

5 Important Remedies for Summertime*



Summertime is a time of outdoor activities: walking, hiking, swimming, biking; family trips; going to the beach or lake; getting together with family and friends. It is a time of slowing down the fast pace of life and getting outside to enjoy the warm weather. While summer is a time of re-creation and fun activities, it also has its hazards: sunburn, bug bites, injuries from physical activities, etc.

Here are some important remedies to have on hand to manage the potential hazards of the summer season.**

1 Calendula Ointment (lotion or gel)

Wonderful ointment for minor cuts, scrapes and shallow wounds. Calendula is an antibacterial and an astringent. It prevents and heals infections. Good for first-degree sunburn as well.

2 Arnica Montana

Top remedy for physical injuries that results in bruising, or strenuous activities that produce muscle soreness. Any “bruised” sensation in the body will be helped with this remedy. Also aids in the emotional shock associated with injury or overexertion.

3 Apis Mellifica

Excellent remedy for bee stings that produce swelling, redness, stinging pain and sensation of heat in the affected part. Has been used in cases of allergic reaction to bee stings that produce hives or anaphylactic shock. One indicator for this remedy is the affected part feels better with cold applications.

4 Rhus Toxicodendron

This remedy is made from poison oak and is good for exposure to poisonous plants such as poison oak and ivy. The skin eruptions are very itchy and produce water-filled blisters. The person feels soothed with hot applications to the affected parts. The state is a restless one.

5 Rescue Remedy

An excellent remedy for emotional shock and stress. This remedy can provide rapid support for any event that causes shock, anxiety and vulnerability. It was specially formulated to support the mind and body in situations of stress and overwhelm. Also good for physical injuries that produce shock and anxiety.

**Should you have any special medical conditions or be pregnant, consult with your physician before taking any homeopathic or medicinal substances. Also, in severe or emergency medical situations seek professional care immediately.*

***In terms of a “potency” for the abovementioned remedies, 30C would be a good choice to have on hand (exceptions are calendula ointment and Rescue Remedy, which are determined formulas). If you experience one of the symptoms listed above, take one dose of the indicated remedy every 30 minutes until relief is felt, then stop. Repeat the process if the discomfort recurs. If there is no improvement after taking a few doses of a remedy, discontinue and seek professional medical or homeopathic care.*