HOMEO.AI · VOLUME 2

The A–Z *Remedy Guide*

76 classical homeopathic remedies, each with its source, its classic picture, what makes it worse or better, and every area of the body it's traditionally used for.

A companion to the SEE Field Guide.

homeo.*ai*

QUICK FINDER

Start with the body

Find the area that's bothering you. The first three remedies are the quick picks shown on homeo.ai; the rest are worth a look if those don't match. Then turn to each remedy in the A–Z pages that follow.

AREA	QUICK PICKS	ALSO USED
MENS Head & mind	**Belladonna · Nux vomica · Bryonia**	Arnica montana · Calcarea carbonica · Chamomilla · Cimicifuga racemosa · Coffea cruda · Gelsemium sempervirens · Glonoinum · Ignatia amara · Kali bichromicum · Kali phosphoricum · Magnesia phosphorica · Natrum muriaticum · Natrum sulphuricum · Sanguinaria canadensis · Spigelia anthelmia
VISUS Eyes	**Euphrasia · Apis mellifica · Pulsatilla**	Aconitum napellus · Allium cepa · Gelsemium sempervirens · Ruta graveolens · Staphysagria · Symphytum officinale
AUDITUS Ears & balance	**Chamomilla · Pulsatilla · Cocculus**	Belladonna · Ferrum phosphoricum · Hepar sulphuris · Kali muriaticum · Mercurius solubilis · Petroleum · Tabacum
OLFACTUS · GUSTUS Nose & mouth	**Allium cepa · Arsenicum album · Mercurius solubilis**	Aconitum napellus · Apis mellifica · Belladonna · Dulcamara · Gelsemium sempervirens · Hamamelis virginiana · Hepar sulphuris · Ignatia amara · Kali bichromicum · Kali muriaticum · Lachesis mutus · Lycopodium clavatum · Natrum muriaticum · Nux vomica · Phosphorus · Phytolacca decandra · Pulsatilla nigricans · Sabadilla
COR Heart & chest	**Bryonia · Drosera · Spongia tosta**	Aconitum napellus · Antimonium tartaricum · Arum triphyllum · Carbo vegetabilis · Causticum · Cuprum metallicum · Ipecacuanha · Kali carbonicum · Natrum sulphuricum · Phosphorus · Rumex crispus
VENTER Gut & core	**Nux vomica · Carbo vegetabilis · Colocynthis**	Aesculus hippocastanum · Aloe socotrina · Argentum nitricum · Arsenicum album · Bellis perennis · Bryonia alba · Cantharis · China officinalis · Ipecacuanha · Lycopodium clavatum · Magnesia phosphorica · Podophyllum · Pulsatilla nigricans · Sulphur · Veratrum album
TACTUS Hands & arms	**Arnica montana · Ruta graveolens · Rhus toxicodendron**	Bellis perennis · Bryonia alba · Calcarea fluorica · Calcarea phosphorica · Causticum · Cimicifuga racemosa · Dulcamara · Hypericum perforatum · Phytolacca decandra · Rhododendron
CUTIS Skin	**Calendula · Urtica urens · Apis mellifica**	Arsenicum album · Cantharis · Graphites · Hepar sulphuris · Hypericum perforatum · Ledum palustre · Natrum muriaticum · Petroleum · Rhus toxicodendron · Sepia · Silicea · Staphysagria · Sulphur · Thuja occidentalis
PES Legs & feet	**Magnesia phosphorica · Arnica montana · Rhus toxicodendron**	Aesculus hippocastanum · Calcarea carbonica · Calcarea fluorica · Calcarea phosphorica · Colocynthis · Cuprum metallicum · Eupatorium perfoliatum · Hamamelis virginiana · Kali carbonicum · Ledum palustre · Ruta graveolens · Silicea · Symphytum officinale · Zincum metallicum
CIRCULUS The outer circle	**Gelsemium · Ignatia amara · Coffea cruda**	Aconitum napellus · Argentum nitricum · Arnica montana · Arsenicum album · Belladonna · Calcarea carbonica · Chamomilla · China officinalis · Cocculus indicus · Eupatorium perfoliatum · Ferrum phosphoricum · Kali phosphoricum · Lachesis mutus · Lycopodium clavatum · Natrum muriaticum · Nux vomica · Phosphorus · Pyrogenium · Sepia · Staphysagria

A

Aconitum napellus

ACON.

Monkshood, a mountain plant

Sudden, intense onset after a cold dry wind or a fright, with fear and restlessness.

Worse: Cold dry wind, night, fright · **Better:** Open air, rest

THE OUTER CIRCLE	Sudden fear or panic after a shock.
NOSE & MOUTH	A cold that comes on suddenly after a chill.
EYES	Eyes red and hot after cold wind or a speck of dust.
HEART & CHEST	A croupy cough that starts suddenly at night.

Aesculus hippocastanum

AESC.

Horse chestnut

Fullness and aching in the veins, especially the low back and rectum.

Worse: Standing, walking · **Better:** Cool open air

LEGS & FEET	Heavy, aching legs with full veins.
GUT & CORE	A sense of fullness and dryness low in the bowel.

Allium cepa

ALL-C.

Red onion

Streaming, burning nose with bland eyes, like peeling an onion.

Worse: Warm rooms, evening · **Better:** Open air

NOSE & MOUTH	Streaming, burning nose with bland, watery eyes.
EYES	Watery eyes with a burning nose, as with hay fever.

Aloe socotrina

ALOE

Aloe

Urgency and rumbling in the bowel.

Worse: Early morning, heat · **Better:** Cold applications

GUT & CORE	Sudden urgency with rumbling in the belly.

Antimonium tartaricum

ANT-T.

Tartar emetic, a mineral salt

Rattling mucus in the chest that is hard to cough up.

Worse: Lying down, warmth · **Better:** Sitting up, bringing up mucus

HEART & CHEST	Loose, rattling cough with mucus that won't come up.

Apis mellifica

APIS

Honeybee

Stinging, swelling and puffiness that feels better with cold.

Worse: Heat, touch · **Better:** Cold, open air

SKIN	Insect stings that swell and feel hot.
EYES	Puffy, swollen lids that feel better with something cool.
NOSE & MOUTH	A swollen, stinging sore throat that wants cold drinks.

Argentum nitricum

ARG-N.

Silver nitrate

Anticipation, hurry and nerves that go straight to the stomach.

Worse: Anticipation, sweets, heat · **Better:** Cool air, pressure

THE OUTER CIRCLE	Hurried nerves before an event, with "what if" thoughts.
GUT & CORE	Bloating and loose stools from nerves or sweets.

Arnica montana

ARN.

Leopard's bane, a mountain daisy

The first remedy for knocks, bruises, overexertion and shock.

Worse: Touch, motion, damp cold · **Better:** Lying down with the head low

HANDS & ARMS	Soreness and bruising after a knock or overuse.
LEGS & FEET	Aching legs after a long walk or a hard workout.
THE OUTER CIRCLE	Shaken up after an accident, insisting they're fine.
HEAD & MIND	A bump on the head (see a doctor for any head injury).

Arsenicum album

ARS.

Arsenic trioxide, a mineral

Restlessness, chilliness and burning pains eased by warmth.

Worse: Cold, after midnight · **Better:** Warmth, warm drinks

NOSE & MOUTH	Thin, burning nasal discharge with restlessness and chilliness.
GUT & CORE	Upset stomach and loose stools after spoiled food.
THE OUTER CIRCLE	Anxious restlessness, especially around midnight.
SKIN	Dry, scaly, burning skin that feels better for warmth.

Arum triphyllum

ARUM-T.

Jack-in-the-pulpit

A raw, hoarse voice from overuse.

Worse: Talking, singing · **Better:** Rest of the voice

HEART & CHEST	Hoarse, cracked voice from overusing it.

B

Belladonna

BELL.

Deadly nightshade

Sudden heat, redness and throbbing.

Worse: Light, noise, jarring · **Better:** Rest, sitting semi-upright

HEAD & MIND	Sudden, throbbing headache with a hot, flushed face.
NOSE & MOUTH	A bright red sore throat that comes on fast.
EARS & BALANCE	Sudden throbbing earache with a red face.
THE OUTER CIRCLE	Sudden high heat with a flushed face and glassy eyes (get medical advice for high fevers).

Bellis perennis

BELL-P.

Common daisy

Deep bruising of soft tissue, a close partner to Arnica.

Worse: Cold baths, touch · **Better:** Continued motion

HANDS & ARMS	Deep, bruised soreness in muscles after a strain.
GUT & CORE	Deep, bruised soreness in the trunk after a blow.

Bryonia alba

BRY.

White bryony

Everything worse from the slightest movement; dry and thirsty.

Worse: Any motion, warmth · **Better:** Pressure, lying still

HEAD & MIND	Headache that is worse with any movement and better lying still.
HEART & CHEST	Dry, painful cough; holding the chest helps.
HANDS & ARMS	Hot, swollen joints that hurt with any motion.
GUT & CORE	Constipation with dry, hard stools.

C

Calcarea carbonica

CALC.

Calcium from oyster shell

Chilly, steady and easily tired; slow to recover.

Worse: Cold damp, exertion · **Better:** Dry weather

THE OUTER CIRCLE	Overwhelm from too much on the plate.
LEGS & FEET	Cold, damp feet and tired legs.
HEAD & MIND	Headache from overwork and mental strain.

Calcarea fluorica

CALC-F.

Calcium fluoride

Elastic tissues: hard swellings and lax ligaments.

Worse: Damp, rest · **Better:** Heat, gentle motion

HANDS & ARMS	Hard, knotty swellings on joints and tendons.
LEGS & FEET	Weak ankles that turn easily.

Calcarea phosphorica

CALC-P.

Calcium phosphate

Growing pains and slow-to-knit bones.

Worse: Cold, weather changes · **Better:** Warm, dry weather

LEGS & FEET	Growing pains in children's legs.
HANDS & ARMS	Aching bones after a fracture has been set.

Calendula officinalis

CALEN.

Marigold

Clean healing of cuts and scrapes.

Worse: Damp weather · **Better:** Rest

SKIN	Minor cuts and scrapes; traditionally applied as a cream.

Cantharis

CANTH.

Spanish fly beetle

Intense burning, of the skin or when passing water.

Worse: Touch, cold drinks · **Better:** Warmth, rest

SKIN	Burns that blister, before they are dressed.
GUT & CORE	Burning, urgent need to pass water (see a doctor for urinary symptoms).

Carbo vegetabilis

CARB-V.

Vegetable charcoal

Bloating, sluggishness and a longing for fresh air.

Worse: Rich food, warm damp air · **Better:** Burping, being fanned

GUT & CORE	Bloating and gas, better for burping.
HEART & CHEST	Breathlessness that wants fresh air or fanning.

Causticum

CAUST.

Potassium hydrate

Rawness, stiffness and gradual weakness.

Worse: Dry cold wind · **Better:** Damp, warm weather

HEART & CHEST	Hoarse, raw voice and a cough that needs a sip to settle.
HANDS & ARMS	Stiff, tight tendons in the hands and wrists.

Chamomilla

CHAM.

German chamomile

Pain that feels unbearable, with great irritability.

Worse: Anger, night, heat · **Better:** Being carried, warm wet weather

EARS & BALANCE	Earache with great irritability, worse at night.
HEAD & MIND	Irritable restlessness when in pain.
THE OUTER CIRCLE	Teething children who want to be carried.

China officinalis

CHIN.

Cinchona bark

Weakness after losing fluids, with bloating.

Worse: Loss of fluids, light touch · **Better:** Firm pressure, warmth

GUT & CORE	Bloating that isn't relieved by burping.
THE OUTER CIRCLE	Exhaustion after illness, lost fluids or long nights.

Cimicifuga racemosa

CIMIC.

Black cohosh

Aching muscles in the neck and back, and a gloom like a cloud.

Worse: Cold, damp · **Better:** Warmth, eating

HEAD & MIND	Tight neck and shoulders with a heavy, gloomy head.
HANDS & ARMS	Aching, stiff neck and upper back.

Cocculus indicus

COCC.

Indian cockle seed

Dizziness and exhaustion from lost sleep and motion.

Worse: Motion, lost sleep · **Better:** Lying quietly

EARS & BALANCE	Dizziness and queasiness from motion or lost sleep.
THE OUTER CIRCLE	Worn out from caring for someone through broken nights.

Coffea cruda

COFF.

Unroasted coffee bean

An overactive, racing mind.

Worse: Excitement, noise · **Better:** Lying down, warmth

THE OUTER CIRCLE	Sleeplessness from a racing, overactive mind.
HEAD & MIND	Sensitivity to noise when overexcited.

Colocynthis

COLOC.

Bitter cucumber

Cramping pains eased by bending double and pressure.

Worse: Anger, eating · **Better:** Bending double, hard pressure

GUT & CORE	Cramping pain that eases when you bend double.
LEGS & FEET	Cramping pain down the thigh, better for pressure.

Cuprum metallicum

CUPR.

Copper

Cramps and spasms that start and stop suddenly.

Worse: Exertion, night · **Better:** Cold drinks

LEGS & FEET	Violent muscle cramps in the calves and feet at night.
HEART & CHEST	Spasmodic coughing fits.

D

Drosera rotundifolia

DROS.

Sundew

Deep, barking coughing fits, one after another.

Worse: Lying down, after midnight · **Better:** Pressure, open air

HEART & CHEST	Tickling, spasmodic cough that comes in fits.

Dulcamara

DULC.

Bittersweet nightshade

Complaints after getting chilled and damp.

Worse: Cold damp, weather changes · **Better:** Warmth, dry weather

NOSE & MOUTH	Stuffy cold after a cold, damp day.
HANDS & ARMS	Stiffness after getting chilled and wet.

E

Eupatorium perfoliatum

EUP-PER.

Boneset

Deep aching in the bones during a flu.

Worse: Motion, cold air · **Better:** Sweating, lying still

LEGS & FEET	Deep, bone-deep aching during a flu.
THE OUTER CIRCLE	Flu with aching deep in the bones.

Euphrasia officinalis

EUPHR.

Eyebright

Watery, burning eyes with a bland nose.

Worse: Light, wind, warmth · **Better:** Darkness

EYES	Watery, gritty, irritated eyes, as with hay fever.

F

Ferrum phosphoricum

FERR-P.

Iron phosphate

The early stage of a cold or inflammation, before clear symptoms.

Worse: Motion, night · **Better:** Cold applications

THE OUTER CIRCLE	The first stage of a cold or mild fever, before clear symptoms.
EARS & BALANCE	The start of an earache, with flushed cheeks.

G

Gelsemium sempervirens

GELS.

Yellow jasmine

Heaviness, trembling and drooping eyelids.

Worse: Anticipation, bad news · **Better:** Open air, passing water

THE OUTER CIRCLE	Nerves before an exam, interview or performance.
NOSE & MOUTH	A slow, heavy cold with chills and aching.
EYES	Heavy, drooping eyelids with tiredness.
HEAD & MIND	Dull headache at the back of the head.

Glonoinum

GLON.

Nitroglycerine

A bursting, pulsing head from heat and sun.

Worse: Sun, heat, jarring · **Better:** Cold, open air

HEAD & MIND	Pounding headache after too much sun or heat.

Graphites

GRAPH.

Graphite

Thick, cracked skin with a sticky ooze.

Worse: Warmth, night · **Better:** Darkness, wrapping up

SKIN	Thick, cracked skin with a honey-like ooze.

H

Hamamelis virginiana

HAM.

Witch hazel

Bruised, sore veins and easy bleeding.

Worse: Warm moist air, touch · **Better:** Rest

LEGS & FEET	Sore, bruised feeling in the veins of the legs.
NOSE & MOUTH	Nosebleeds with dark blood (see a doctor if heavy).

Hepar sulphuris

HEP.

Calcium sulphide

Extreme sensitivity to cold, touch and pain; splinter-like pains.

Worse: Cold air, touch · **Better:** Warmth, wrapping up

NOSE & MOUTH	Sore throat with a splinter-like pain into the ear.
SKIN	Sore, tender spots that come to a head.
EARS & BALANCE	Earache that is very sensitive to cold air.

Hypericum perforatum

HYPER.

St John's wort

Injuries to nerve-rich areas: fingers, toes and tailbone.

Worse: Cold, touch · **Better:** Bending backwards

HANDS & ARMS	Shooting pains after crushing a finger or toe.
SKIN	Puncture wounds and injuries to nerve-rich areas.

I

Ignatia amara

IGN.

St Ignatius bean

Grief, sighing and a lump in the throat.

Worse: Grief, tobacco smoke · **Better:** Being alone, warmth

THE OUTER CIRCLE	Grief and emotional shock, with sighing.
NOSE & MOUTH	A lump in the throat from emotion.
HEAD & MIND	Headache like a nail driven in, after an upset.

Ipecacuanha

IP.

Ipecac root

Constant nausea that isn't relieved by vomiting.

Worse: Motion, warmth · **Better:** Open air, rest

GUT & CORE	Constant nausea with a clean tongue.
HEART & CHEST	Gagging cough with rattling mucus.

K

Kali bichromicum

KALI-BI.

Potassium bichromate

Thick, stringy, sticky mucus and pain in small spots.

Worse: Morning, cold damp · **Better:** Heat

NOSE & MOUTH	Thick, stringy mucus and pressure at the root of the nose.
HEAD & MIND	Sinus headache in one small spot over the eyebrow.

Kali carbonicum

KALI-C.

Potassium carbonate

Sharp stitching pains and a weak low back.

Worse: Cold, the early morning hours · **Better:** Sitting up, warmth

LEGS & FEET	Weak, aching lower back and legs.
HEART & CHEST	A cough that wakes you at 2 to 3 am (see a doctor for any chest pain).

Kali muriaticum

KALI-M.

Potassium chloride

Thick white discharges and a stuffy middle ear.

Worse: Rich food, open air · **Better:** Cold drinks

EARS & BALANCE	Blocked, crackly ears after a cold.
NOSE & MOUTH	Thick white mucus and a white-coated tongue.

Kali phosphoricum

KALI-P.

Potassium phosphate

Nervous exhaustion from mental strain.

Worse: Mental exertion, worry · **Better:** Rest, eating

THE OUTER CIRCLE	Brain fog and fatigue after long study or work.
HEAD & MIND	Headache from mental overwork.

L

Lachesis mutus

LACH.

Bushmaster snake venom

Left-sided complaints, worse on waking, with tightness at the throat.

Worse: Sleep, heat, tight collars · **Better:** Discharges, open air

NOSE & MOUTH	Left-sided sore throat, worse swallowing liquids.
THE OUTER CIRCLE	Hot flushes and intensity on waking.

Ledum palustre

LED.

Marsh tea

Puncture wounds and stings that feel cold yet are better for cold.

Worse: Warmth, night · **Better:** Cold applications

SKIN	Puncture wounds and bites that feel cold and numb.
LEGS & FEET	A sprained ankle that feels better with an ice pack.

Lycopodium clavatum

LYC.

Club moss

Bloating, worse in the late afternoon, with low confidence.

Worse: 4 to 8 pm, tight clothes · **Better:** Warm drinks, moving about

GUT & CORE	Bloating after only a few bites.
THE OUTER CIRCLE	Dread of new tasks, yet fine once started.
NOSE & MOUTH	Right-sided sore throat that eases with warm drinks.

M

Magnesia phosphorica

MAG-P.

Magnesium phosphate

Cramping pains eased by warmth and pressure.

Worse: Cold, touch · **Better:** Warmth, pressure, bending double

LEGS & FEET	Muscle cramps that ease with warmth and pressure.
GUT & CORE	Colicky cramps eased by a hot water bottle.
HEAD & MIND	Shooting nerve pains in the face, better for heat.

Mercurius solubilis

MERC.

Mercury

Swollen glands, heavy saliva and sweats that don't bring relief.

Worse: Night, extremes of heat and cold · **Better:** Moderate temperature

NOSE & MOUTH	Sore throat with heavy saliva and bad breath.
EARS & BALANCE	Earache with swollen glands and night sweats.

N

Natrum muriaticum

NAT-M.

Table salt

Holding feelings in, craving salt, with a bursting headache.

Worse: Sun, sympathy · **Better:** Open air, cool bathing

HEAD & MIND	Bursting headache from the sun or after grief.
NOSE & MOUTH	A cold with clear, egg-white mucus and lost taste.
THE OUTER CIRCLE	Quiet grief kept to oneself.
SKIN	Cold sores on the lips.

Natrum sulphuricum

NAT-S.

Sodium sulphate

Complaints that are worse in damp weather.

Worse: Damp, cold · **Better:** Dry weather

HEART & CHEST	Wheezy cough worse in damp weather.
HEAD & MIND	Head complaints after a fall, worse in the damp.

Nux vomica

NUX-V.

Poison nut

Overdoing it: rich food, coffee, late nights and stress.

Worse: Morning, stimulants, cold · **Better:** Rest, warmth, evening

GUT & CORE	Heavy stomach after rich food, coffee or alcohol.
HEAD & MIND	Headache after late nights, too much coffee or overindulgence.
THE OUTER CIRCLE	Irritable and wired after overwork.
NOSE & MOUTH	Stuffy nose at night, runny by day.

P

Petroleum

PETR.

Crude rock oil

Travel sickness and deeply cracked winter skin.

Worse: Motion, winter · **Better:** Warm air, eating

EARS & BALANCE	Travel sickness, better for eating.
SKIN	Deep cracks on the hands and fingertips in winter.

Phosphorus

PHOS.

Phosphorus

Open, sympathetic and easily drained; a tickly cough and thirst for cold drinks.

Worse: Talking, cold air · **Better:** Cold drinks, sleep

HEART & CHEST	Tickly, hoarse cough worse for talking.
THE OUTER CIRCLE	Fear of being alone in the dark.
NOSE & MOUTH	Nosebleeds with bright red blood (see a doctor if heavy).

Phytolacca decandra

PHYT.

Poke root

A dark red, hard throat with pain into the ears.

Worse: Swallowing hot drinks · **Better:** Cold drinks, rest

NOSE & MOUTH	Dark red sore throat with pain shooting into the ears.
HANDS & ARMS	Aching in the shoulders and hands that moves around.

Podophyllum

PODO.

May apple

Gushing loose stools early in the morning.

Worse: Early morning, eating · **Better:** Lying on the belly

GUT & CORE	Gushing loose stools early in the morning.

Pulsatilla nigricans

PULS.

Wind flower

Changeable symptoms and mild weepiness, better for fresh air.

Worse: Warm stuffy rooms, rich food · **Better:** Fresh air, gentle motion

EYES	Sticky, itchy eyes with a thick, mild discharge.
EARS & BALANCE	Earache after a cold, wanting comfort and fresh air.
NOSE & MOUTH	Thick, mild, yellow-green mucus.
GUT & CORE	Indigestion after fatty food.

Pyrogenium

PYROG.

Pyrogen

Aching restlessness with a pulse out of step with the temperature.

Worse: Cold · **Better:** Motion, heat

THE OUTER CIRCLE	Aching restlessness during a feverish illness (seek medical care for infections).

R

Rhododendron

RHOD.

Snow rose

Aches that arrive before a storm.

Worse: Before storms, rest · **Better:** After the storm breaks, motion

HANDS & ARMS	Joint aches that start before a thunderstorm.

Rhus toxicodendron

RHUS-T.

Poison ivy

Stiffness that loosens with movement.

Worse: First motion, cold damp · **Better:** Continued motion, warmth

HANDS & ARMS	Stiff joints that loosen up once you start moving.
LEGS & FEET	Stiff, achy legs that are worse at rest.
SKIN	Itchy, blistering rashes, better for hot water.

Rumex crispus

RUMX.

Yellow dock

A tickling cough set off by cold air.

Worse: Cold air, uncovering · **Better:** Covering the mouth

HEART & CHEST	Tickling cough set off by breathing cold air.

Ruta graveolens

RUTA

Rue

Strained tendons and eye strain.

Worse: Overuse, cold damp · **Better:** Warmth, motion

HANDS & ARMS	Strained tendons and wrists from repetitive work.
EYES	Tired, aching eyes from close work or screens.
LEGS & FEET	Bruised ankle and shin bones.

S

Sabadilla

SABAD.

Cevadilla seed

Violent sneezing fits.

Worse: Cold, the smell of flowers · **Better:** Warmth

NOSE & MOUTH	Violent sneezing fits with an itchy nose.

Sanguinaria canadensis

SANG.

Bloodroot

Right-sided headaches that rise from the neck.

Worse: Sun, light · **Better:** Sleep, darkness

HEAD & MIND	Right-sided headache rising from the back of the neck.

Sepia

SEP.

Cuttlefish ink

Worn out, flat and wanting space.

Worse: Cold, morning · **Better:** Vigorous exercise

THE OUTER CIRCLE	Feeling flat and worn out, better for exercise.
SKIN	Brownish patches and dry skin.

Silicea

SIL.

Silica, from flint

Slow to heal and chilly; helps push out splinters.

Worse: Cold, damp · **Better:** Warmth, wrapping the head

SKIN	Helping push out splinters and slow-healing spots.
LEGS & FEET	Cold, sweaty feet.

Spigelia anthelmia

SPIG.

Pinkroot

Left-sided headache over the eye.

Worse: Motion, noise · **Better:** Lying on the right side

HEAD & MIND	Left-sided headache over the eye, worse with motion.

Spongia tosta

SPONG.

Roasted sea sponge

A dry, barking cough like a saw through wood.

Worse: Cold wind, before midnight · **Better:** Warm food and drinks

HEART & CHEST	Dry, barking cough that sounds like a saw through wood.

Staphysagria

STAPH.

Stavesacre

Clean cuts, and anger held in.

Worse: Touch, anger · **Better:** Warmth, rest

SKIN	Clean cuts from a blade or surgery (follow medical aftercare).
THE OUTER CIRCLE	Resentment and hurt held in.
EYES	Recurring styes.

Sulphur

SULPH.

Sulphur

Heat, itching and burning that is worse for washing.

Worse: Heat, washing · **Better:** Open air

SKIN	Hot, itchy skin that is worse for washing.
GUT & CORE	Early-morning urgency.

Symphytum officinale

SYMPH.

Comfrey

Injuries to bone and to the eye.

Worse: Touch · **Better:** Warmth

EYES	Pain after a blow to the eye (see a doctor for eye injuries).
LEGS & FEET	Aching bones after a fracture has been set.

T

Tabacum

TAB.

Tobacco

Deathly nausea with pallor and cold sweat.

Worse: Motion, heat · **Better:** Open air, uncovering the belly

EARS & BALANCE	Seasickness with a pale face and cold sweat.

Thuja occidentalis

THUJ.

Tree of life

Warts and oily skin.

Worse: Damp cold · **Better:** Warmth

SKIN	Warts and skin tags.

U

Urtica urens

URT-U.

Stinging nettle

Stinging, burning hives.

Worse: Cold water, touch · **Better:** Rubbing, lying down

SKIN	Minor burns and stinging, nettle-rash skin.

V

Veratrum album

VERAT.

White hellebore

Collapse with cold sweat on the forehead.

Worse: Motion, drinks · **Better:** Warmth, lying down

GUT & CORE	Vomiting and loose stools with cold sweat (seek care for dehydration).

Z

Zincum metallicum

ZINC.

Zinc

Restless, fidgety legs.

Worse: Evening, wine · **Better:** Moving the limbs

LEGS & FEET	Restless, fidgety feet and legs in the evening.

BEFORE YOU USE ANY REMEDY

A note on health

Entries describe traditional use drawn from classical homeopathic references such as Boericke's Materia Medica (1901). They are not a diagnosis or a substitute for care from a qualified professional. Follow the directions on the label of any product you use.

> **Get medical help right away for** chest pain, trouble breathing, a high fever, a head injury, sudden severe pain, signs of a stroke, signs of dehydration, or any symptom that is getting worse.

Where to buy

Every remedy in this guide has a **Find it on Amazon** button on its page at **homeo.ai** (Remedy → Browse all 76 remedies A–Z), and the Store page lists them all by body area. As an Amazon Associate, homeo.ai earns from qualifying purchases, at no extra cost to you.

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