## CONTENTS

Lesson 1	<b>First Aid with Homoeopathy I</b> Shock, Bleeding, Bruising, Wounds, Bites and Stings, Burns, How Homoeopaths look at symptoms - a Full Symptom, How remedies are made and stored, Provings, <i>Arnica, Hypericum, Ledum.</i>
Lesson 2	First Aid with Homoeopathy II Sprains and Strains, The Law of Similars, More about Provings, Specifics, Dosage, <i>Rhus toxicodendron, Ruta graveoleus.</i>
Lesson 3	<b>Headaches</b> Types of headache - tension, sinus, bilious, Evaluating Symptoms, Exciting and Maintaining Causes, The relationship between acute and chronic illness <i>Nux vomica, Bryonia, Belladonna.</i>
Lesson 4	Sore Throats Where, Why - the effect of anatomy, Levels of defense, Individuality and Susceptibility, The homoeopathic theory of disease, Vitality. <i>Lachesis, Hepar Sulphuris, Mercurius.</i>
Lesson 5	<b>Earaches</b> The Minor Organ and relationship to overall health. Vitality and Potency, Hering's Laws of Cure, Assessing the action of a remedy. <i>Pulsatilla, Silicea.</i>
Lesson 6	<b>Colds, Coughs and Flus - Winter Ailments</b> The Interaction of three factors of Disease, Vitality and Susceptibility, Types of Acute Disease, Identifying what needs cured. <i>Gelsemium, Aconite.</i>
Lesson 7	When Something Goes Wrong in the Gut Travel Sickness, Food Poisoning, Colic, Diarrhoea, Constipation,

Maintaining and Exciting Causes plus Constitutional Weaknesses, The Digestive System and Acute Illness, The Role of Diet. *Ipecacuanha, Ignatia, Arsenicum, Colocynth* 

- Lesson 8 Menstrual Problems Amenorrhoea, Dysmenorrhoea, Menopause, Life style, age and constitution, When to treat acutely and when to treat constitutionally. Sepia, Apis mellifica.
- Lesson 9 Constitutional Treatment Miasmic theory, The relationship of Psyche and Soma. *Lycopodium, Natrum muriaticum, Phosphorus.*

## Lesson 10 **Childhood Diseases** Their relationship to the Miasm, The changing face of Disease, To treat or not to treat,

Calcarea.