

LAURA HARDY WELLNESS

LEARN HOMEOPATHY WITH LAURA

GENTLE, NATURAL, AND EFFECTIVE
SOLUTIONS FOR EVERYDAY AILMENTS

WHAT IS HOMEOPATHY?

Homeopathy is a completely natural form of medicine that stimulates the body's natural healing mechanisms by addressing the root cause of an imbalance, rather than suppressing them. Remedies are selected based on the individual's specific physical, mental and emotional symptoms.

WHO IS HOMEOPATHY FOR?

Anyone can use homeopathy, from conception, through pregnancy, birth, infancy, and all stages of life, all the way to old age. It is great for balancing hormones and metabolic processes through childhood, teenage years, fertility, menopause, and men's health. It can gently detox unwanted side effects of other toxins, and is even safe and gentle on pets.

HOW DO I TAKE REMEDIES?

Dissolve 2-3 pellets under the tongue or add to a small amount of water. For acute symptoms, take a dose every 2-4 hours as needed, reducing as symptoms improve. They are best taken on a clean palate, at a different time from food and drink.

Laura Hardy PDHom Adv, RSHom (NA), MARH

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I see clients online internationally and in person in Vanceboro, NC

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MY TOP HOMEOPATHIC REMEDIES FOR FAMILY FIRST AID

ACONITE NAPELLUS

The Fear and Sudden Onset Remedy. For sudden colds, fever, or fear after exposure to cold winds or shock. Often helpful in the first stage of illness.

ARNICA MONTANA

The First Aid Remedy. For bruises, sprains, sore muscles, or physical trauma. Helps reduce pain, swelling, and shock after injuries.

ARSENICUM ALBUM

The Diarrhea, Sickness and Food Poisoning remedy. Relieves diarrhea, vomiting, and food poisoning with accompanying anxiety, restlessness, and chilliness.

BELLADONNA

The Fever and Inflammation Remedy. For high fevers, throbbing headaches, or inflammation with redness and heat. Often used for sudden illnesses.

CHAMOMILLA

The Teething and Tantrum Remedy. For teething pain, irritability, restlessness, or children who seem inconsolable.

NUX VOMICA

The Overindulgence and Stress Remedy. For indigestion, nausea, bloating, irritability after overeating, over drinking, or stress.

PULSATILLA

The tears, separation, and comfort remedy. For colds, pink eye, ear infections, and indigestion, marked by tearfulness and a need for comfort. Symptoms improve with fresh air; thirst is absent.

This is a beginners guide to acute issues only. For personalized acute or chronic care please get in touch or visit www.laurahardywellness.com.

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