

Anne Hajek's: "Intro to Using Your Kit, Part I (Virtual Class)"

- I. Start with using a 30c for your family, "The Law of Minimum Dose" (unless you are convicted you have the right remedy for your family. If convicted, try 200c but not before trying a couple of doses of the remedy in 30c)
- II. Dosing:
 - a. If you repeat the same dose of the same potency, you risk a "proving symptom."
 - b. When you put remedy in water and stir vigorously, you raise the potency a tiny bit, so if you do repeat that remedy, and it isn't the remedy you need, you don't risk an aggravation OR make your symptoms worse because you took [the correct remedy] more than it was needed.
 - c. Take a dose (about half a teaspoon) every 30 minutes for one to three doses, remembering to stir water vigorously every time.
 - d. Stop dosing when feeling better. Stop and find a different remedy if there is no improvement. (Look it up in a book.)
- III. Aconite (Indications)
 - a. Fear of Death
 - b. Fear of Dying from whatever reason
 - c. At the very onset (first 24 hours) of a cold or flu
 - d. Use if out in a strong wind (keynote, strong wind and then get sick)
- IV. Allium Cepa (Indications)
 - a. Allergies, watery eyes, sneezing, Hay Fever like symptoms (Allium begins with letters "All" just like the word "allergies" memory help)
- V. Antimonium Tart (Indications)
 - a. A cough in your chest where you feel you can't expectorate.
 - i. Young children and Elderly (most useful in)
 - ii. Too weak to cough it up
- VI. Apis (Indications)
 - a. Made from bee venom...so think Allergic rxns due to bee stings
 - b. For allergic rxns of any kind, anaphylaxis to hives, the smallest rxns to the biggest rxns.
 - c. Can be used in conjunction with an Epi Pen.
 - d. If someone is unconscious, you can put a pellet inside someone's lip. As soon as the pellet touches the mucous membranes, that remedy is in the person's body.
 - e. You can put the remedy in water and put the water on your finger and in their mouth (useful for infant or unconscious person)
- VII. Argentum Nitricum (Indications)
 - a. If you are afraid a building will fall on you (or many other Fears)
 - b. Fears/health concerns for yourself or others
 - c. Impulsive
 - d. A performance remedy---Stage Fright, test taking, Hoarseness/Laryngitis also
 - e. (For a panic attack, start with Aconite first)

VIII. Arnica Montana (Indications)

- a. The Best Remedy on the Face of the Planet! Many incredible uses:
- b. First Aid/Trauma/Bruising/Cuts (anything involving blood)
- c. Stroke/Heart attack (give on way to ER)
- d. Unresponsive child in pool (give Arnica before hospital) (Story Anne's Clinical Instructor told---unresponsive child fully recovered)
- e. Examples of trauma: being born, giving birth, stress
- f. You cannot take too much Arnica, your body will use it. THE ONLY REMEDY where this is true.
- g. Concussion, even if 10 years ago or when you were a baby, Arnica can fix that!
- h. Anne's example of her 3yr old son who got a gash above eye, Arnica stopped pain immediately and helped swelling. The ER doctor was Indian and knew homeopathy so the ER doctor understood why there was no swelling when the doctor sutured gash.
- i. The second example of her son having Arnica for a head wound that after Arnica didn't bleed or have pain. Child needed staples for the wound (in ER).
- j. Stubbed toes, etc.

IX. Arsenicum Alba (Indications)

- a. One of the best remedies for diarrhea (along with Nux vomica)
- b. Arsenicum is best when there is both diarrhea and vomiting. (Nux can also work)
- c. Food poisoning (take at first signs)
- d. Burning pain with either diarrhea or urination
- e. For burning pains anywhere in the body, it can be the remedy of choice.
- f. For any kind of illness when a person says they feel hot, but their body is cold to the touch. May have a red face.
- g. Will want hot water or hot drinks when they have a horrible sore throat. (Instead of cold drinks) AND may complain throat is burning
- h. Acid reflux or heartburn when "burning" is a symptom.

X. Baptista (Indications)

- a. EXTREME fatigue (e.g. seen with COVID) eg. Lethargy beyond any kind of sickness you usually see.

XI. Belladonna (Indications)

- a. Illness that COMES ON FAST with RED FLUSHED face, glassy/glossy eyes
- b. May or may not be thirsty.
- c. HIGH FEVER (Fever is our friend, how our bodies heal. Don't give children a fever if they are running around) Fever > 103 F or 104 F
- d. Big Headache/Migraine remedy where the pain is THROBBING.
- e. When you are sick or a family member is sick WRITE DOWN the remedy that helps, it often will be needed again.

XII. Bellis Perennis (Indications)

- a. Soft tissue injury or surgery (e.g. abdominal surgery or c section)
- b. Breast injury

XIII. Berberis (Indications)

- a. Unknown Abdominal Pain (Byronia may also help for pain but with Byronia, the keynote is you DON'T WANT TO MOVE affected part)

- b. Appendicitis (more than a 200c remedy may be needed)
 - c. Take Berberis if you think it's appendicitis, take on way to ER
- XIV. Bryonia (Indications)
 - a. For pain where the key indicator is YOU DON'T WANT TO MOVE affected part.
 - b. Headache, cough (where you don't want to move), abdominal pain (where you don't want to move), etc.
 - c. Fear of losing your business and terrified of business issues, also
- XV. Calc Carb
 - a. Children who are let developers (kids not losing baby fat because they aren't not walking yet)
 - b. Not a paranoid mom thing, but when a child is really behind
 - c. Acute remedy for a cough when you only have ONE Cough, and then fine for a while and repeat ONE cough.
 - d. Overworked---the person who does more than everyone else, eg. The mom on Leave It To Beaver, anyone can be the overworked, the person who keeps working when everyone else doesn't hold up their end
 - e. Eg. When the Kids are sick
 - f. Swollen glands (Anne's never used it for this)
 - g. Moving (when you move from one place to another and someone can't let it go and perseverates in a negative way. Eg. Someone who likes routines but can't adapt to change. This type of person, Calc carb can work for hayfever, other problems, etc
- XVI. Calc Phos (Indications)
 - a. Key Indicator THE WHINIEST KID ON THE BLOCK (eg. I want to go on vacation as soon as I get there, I can't wait to get home.)
 - b. WHINY and COMPLAINING, especially with kids
 - c. Sometimes used for teething---not #1 remedy for teething
- XVII. Calendula (Indications) NOTE: All remedies have twenty pages of how they can act, This is just the most common uses---there are many, many more uses, mentally and emotionally.
 - a. BURNING, e.g. the burning from an insect bite or minor sunburns.
 - b. MINOR BURNS
 - c. Wounds, abrasions, where you would use cortisone cream.
 - d. Deeper burn use Cantharis
 - e. Calendula gel is good to use topically. There are other homeopathic creams to use (Anne will look up)
- XVIII. Cantharis (Indications)
 - a. SERIOUS BURNS
 - b. Remedies heal the body from inside out, so you don't need antibiotic ointments. So you don't need to worry about infection or pain. Switch over to homeopathic ointments instead of antibiotic or steroid creams.
 - c. For injuries START with Arnica, then use Cantharis for 2nd , or 3rd degree burns.
CANTHARIS is used for serious burns and PREVENTS SCARRING AND NEED FOR SKIN GRAFTS.
- XIX. Carbo Veg (Indications)

- a. Key Indicator: Person WILL BE COLD BUT WANT TO BE FANNED. E.g. they'll be freezing yet want that fan on them. Or they'll have a headache and want that fan on them.
 - b. WHATEVER AILMENT, WHEN THEY WANT A FAN ON THEM, THINK CARBO VEG
 - c. People who are very close to death in a hospital, if you give them Carbo Veg, it will often perk them up enough to give their last goodbyes. These remedies have a huge canvas of what they can deal with.
- XX. Causticum (Indications)
 - a. When you have a cough, or something in your chest AND YOU CAN'T COUGH IT UP. But it's NOT BECAUSE YOU'RE WEAK.
 - b. The cough could be a loose cough in the morning, dry in the afternoon, but can't cough it up. Then once you take the remedy and are able to cough it up, you may sleep peacefully.
- XXI. Chamomilla (Indications)
 - a. WHINY KIDS, very capricious, TEETHING, any tooth pain but especially the little ones, arching back, chuck pacifier or water across the room, crying
 - b. Pain will be gone instantly with Chamomilla.
 - c. Also used for nightmares in the middle of the night. (Remember Aconite if nightmare involves fear of death)
 - d. Anne's story of a kid with a nightmare: Anne gave Aconite because the child was afraid of everything. Child fell asleep, and "we all slept well."
- XXII. China (Indications)
 - a. DEHYDRATION with some kind of ailment
 - b. First remedy that Samuel Hahnemann proved and developed. This is how Hahnemann came up with the homeopathic remedy process.
 - c. Malaria
 - d. Dengue Fever
 - e. When homeopaths see patterns around the world in epidemics, etc, they can often figure out a handful of remedies that work for every person who becomes affected by that epidemic.
- XXIII. Questions from students:
 - a. What can help allergic asthmatic rxns?
 - i. Apis, Arsenicum, may need constitutional care.
 - ii. Do not stop meds while using Homeopathy, continue to take them while the remedy is figured out.
 - b. What can help with shedding hair with covid?
 - i. Anne has heard but doesn't know of a remedy off the top of her head.
 - c. In an emergency situation where a mom or dad is freaking out because of blood, say, is there a remedy a parent or caregiver can take to help them keep calm?
 - i. Aconite may help caregivers think clearly.
 - d. Are there remedies for anxiety and depression? (see Anne's video on this topic)
 - e. Carbo veg is for Oxygen hunger (low oxygen). It will increase their oxygen. You can put remedy in water and use your finger to put it in their mouth, if they aren't conscious, the tiniest drop will work. Repeat dose when their O2 level drops again. Give the highest potency for use with Covid.

- f. Ustilago may help with hair loss. Also, horsetail tincture. Ustilago 200c once a day. Stop after one week and reassess. Remember to stop remedy when better. Don't keep taking it indefinitely. Also Ignatia may help. Anne prefers 2 doses for 2 days and then see...does it help?
- g. Chamomilla dose is 30c when needed for teething.
- h. Belladonna is usually for right sided pain (e.g. right sided ear pain)
- i. Alan Schmukler Book is sometimes hard to use. How about using Homeopathy for Kidney Stones? Anne: Cantharis for UTI with burning pain, but there are many remedies to use, choice of remedy will depend on where pain is located and other questions. Pulsatilla is also a common UTI remedy. For chronic problems classical homeopathy can be complicated. Pulsatilla is also for hormonal issues, like PMS, you can try it. Classical Homeopaths don't use Banerji Protocols. Classical Homeopathy is based on "totality of symptoms, symptoms tell what you need." The Banerji Protocols are based on diagnosis, not symptoms. Banerji Protocols use Pulsatilla 30c (used for girls and younger women who have never been pregnant or on the pill.) Sepia (also used the same way.)
- j. Impingement, like a shoulder impingement? What would you do? Anne Ruta is often used for tendon pain and foot injuries. Depends on: "Is it a tendon issue?"; and: "What kind of pain?" Anne used Ruta and Arnica for a torn meniscus. Also Symphytum. She used a high potency, and for a long time. Symphytum is called "bone knit," as in if someone cracks a bone or breaks a bone.
- k. Can Symphytum be used with a knee replacement? Example given was a person who had knee replacement and fell on it. Anne recommends alternating Arnica with Symphytum but starting with Arnica.
- l. Can I cure my varicose veins and avoid having them stripped by the end of the month? Anne: "There are remedies, but it will take longer. You can try Arnica. There are other remedies. You can prevent stripping. When you are told there is no hope by the allopathic world, there IS HOPE IN HOMEOPATHY. Anne gives an example of her mom who needed surgery for gallbladder. Anne's mom's acute remedy is Belladonna (constitutional). She begged her mom to try the remedy. When Anne's mom took her water dosed Belladonna (her mom needed a higher potency). And her mom's pain went away, and her mom did not even need the high potency anymore to know where her mom doesn't even get the pain anymore. The pain is gone. If the pain comes back, it's greatly diminished and her mom can use a low dose of Belladonna.
- m. E.g. of a client Anne helped with extreme abdominal pain, a young girl, who was helped but doctors couldn't help the girl.
- n. Are there remedies for Gout? Anne: Yes. There are great remedies for Gout. Most common is Colchicum. There are others. Anne's example of her brother who only needed a couple of doses of another remedy besides Colchicum. And he went from a wheelchair to never needing remedy again. Anne recommends water dosing and stirring vigorously each dose. Take every 30 minutes for three doses. If you feel better, continue using it each time it is needed. If it doesn't work, find the correct remedy.
- o. Fussy nursing baby, who chokes and is fidgety. Choking, fussy, stomach growling, then baby burps? Anne recommends Chamomilla and then to try Calc Phos. Those two are

HUGE baby remedies. Can water dose and then dab water in baby's mouth. Don't mix both, but start with Chamomilla and if it is correct, you'll notice it right away. The younger the baby is, the less remedy they need. It's okay to use with a one month old baby.

- p. Would it be worth our while to purchase a good repertory or not? Anne: I'll discuss it with Mick. There are varying levels of Repertories, some easier to use than others. Some are very confusing.
- q. Would you use a Gout remedy for Plantar's Fasciitis? Anne: It would be a different remedy. Ruta is the foot remedy, Ruta may work. You can try it.