
Contents

<i>Preface</i>	vii	10 Bruising	68
<i>About the authors</i>	ix	11 Burns	70
		12 Catarrh and sinus problems	72
PART 1	1	13 Chickenpox and shingles	74
1 Introduction to homeopathic theory	3	14 Cold and flu	76
2 Homeopathic medicines	8	15 Cold sores	78
3 Types of homeopathic medicines, practitioners and practices	21	16 Colic	80
4 Prescribing and dispensing homeopathic medicines	31	17 Constipation	82
		18 Cough	84
		19 Cramp	86
		20 Diarrhoea	88
		21 Ear problems	90
PART 2	47	22 Eczema and dermatitis	92
Introduction to the prescribing charts	48	23 Eye problems	94
1 Abscesses and boils	50	24 Fatigue (acute)	96
2 Acne	52	25 Fever	98
3 Allergies	54	26 Flatulence	100
4 Anxiety and shock	56	27 Glandular fever	102
5 Backache	58	28 Gout	104
6 Bedwetting	60	29 Haemorrhoids	106
7 Bereavement	62	30 Hay fever	108
8 Bites and stings	64	31 Headache and migraine	110
9 Problems associated with breastfeeding	66	32 Hot flushes	112
		33 Injury	114

Contents

34 Itch	116	47 Sleep problems	142
35 Problems associated with labour	118	48 Smoking	144
36 Problems associated with the menopause	120	49 Sore throat	146
37 Morning sickness in pregnancy	122	50 Sports injuries	148
38 Mouth problems	124	51 Sprains and strains	150
39 Nappy rash	126	52 Teething	152
40 Nausea and vomiting	128	53 Travel sickness	154
41 Nosebleed	130	54 Urinary problems (acute)	156
42 Period pains	132	55 Warts and verrucae	158
43 Perspiration	134	56 Wounds	160
44 Pre-menstrual syndrome	136	Appendix 1 Useful addresses	162
45 Rheumatic and arthritic pain	138	Appendix 2 Further information	167
46 Sciatica	140	Appendix 3 Materia medica	171
		<i>Index</i>	185