging time passage; trouble with writing, etc.
  - In this state may feel “out of body” and not all there, can lead to some amount of panic

What Makes Them Better?

• Better at night, during the evening
• Better when at the seaside, near the ocean

What Makes Them Worse?

• Worse during the daytime
• Worse from dampness; do poorly in damp weather

Common Complaints

• Infections, colds, flu, sinusitis, upper respiratory infections, hyperactivity and ADHD, ear infections, allergies, skin eruptions, anger and violence

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Mercurius Solubilis (Merc-s.) [metal]

General Physical Symptoms

- Characteristic mouth symptoms accompany many complaints
  - Very bad breath; like something died in their mouth (during acute infections of many sorts)
  - Strange sense of taste; may taste metallic, bloody, salty, or somehow altered
  - Ulcers and sores in the mouth; very sensitive and may bleed, caused by food sensitivities
  - Tongue; swollen with teeth prints on the sides, plus cracked surface or uneven coating
  - Increased salivation; worse at night; also often have teeth grinding
- Perspiration, chills and fever, and diarrhea accompanying complaints
  - Strong and persistent chills, alternating with fever and perspiration
  - Almost always have strong perspiration in severe acute situations
- Temperature sensitivity; worse from both heat and cold; always over-reactive to temp change
  - Incredibly sensitive to slightest wind
  - Usually best with a slightly cool room without any air movement or temp fluctuation
- Worse at night; will almost always have nighttime worsening of symptoms
- Bad infections and inflammations, all over body
- Tendency towards diarrhea with acutes
- Discharges often greenish or yellowish, purulent, may be bloody and offensive

General Emotional State

- Weakness and confusion
  - Lots of confusion and disorientation in acute situations
  - Learning difficulties, concentration and mental weakness, dullness, very confused
- Chaotic, random behavior; and very chaotic thoughts
  - Thoughts, actions occur very haphazardly and randomly, totally different one day to the next
- Violence, intense reactions
  - Can be very intense reactionary violence; and violent, destructive thoughts
- Oversensitive and fearful
  - Very oversensitive to danger in the world; they register and react to the slightest changes
  - Overreactions to little problems; feel like everything is aimed at hurting them
- Depression, guilt, self-destruction, thoughts of death
  - Can be a deep, dark indifference to life, everything; also can feel very guilty
  - Thoughts about death, suicide, self-harm (cutting, etc)

What Makes Them Worse?

- Very bad general aggravation from a chaotic household and environment in children
- Worse from changes in temperature (whether too hot or too cold), worse with wind

Common Complaints

- Abscess, cold, cough, diarrhea, earache, fever, mouth ulcers, sore throat, thrust/yeast
Natrum Muriaticum (Nat-m.) [mineral]

General Physical Symptoms

• **Constrictions, contractions, and hardening**
  - Tightness of muscles; tendinitis or contractures of tendons; feeling of lump/tightness in throat

• **Cracking**
  - Skin cracks easily; cracked lips, corners of mouth, skin in various eruptions, in nails

• **May be weakness and anemia; and dryness**
  - Much dryness; eyes, skin, mouth, scalp, constipation, chronic diseases with much dryness
  - Weakness, fatigue, and emaciation in longstanding disease
  - Weakness of the eyes; near-sighted, easy eye strain, aggravated by reading, dryness, irritation

• **Illnesses brought on by emotional upset; especially grief**

• **Aggravation from exposure to sunlight**
  - Sunlight is generally aggravating; eyes very sensitive, skin sensitive, causing headaches, etc
  - Strong light sensitivity (photophobia) of the eyes

• **Tend to be warm-blooded**

• **Craves salt**, craves sweets, averse to and avoids fat and slimy foods

• **Tends to thyroid and endocrine issues; hypothyroidism, hyperthyroidism, adrenal fatigue**

General Emotional State

• **Over-sensitivity and vulnerability; very emotionally sensitive in general**
  - Many fears, especially of things that close them in more like crowds, tight places, other people; also fears of robbers, heights, thunderstorms, criticism
  - Hugely over-sensitive to criticism, what other people think of them, other people’s feelings
  - Go out of their way to avoid getting hurt, and to avoid hurting others; very understanding
  - Incredibly self-conscious; very easily embarrassed, fear of being embarrassed

• **Closed down, depressed, and overly conscientious about small things**
  - All kinds of depression, sadness, moroseness; usually on the milder side, not super deep/dark
  - When feeling bad, need to be by themselves; don’t want comfort or support from others
  - Because of fear of being hurt, life can become narrow and controlled, want things just so
  - Concerned about appearances, always on time, can be very fastidious
  - At some point this closed façade can crack, with ensuing release of emotions taking on a hysterical quality; laughing over serious matters, giggling while weeping, hysterical sobbing

What Makes Them Better?

• Better with perspiration or discharge, better in the open air

What Makes Them Worse?

• Aggravation at 10 a.m., or morning to mid afternoon

• Aggravation (and onset of ailments) from grief, disappointment, embarrassment

Common Complaints

• Joint pains, headache, cold sores, colds, cough, exhaustion, fever, indigestion, sore throat, thrust, grief, sadness, emotional over-sensitivity
Nitricum Acidum (Nit-ac.) [mineral]

General Physical Symptoms
• Pains are sticking, stitching, or splinter-like; stabbing pains
• Ulcers, cracking, and destruction of tissues; especially around the orifices
  - Mouth, anus, nipples are very vulnerable; also the skin and the digestive tract
• Offensive discharges
  - Many irritating eruptions that are very bad smelling, may be bloody and irritate surrounding tissue; heal very poorly, have bits of tissue that come off; can be very disgusting
  - Very bad breath; and offensive discharges from tonsils, nose, throat during acutes
  - Bleeding with many symptoms; warts, ulcers, eruptions, cracking, etc.
• Many growths and skin eruptions; cystic acne, pustules, abscesses, ingrown toenails, warts
  - Warts that are cracking, bleeding, may be on a stem or flat, found anywhere
• Generally weak and anemic during illness, especially if chronic
• Craves fat and fatty foods
• Chilly and worse from cold

General Emotional State
• Incredibly negative; exuding negativity
  - Very obnoxious, critical, hurtful; just blurt out negative thoughts; much use of swearing
  - Look of disgust on the face; curled lip, snarl, etc; exuding negativity in body language
  - Generally perceive that everyone is out to get them or hurt them; angry before it even happens
• Extremely selfish and closed off; incredibly self-centered and selfishly oriented
  - Greedy and stingy; and don't take responsibility for their own mistakes
  - If they reach out to other people it is not to connect, just to get what they need
• Hypersensitive and irritable
  - Tiny little things can bother and irritate them; worse from touch, noise, wind, emotions, etc
  - Don't forget any real or perceived offense; these are people who can hold a grudge forever
  - Hypochondriacs; constantly complaining and think all kinds of things are wrong with them
  - Sensitivity and irritability makes them very quarrelsome and extremely vindictive

What Makes Them Better?
• Better lying down and with rest (do very poorly with insufficient rest)

What Makes Them Worse?
• Worse from cold or fresh air
• Worse from touch, being jarred, noise – all kinds of stimuli can irritate them
• Worse at night

Common Complaints
• Cold, earache, exhaustion, ulcers, skin eruptions, sore throat, thrush

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Nux Vomica (Nux-v.) [plant: loganicea family]

**General Physical Symptoms**

- **Cramps, spasms, twitching, trembling**
  - Pains are cramping and sharp, or nerve pains anywhere
  - Twitching and spasms in the face; anywhere in the body; digestive system, lungs, etc
  - Cramping, spasms, and convulsions that come on with anger or are worse from anger

- **Neuralgic pains**

- **Oversensitivity (severe) to all stimuli**
  - Very sensitive to noise, light, cold, odors; and also to others (see below)

- **Tremendous weakness; can become very depleted and wiped out during illness**
  - To get over the weakness they need stimulation; may desire coffee, sugar, stimulants, etc

- **Very cold-blooded; Intense chills during fevers and acutes**
  - Worse from getting chilled; from uncovering, wind, cold dry weather, etc
  - During fevers, chills tend to be more prominent than the heat/fever

- **Crave spicy food, fatty food**

**General Emotional State**

- **Discontentedness, dissatisfaction**
  - Feeling that nothing is right; not comfortable in their situation, in themselves, dissatisfied

- **Irritability, oversensitivity, and impatience**
  - Very easily offended, irritable with suggestions or interference
  - Become irritated easily with physical complaints; if too cold, if stomach upset; anything
  - Very rushed, hurried, impatient

- **Anger; can have intense anger**
  - Intense anger and can be violence; screaming, punching
  - Anger comes as an intense reaction because sensitive and irritable, really bursts out

- **Need to take action to fix the situation**
  - They feel the strong need to fix the problem, fix the situation, fix the discontentment they feel; whether it is productive or not, they take strong action; work hard to fix the situation

**What Makes Them Better?**

- Better with wet, rainy weather
- Better with warmth and being covered (but have a hard time getting warm), better warm drinks

**What Makes Them Worse?**

- Worse in the morning on waking; especially on uncovering
- Worse from drafts and cold dry wind

**Common Complaints**

- Cramping or neuralgic pains, colic, cold, cough, earache, fever, flu, headache, indigestion, GI problems, nausea, sore throat, toothache, irritability, anger, and violence
Phosphorous (Phos.) [element]

General Physical Symptoms

• Inflammation, irritation, and breakdown of mucus membranes; many infections
• Burning pains
• Easy bleeding; many bleeding symptoms
  - Easy bruising, many nosebleeds, bloody mucus during illness, bleeding with discharges, etc.
• Tall, thin children; long fingers and limbs
  - May become emaciated easily, especially during illness
• Very debilitated by illness; can become very weak and apathetic
• Respiratory infections very easily go to the chest; from colds, etc.
• Crave ice cream, cold foods, sweet and salty foods
• Very thirsty for ice cold drinks
• Burn up food quickly and may need to eat often; feel better after eating
• Easy nausea and vomiting with any illness; or with anxiety
  - Better from cold drinks, worse from warm drinks
• Sleep on their right side

General Emotional State

• Many anxieties, fears, and worries
  - Very worried about family and friends (very caring); anxious about own health and others
  - Fear of the dark, being alone, and thunderstorms; generally apprehensive
  - Tend to initially be shy with strangers, but then can be very open
• Openness and impressionability
  - One of the most connecting, people-oriented remedies; very easy to like people and are natural leaders because of their connecting ability
  - Extremely open and impressionable; very connecting, can be too open to others, to suggestion
  - Often very artistic; many have a good deal of clairvoyance
• Excitable and scattered; and easily startled
  - Very excitable but their thinking and excitement and attention can be very scattered
• Burnt out from over-excitement
  - Can easily overdo it, and become passive, apathetic, down; but it is usually just temporary
  - Can seem dazed or in a stupor during these times

What Makes Them Better?

• Generally better from consolation (generally very easy to console, respond well to it)
• Better after eating, from sleep, being rubbed or touched

What Makes Them Worse?

• Worse lying on their left side

Common Complaints

• Bleeding, nose bleeds, cold, cough, croup, diarrhea, dizziness, exhaustion, fever, nausea and vomiting, sore throat, anxiety
Pulsatilla (Puls.) [plant: ranunculacea family]

**General Physical Symptoms**

- **Congestions** and swelling; glands, joints, local parts during acutes, etc
  - Many symptoms of congestion, clogging, and fullness; especially during acutes
- **Thick, yellow (or green), bland discharges during infections**
  - In ear infections, sinusitis, respiratory infection, etc. (Allergies are different, see ALLERGIES)
- **Changeable symptoms; erratic symptoms; symptoms that change sides, etc**
  - Pains wander, stool hard one day and soft the next, many erratic symptoms
- **Warm-blooded, heat flushes, and aggravated by heat**
  - Very warm kids; hate stuffy rooms, being too warm; take off hat, socks, pajamas, at first chance
  - Flushes of heat in face, easy blushing and flushing, hot feet at night (may have cool hands/feet)
- **Amelioration from coolness; better outside fresh cool air (allergies may worsen), cold applications**
- **Aggravation from rich, fatty foods;** ice cream, fatty food, meat, candy, etc
  - May crave this food, but has very bad effects on their digestion, mood, etc.
- **Thirstless;** may not be thirsty even with acutes, fevers, and when warm; mouth and lips dry

**General Emotional State**

- **Mild, yielding disposition; weeping; lack of resoluteness, firmness; capricious**
  - Can be incredibly indecisive and unsure; also do not like to take strong stances or make firm opinions for fear of making enemies or alienating themselves
- **Desire for love, connection; and manipulation in order to get it**
  - Strongly attention seeking, and can be very clingy and needy for love and attention
  - Want to be held, rubbed, loved, etc; and usually increases during acute illness
  - Will make up things to get this love; can be hypochondriacal just to manipulate attention
  - All of their symptoms are ameliorated with love and attention, it is what helps them the most
- **Fear of being alone, forsaken, or abandoned**
  - Great fear of being left alone or abandoned, can have the fear or anxiety they are not loved which can make them feel very hurt and depressed; easily take offense, not emotionally robust
- **Stasis and rigidity** (opposite of the yielding, changeable behavior, but often will see both)
  - Can get very rigid and stuck; kids that insist on wearing one particular thing to an extreme, etc
  - Can become fixated on things, obstinate, even ritualistic; leads to eating disorders, etc

**What Makes Them Better?**

- **Better from consolation** (this is a critical characteristic of the remedy); better from crying
  - Better in fresh air, moving, walking in fresh air

**What Makes Them Worse?**

- **Worse from heat, stuffy rooms**

**Common Complaints**

- Colds, cough, diarrhea, earache, eye inflammation, fever, indigestion, joint pains, nausea, sore throat, teething, thrush

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Rhus Toxicodendron (Rhus-t.) [plant: anacardiacea family]

General Physical Symptoms

• Pains are sore, bruised; sometimes burning, shooting
  - Many aches and pains, not matter the complaint; flu with terrible body aches, many musculoskeletal complaints with bruised aching, joint complaints, etc

• Pain is worse when first moving, but better with continued movement
  - Very stiff when first moving, but feel better after moving for awhile

• Stiffness and tightness in physical symptoms
  - All kinds of stiff and tight sensations; stiff joints, body stiff and not moving well, very rigid

• Craves milk

• Musculoskeletal and skin complaints; or acutes with lots of musculoskeletal symptoms
  - Such as colds or flus with incredible aching and soreness of the body/muscles/tendons/joints

• Skin conditions with bumps, vesicles, lumps, etc; Poison ivy, acne, abscesses, etc

General Emotional State

• Feel tense in their body which makes them restless; anxious and need to move
  - Because of all the stiffness and rigidity they feel a great restlessness and need to be on the moving, doing things, etc.
  - Even in acute where they are debilitated you may see restless legs, tapping feet, etc.
  - Anxiety may be worst at night in bed, because lying still makes them feel restless and bad

• Claustrophobic
  - Worse from anything that closes in on them, makes them tighter; all because already too tight and stiff

• Depression; may not feel like they are able to get into the flow of things; too stiff

What Makes Them Better?

• Better with movement as the day progresses, best midday (bad at end of day from overdoing it)

• Better from heat; heat relaxes and makes local complaints better

What Makes Them Worse?

• Worse from rest (everything stiffens up); worse first thing in morning

• Worse from cold (increases tightness); worse with cold food/drinks, cold weather, cold water, etc

• Worse in damp weather, foggy weather, cold cloudy weather; worse cold damp weather in general

Common Complaints

• Musculoskeletal aches and pains, joint pain, flu, cough, exhaustion, hives/poison ivy, fever, sore throat, sprains, strains, injuries
**Sepia (Sep.) [animal]**

**General Physical Symptoms**

- **Congestions** and stagnation
  - Congestive acutes, constipation, feelings of fullness and blockage, etc
- **Yellow discharges**; tendency to profuse discharges, especially in skin issues
- **Face is typically yellow, sallow, pale**
- **Heavy sensations**, pressing pain
  - May feel heavy sensations internally, as if some weight dragging them down
- **Weakness, dullness, flatness; Sluggish**
  - Washed out appearance, faint, upper body can be very thin or emaciated
  - Feel exhausted and run down, feel and look like sagging and heavy
- **Better with intense movement, exercise**
  - Better from intense motion, exercise, dance, running; may be only time they feel good
- **Tendency for constipation**
- **Tend to left-sided symptoms**
- **Profuse seating**; with any exertion or with strong emotions; smells sour; feel worse after sweating
- **Chilly**; cold hands and feet; very sensitive to the cold

**General Emotional State**

- **Dullness, flatness, and depression**
  - Can be much indifference, disconnection; shut off and want to be alone; may be very averse to contact and others around them
- **Irritability and aversion to others**
  - Can be very irritable towards others, also aggravated by noise, smell, etc
  - Can have strong hatred of particular people; may not even be a good reason why
  - Babies may be very hard to console and have little or no connection with the parent
- **Anxiety**
  - May feel anxious that something's wrong with them, or something bad will happen
  - Ailments from bad events; shock, grief after which become dull, distant

**What Makes Them Better?**

- Better with vigorous movement, running, walking fast, etc
- Better after eating (do poorly if miss a meal)

**What Makes Them Worse?**

- Worse around menstrual period (before, during, after; bad aggravations at this time)
- Worse from touch
- Worse cold

**Common Complaints**

- Joint pain, cramping, cough, faintness, fever, headache, nausea, thrust, travel sickness, vomiting, depression
Silica (Sil.) [mineral]

General Physical Symptoms

• **Cracks, fissures, breakdown of skin and mucus membranes;** ulcerations; ingrown nails
  - Cracks and fissures of skin, feet, hands, lips, nostrils, anus, etc; tend to have significant discharge
• **Physically weak and lacking robustness**
  - Frequently getting sick; catch everything going around
  - Exhaustion and debility, long time to recover from illness
  - Generally lack stamina, pale, weak voice, weakness of skin, hair, nails, teeth, digestion, etc
  - Poor weight gain and physical development in babies
• **Hard swellings and indurations; skin, glands, organs**
• **Strong physical sensitivity; to allergies, environment, pain, sensory stimuli, etc**
  - Very oversensitive to cold, drafts, wind; also to pain, touch, vaccinations, allergens, etc
  - Strong sensitivity leads to many inflammations and infections
• **Profuse sweating; worse at night or during sleep; smelly and sour**
• **Stinging pains**
• **Refined and delicate features; may look physically fragile**
• **Constipation**
• **Chilly and very sensitive to temperature; better warmth**

General Emotional State

• **Mental weakness;** easily exhausted by mental work
  - Can be slow learning in children; weakness of comprehension; foggy mind and mental slowness
• **Obstinacy**
  - Internally have very strong opinions and stick to them, but suffer from others exerting influence on them and will go along with others
  - Obstinacy about how things are done; can be very meticulous, conscientious, even obsessive
  - Like routines; need to do things to protect themselves from sensitivity to environment
• **Sensitivity, vulnerability**
  - Easily affected by criticism, judgment from others
  - Lots of anxiety around anticipation of events; don't like public speaking especially
  - Want relationships that give comfort and protection; don't want conflict
  - Kids are shy, easily embarrassed, yielding; defer to others and can be timid and irresolute

What Makes Them Better?

• Better with warmth, wrapping up

What Makes Them Worse?

• Worse with changes in weather; also worse cold weather, damp weather, fresh air, draughts
• Worse strong stimuli; touch, light, noise, etc

Common Complaints

• Abscess, joint pain, broken bones, cold, constipation, cough, earache, fever, headache, injuries, sore throat, wounds, teething, poor development

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Staphysagria (Staph.) [plant: ranunculacea family]

General Physical Symptoms

- **Growths, lumps, bumps, swellings, cramping**
  - Gland swelling, styms, ulcers, lumps, sore throat, warts, nodes, enlarged joints
  - Cramping in abdomen, constipation, colic feelings in abdomen after anger

- **Inflammations and irritations**
  - Neuralgic (nerve) pains in the face; from teething, from cavities, etc
  - Irritation, inflammation, and pains after surgery or injuries
  - Any kind of inflammation; bronchitis, sinusitis, tendonitis, lots of inflammatory complaints

- **Complaints of kidney, bladder, genitals (weak systems on them)**
  - Urinary tract infections, kidney infections, inflammation of genitals, etc

- **Very sensitive to pain**
  - Suffer pain very acutely, such as after a wound or cut, after surgery; strong pain reactions

- **Desires sweets, averse to milk**

- **Physical symptoms of closing off and tightening alternating with strong discharges**
  - Constipation alternating with occasional intense bouts of diarrhea, etc

General Emotional State

- **Frail ego; very mild and yielding**
  - Very delicate ego; not strong constitution – kid may not look you in the eye
  - Low self-esteem; very easily hurt, offended, and humiliated
  - Ailments from being yelled at, being hurt, from disappointment, from rudeness
  - Very dependent on others in relationship; will hold onto unhealthy relationships because need support and too weak to be on their own
  - Very sensitive and easily aggravated by all kinds of things because of this weakness
  - Normally are very sweet, mild, and nice; though may have anger bottled up inside

- **Closed up, suppressed, holding on to emotions**
  - Suffer through emotions silently; keep emotions bottled up; suppressed anger
  - Emotions just build and build, without being let out

- **Irritation, anger, and lashing out**
  - The emotions, especially irritation and anger, really build up inside, to the bursting point
  - Extreme lashing out with anger; kids who love to throw things; violent outbursts with yelling
  - Kids that are really, really good for a long time, then finally just explode with anger

What Makes Them Worse?

- Worse from touch

- Worse from not eating or missing a meal, worse from exertion

Common Complaints

- Abdominal pain, colic, bites/stings, cough, injuries, post-surgery, growths, low self-esteem, angry outbursts
Sulphur (Sulph.) [mineral]

General Physical Symptoms

• Heat, inflammation, and burning pains
  - Very warm blooded, tons of energy and activity and heat in the body; flushes of heat
  - Inflammations and infections anywhere in the body; very easy and often intense inflammations
  - Many skin eruptions, infection of wounds, abscesses, other skin problems

• Redness of skin
  - Face very red, red lips, local areas red during infections/acute, skin red, tongue red, etc

• Sour and smelly discharges; profuse, smelly, sour sweating and other discharge; profuse diarrhea

• Craves spicy food, and sweets; may have a strong dislike of eggs

• Untidy and messy
  - Always look untidy and unwashed, no matter what they do; skin can be sallow and dirty looking
  - Symptoms during acute are messy; with smelly discharge, healing poorly, etc

• Symptoms left-sided; or worse on left side or beginning on left side

• Extreme thirst for large quantities of ice cold drink

• Morning aggravation of symptoms; especially around 10-11 a.m.

• Slow recovery from illness and complaints; with much laziness and weakness

General Emotional State

• Active, restless, strong theorizing, rapid thoughts, strong imagination
  - Extremely curious, always theorizing “what if…”, extremely active and interactive
  - Easily fit into category of ADD or ADHD; very restless, active, high energy

• Not self-conscious; extremely open; very strong ego
  - Very open, communicative, not very self-conscious of appearance, how they come across, etc
  - Give very graphic descriptions, don’t censure themselves, very uninhibited even with adults
  - Can be extremely messy and uncaring of personal appearance, etc.
  - Can be very haughty, arrogant, and are generally very precocious children

• Anger; very eruptive anger and easy to anger, comes and then is gone; do not hold onto anger

• Weakness and laziness
  - After periods of activity can be extremely lazy, not wanting to do anything except lounge around,
    watch television; and incredibly weak and lazy and out of it while recovering from illness
  - Will put out least required effort; cheat to get things done if feel justified

What Makes Them Better?

• Better with fresh, cool air

What Makes Them Worse?

• Worse bathing in water (have strong aversion to bathing, can irritate skin conditions too)

• Worse from heat, stuffy rooms, warmth of the bed, change of weather to warm

Common Complaints

• Cold, cough, skin eruptions, diarrhea, earache, eye inflammation, allergies, fever, indigestion, rash,
  restlessness and hyperactivity, sore throat
Thuja (Thuj.) [plant: conifer family]

General Physical Symptoms

- **Growth, lumps, warts, etc**
  - All kinds of growths and lumps; all over the body, around anus or genitals, throat, etc
- **Tendency to splitting**
  - Hairs, nails, skin all have tendency to split
  - Can have strange mental issues with hair; find it disgusting, have to remove it or get rid of it, etc
- **Physical symptoms have destruction and bleeding; discharges foul, acrid**
  - Bleeding warts, bleeding with discharges; physical complaints tend to be destructive in nature
- **Many infections; especially of bladder/kidney/genitals**
- **Physical sensations of something alien in their body; delusion that something moves inside of them**
- **Very oily face; face also may be very blank, as if no emotions on it**
- **Tends to be chilly; worse cold and wet weather**
- **Left-sided complaints; strong tendency towards left-sided symptoms**

General Emotional State

- **Sense of duality**
  - Can feel like a second personality or identity or unspecified “thing” has been injected into them
  - Can have a fake affect, acting how they think they are supposed to act
- **Deep down inside feel fragile and weak so on the outside they try to act strong, rigid and inflexible**
  - Become very conscientious about what they show to who; may try very hard to hide one part of themselves that they do not like
  - Rigid and uptight; about little things
  - Kids that completely internalize emotions; keeping secrets, holding emotions deeply
  - They are rigid but it is very fragile like glass; seem like they are on the verge of breaking
- **Extremely low self-confidence**
  - Lack of self-worth, difficult decision making; feel guilty and ashamed about themselves
  - Feel like there is something wrong with them; either physical or mental/emotional; may feel that nobody would love them if they really knew who they were; don’t feel like a whole person

What Makes Them Worse?

- Worse from cold
- Worse from damp

Common Complaints

- Ailments after vaccination, skin growths, warts, genitourinary infections, low self esteem
Tuberculinum Bovinum (Tub.) [nosode]

**General Physical Symptoms**

- **Chronic respiratory tract infections; recurrent and frequent**
  - Catch colds and illnesses easily, or never quite get over them; with change in environment
  - Chronic swelling and hardness of glands in neck
- **Family history of lung problems** (hay fever, asthma, tuberculosis, bad respiratory infections)
- **Congenital anomalies**
  - Problems during development or forming bones, deformities, misshapen skulls
  - Also, often born with much hair already; along spine, on head, etc
  - May have big appetite without weight gain; failure to thrive in babies
- **Many dental problems; too many teeth, bad alignment, developmental problems**
- **Frequent diarrhea**
- **Craves cold milk, craves smoked meats**
- **Teeth grinding during sleep; and restless sleep**
- **Tends to be chilly but might still crave fresh open air**

**General Emotional State**

- **Restlessness and intense energy**
  - Can have intense energy all day long and still at night, tossing about and grinding teeth
  - Likes to leave home, go with parents on errands; feels better on the move
  - Hyperactive, bouncing and moving from one thing to another constantly
- **Mental slowness, learning problems, retardation**
  - Poor concentration and comprehension; mental work physically tires them
  - If slow, can be averse to and scared of new situations, strangers, etc
- **Irritability, contrariness, and contradiction**
  - Can be irritable from birth; irritability especially bad in the morning on waking
- **Violence, self-destruction, and anger**
  - May strike themselves, head banging, etc
  - Hit others, threaten parents, violence towards pets – can be very violent
- **Selfish, uncaring, and teasing**
  - Destroying others property without remorse; also mercilessly teasing siblings, others
- **Fear of animals (dogs, cats); can be fear of being alone**

**What Makes Them Better?**

- Better from motion, movement

**Common Complaints**

- Upper respiratory infections of all kinds, developmental problems, recurrent infections, fevers, flu, learning difficulties, add/adhd, failure to thrive