

## HOMEOPATHIC REMEDIES FOR GIRLS

CONCERN	HOMEOPATHIC REMEDY	
BLADDER ISSUES	CANTHARIS	<ul style="list-style-type: none"> <li>• Consider for intense burning with urination.</li> <li>• Helpful when pain is the main symptom.</li> <li>• Better: Cold applications, after urine is completely voided.</li> <li>• Worse: Motion, urging to urinate, touch or jar.</li> </ul>
	NUX VOMICA	<ul style="list-style-type: none"> <li>• Helpful for full sensation but only small amount of urine passed.</li> <li>• The girl has painful retention of urine.</li> <li>• Helpful when frequent urging is the main symptom.</li> <li>• Better: Warmth or warm bathing.</li> <li>• Worse: Anger, chilled, during stool.</li> </ul>
	SARSAPARILLA	<ul style="list-style-type: none"> <li>• Helpful for urination with burning pains at the end of urination.</li> <li>• The girl has painful urge for urine.</li> <li>• The girl can only urinate while standing.</li> <li>• Worse: Cold damp weather, before or during menses.</li> </ul>
GROWING PAINS	CALCAREA PHOSPHORICA	<ul style="list-style-type: none"> <li>• The girl is discontented, never satisfied.</li> <li>• Consider for delayed development, slow to walk.</li> <li>• Better: Heat, hot bathing.</li> <li>• Worse: Cold, drafts, change of weather.</li> </ul>
	PHOSPHORIC ACIDUM	<ul style="list-style-type: none"> <li>• Consider when mental collapse from grief or illness.</li> <li>• The girl feels fatigue and weakness.</li> <li>• The girl craves fruit and fruit juices, refreshing things.</li> <li>• Better: Sleep, even short nap.</li> </ul>
	PHOSPHOROUS	<ul style="list-style-type: none"> <li>• The girl is anxious and wants company for reassurance.</li> <li>• The girl has a fear that something bad will happen.</li> <li>• Better: Eating, cold drinks, sleep, rubbing affected part.</li> <li>• Worse: Fasting, spicy foods, twilight.</li> </ul>
WORRY	CALCAREA CARBONICA	<ul style="list-style-type: none"> <li>• The girl is overwhelmed with too much responsibility.</li> <li>• Helpful for worries about health and security.</li> <li>• The girl has a fear of the unknown.</li> <li>• Better: Rest, eating.</li> <li>• Worse: Cold, wet weather, full moon, exertion.</li> </ul>
	GELSEMIUM	<ul style="list-style-type: none"> <li>• Consider when complaints come from anticipation.</li> <li>• The girl is sad but unable to cry.</li> <li>• Better: Continued motion, afternoon.</li> <li>• Worse: Anticipation, fright, bad news, excitement, surprises.</li> </ul>
	MAGNESIUM MURIATICUM	<ul style="list-style-type: none"> <li>• The girl is a peacemaker with a strong aversion to conflict.</li> <li>• Consider for anxiety at night in bed.</li> <li>• The girl cries easily.</li> <li>• Better: Open air, hard pressure, gentle motion.</li> <li>• Worse: Cold, at night in bed, waking up in the morning.</li> </ul>

## HOMEOPATHIC REMEDIES FOR TEENS

CONCERN	HOMEOPATHIC REMEDY	
PERIOD CRAMPS	CHAMOMILLA	<ul style="list-style-type: none"> <li>• Helpful for severe labor-like pains that extend down the inner thighs.</li> <li>• The teen has an angry, irritable and complaining mood during pain.</li> <li>• The teen is hypersensitive to pain with overly dramatic reactions.</li> <li>• Better: Cold applications, being rocked.</li> <li>• Worse: Touch, night.</li> </ul>
	COLOCYNTHIS	<ul style="list-style-type: none"> <li>• Consider when severe cutting abdominal pain is the main symptom.</li> <li>• The teen is easily offended or humiliated.</li> <li>• The teen is angry or indignant during her violent cutting pains.</li> <li>• Better: Lying on abdomen, heat, firm pressure on the abdomen.</li> <li>• Worse: Anger, indignation.</li> </ul>
	MAGNESIUM PHOSPHORICA	<ul style="list-style-type: none"> <li>• The teen is irritable and oversensitive.</li> <li>• Helpful when the menstrual flow is stringy or membranous.</li> <li>• Painful periods.</li> <li>• Better: Warmth and warm applications, from bending over double.</li> <li>• Worse: Cold, cold bathing, cold air and drafts.</li> </ul>
PRE- MENSTRUAL SYNDROME (PMS)	LACHESIS	<ul style="list-style-type: none"> <li>• The teen is irritable and jealous.</li> <li>• Consider for headaches before period and flushes of heat.</li> <li>• The teen cannot tolerate tight clothing.</li> <li>• Better: Once the flow of the period starts.</li> <li>• Worse: First waking up in the morning, heat, from cycle.</li> </ul>
	NUX VOMICA	<ul style="list-style-type: none"> <li>• Consider for irritability and impatience before her cycle.</li> <li>• The teen is chilly, constipated, and craves sweets.</li> <li>• The teen has painful periods with urge for stool before or during flow.</li> <li>• Better: Warmth, warm applications.</li> <li>• Worse: Eating, cold, suppressed hemorrhoids.</li> </ul>
	PULSATILLA	<ul style="list-style-type: none"> <li>• The teen bursts into tears easily and has changeable moods.</li> <li>• Consider for irregular periods and painful breasts.</li> <li>• The teen feels left out or unloved.</li> <li>• Better: Open air, consolation.</li> <li>• Worse: Eating rich foods, evening.</li> </ul>
SELF ESTEEM	ANACARDIUM	<ul style="list-style-type: none"> <li>• The teen has feelings of low self-esteem and worthlessness.</li> <li>• The teen may develop great cruelty and cold-heartedness.</li> <li>• The teen may have a desire to prove herself.</li> <li>• Consider when there are two wills in one person.</li> </ul>
	BARYTA CARBONICA	<ul style="list-style-type: none"> <li>• The teen is timid, full of anxiety and anticipation.</li> <li>• The teen clings to those who provide her with security or reassurance.</li> <li>• The teen is very worried about what others think of her.</li> <li>• The teen is easily overwhelmed.</li> </ul>
	NATRUM MURIATICUM	<ul style="list-style-type: none"> <li>• The teen worries about hurting others and being hurt emotionally.</li> <li>• The teen is reserved even to the point of aloofness.</li> <li>• The teen bristles when someone tries to console her, even though she may quietly crave consolation.</li> </ul>

## HOMEOPATHIC REMEDIES FOR MOMS

CONCERN	HOMEOPATHIC REMEDY	
<p><b>MASTITIS</b></p>	<p><b>BELLADONNA</b></p>	<ul style="list-style-type: none"> <li>• Consider when mastitis comes on suddenly.</li> <li>• Helpful when breast feels hot, inflamed, swollen, and heavy.</li> <li>• Useful for pulsating or throbbing pain.</li> <li>• Consider when breast has red streaks radiating from the center.</li> <li>• Helpful most often in early stages of inflammation.</li> </ul>
	<p><b>BRYONIA</b></p>	<ul style="list-style-type: none"> <li>• Consider for pain that is worse from the slightest motion.</li> <li>• Helpful when breasts feel heavy and stony hard.</li> <li>• Useful when breasts are hot and swollen but not very red.</li> <li>• Consider when the pain feels dragging, extending from nipple to shoulder blade, especially when infant begins to nurse.</li> </ul>
	<p><b>PHYTOLACCA</b></p>	<ul style="list-style-type: none"> <li>• Helpful for painful, inflamed, or red breasts.</li> <li>• Consider when the pain radiates from the nipple all over the body while nursing.</li> <li>• Helps with feeling exhausted with aching muscles or joints, like the flu.</li> <li>• Breasts are heavy, stony hard, swollen, and tender, with painful nodules</li> </ul>
<p><b>MORNING SICKNESS</b></p>	<p><b>IPECACUANHA</b></p>	<ul style="list-style-type: none"> <li>• For persistent nausea with vomiting of both liquids and solids.</li> <li>• Mom has a lack of thirst and a desire for open air.</li> <li>• Helps with severe, constant nausea that is not relieved by vomiting.</li> <li>• Consider when there is a dislike of all food.</li> </ul>
	<p><b>NUX VOMICA</b></p>	<ul style="list-style-type: none"> <li>• Mom feels chilly and irritable and has a desire for coffee.</li> <li>• Reduces nausea that is strong, especially in bed on waking.</li> <li>• Helps moms who are very hungry but feel worse after eating.</li> <li>• Consider for nausea when unable to vomit.</li> </ul>
	<p><b>SEPIA</b></p>	<ul style="list-style-type: none"> <li>• Helpful when nausea is accompanied by irritability and weepiness.</li> <li>• Mom has a desire for pickles or vinegar containing foods.</li> <li>• Helps with nausea when the stomach is empty but eating doesn't help.</li> <li>• Consider for moms who may feel indifferent to loved ones because of exhaustion; but nonetheless feel better from physical exercise overall.</li> </ul>
<p><b>VAGINITIS</b></p>	<p><b>CALADIUM</b></p>	<ul style="list-style-type: none"> <li>• Helpful for vaginitis during pregnancy.</li> <li>• Consider for dryness of labia and vulva.</li> <li>• Mom has itching of the vagina and vulva with burning.</li> <li>• Worse: From sex, tobacco</li> </ul>
	<p><b>KREOSOTUM</b></p>	<ul style="list-style-type: none"> <li>• Consider for yellow vaginal discharge that is terribly itchy and burning.</li> <li>• Helpful when discharge smells putrid or like green corn.</li> <li>• Useful when scratching makes the itching and inflammation worse.</li> <li>• Worse: During pregnancy or before the menstrual period starts.</li> </ul>
	<p><b>PULSATILLA</b></p>	<ul style="list-style-type: none"> <li>• Mom has thick, bland yellow-green or creamy, milky discharge.</li> <li>• Mom is clingy, weepy and desires butter, ice cream, and creamy foods.</li> <li>• Better: Open air, consolation.</li> <li>• Worse: In stuffy room, after eating rich foods.</li> </ul>

## HOMEOPATHIC REMEDIES FOR WISE WOMEN

REMEDY	DESCRIPTION
<p><b>CALCAREA CARBONICA</b></p>	<p>Sweats easily and during sleep. Cold perspiration about the head, hands, and feet. Apprehensive. Forgetful with anxiety and palpitation; misplaces words and expresses herself wrongly. Despairing and hopeless of ever getting well. Heavy blood flow during menopause. Restless at night with a dry heat but with cold sweat on the head, neck, and chest. Frequent flushes with anxious palpitation followed by chill and cold hands. Frequent attacks of sudden general heat as if she had been drenched with hot water. Sweats even in a cold room.</p>
<p><b>CONIUM</b></p>	<p>Memory weak; forgetful with excessive difficulty recollecting things, especially dates; unable to sustain any mental effort. Top of head unusually hot; face hot. Soreness in uterus region. Muscular weakness, especially of lower limbs. On dropping to sleep, hot flushes or sweat through the whole body. Great heat internally and externally with nervousness. Most profuse sweat is on head and upper body. Aversion to people. Dwells on the past. Sensitive to noise.</p>
<p><b>LACHESIS</b></p>	<p>Flushes of heat and rushes of blood. Weakness of whole body in morning on rising. During heat, must loosen clothes around neck because of suffocating feeling. Weak memory; mistakes in writing and speaking. Violent burning during urination. Menopausal palpitations, hemorrhages, headaches at top of head, fainting spells, persistent bloated feeling, uterine prolapse. Flashes of heat all day; cold flashes, chills, heavy bleeding at night. Nightly burning in palms and soles. Sleepless from anxiety and internal restlessness. Hot flushes on top of head or in hands and feet at night, with headache. Hot perspiration around neck. Profuse sweat wakes her up at night. Worse from sleep, heat, tight clothes. Better in open air, from cold drinks, from loosening clothes. For women who have never felt well since starting menopause, even if it has been years.</p>
<p><b>MAGNESIA CARBONICA</b></p>	<p>Irritable and restless. Burning during urination. Sleepless from anxious uneasiness and internal heat with great dread. Whole body feels tired and painful. Great internal heat at night with night sweats but averse to uncovering. Heat on right side, with burning and redness of head.</p>

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REMEDY	DESCRIPTION
PHOSPHORUS	<p>Burning sensation as if a flame was passing through her, especially at night. Feeling of intense heat running up the back. Lowness of spirits. Loss of memory. Brain feels tired. Anxious about many things especially for others. Fear something bad will happen. Lacks willpower to undertake anything. Burning heat in face and hands, followed by redness of cheeks and anxiety; flushes from the least emotion. Tension over the bladder region; burning with frequent urging to urinate. Flushes all over beginning in hands, which causes frequent waking. Profuse perspiration at night on head and hands, followed by chills. Worse from cold and mental exertion. Over sensitive to noise, light, odors. Sympathetic. Fears thunderstorms. Desires ice cold water, ice cream.</p>
PULSATILLA	<p>Feels insane during menopause. Puffy, red face with frequent flushes. Feels as if urine were impossible to delay; involuntary urination at night. Heavy blood flow; vaginal discharge and itchiness at menopause. Wakes frequently; sleepless from an anxious sensation of heat; intolerable burning heat at night. Burning hands; internal heat without external heat. One-sided perspiration on head and scalp. Worse from warmth and in evening. Better in cold and open air. Cries easily. Contradictory. Not thirsty. Sensitive; better from consolation. Symptoms change constantly.</p>
SEPIA	<p>Sudden, frequent, hot flushes at menopause preceded by weakness and anxiety, followed by perspiration and tendency to faint. Heat starts low and moves upward. Heat flushes mainly in the face, followed by redness. Dwells on past disagreeable occurrences. Poor memory. Confuses words. Clumsy. Yellow-brownish skin color across the nose and cheeks. Constipation. Urging and involuntary urination, especially at night. Great dryness of the vagina. Wakes with violent beating of heart. Sleepless at night especially after 3:00 a.m.; feels as if hot water was poured on her. Chilly. Worse from cold and in afternoon. Better from vigorous exercise and warmth. Indifferent to loved ones. Irritable, offended easily, critical, intolerant of contradiction. Sensitive to music, noise. Desires vinegar, sweets.</p>
SULPHUR	<p>Feels too hot; flushes of heat move upward. Very forgetful; thinking is difficult. Top of head hot. Lips dry, bright red, burning. Heat and burning in face with flushing. Hot flushes with hot head, hands, and feet followed by faintness in stomach. Feels suffocated; wants doors and windows open at night. Burning in soles and hands at night. Frequent waking at night with heat, anxiety, restlessness. Difficulty falling asleep, with sweaty, itchy, burning skin, worse from scratching and heat. Worse in morning and from standing. Better in open air and from sweating. Irritable, depressed, quarrelsome, impatient, critical. Sensitive to odors. Thirsty with dry mouth.</p>

## HOMEOPATHIC REMEDIES FOR SENIORS

CONCERN	HOMEOPATHIC REMEDY	
ARTHRITIS	ARNICA	<ul style="list-style-type: none"> <li>• Helps with soreness all over the body, even the bed feels too hard.</li> <li>• Consider for stiff joints.</li> <li>• Worse: Touch, pressure, cold, damp weather, motion, jarring.</li> </ul>
	BRYONIA	<ul style="list-style-type: none"> <li>• Helpful for excruciating often stitching pains.</li> <li>• The person may be irritable.</li> <li>• The person fears to move yet feels restless.</li> <li>• Better: Heat, pressure, lying still, lying on the painful side.</li> <li>• Worse: Slightest motion, jarring, cold, after eating.</li> </ul>
	RHUS TOX	<ul style="list-style-type: none"> <li>• Considered the main remedy in all forms of arthritis.</li> <li>• The person is restless, must keep moving from the painful stiffness.</li> <li>• Better: After rising and moving, continued motion, hot bathing.</li> <li>• Worse: Morning on waking, cold and damp, sitting still, first motion.</li> </ul>
CONSTIPATION	ALUMINA	<ul style="list-style-type: none"> <li>• Helps with extreme constipation with no urge for stool.</li> <li>• The person may use finger to remove stool.</li> <li>• Relieves constipation with dryness in rectum.</li> <li>• Worse: In the morning on waking, heat, potatoes.</li> </ul>
	CALCAREA CARBONICA	<ul style="list-style-type: none"> <li>• The person feels no ill effects from constipation.</li> <li>• Aversion to fat, meat, coffee.</li> <li>• Helps with clay-like stool.</li> <li>• Better: Lying on back, burping.</li> <li>• Worse: Cold, exertion, cold, wet weather.</li> </ul>
	SILICA	<ul style="list-style-type: none"> <li>• Stool seems to recede after almost extruding.</li> <li>• The person has hard stool with straining.</li> <li>• Helpful for sensation that more stool is still in the rectum.</li> <li>• Worse: Before or during menses, fat, milk.</li> </ul>

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CONCERN	HOMEOPATHIC REMEDY	
SLEEP	<p><b>ARSENICUM ALBUM</b></p>	<ul style="list-style-type: none"> <li>• Consider for sleeplessness especially at midnight to 1am.</li> <li>• Helpful for restless sleep with anxiety.</li> <li>• The person feels like they will never fall asleep which keeps them up.</li> <li>• Better: Heat, company.</li> <li>• Worse: Cold, midnight to 2am.</li> </ul>
	<p><b>COFFEA CRUDA</b></p>	<ul style="list-style-type: none"> <li>• The person may wake from the slightest noise.</li> <li>• Consider for sleeplessness from racing thoughts.</li> <li>• Worse: Excitement, surprises, noise, drinking coffee.</li> </ul>
	<p><b>NUX VOMICA</b></p>	<ul style="list-style-type: none"> <li>• Consider for sleeplessness especially at 3 or 4am.</li> <li>• The person cannot sleep because of thoughts about work.</li> <li>• Better: Warmth.</li> <li>• Worse: Eating, sitting, overindulgence in food or alcohol, anger.</li> </ul>

For longer lasting issues, please consult a professional homeopath.  
See [www.homeopathycenter.org](http://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, *Sweet Relief for Hormonal Ups & Downs: Homeopathy for women's health at every stage* by Dr. Trevor Holly Cates, *Homeopathy Today Spring 2012*, *Go with the Flow: Every woman's guide to healthy, pain-free periods –naturally* by Lia Bello, RN, FNP, CCH, *Homeopathy Today Fall 2016*, *Mirror, Mirror on the Wall... Self-Esteem and homeopathy* by Judith Acosta, LISW, CCH, *Homeopathy Today Spring 2017*, *How I Eliminated Hot Flashes in 3 Weeks without Diet or Exercise- Manage your menopause, naturally!* by Cristina Cantu, ND, *Homeopathy Today Summer 2018*, *Here's Help for Nursing Moms End mastitis misery, with homeopathy and natural medicine* by Amy Rothenberg, ND, *DHANP Homeopathy Today Winter 2022*, and *Have a Healthy, Happy Pregnancy Brochure* by the National Center for Homeopathy.

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