

Choose the Right Medicine for Your Condition and Specific Symptoms

Local symptoms
you can point to
e.g., bumps, bruises, or sore throat

6C

CHOOSE A
DILUTION

30C

General or behavioral
symptoms throughout
the body
e.g., fever, rash, or sleeplessness

CONDITION*	SYMPTOMS		SYMPTOMS ACCOMPANIED BY	SINGLE MEDICINE
ALLERGY RELIEF*				
ALLERGY SYMPTOMS	Hay fever, skin allergy, food allergy			Histaminum hydrochloricum
HAY FEVER	Spasmodic sneezing; runny, itchy nose	• Especially from pollen		Galphimia glauca
	Runny nose	• Worse in the morning		Natrum muriaticum
EYE IRRITATION	Itchy, burning eyes	• Swollen eyelids, irritating tears • Use Optique 1® for local relief		Euphrasia officinalis
COUGH, COLD, AND FLU RELIEF*				
ONSET OF COLD	Clear and watery discharge	• Sneezing • Fresh air improves it		Allium cepa
ESTABLISHED COLD	Thick white discharge	• Earaches from cold		Kali muriaticum
	Thick yellow discharge • Loss of sense of smell or taste from a cold • Dry nose at night; runny in a warm room	• Non-irritating		Pulsatilla
		• Irritating		Kali sulphuricum
	Thick green discharge	• Sinus pain from congestion • Irritated nostrils		Kali bichromicum
LAST STAGES OF COLD	Nasal congestion lingering after cold or flu	• Fatigue		Sulphur iodatum
FEVER	High fever • Hot and dry face • Hot and red face	• No sweat • Profuse sweat		Aconitum napellus Belladonna
	Low or mild fever	• Slow onset, fatigue		Ferrum phosphoricum
THROAT IRRITATION	Hoarseness with broken voice	• Tingling of the throat		Arum triphyllum
	Sore throat with pain radiating to the ears	• Especially when swallowing		Phytolacca decandra
	Sore throat with bad breath and excessive salivation			Mercurius solubilis
	Postnasal drip	• Yellow nasal discharge		Hydrastis canadensis
SINUS PAIN	Frontal sinus pain	• Shooting pain above the eye or the temple • Worse at night		Kali iodatum
	Facial sinus pain	• Pain aggravated by touch		Mezereum
DRY COUGH	Constant dry cough, triggered by breathing cold air	• Improved by heat		Rumex crispus
	Croupy, barking cough	• Tight throat, hissing cough		Spongia tosta
	Painful, hoarse cough	• Worse at the beginning and the end of the night • Perspiration brings no relief		Hepar sulphuris calcareum
SPASMODIC COUGH	Dry cough worse at night and when lying down	• Aggravated by the warmth of the bed		Drosera
WET COUGH	Wet cough with bronchial irritation	• Worsened by humidity		Natrum sulphuricum
	Wet cough with thick phlegm	• Difficult to expel phlegm		Antimonium tartaricum
BONE PAIN	Associated with cold or flu symptoms	• Stiffness • Painful eyeballs, sensitive to pressure		Eupatorium perfoliatum
PAIN RELIEF*				
MUSCLE AND JOINT PAIN	Swelling and bruising	• From trauma or overexertion		Arnica montana
	Pain in lower back	• Accompanied by feeling of weakness		Kali carbonicum
	Relieved by staying immobile	• Pain relieved by strong pressure		Bryonia
	Relieved by movement	• Stiff muscles and joints • Pain aggravated by dampness		Rhus tox
	Triggered by cold and damp weather			Dulcamara
LIGAMENTS AND TENDONS	Sprains, strained tendons or ligaments	• Dislocations, tendinitis • Eyestrain from insufficient or artificial light		Ruta graveolens
	Recurrent sprains	• Recurrent lower back pain		Calcarea fluorica
LEG PAIN	Leg cramps, especially in calves	• Sudden onset and end • Very painful		Cuprum metallicum
	Painful, restless legs	• Especially when tired		Zincum metallicum
NERVE PAIN	Acute shooting pain	• Along nerve path • Sting, wounds, tooth extraction • Crushed fingers		Hypericum perforatum
BONE PAIN	From fracture or trauma	• After running long distances		Symphytum officinale
ABDOMINAL OR MENSTRUAL PAIN	Improved by bending over	• Sharp pain from colic or menstrual cramps • Pain is also improved by strong pressure		Colocynthis
	Improved by heat	• Sudden pain, from digestive or menstrual origin		Magnesia phosphorica
PERSONAL CARE*				
MENSTRUAL PAIN	Pain varies with menstrual flow	• The more profuse the menstrual flow, the more intense the pain		Cimicifuga racemosa
	Scanty flow	• Cramping, intermittent pain		Caulophyllum thalictroides
	Profuse flow	• With red clots • Pain radiates from the sacrum to the pubis		Sabina
	Bloating and lower back pain	• Especially during periods or premenopause • Aggravated by standing, staying immobile • Improved with exercise		Sepia
CRAMPS	Improved by bending over	• Intense pain that starts and stops abruptly • Pain is improved by strong pressure		Colocynthis
	Improved by heat	• Sudden pain, digestive or menstrual origin		Magnesia phosphorica
HOT FLASHES	Night sweats or profuse sweat	• Red face, headaches		Belladonna
	Throbbing headaches	• Sudden onset		Glonoinum
	Feeling of constriction, especially around the neck	• Intolerance to heat: need to undress or open a window		Lachesis mutus
HEMORRHOIDS	Swelling and itching	• Use HemCalm® Ointment or Suppositories for local relief		Aesculus hippocastanum
	Burning and itching with bursting sensation	• Use HemCalm® Ointment or Suppositories for local relief • Frequent headaches, night sweats		Hamamelis virginiana
STRESS INCONTINENCE	Incontinence from effort			Causticum
CHILDREN'S HEALTH*				
CRADLE CAP	Head and scalp tends to sweat when asleep or during feeding			Calcarea carbonica
TEETHING	Hypersensitivity to pain; irritability	• Improved by passive motion (e.g., being rocked or when in a car)		Chamomilla
NERVOUSNESS	Associated with sleeplessness, agitation, and irritability			Cina
GROWING PAINS	Growing bone pain			Calcarea phosphorica
DIGESTIVE RELIEF*				
INDIGESTION	Overindulgence, nausea (food, alcohol, coffee, tobacco)	• Drowsiness after meals • Coated tongue		Nux vomica
	Overeating (cured meat, acidic foods, sweets)	• Gastric fullness, belching with the taste of ingested food		Antimonium crudum
	Nausea, with dull pain on right side of the back	• Headaches, bitter taste • Discolored stools		Chelidonium majus
GAS	Above the belt	• Slow digestion, belching; worse when lying down • Flushed face, especially when drinking alcohol		Carbo vegetabilis
	Below the belt	• Relieved by passing gas • Headaches		Lycopodium clavatum
MOTION SICKNESS	Nausea is not relieved by vomiting	• Hypersalivation, clean tongue • Painful vomiting		Ipecacuanha
	Nausea with ice cold skin	• Cold sweats • Improved by fresh air		Tabacum
	Nausea with dizziness	• Weakness, tendency to faint • Worsened by passive motion		Cocculus indicus
DIARRHEA	With intestinal growling	• Painful, profuse and projectile diarrhea • Worse early in the morning		Podophyllum peltatum
	With gas and bloating of the whole abdomen	• Painless and exhausting diarrhea • Improved by heat		Cinchona officinalis
	With extreme weakness and sensitivity to cold			Arsenicum album
WEANING OFF TOBACCO	Nausea from tobacco withdrawal			Lobelia inflata
STRESS AND SLEEP*				
APPREHENSION	With trembling, headaches, and sweating			Gelsemium sempervirens
	With hurriedness, agitation	• Belching, sour stomach • Improved by eating candy		Argentum nitricum
	With hypersensitivity to stress, emotions	• Yawning; lump in the throat • Improved by distraction		Ignatia amara
OCCASIONAL SLEEPLESSNESS	With mental hyperactivity	• Racing thoughts while trying to fall asleep		Coffea cruda
FATIGUE FROM OVERWORK	With a feeling of being inefficient	• Headaches, sleep disorders		Kali phosphoricum
	With indifference and lack of interest	• Headaches, sleep disorders		Phosphoricum acidum
	With sensitivity to cold and recurring illnesses	• Weakness, sweats		Silicea
FIRST AID*				
SKIN RASH	From food or contact allergies	• Intense itching; worse with water		Urtica urens
	Itching increased by heat or warmth	• Burning sensation after scratching		Sulphur
BLISTERS	Large blisters, often painful or burning	• Sunburn, second degree burns • From rubbing		Cantharis
SCARS	Itching from surgical wounds	• Worsened by slightest touch		Staphysagria
	Thick, raised firm scars	• Rough and dry skin		Graphites
ACNE	Pustules, white spots	• Especially on the face		Calcarea sulphurica
WARTS	Warts			Thuja occidentalis
CHAPPED FINGERS	Cracks or fissures on the fingers	• Especially in winter, or from contact with detergents, cement, oil, etc. • Use Calendula Ointment for local relief		Petroleum
INSECT BITES AND STINGS	Swelling from bee or wasp stings	• Burning and itching pain • Improved with cold compresses • Use Calendula Gel for local relief		Apis mellifica
	Mosquito bites	• Small wounds from pointed objects • Use Calendula Gel for local relief		Ledum palustre

*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

**C, K, CK, and X are homeopathic dilutions:see BoironUSA.com/info for details.