



Homeopathic help for Insects stings & bites



Since being stung or bitten do you have:

- Difficulty breathing?
- Wheezing?
- Palpitations of the heart?

If the answer is "Yes" to any of the above - see a doctor NOW or
If the sting is IN the mouth go to hospital NOW

To select the most appropriate Homeopathic remedy try to match the patient's symptoms to those listed below. The dose would be as advised by the practitioner. In the absence of this guidance please refer to the dose recommended by the manufacturer, as stated on the remedy container.

- **Aconite** - shock and nervousness. There may be numbness and tingling
- **Cantharis** - violent burning and smarting pains overshadow all other symptoms. Blisters may develop. **Better for warmth**
- **Apis** - rapid swelling, looks red and angry, with stinging and burning pain. Worse for warmth, **better for cold**
- **Ledum** - Chilly sensation, but **better for cold** application, worse for warm applications. Watery swellings which may look red and inflamed
- **Urtica Urens** - itchy, blotchy skin reactions, looks like nettle rash.
- **Staphysagria** - large bites which may itch violently, with smarting, stinging pains which are worse for cold, **better for warmth**. Irritable and sensitive to touch.

*"Stings and bites are an inevitable part of Summer so it pays to have an idea what to do when it happens. The sting should be removed as soon as possible. This is usually done by scraping and it's important to remember that you should **NOT** try to suck the poison out. After the sting has been removed the site should be cleaned before applying any tinctures or creams such as *Hypercal* or *Calendula*. Some pharmacies and health food shops stock *Pyrethrum spray* which can often also be very beneficial after a sting or bite. An old fashioned approach was to apply acid or alkaline depending on the type of sting but this is seldom effective once the poison is under the skin. In the event of a severe reaction seek professional help immediately."*



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