

HOMEOPATHIC REMEDIES FOR HEALTHY SKIN

CONCERN	HOMEOPATHIC REMEDY	
<p>ABSCCESS</p>	<p>CALCAREA SULPHURICA</p>	<ul style="list-style-type: none"> • Helps with abscesses that continue to discharge for weeks or months. • Consider when the discharge is creamy and yellow and slow to heal. • Helps when the abscess forms into a fistula. • Worse: Heat.
	<p>HEPAR SULPHURICUM</p>	<ul style="list-style-type: none"> • Helpful for recurring boils in the same place. • Consider when the discharge is offensive or smells like old cheese. • Useful when the abscess is extremely sensitive to touch. • Better: Heat. • Worse: Cold.
	<p>SILICEA</p>	<ul style="list-style-type: none"> • Consider for abscess that develops around a foreign body. • The person has hard or hardened boils. • Useful for abscesses that form anywhere on the body. • Worse: Drafts and uncovering.
	<p>SULPHUR</p>	<ul style="list-style-type: none"> • Consider for recurring boils anywhere on the body. • The person has oily skin. • Helpful with offensive, yellow discharge from the abscess. • Worse: Heat, heat of bed.
<p>ECZEMA</p>	<p>ARSENICUM ALBUM</p>	<ul style="list-style-type: none"> • Helpful for burning pains associated with itching. • The person must scratch until skin is raw which ameliorates. • Helps with severe itching without eruption. • Better: Heat, warm bathing. • Worse: Night, open air and undressing.
	<p>GRAPHITES</p>	<ul style="list-style-type: none"> • Consider for dry eczema with thick yellow or honey-like discharge. • Helpful for deep cracks in the skin or hard, thick, rough skin. • Useful for eruptions often in the folds of the skin or behind the ears. • Worse: Night, heat and becoming heated in bed.
	<p>MEZEREUM</p>	<ul style="list-style-type: none"> • Helps with intense, intolerable itching. • Consider for eruptions on the scalp with thick white flakes and pus. • Better: Cold air, though the person is chilly. • Worse: Night, heat, heat of a fire, hot bathing, touch.
	<p>PETROLEUM</p>	<ul style="list-style-type: none"> • Consider when the skin is nearly always dry and painful. • Useful for people who work with their hands and with chemicals. • The person scratches until bleeding. • Worse: Winter, cold weather.
	<p>SULPHUR</p>	<ul style="list-style-type: none"> • Considered the most common remedy for eczema. • Helps with tremendous itching. • The person scratches until raw and oozing or until the skin bleeds. • Better: Cold or cold applications. • Worse: Night, becoming heated, bathing, contact with wool.

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SHINGLES	<p style="text-align: center;">APIS</p>	<ul style="list-style-type: none"> • Considered one of the most important remedies for shingles on the face, especially the left side of the face. • Useful for red or pink skin that has severe burning pains. • Helps with marked swelling of the face and especially the eye. • Better: Cold applications. • Worse: Heat.
	<p style="text-align: center;">ARSENICUM ALBUM</p>	<ul style="list-style-type: none"> • Helpful for burning pains which are relieved by warmth. • Helps with shingles on the right side of the face, neck or torso. • Better: Warmth. • Worse: Night, cold or open air.
	<p style="text-align: center;">RHUS TOX</p>	<ul style="list-style-type: none"> • Consider for itching, burning neuralgic pains. • Helps with vesicular lesions that are very itchy along with the pain. • Useful for shingles on the left scapula, right side, right leg and thigh. • Better: Warmth, hot bathing, constantly moving. • Worse: Night.
WARTS	<p style="text-align: center;">ANTIMONIUM CRUDUM</p>	<ul style="list-style-type: none"> • Consider for hardened warts, almost the consistency of horn. • The person may develop ulceration about the warts. • Helps with plantar warts or warts on the back of the hand and fingers. • Worse: Heat, including radiant heat from a stove or open fire.
	<p style="text-align: center;">CAUSTICUM</p>	<ul style="list-style-type: none"> • The person has multiple or very large warts. • Helps with warts that become hard, jagged, sensitive and bleed easily. • Useful for warts on the tips of fingers, especially near the nails. • Worse: Cold, suppressed eruptions.
	<p style="text-align: center;">NITRIC ACID</p>	<ul style="list-style-type: none"> • Consider for widespread, sensitive warts with splinter-like pain. • Helps with jagged, itchy and especially moist warts. • Useful when the warts bleed easily, from washing or rubbing. • The person has warts on the face or lips. • Worse: Cold.
	<p style="text-align: center;">THUJA</p>	<ul style="list-style-type: none"> • Considered the most common remedy for warts. • Helps with large, rapidly growing warts. • Useful for dark colored, brown or red warts. • The person has warts on the face, lips or hands. • Worse: Cold, damp weather.

BLEMISH BUSTING REMEDIES

REMEDY	DESCRIPTION
CALCAREA SULPHURICA	Severe cystic acne. Lesions persist in one place for weeks and do not heal quickly. Yellow, creamy pus drains for a long time. Unhealthy-looking skin with yellowish scabs. Pimples on face and near ears and hairline. Tendency to infections of the sinuses, ears, and tonsils that persist a long time. The person may be warm-blooded and feel worse in warm rooms. According to Lippe, this remedy "acts deeper than Hepar sulph."
HEPAR SULPHURICUM	Pimples that are very painful; they may feel like a splinter in the skin. Lesions are very sensitive to touch and possibly to cold. They may cluster in crops on the forehead and tend to form pustules and whiteheads easily. Discharge may smell like old cheese. In general, the person may be very chilly and oversensitive to pain, touch, cold, and slight causes.
KALI BROMATUM	Acne begins in the teen years and continues relentlessly into adulthood. Bluish, red pustules on the face, chest, and shoulders that leave scars, purple spots, or a depression in the skin. Pimples may have a depressed center or be painful, large red cysts with a white or yellow center. In females, the acne may be worse near the menstrual period. The person may have fidgety hands and feet, unpleasant dreams, restless sleep, and teeth grinding. They may be worse from warmth.
SILICEA	Deep, hard cystic acne, like boils on the face, especially the cheeks; pimples often do not come to a head or show pus. Pimples are very slow to heal and leave pitting scars. The person tends to get infections easily and frequently. They may be chilly with sweaty hands and feet. They may be fatigued and lacking in strength and confidence, while also being obstinate with fixed ideas.
SULPHUR	Acne with very oily skin. Blackheads are plentiful. Pimples and whiteheads are very large but not that deep. The face, especially the nose, is generally affected and tends to become reddened. Pimples may be painless but itchy. The skin may be rough and worse from washing. The acne may also be worse from heat, before the menstrual period, and from eating fatty foods. (This remedy is especially indicated for rosacea, a reddening of the face that causes acne-like eruptions.)

For longer lasting issues, please consult a professional homeopath.
See www.homeopathycenter.org for an infographic on how to take homeopathic remedies.

References used: *Desktop Guide to Keynotes and Confirmatory Symptoms* by Roger Morrison, *Desktop Companion to Physical Pathology* by Roger Morrison, and *Blemish-Busting Remedies: End the anguish of acne—get homeopathic treatment! Homeopathy Today, Winter 2012.*

This infographic is for educational purposes only. The information within should not be interpreted as a recommendation to treat any particular disease or health-related condition. Consult your medical professional about all health-related concerns. For severe or life-threatening conditions, seek emergency care or dial 911.