

Using your kit – Remedies for Sore Throats & Strep

[Welcome to homeopathy acute sore throats](#)

On my site I am recommending the Alan Schmukler book there's a couple of other books at that level that are a lot easier to understand. I am going through another book which is much more comprehensive. I don't recommend it unless you've been dealing with homeopathy for a long time. I'm going to go through all the remedies listed in your kit whether you got them from me or someplace else.

Making flash cards of remedies is good to do. Those are good to take your flash card and write down belladonna and you can have them color coded by type of acute so you are grabbing our stack. Flash cards help me to remember the information as well. These are all my sore throats that I'm going to grab and look through when my husband or my kids or I have a sore throat and then grab the next pile. So it helps to put down the keynotes and whatever information that helps you to remember the information for those remedies. And you can keep them in your purse and study them while you are waiting for people from soccer practice.

The first ones to go through in my book are the top six.

Belladonna for sore throat. This of course anything with belladonna is usually sudden, when all of a sudden a horrible sore throat, mainly right sided and burning. The tonsils and throat can be bright red and swollen. They could have the white dots on their throat. And remember again in homeopathic speak it's better and worse. What makes it better or what makes it worse. So what makes it worse is the slightest touch of their throat, external throat, turning the head, motion, so slightest touch makes it worse, turning the head makes it worse, swallowing especially liquids, clearing the throat would make it worse, and also cold air. They could have an abscess on the tonsils as well. Their tongue might be red and generally with belladonna you will often find the high fever and red face, and they could have cold hands and feet, sometimes their eyes will be glistening. That's a typical belladonna state, red face glistening eyes sometimes the dilated pupils as well. These are common in a belladonna state you are not going to always see it but if you do go for the belladonna.

The next one is Hepar Sulph. This is more advanced pharyngitis and tonsillitis usually suppurating anything hepar sulph is going to be extremely painful. Often like splinters in the throat. That's a big keynote for hepar sulph. Worse in the evening or at night. <> for best or worse. Less than would be worse. Little shorthand there. Worse cold air, with cold drinks or food, worse yawning, stretching or turning the head. This is also worse when they swallow. Anytime someone in our family has a sore throat while swallowing I treat them with streptococcinum first and then treat them for the specific remedy picture of pain that goes with it. Most of the time the streptococcinum does not get rid of the pain but I prefer to try to clear up the strep if it's there right away. Just so that it's a non-issue.

Better warmth, warm drinks. And this is another keynote you might want to put a star by or something pain radiates to ear upon swallowing. Another one is abscess of the tonsils and the person might want to be bundled up including the throat. Especially covering the throat.

Next one is Lachesis. And this can go from mild to having abscess in the throat. This is usually going to be left sided. Inflammation begins on the left and goes to the right. So now it is on both sides. Or you might notice inflammation on one side and the next day it's moved to the other side. This is a lachesis quality. Tonsils will be swollen, deep red or even purple. Another very common symptom for lachesis is wherever the symptoms are having discoloration of deep red or purple. The uvula could be swollen again possible abscess in the tonsils. Could even be oozing blood. So worse, what makes it worse during the night while sleeping or trying to sleep. Often worse upon waking. That's a big keynote for lachesis in general. Ailments you wake up with. Worse swallowing and constant desire to swallow. Worse coughing or clearing the throat. Worse touching the throat, turning the head, or tight collars. Anyone with lachesis symptoms doesn't want anything around their neck. Even if it's not a sore throat. Better with cold drinks. And it may be better after they swallow but only for a few seconds but then it goes right back to hurting again. Which is why they constantly want to swallow. It feels better for just a bit. And also it's easier to swallow solids than liquids or even saliva. They may feel like they have a lump in their throat or it may feel constricted. When asking your family members about their symptoms you don't want to say does it feel like it's constricted because they may say yes. You want to give them a choice of at least three: does it feel like you have splinters in your throat, does it feel like you have a lump in your throat or a fish bone in their throat. Give them a couple of different choices so they are not just agreeing with what you say because that's a common thing for people to do. Or the usual I don't know. That's where it's sometimes worse at night, or they are touching their throat so you can go by that. They have to choose, or they can say no.

Next Lycopodium. This is usually right sided, or it starts on the right side, worse 4 – 8 pm. So it might get worse at that time of the day and then get better and then the next day at that time it gets worse again. Better warm drinks and sometimes better cold drinks.

Next one Merc Viv in some kits Merc Sol. Same thing. This can be any degree of severity but anything mercury is usually very bad. Mercury is a dangerous and serious element. It can be suppurating; dirty tonsils often are right sided and can be abscessed. A sensation of an apple core lodged in their throat. Mercury is always going to be worse at night. They can be kicking off the sheets. The heat can be worse in bed, they get into a warm bed and it makes it worse. Hot or cold can make it worse so either one. Worse swallowing, especially empty swallowing. Obviously without food or drink that you are trying to swallow. Worse coughing. Tongue will usually have a white or dirty color, coated, dirty looking. Metallic taste in mouth. Their tongue might be swollen and actually leave imprints from their teeth. And usually when someone needs mercury, they will have very bad breath. If you walk into the room and you can smell their breath across the room and they have a sore throat, just go for the mercury. Increased salivation especially at night. If they are drooling a little bit but if you notice even just a little bit there will be a lot of drool at night. Generally, they can be chilly or overheated at the same time. They can have night sweats that will last all night long. And swollen, painful, burning lymph nodes.

Those are all the main first ones. The ones that are most common. But I will be going through several more that are also in your kit.

Aconite – sudden onset especially after exposure to cold or dry wind. They could have a high fever and be flushed but they will be restless and scared. Remember aconite is for “I’m going to die”. So if you think you are going to die you might be restless. Tonsils bright red without pus, burning and mildly swollen, painful swelling and great thirst for cold drinks.

Apis – burning sore throat could be stinging where apis is bee venom you will see burning with a lot of redness. Pain, inflammation, swelling and mainly on the right side. Uvula very swollen and the tonsils as well but especially the uvula. Tonsils will be bright red and glistening and in some of these think of the source, apis is bee venom. Worse heat and hot drinks. Not very thirsty. Worse In a warm room. Not very thirsty prefers cold drinks or food, they can often have a high fever and heat alternating with being chilly.

Dosing always starts with a 30c which is a great place to start unless you’ve had someone who had a sore throat and they needed a 200c. Make note of that in your flashcards or notes that Johnny needs merc viv every time he has a sore throat. I make a note in the front of my book of what my kids need. It’s late at night. Sometimes your brain is not working. Saves you work for the next time. And kids will need the same remedy even for different things. That will happen a lot more with kids that have less interference with stress and meds in their life than grown adults do. You will be able to find a remedy like that and it will be common for them. Make those notes since you’ve done the work the first time.

How do you know the 30c is not working? Start with a 30c and take it once every half hour for 3 doses. And put it in water because you are not sure how many times you will need to give the remedy. And stir vigorously or if you put it in a water bottle and succuss it before each dose so you don’t make it worse with an aggravation. If it’s in a glass or jar stir vigorously before each dose so that will raise the potency enough so that it’s not going to cause an aggravation. And if it’s a water bottle succuss it. It doesn’t matter how many times, 3-5-10. Stirring vigorously is important because you want to raise the potency. The hitting of the succussion is really what raises the potency that’s why you really want to stir vigorously. More than worrying about how many times you succuss it 3-10. That’s across the board for everything. If they have had no improvement, it is not the right remedy then you can move to the 200c if he’s got a splinter in his throat and everything fits then go to the 200c. How long do you try that? Same thing.

Someone asked about having nothing in the mouth 15 minutes before or after giving the remedy. I don’t go by that, never have. I don’t have the patience for it. I don’t care. As long as you don’t have anything in the mouth let the pellet dissolve, eat or drink right before or after. I’ve not had any problems. I don’t put it under my tongue either, I just put it on the tongue. And I haven’t had any issues with anyone. There are sensitive people but as soon as that remedy hits your tongue the remedy is in your mouth. The medicine is on the outside of that pellet. It’s there immediately. It doesn’t matter. I do let it dissolve the majority of the time.

There is actually quite a long list for tonight. The main ones you want to consider are the first ones we’ve done. Go first for Belladonna, Hepar Sulph, Lachesis, Lycopodium, and Merc Viv or Merc Sol as I said depending on your kit. It will have one of the two names, it’s the same thing. Aconite is the next one we are going through. So after that in my book, it just starts listing various remedies. We’ll go over Lycopodium again. It’s very short. Lycopodium is right sided, or beginning on the right side, it’s worse from 4 to 8 pm, better warm drinks, sometimes better cold drinks, and that’s it. That’s all that they wrote for this one.

Argentum Nitricum is a very important one. I use this a lot. Stitching or splinter-like pains in the throat. Worse on the right side. Here's one you might remember worse inhaling over raw spots, worse swallowing, better cold drinks and cold air, thick mucus in the throat, and a lot of clearing of the throat because of that, may also be accompanied by laryngitis, or hoarseness, those are really big for argentum nitricum. Argentum nitricum is a performer's remedy. So if you have a kid in the school play and they lose their voice you could use argentum nitricum. If you are going hoarse, the first thing I would go for is argentum nitricum. You have to give a speech and you have a sore throat because of it or before it – argentum nitricum. If someone is always clearing their throat a lot, go for the argentum nitricum before anything else even develops.

Arsenicum – as usual, burning pain in the throat and, as always, with arsenicum and 99% of the time, better with heat, better with hot drinks, better being warm. Crazy thing with arsenicum, burning pain but prefers heat. So cold drinks are going to be worse. As soon as your child says he has a sore throat and asks for hot chocolate, go for the arsenicum. It's going to be right sided, swelling will be mild, tongue almost always with a milky, white coating. Very common with arsenicum is the person is chilly and anxious or restless. They would be anxious and restless saying "I could die" or they are very worried about their health and are just moving about. They are not going to be to the extent of aconite but it could be confusing. But you are going to find that they have a burning pain and want hot things and then they are cold. That would be how you would differentiate between the two. And most often, when you get the right remedy and the right potency, what you are really going to know is what you are going to notice right away. Pretty much instantly is very common. But just to make sure you have the right potency don't move on too fast. And sometimes you get the person who says "I don't know" and they can't tell you until they've had a couple of doses but if you get the right remedy and the right potency you will see a marked difference right away.

Baptisia – inflammation of the tonsils and pharynx noticeable, however, painless. Their tonsils could be purple, they could be massively swollen, and they will have no pain. So what do you say? It's a sore throat, but it's not sore. So it's a painless sore throat. Baptisia is one of those crazy remedies. So even their uvula can be enlarged, everything could be deep red, even purple, offensive breath, dirty tongue. The face could be flushed and heavy but they will be dull and confused. They could even be falling asleep mid-sentence. You might not be able to keep them awake. Baptisia is a very concerning state. It's not one you see super often until COVID. It could also be septic states. When you look at your kid and his head is hanging down, they can't really talk, and they are confused and falling asleep in the middle of a sentence, that's baptisia. Then you have this horrific swelling, and red and purple, and they say it doesn't hurt - that's baptisia. And frankly with that, that would freak me out so much that if that was my kid, I would go for the 200c just because those symptoms are freaky. They are so crazy.

Bryonia Alba – a sore throat after catching cold, throat is dark red, the tongue coated white or brown, and I do have to say I don't always check anyone's tongue but if your child came to you saying something about their tongue or you happen to notice that. Worse, any motion, they won't want to move their head, they might not want to talk, worse swallowing, coughing and worse speaking. So when they say their throat hurts when they talk I would go with bryonia right away. Their tongue will be dry, coated brown or dirty in the center, which means down the middle. Sluggish with high fever, very thirsty, irritable and wants to be left alone.

Calc Carb – Recurring pharyngitis and tonsillitis with a lot of swelling of the glands. The big thing with calc carb is that calc carb is worse with cold weather, the change of weather and damp weather. So you have a change of weather and they get a sore throat, they can have hard, painful glands, they will be chilly, sweaty and even though they are feeling ill, they won't stop working or work until exhaustion. Worse after eating and with menses.

Causticum – Sore throat associated with laryngitis, constant desire to clear the throat and that's because they have mucus that they just can't get out of their throat. If you remember causticum coughs, they can't cough up what's in the chest.

Chamomilla – This one is tonsillitis with ear pain especially in infants and toddlers. If you remember that chamomilla talks about teething, arching their back-chamomilla is the big one. So imagine a similar type of mood with ear pain. This is going to be better warmth and hot drinks. Worse swallowing and also worse if you try to look at their throat. They are going to be irritable and especially this is a chamomilla thing one cheek will be hot and the other will not. And probably red but not belladonna red but it will be noticeable. You can feel one cheek and it will be cool and the other warm. And that's a very big chamomilla thing in any state so whenever you notice that, give them chamomilla for whatever symptoms they have going on.

Ferrum Phos – Tonsillitis, hot, marked inflammation, high fever almost always present, throat will be hot, markedly inflamed, high fever almost always present that will be a big thing for ferrum phos. And the person will be very worn out; just laying around. That's it for ferrum phos nothing else along with it. If their face is not flushed and they don't have the glistening, it's not right sided like belladonna but they have the high fever, it's ferrum phos.

Gelsemium – Throat inflamed, worsening over several days, not a big deal for a few days but over several days it keeps getting worse and worse. Big thing with gelsemium is that the pain extends to the ear on swallowing. The throat feels too weak to swallow. That's a gelsemium thing, you usually feel weak and heavy, worse with warm food. These are the big gelsemium things that are usually present no matter if it's a headache, if they have a fever, if they are throwing up, sick, cold, whatever, they are going to be weak, thirstless, and have droopy eyelids.

Phytolacca – A nasty sore throat. Burning or soreness in the throat at the tonsils or the back of the tongue. Here is the worst thing about phytolacca, it is a sore throat that goes away during the day and comes back every night and keeps you awake. Horrific sore throat and then in the morning it goes away. You think you survived that only to have it come back at night again. Major keynote for that. Throat often described as a burning ball of iron stuck in the throat. Could be dark or purple inflamed tonsils, abscess. Make a note of this because who knows if it will come back. Diphtheria keynote is the membrane will look gray looking like dry leather. Phytolacca is what we call a syphilitic remedy in homeopathy. Destructive; serious. It's going to be worse on the right side and worse turning the head to the left. Worse at night like I told you comes back every night until morning and then goes away or else it might not go away but gets a lot better, worse touch, worse hot drinks and they cannot swallow a hot drink. They are better in a cold room, being cold, and drinking cold drinks. Pain extends to the ear on swallowing, shooting pains, so that's going to be more extensive than the other pains we talked about. Hard and painful glands.

We are going to stop there. The first ones we went over are the most common for the sore throat.

When you have an infection, any infection, sinus infection, strep throat, whatever it is, you get a cut and you take arnica or you get a puncture and you take ledum, I don't care if you are stabbed with a dirty pitchfork, that would typically be ledum because it is a puncture wound, the remedy that you take is going to prevent the infection. It's healing you from the inside out. You don't need the tetanus nosode for that. The remedies that I put together for the nosode kit for the most part would be when there's no medicine anywhere, no antibiotics. There's no access to anything. People should have them on hand. You won't need the nosodes unless we have no running water or no electricity. You need to look up tetanus. There is a very specific way to get tetanus and stepping on a rusty nail is not going to do it.

Alan Schmukler's book (Homeopathy A to Z) is a lot easier to use. A lot more user friendly for new people and pretty much everybody. It is listed on my website.

Remember you don't need the nosodes. For strep I do give it because strep could turn into something else super-fast for some people and also you can't send your kids to school with strep and that's always my main goal. With kids they usually need one dose and they are good to go. Adults might need more than one dose.

Question about allergies. Sneezing, watery eyes and squinty eyes are typically allium cepa. Hay fever 30c will take care of it. One dose is usually all you need. If you are new to remedies you may need more than one dose. Any time we have taken meds or/and vaccinations we have suppressed our symptoms so it takes a few more doses in the beginning. You might take it a few times a day. You might take it for a few weeks. For me I took it once the other day and probably may need it again in a couple of weeks. But I don't need it daily or several doses.

Question about drippy nose often. That's where you go to the cell salts. Depending on the color whether clear or white use calc sulph 6x and put it in their water and have them drink it five days on two days off. I just like to say Monday through Friday. You always want to take a break even with a low potency remedy so that you are not proving anything. So put it in his water, whatever he is drinking all day. Just put it in there. It doesn't matter how many doses he gets. Cell salts are very different in that respect. And then just do that until it's gone. For an adult it could take longer. Do your five days on two days off until it's gone. If it is yellow then you want to do kali sulph 6x. Never 30c for these things. These are very specific cell salts. Keep it in your water until it stops.