

# The Doctor Mom's Homeopathy Essentials Kit



## QUICK CHEAT SHEET



### ACONITUM NAPELLUS

Indicated for **high fever** (up to 102°F) that comes on very suddenly with dry, hot, and red skin. The child may be restless and agitated.\*

### ARNICA MONTANA

Indicated for any **minor injury** that may cause bruising and pain.\*

### ARSENICUM ALBUM

Indicated for diarrhea caused by **food poisoning**. May accompany stomach cramps and a burning sensation.\*

### BELLADONNA

Indicated for **high fever** (up to 102°F) that comes on very suddenly with sweat.\*

### CAUSTICUM

Indicated for **bedwetting**. Also relieves discomfort from **minor burns** with tenderness and sensitivity.\*

### CALCAREA PHOSPHORICUM

Indicated for **growing pains**.\*

### CHAMOMILLA

Indicated for a **teething** baby who is easily irritable. The baby is restless and only comforted by being held or rocked.\*

### FERRUM PHOSPHORICUM

Indicated for **low or mild fever**. Good to consider at the start of an illness with no clear symptoms besides a low-grade fever.\*

### HISTAMINUM HYDROCHLORICUM

Indicated for **allergies**, including sneezing, itchy eyes, and a runny nose.\*

Indicated for allergic reactions to **insect bites**.\*

### HYPERICUM PERFORATUM

Indicated for a **minor injury** to **nerve-rich areas** such as fingers, toes, tongue, eyes, and genitals. Great for times when kids slam their fingers in doors. Ouch!\*

### NUX VOMICA

Indicated for **GI upset** after consuming junk food.\*

Indicated for **hypersensitivity** to **lights, noise, touch, and odors**. Usually very irritable.\*

Indicated for **motion sickness** when riding in a car. Can get nauseous, dizzy, and even feel they need to vomit from motion sickness. The child can be **impatient and irritable**.\*

### PHOSPHORUS

Indicated for occasional **difficulty sleeping**. Overwhelmed by many fears. Wants a parent to sleep with them and rub their back. Indicated for **bright red bleeding** after a cut.\*

### PULSATILLA

Indicated for a child who has **thick, yellowish, or greenish mucus** with loss of taste and smell. Is worse in the morning.\*

### RHUS TOX

Indicated for **rashes** with redness, itching, and discomfort, especially those from exposure to poison ivy, oak, or sumac.\*

Indicated for **joint pains**, better with motion.\*

### SPONGIA TOSTA

Indicated for a barking **cough** that becomes worse when lying down at night. It can wake a child up out of sleep.\*

### SULPHUR

Indicated for **rashes** that itch, burn, and are very red and triggered by heat or water.\*

\*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE,  
NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

## DOCTOR MOM SAFETY TIPS

As a friendly reminder, always speak with your physician or other healthcare professional before adopting a new treatment for a health problem your child may have, or before giving them homeopathic medicine. Stay healthy!

### ALLERGIC REACTIONS OR BITES

- Seek emergency help immediately if your child has hives along with trouble swallowing, dizziness or loss of consciousness, swelling of the tongue or around the mouth, difficulty speaking, drooling, wheezing, or trouble breathing.
- Do not use these medicines to prevent hives.
- For tick or spider bites that look infected (with localized pain, swelling, warmth, or pus), talk to a doctor first.
- Always ask a doctor before use in children under 2.

### BABIES

- For babies under 1 month, talk to your pediatrician before using these medicines.
- For teething, stop use of medicine and talk to a doctor if it lasts more than 3 days, gets worse, or if your baby develops swelling, fever, or a rash.

### COUGHS & COLDS

- Talk to a doctor before use in children under 4.
- Ask a doctor before use if your child's cough occurs with too much mucus, lasts a long time, or is chronic such as occurs with asthma.
- Stop use and ask a doctor if cough lasts for more than 3 days, comes back, or is accompanied by fever, rash, or a persistent headache.
- Stop use and check in with a doctor if your child's congestion gets worse or sticks around longer than 3 days.

### CUTS & WOUNDS

- Talk to a doctor first for deep wounds or puncture wounds.
- Stop and ask a doctor if the cut doesn't get better after 3 days, worsens, or reoccurs.
- Seek medical attention if the area becomes red, or swollen, or if pus develops.

### GI ISSUES (DIARRHEA, NAUSEA & VOMITING)

- Ask a doctor before use if there's a fever, blood or mucus in the stool, or black stool.
- Talk to a doctor first for nausea or vomiting accompanied by diarrhea, severe headache, fever, or severe abdominal pain or cramping.
- If symptoms last more than 2 days or get worse, check in with a doctor.

### GROWING PAINS OR BEDWETTING

- Get a medical checkup if your child's growing pains are constant, interfere with playtime, or come with fever, rash, swelling, or limping.
- For bedwetting issues, consult your child's doctor for a full exam to rule out underlying causes and get proper guidance.

### JOINT PAIN

- Stop use and ask a doctor if pain lasts for more than 3 days or worsens, new symptoms occur, or if redness or swelling is present.

### RASHES

- If the rash is oozing, bleeding, or comes with a fever, your child should be seen by a doctor.
- Talk to a doctor if the rash doesn't go away in 3 days, gets worse, or returns.

### SLEEP CONCERNS

- Ask a doctor before use in children under 3.

## FREQUENTLY ASKED QUESTIONS

### HOW TO FIND THE RIGHT REMEDY?

A sick person's symptoms must match as closely as possible to the correct remedy. Use this cheat sheet as a guide to help you select the best-matched remedy for your child's symptoms.

### WHAT AGES CAN HOMEOPATHY BE USED?

Homeopathy can be used for all ages, from babies to the elderly.

### HOW DO YOU USE THE REMEDIES IN THIS KIT?

Choose the remedy that best matches the symptoms and take only one at a time. Follow the bottle's directions, giving a dose every 15 minutes up to 3 times. If there's no improvement, try a different remedy. Once improvement begins, repeat as needed or every few hours until fully better.

### HOW DO YOU DISPENSE THE PELLETS?

To dispense Boiron pellets, turn the multi-dose tube upside down and twist the cap gently. As you twist, the pellets will fall into the cap. Continue twisting until 5 pellets are dispensed into the cap.

## DOCTOR MOM TIP:

**KEEP IN MIND:** Homeopathy works best when given with the first signs of symptoms. You don't want to wait! The minute your child exhibits any symptoms, take out your remedy kit.

### WANT MORE SUPPORT?

Inside the Doctor Mom Membership, I teach you how to use homeopathy to help with so many common childhood conditions, far beyond the basics of this quick cheat sheet. You'll gain the confidence to treat your kids and join thousands of like-minded moms on the same empowering journey! Visit [www.DoctorMomMembership.com](http://www.DoctorMomMembership.com) and become a "Doctor Mom!"

