



360 Homeopathy, LLC

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If you were able to join us for **May's Summer Remedies with Essential Oils and Homeopathy** class, thank you for coming! It was great to see everyone!

If you missed it, we compiled all our notes and are excited to share a recap of everything we covered.

If you have any follow-up questions, please don't hesitate to contact us!

SUMMER REMEDIES with ESSENTIAL OILS and HOMEOPATHY
by
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WHAT IS AN ESSENTIAL OIL?

Pure plant essence derived/distilled from flowers, trees, roots, bushes, resins, and seeds.

Antibacterial, antiviral, mold fighting, non-toxic, immune boosting, anti-inflammatory, healing, increases vibrational frequency, fragrant influences (sesquiterpenes cross blood brain barrier), vitamins, enzymes, hormones, etc.

Ways to incorporate into everyday living- Health boosters, Natural Medicine chest and body care products, greening your home

HOW TO USE AN ESSENTIAL OIL?

- Inhalation- diffuse, bottle, spritzers
- Topical- neat, diluted- apply to feet/spine/ears/spot tx
- Internal- in water/honey/other liquid, add to foods, capsules, suppositories
- Cautions- dilutions, photosensitivity, age, pregnancy, health conditions, etc.

WHY NATURAL PRODUCTS?

It is safe for whole family and pets. It is also easy and simple.

BUG SPRAY

8 drops purification: 1oz water- could also look into using citronella, lemongrass, cypress, peppermint, or lavender. Neat if going to be in heavily wooded areas- around ears and scalp- and for pets- paws, behind ears (PubMed)

SUNSCREEN/AFTER SUN CREAM

4 drops lavender, 4 drops frankincense, 4 drops carrot seed oil: 1 oz coconut oil

BURN

Lavender neat, 6-8 drops lavender: 1 oz water

SOOTHING OINTMENT for bites, itching, scrapes/scratches

6 drops (total) lavender, chamomile: 1 oz carrier oil, lavender chap stick

ANTI-INFLAMMATORY OINTMENT- muscles, joints, headache

6 drops (total) peppermint, wintergreen, clove: 1 oz castor/carrier oil

SPRITZER refresher, h/a and for burns

6 drops (total) lavender, peppermint: 1 oz water

HOMEOPATHIC ESSENTIALS FOR THE SUMMER SEASON

The Summer Season stressors include too much of a good thing (sunburn), things that make us itch (bug bites and poison ivy), and allergies to all sorts of things out in the environment.

Fortunately, there are numerous homeopathic remedies to help us truly enjoy our summer season. The nice weather never seems to stay long so let's get out and enjoy nature and have our homeopathic friends nearby.

HOMEOPATHY FOR RAGWEED

In keeping with the homeopathic principle that "like cures like," those suffering from ragweed allergies try Ambrosia (ragweed) for relief and those allergic to goldenrod use Solidago (golden rod) which has been beneficial for some individuals.

Consider Arsenicum iod to quell a frequent desire to sneeze, and Natrum mur 6C six times daily for a constant nasal drip that resembles raw egg white.

If sneezing and a runny nose are accompanied by hot, stinging, swollen, and watering eyes, and symptoms seem worse indoors, consider Allium cepa 6C six times daily.

Euphrasia 6C six times a day is a common remedy to soothe red, itchy, and burning eyes, thick eye discharge, and sneezing that worsens at night.

Try Pulsatilla 6C six times daily if sneezing that worsens indoors is accompanied by nighttime congestion.

INSECT BITES & STINGS

Wasp, yellow jacket, or bee got the best of you? If the pain lessens after ice or cold applications, try Ledum 30C every half-hour for further relief. This is typically the first remedy given after a bug bite.

For swelling and burning pain, Apis (crushed bee) 30C every 30 minutes may be useful. Carboolicum acidum is useful if you've been stung multiple times.

HOMEOPATHIC REMEDIES FOR POISON IVY, OAK, & SUMAC

The bane of summer, these poisonous plants can make life feel unbearable. If your rash feels better when you're submerged in a very hot bath, use Anacardium. However, if any kind of warmth only aggravates your condition, Sulphur may be the more appropriate remedy.

Those tormented at night by itching can try Rhus toxicodendron for relief.

Graphites helps address rashes with pustules that weep a glutinous, honey-like substance.

HOMEOPATHIC HELP FOR SUNBURN

If you overdid your time in the sun, apply a soothing calendula-based gel, spray, or ointment to your burn. FYI- calendula is also helpful to apply to new tattoos to support healing.

Urtica urens has been used to ease the pain of first-degree burns (painful redness but with no blistering, which is typically a second-degree burn).

Lora recommends using the 30C potency "every five to ten minutes" until the symptoms subside.

Alternatively, try Belladonna 30C. To minimize the blistering and pain of intense burns, consider taking Cantharis 30C.

SUNSTROKE

This is a dangerous condition, so remedies should never be given in place of professional care. However, remedies can be given while a person is being transported to a healthcare professional. If accompanied by fever, headache, dilated pupils, reddened face, and stupor, use Belladonna. Use the 6th, 12th, or 30th potency every 30 minutes for the first two hours. After giving a remedy for two hours, reduce frequency to every one to four hours.

Lastly, it is always helpful to keep arnica around for any trauma such as scrapes, falls, bruises, or over worked muscles. Once the warm weather hits we often go out and bike or do yard work and tax muscles that haven't been used for awhile. This is a great time to take arnica-- 3 doses a day for 2-3 days will help you recover much faster!

RESOURCES

Young Living- Seed to Seal, farms, education, 20th yr!
www.youngliving.com