Summer Homeopathic First Aid Series
Treatment for the Rusty Gate and Headaches from Neck and Shoulder Tension

Hello Again,

I heard back from many of you after last week's article on Arnica Montana. Thank you for your feedback. It was unanimous, you all want to learn a few more remedies. So, let's jump into our next homeopathic medicine, **Rhus toxicodendron 200C, aka Poison Ivy aka Rhus tox** for short.

This is one that I absolutely would take with me when traveling, especially if I am taking a road trip. The keynote for Rhus tox is the rusty gate. Imagine going to an old farmhouse that has been abandoned for 100 years. If you tried to open the gate, it might be rusted and take much effort to swing open. However, if you stand there and swing it back and forth many times, the more you move the gate, the easier it is to open and close. This is what you use Rhus tox for when taking a road trip. If you have sat in the car for five hours and when you get out, you cannot stand up straight and you have stiffness and pain when you first start to walk. However, after a few minutes of walking, it gets easier, you loosen up and find yourself standing up straight and walking much easier. Can you relate?

So, what you do is take one dose of the Rhus tox about 10 minutes before you arrive at your destination. You will find it will be much easier to take those initial few steps and the discomfort will be less. Rhus tox is my best friend when traveling. If you feel like the Tin Man from Wizard of Oz after sitting too long, then this is the remedy for you.

Another use for Rhus tox is for headaches that come from neck and shoulder tension. This is especially true if you are waking up with a headache. If you take a dose and stretch your neck and shoulders, often the headache will recede.

People suffering with fibromyalgia may find **Rhus tox 200C** helpful. It is usually taken every 12 hours for a chronic condition like fibromyalgia.

Since there are more than 6000 homeopathic medicines, there are many that may be a potential match for a particular condition. When narrowed down to a few different remedies, how do you choose? That is where the subtleties of the medicines come into play.

For Rhus tox, there is a restlessness that prevails both mentally and physically. The pain quality is usually stitching, shooting and tearing. Often the pain can be left sided or begin on the left then move over to the right and the pains are made worse in the evening. Sleep is often difficult because of restless legs or feet and an agitated or restless mind. The restlessness may begin in the evening and continue throughout the night. This is the time of day when anxiety, fear and depression may overwhelm the

person. They may cry easily, often without cause. Now, you don't have to have all of what I just listed above, but if you do, Rhus tox is a slam dunk.

Stiff, sore and achy muscles are usually relieved by firm pressure and heat, such as a hot Epsom salt bath. Lying flat on the floor may provide relief. This is one difference between Rhus tox and Arnica. If you remember from last week, Arnica finds the bed too hard, so you will not find an Arnica person wanting to lay on the ground to find relief. Exposure to cold, damp, overcast, foggy or cloudy weather, as well as getting wet can make the pain worse. This person would not do well living in Seattle.

The dosing is the same as the dosing for other first aid scenarios. Take it when you need it, don't take it when the symptoms have disappeared. If using Rhus tox for a road trip, then take a dose 10 minutes before you arrive at your destination. If you are driving twelve hours in a day, you may be taking it 2-4 times.

If you are taking it for a headache coming from tight neck and shoulders, then frequency is based on results. If you take it and your headache starts feeling better, then you know you picked the right remedy. If the headache starts to come back, then take it again at that time. If you have daily headaches and neck and shoulder tension, then taking one dose twice daily might be a good frequency until the cycle has been broken. Obviously, acupuncture can be really helpful in relieving headaches and neck and shoulder tension, too.

For a reminder on how to handle and take these magnificent energy medicines, please read the **article on How to handle homeopathic remedies.** If you want to purchase these remedies online, you can use my online dispensary found **fullscript**. If you are interested in the OHM brand, you can contact me and pick it up at the office.

School in Collier County is starting today. Rhus tox is a good remedy to remember for the children who get headaches from looking at schoolwork or computers all day and carrying around those heavy backpacks leading to neck and shoulder tension.

I have had multiple requests to put together a first aid kit containing the homeopathic we have discussed this summer. I am working on this and will let you know when those will be available. Thank you again for your positive feedback on this summer's first aid series. It makes me so happy that you are enjoying the articles. Have a wonderful week!