



EAST BAY NATURAL MEDICINE

DR. JASPREET MUNDEIR, ND

3100 Oak Road, Suite 120

Walnut Creek, CA 94597

925.937.3266

www.ebnaturalmedicine.com

Apis Mellifica (Honeybee):

Indications: Bee stings, insect bites, hives, jelly fish stings, stinging nettle rash, swollen joints.

Symptoms: Swelling, itching, redness, pain stinging and burning.

Puffy swelling - eyes, throat, tongue, face. Thirstlessness.

Better with cold application and open air.

Worse with heat, touch and pressure.

Dosage: 30C - 3 pellets every 3 hours up to 3 doses per day.

Arnica Montana (Leopards Bane):

Indications: Give immediately for any injury or accident.

Excellent for bruising to soft tissues, sore muscles, shock, falls, head injuries, contused wounds, black eye, brain concussion and for the shock of burns.

Symptoms: Soreness and bruised feeling, shock, bleeding caused by injury, muscle soreness from over exertion and bruising.

Used in early sprains to promote healing.

Dosage: 30C - 3 pellets every hour

Hypericum Perforatum (St. John's Wort):

Indications: Nerve end injuries- crushed fingertips, tailbone injuries, dental procedures or medical surgeries. Puncture, incised or lacerated wounds. Severe concussions of brain or spine.

Symptoms: Pains shooting up the limb or pains shooting centrally in the limb. In spinal injuries, pain moves up and down the spine. Worse from touch, cold, dampness, fog. Better from bending the head back.

Dosage: 30C 3 to 5 pellets every 3 hours up to three doses per day.

First Aid - Homeopathics

Ledum Palustre (Labrador Tea):

Indications: Puncture wounds from sharp objects bee or mosquito stings, animal bites and scratches, black eye from blow, long lasting bruising.

Symptoms: Injured area is cold and numb, relieved by cold. Worse at night from warm applications and from the heat of the bed.

Dosage: 30C 3 to 5 pellets every three hours up to 3 doses per day.

Rhus Toxicodendron (Poison Ivy):

Indications: Sprains and strains of joints, muscles, tendons or ligaments. Excellent for torn ligaments and tendons. Blistering, itching, burning and swelling of the skin (poison oak/ivy)

Symptoms: Painful when beginning to move- better after continued motion. Better from heat. Thirsty, restless. The injured area is hot and swollen. Worse from damp cold weather.

Dosage: Use after Arnica when treating strains. 30C three to five pellets every 3 hours up to 3 doses per day.

Ruta Graveolens (Rue):

Indications: Sprains close to the bone and periosteum or involving tendons or ligaments and not helped by Rhus toxicodendron. Bruised bone, shin splints.

Symptoms: Strains and sprains. Worse from cold, lying down, wet weather and being at rest.

Dosage: Use Arnica Montana initially. 30C three to five pellets every 3 hours up to 3 doses per day.



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