

Anne Hajek Intro to Using Your Kit---Part II

- I. Using Your Kits
 - a. Doesn't matter where you got your kit, the core 40 are the same, no matter where you get them
 - b. If you have a 100 piece kit, you'll have remedies that I haven't used in a while.

- II. Cocculus (Indications)
 - a. Motion sickness, dizziness, also a cold or flu where you get motion sickness feeling (vertigo/dizziness with cold or flu)
 - b. Works on pets, e.g. Anne's Aunt gives it to her dog whenever the dog rides in a car.
 - c. Whether motion sickness is from a plane, boat or car or when you get ill, Cocculus is the remedy of choice.

- III. Colocynthis (Indications)
 - a. Cramping, especially when the cramping is better when you bend over (double)

- IV. Cuprum (Indications)
 - a. Cramps in your extremities/spasming. Cramps more severe than with Mag Phos
 - b. Keynote: **You take a sip of water and then the cramp goes away and then comes back.**

- V. Eupatorium Perf (Indications)
 - a. For aches and pains. Mostly you get really achy when you have an illness with colds or flu.

- VI. Ferrum Phos (Indications)
 - a. For a low-grade fever, take it when you first feel something coming on. Use a 30c dilution to start unless it's a really intense, cough, sinus infection or cold.

- VII. Gelsemium (Indications)
 - a. For lethargy typically with heaviness. Whether your body feels heavy, whether it's a body part, eg head feels heavy,
 - b. Normal lethargy versus extreme lethargy (Use Baptisa, for extreme lethargy like falling asleep mid-sentence, falling asleep standing up, etc).
 - c. Anxiety that comes on slowly over a couple of days: test taking, a conversation with someone. If there is a slow build to the anxiety, it's Gelsemium.
 - d. Also, it is often thirstless. You are not thirsty, with any of the above symptoms.

- VIII. Hepar Sulph (Indications)
 - a. Extreme pain, usually sharp pain. A person is super over sensitive to the pain, screaming.
 - b. E.g., Splinters in the throat sore throat pain.
 - c. Also for Croup with a lot of mucous

IX. Hypericum (Indications)

- a. Nerve pain, shooting pain. Start with a 30c.
- b. Sometimes that pain is a tooth issue.
- c. Wherever you feel it's a nerve pain or a shooting pain, try Hypericum.

X. Ignatia (Indications)

- a. Kent (prominent Homeopath) called it a "Hysterical Remedy."
- b. You want to throw up, but you want to eat (opposite what is normal)
- c. You have a headache, but it's better to bend over (opposite what is normal for the situation)
- d. Grief, for hysterical grief. A lot of weeping. An overwhelming grief
- e. A person wants to be with others in their grieving.
- f. Think of situations where the symptoms; that make it better; are the opposite of what you would expect.

XI. Ipecac (Ipecacuanha), (Indications)

- a. Use when you are very, very nauseous and you want to throw up. Throwing up doesn't make nausea feel better. Unlike the remedies: Nux and Arsenicum, which are indicated for nausea that feels better with vomiting.

XII. Kali Bich (Indications)

- a. Sinus infections when you feel the pain in your cheeks. When you blow your nose and anything that comes out is clear. But you know there is a ton of stuff sitting there in your sinuses, but it is not coming out.
- b. You could have a postnasal drip as well.
- c. If you were able to cough something up, it would be yellow.
- d. Oftentimes with any of the Kalis, your worst time is from 4pm to 8pm or 4am to 8am. Not always. It's okay if it isn't worse or better during those times, it's still a great remedy.
- e. Put it in water right away. Some of the remedies are more potent, I don't know how to describe it; but it can make your symptoms WORSE really fast if you don't put it in water and stir it vigorously before each dose. This is definitely not one you want to do that with, and I did that!

- f. Anne's story: "It was only the second dose!!!" She woke up with a horrific sinus migraine and felt like her face was going to fall off. She thought: "Okay, I'm just gonna take Kali Bich, it worked before." The whole thing (her symptoms) went down to almost nothing, but it (the symptoms) was not totally gone and she took the same potency again. She should have taken 30 c, because her symptoms got horrifically worse. Her Homeopath said: "I think you are proving it right now!" Anne said if you ever feel that happened either take a different dose, potency, of the same remedy or take a different remedy and that should stop the aggravation if you have taken too many doses of the same remedy. So you're taking Gelsemium, and you didn't put it in water, and you took a few doses and you start to feel a lot worse, heavier, more lethargic. Make sure you put them in water for acute situations, especially when you don't know how long you'll be taking them.
- XIII. Kali Carb (Indications)
- Coughs. Worse at night. Worse when your head hits the pillow.
 - Have a post nasal drip. Worse 2 to 4am
 - With whooping cough. Left sided and comes with a tickle in the throat
 - Coughing worse on waking.
- XIV. Lachesis (Indications)
- Sore throat that is worse when you swallow
 - A lump in your throat, you're swallowing over a lump.
 - Your throat is turning purple on the inside. (you might see that)
 - Often left sided. Ask what side pain is on?
 - If it is swallowing over a lump and left sided, worse swallowing, Lachesis is a good remedy. To the point they don't even want their throat touched even externally.
- XV. Ledum (Indications)
- Puncture Wounds. Puncture can be from a spider (so it can be a small puncture)
 - Or when you step on a nail, the first remedy of choice. The chances of tetanus from a nail puncture are not much, but you can get an infection from a nail.
 - Any kind of puncture wound from a small little spider to a big puncture, like a pitchfork, is the first remedy for that.
 - Tick bites—If you have a tick bite and you know it, take Ledum right away.
 - Remember when you take a remedy, you don't have to have something on it externally. The remedy should both take away the pain and prevent infection. It heals from the inside out.
- XVI. Lycopodium (Indications)
- Indigestion. A lot of gas, bloating and indigestion. Anne usually uses Nux and Arsenicum for these symptoms.
 - Stools can be hard, then turn soft or liquid. Wakes at night to eat.
 - Can be heartburn, then sour burping. (go back to Carbo veg)

XVII. Carbo Veg (add to earlier discussion)

- a. A lot of burping and flatulence. Gross burping and flatulence. Take a dose of Carbo veg.

XVIII. Mag Phos (Indications)

- a. Cramping---especially menstrual cramps. When you don't have enough magnesium, you get cramps, Charlie Horses, any of that. First potency is 6x---cell salt. Put in a water drink all day every day, 5 days on 2 days off. Because you always want to take a break with remedies. If you're waking up with Charlie horses or cramping in some part of your body, the best way to get into you is the cell salt--6x.
- b. Cell salt 6x is the best way to get Magnesium in you that will absorb.
- c. Also rubbing in magnesium gel on spasming muscle. Goto 30c if those don't work. Put cell salt 6x in hot water.
- d. Better with heat, pressure and bending forward.

XIX. Merc. viv or Merc sol (same thing)

- a. There are five Mercs to go through to find the right one.
- b. Sore throat. A lot of swelling, might have a white tongue, teeth leave an impression in the tongue. Extremely painful. Extremely painful. The substance mercury has serious effects if you were to get it into their body---this is where a sore throat is extremely painful.
- c. Worse at night, drooling, extra saliva. Metallic taste in mouth. Drool a lot more at night when they sleep as well.

XX. Nat Mur

- a. Most common headache remedy
- b. It can feel like a thousand tiny hammers. Or a nail in your head. (throbbing is Belladonna)
- c. Grief---when you don't want to be around anyone or talk about it
- d. For funeral grief, it helps with overwhelming grief.
- e. Grief can cause stomach issues.
- f. Or any other type of pain....not able to let go of old grief.
- g. Worse from 10am to 3pm.
- h. A child that comes home from school with a headache every day would need Nat mur.

XXI. Nux Vomica

- a. Running to the bathroom with diarrhea
- b. Nauseous
- c. Both
- d. Food poisoning
- e. Headache from irritability or shocking news
- f. Overate or over drinking and feel uncomfortable.
- g. Nat phos is Anne's favorite for little bit of discomfort after eating out, it is more than just a little go for Nux vomica

XXII. Phosphorus

- a. Hemorrhaging (NOT related to hemorrhagic fever) like a Bloody nose
- b. Profuse nose bleeds---one dose and it's done! (used on her son with a profuse bloody nose, so much blood!)
- c. A normal medical hemorrhage, use a higher potency if pregnant or emergency
- d. Hemorrhagic fevers Anne will address in another video

XXIII. Phytolacca

- a. Mastitis, hot, can be purple, extremely painful.
- b. Extremely painful sore throat OR a sore throat that looks like it could be painful, tonsils can be purple, red, hugely swollen, but no complaints of pain
- c. Splinter in sore throat feeling
- d. Sore throat horrific pain that comes back at night, all night long, goes away in morning and next night, comes back again. Horrific extreme pain. Also mastitis.

XXIV. Questions

- a. What is the name for the remedy for low O2? Answer: Carbo veg. Also for air hunger at the end of life. Person may be cold but want to be fanned and uncovered. Also you can be sick but want cold air. If you take a remedy and fall asleep, it's the best thing ever, because your body is healing while you sleep.
- b. Question about Hypericum? Nerve pain is a shooting pain, but can this be a burning pain? I have blunt trauma to my knee and a possible ligament tear to my foot. Knee is more like a pulling burning pain. Is shooting and burning the same? Answer: Two different things. You can try Hypericum. Burning pains, use: Cantharis, or Calendula. Arsenicum is a burning pain that feels better with heat. If you think its nerve pain and its shooting, try Hypericum. Start with 30c. In water 3 doses every 30 minutes. Try 200 c Hypericum before you move on. Three doses in water. If this doesn't work, try another remedy. Cantharis first.
- c. Can you review the first 2 remedies? Answer: Cocculus motion sickness or if you are sick and your symptoms are like motion sickness. Colocynthis Stomach cramping is especially relieved by bending double. Question: what if you only have 200c? Answer then start with that. But I do recommend both potencies. Both potencies are important. Sometimes a 30c won't touch it and sometimes a 200c is too much. There is room for both of them. Take one dose every 30 minutes, up to three doses. For repeat dosing, put it in water and stir vigorously. This is how you avoid aggravation or proving a symptom. Anne says: "If you really wanted to feel those Nux Vomica symptoms, you could take a dose when nothing is wrong with you, then repeat it, then again, then start feeling those symptoms. When you take a remedy of the same potency more times than your body needs, you can prove it and make your symptoms worse. Or even if you take too much if you do need the remedy. So when you put it in water and stir vigorously, you raise the potency just a little bit. So you're not repeating the exact same dose. So if you have the wrong remedy you won't have a proving symptom. We don't want to be causing symptoms.

- d. Question: I started my husband on Arnica for rotator cuff injury. My husband needs to dose himself. He hasn't had it consecutive days in a row, so I need to train him to dose himself? Anne: If it's Arnica, you don't need to put it in water. THIS IS THE ONLY REMEDY I WILL SAY THIS ABOUT
- e. Question about sciatica? Can I try Hypericum? Anne: Yes, try that. Also, one of the cell salts is good, I can't remember which one off the top of my head...
- f. Question: have you covered hemorrhoids? Anne: No this is bigger than acutes, it's more complicated and needs specifics. Unless Mick knows of something? Can look it up, top two or three remedies.
- g. Question: When you have a prior trauma injury sprain, ligaments torn, and stuff, and you get a ripping pain, like a re-injury ripping pain, but it's not burning, is this the same thing to treat generally for pain? Anne: No. If it's a tendon or ligament usually it's Ruta. Not always but often. Those are the first to try. Ruta is like Arnica for the foot. If I dropped a can of pumpkin on my foot, I'd use both of them. If Arnica isn't helping, and it's an injury to the foot, try Ruta.
- h. Carpal Tunnel? Anne: A constitutional thing, many different remedies. If it's nerve pain you can try Hypericum. Calc flour could be good for bones, Try 6x. I give my kids Calc fluor and Calc phos for growing pains. Usually one dose is fine, but you can give in water. You can try it, but it's not always simple to treat those things. Hypericum is often numbness and tingling. There are also a couple of stretches that can help (describes these stretches). Those two stretches do a lot for carpal tunnel. A lot of times it's just the stretching of those muscles. Carpal tunnel is able to deal with remedies. Says an appointment for a constitutional remedy may be needed.
- i. What does five days on/ five days off mean for taking remedies? Anne: This is for cell salts. They have such a low potency. Question: So what do I do for regular remedies? Anne: put them in water and take until the symptoms are gone. Pre covid world, one remedy would work. How many remedies are needed? It's not normal. Treating people has been different now. Always put repeating doses in water.
- j. Question: I had a foot ankle sprain and Symphytum brought on pain? Anne: Don't take that one again. Not Bellis, that's more for stomach soft tissues or breast, try to do more research and see if you can find something else...sometimes there aren't quick answers.
- k. Old injuries ? If you have recurring old injuries and haven't used homeopathy before, do you start with 1m? Anne: I would start with 200c, Arnica, with a few doses a couple of days and see if you notice a difference.
- l. Water dosing: 8 ounces of water, you only need one pellet, but if they are really tiny, and you get three pellets, it's okay. One dose is a half teaspoon. Label it. Keep it in the fridge. One sip of remedy won't hurt you. If you drink the whole bottle it's one dose.
- m. Question about loss of smell or taste due to Covid. Anne: Squilla. Person: Squilla didn't work. Anne: Tuberculinum Bovine. 1M. Anne has these. Take just one dose and see what happens, you should notice something within a day or two.
- n. Anne has a video on Hemorrhagic fever.
- o. Question: I'm recovering from Covid and have extreme fatigue and weakness and don't have Baptista. Anne: Try Gelsemium 200c, if you have it in 1m, you might try that as well. You might need a nosode. Those are in the kits. If you have a nosode, I'd try either:

Pertussis nosode, Variolinum nosode or Tuberculinum, just one dose of one of those. We're finding people need a nosode to kick this. Mick: Can Carbo Veg be another possibility for people who are weak and haven't been well since a particular illness? Anne: You can try it. Mick: Murphy's Repertory states this use, Anne: Go for it. Try Carbo veg in a high potency, 200c. Influenzinum may work, but I put more faith in Carbo veg. If you have a metal taste I'd try Merc, just one dose.

- p. EVO kit. Those are remedies used for ebola.
 - i. Top remedies used around the world
 - ii. Joette posted these on site and said use 30c for preventative
 - iii. Don't do that, unless there are active cases, remember to respond, not react.
 - iv. I included 200c and 1m because a higher potency may be needed
 - v. These remedies were used a couple of years ago during a breakout. Typically they used a 200c. If it really does spread a couple more remedies could be added
 - vi. They are often Snake remedies. Snake remedies are either hemotoxic (acts on blood) or neurotoxic (acts on nerves).
 - vii. Hemotoxic snake remedies tend to work for Serious Hemorrhagic fevers.
 - viii. Hold onto the preventative remedy until there is ACTUALLY an outbreak. It won't sneak up on you. Don't react.
 - q. Repertories.
 - i. Mick ordered Morrison's Blue Book
 - ii. Murphy's Meta Repertory is getting scarce, Get it sooner than later. It seems to be out of stock.
 - iii. Mick should teach class (video is available)
 - iv. Description of looking up symptoms in a Repertory.
 - v. Anne's Repertory uses old language. E.g. Coryza = cold
 - vi. May need to google old words.
 - vii. Or you can use Yassar's Homeopathic Dictionary, which is good for understanding terms if you don't have computer access.
 - viii. Morrison Repertory is a book of symptoms. Mental, emotional and physical symptoms (example given)
 - ix. Look up all your symptoms in a repertory and cross reference the remedies in a materia medica.
 - r. CV Pre kit/ Smallpox Kit (see video)
 - i. Nosodes, Variolinum, Influenzinum, directions given on use
 - ii. Can it be taken with ivermectin? Answer: Remedies don't interfere with meds, meds interfere with remedies. I trust the remedies more, but take what you are comfortable with. There's nothing wrong with taking those meds. You can take them both.
 - iii. Alan Schmukler's book is easier to use than a repertory.
 - iv. Describes what's in kit (see kit class)
- XXV. Cell Salt Kit (class in February)
- XXVI. EBO kit (see video)

