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ALPSTEIN ACADEMY
Continuous Professional Development

Seminare & Webinare

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ALPSTEINCLINIC



willkommen
welcome
sönd wölkomm
bienvenue
benvenuto

Greetings from the Appenzeller Land ..

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ALPSTEINCLINIC

GRÜEZI!



The Alpstein Mountains in Appenzell

Market Place in Gais near Appenzell

Alpstein Clinic in Gais

Homeopathy
First aid

Andreas Pezold und Team, Alpstein Clinic Gais / AR, Schweiz

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ALPSTEINCLINIC
GAIS / SWITZERLAND

Announcement

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Homeopathic first-aid kit

Why homeopathy?

If you've heard of arnica, you've also heard of homeopathy. For bruising as a result of a fall, arnica is the drug of choice (anti-inflammatory).

Advantage of homeopathy?

Homeopathy can provide fast, gentle and effective relief in many cases.



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Threatend amputation by Constanin Hering



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Stitches

Ledum

Take this remedy if the injury is cold,
aggravation by heat, improvement by local cold;
the pain radiates to the inside of the body



Hypericum

Very painful, aggravated by cold air



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Stitches

Apis mellifica

edematous, hot, stinging, improvement by cold
In the case of puncture wounds and deep wounds,
be sure to have them examined by a doctor!



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Bites, scratches and abrasions

Calendula officinalis (1% solution)

Dab wounds with it and make a wound dressing



Hypericum

Very painful in very sensitive areas of the body



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Bites, scratches and abrasions

Hamamelis virginica

Extensive bruising and bleeding; Vein pain



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Dehydration

China officinalis

Weakness after fluid loss

Exacerbation by touch

Improvement through heat and fresh air



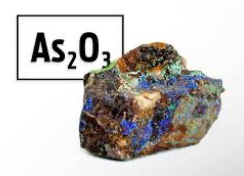
Arsenicum album

Big weakness

Exacerbation by cold, cold foods

Improvement through heat and warm drinks

Per kg body weight, add 30 ml of water (even warm) with a pinch of salt or vegetable broth powder throughout the day



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Fear of flying

Aconitum
Before Flight 5 Glob C30
Panic with fear of death with restlessness
Aggravation in warm rooms
Improvement in fresh air

Ignatia
Mood
Exacerbation from coffee, alcohol, and grief
Improvement through food





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Fear of flying

Gelsemium

Stage fright, such as paralyzed, apathetic, dizziness
Aggravation: Excitement, fog, subdued weather



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Altitude sickness

Golden Rules

Slow ascent, from 4000 m take a rest day (sleep 2 nights at the same altitude)

Coca

Preventive / in mild cases

for altitude sickness

Palpitations, shortness of breath, anxiety and insomnia

Aggravation: at altitude

Improvement: fast movements in the fresh air

5% develop into serious cases: Immediate descent, do not administer sedatives, oxygenation, call the mountain rescue service



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Jetlag

Cocculus

Dizziness, consequences of lack of sleep

Exacerbation: not enough sleep, smoking and noise



Nux-vomica

Irritable, headache, indigestion

Early awakening

Exacerbation: too much stimulants such as alcohol, nicotine and not enough sleep


Improvement: Rest



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Hangover

Nux-vomica
 Irritable, headache, gastrointestinal irritation
 Exacerbation: cold, turning over in bed, loud noises, morning
 Improvement: Sleep, evening, rest




Sulfur
 Wants fresh air, feels too warm, hungry, hopeless



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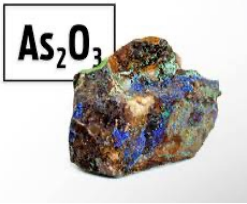
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Food poisoning

Arsenicum-album
 Consequences of spoiled protein, anxious
 sudden nausea and vomiting with weakness,
 < least amount of drinking and eating, poisoning by spoiled
 meat > warmth, rest




Colocynthis
 Colicky cramps with vomiting and diarrhea
 writhing and writhing in pain
 Improvement: hard pressure and heat



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Indigestion

Nun-vomica
 Diarrhea, intermittent cramps with chills
 Aggravation: cold, loud noises, in the morning.
 Improvement: Rest, warmth, evening

Pulsatilla
 Nausea and vomiting, no thirst
 Whiny, craving for fresh air
 Aggravation: in the room / Improvement: in the room


Okoubaka
 Gastrointestinal
 Food intolerances, histamine intolerance

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Conjunctivitis, eye injury

Euphrasia
 for catarrhal ailments with secretions from the eyes and nose
 Lacrimation and watery runny nose, adhesion when waking up
 Photophobia, inflammation and redness of the eye
 Aggravation: Wind, Brightness, Light, Sun Enhancement: Darkness

Symphytum
 Severe pain in the eye after a blow with a blunt object such as an elbow, ball or snowball

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Sty

Pulsatilla

Stye on the lower eyelid



Staphisagria

Stye on the upper eyelid



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Fever

Aconitum

Suddenly redness and heat without sweat, anxiety, restlessness



Belladonna


**Pounding pain, strong feeling of heat with sweat,
Pupils are dilated
Aggravation: light, vibration**



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Fever

Eupatorium perfoliatum
Feeling of being exhausted, muscle and bone pain
Aggravation: between 7:00 a.m. - 9:00 a.m.
Improvement: knee-elbow position




Phosphor
Kältegefühl im ganzen Körper, Durst auf grosse Mengen
ständiges Husteln
Verschlimmerung: morgens und abends, allein sein
Besserung: Trost, Gesellschaft, Wärme



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Sore throat

Aconitum
Sudden onset / at night, stabbing burning pain
great thirst for cold water
Exacerbation: swallowing, cold winds
Improvement: cold water



Apis
Severe swelling with stabbing pain when swallowing
rather thirstless, pale pink on the palate,
Exacerbation: warm drinks



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Sore throat

Belladonna

Throat fiery red, suddenly occurring, throbbing burning pain
little thirst for warm tea



Lachesis

Sore throat usually starts on the left and can pull to the right
does not tolerate touch or pressure on the neck



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Cystitis

Belladonna

Acute, sudden, pulsating pain
violent urge to urinate or urinary retention
Aggravation: concussion, lying down
Improvement: semi-upright



Cantharis


Hypersensitivity and burning pain when urinating
with persistent urge to urinate and tenesmus
Aggravation caused by touch, urination, drinking cold water
Improvement: Rubbing



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Cystitis

Dulcamara

The trigger is a cold or soaking wet, bloody urine indication. urge to urinate, aggravation: wet cold, sweating in the cool, cold


Improvement: Heat



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Bruise


Arnika

feeling of being broken, does not want to be touched, after a fall, bruises, sprain,

Overuse

Aggravation: slightest touch, movement, damp cold


Improvement: lying down



Bellis perennis

Trauma to the pelvic organs with a strong feeling of crushing, sprain and bruise

Aggravation: hot bath, warmth of the bed, cold bath, before storms



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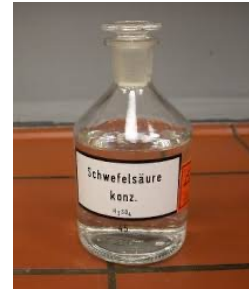
Bruise

Sulfur-Acidum

Old hematomas, weakness with tremors, heat flashes followed by cold sweats

Exacerbation: excessive heat or cold in the morning and evening

Improvement: Warmth and lying on it



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Sprain and strain

Arnika

The first 6 hours one dose every hour.



Rhus-toxicodendron

Immobility and joint pain

Improvement in movement and heat

Deterioration due to rest, cold and weather changes One dose every 8 hours for 3-4 days



Ledum

Improvement of the injury; due to the effect of cold


Deterioration due to walking and heat



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Tendon injury


Ruta
Every 8 hours over 3-4 days after initial arnica doses
In the case of injury to the periosteum, ligaments, cartilage, etc.
Deterioration due to rest and cold

Rhus-toxicodendron.
Every 6 hours for 3-6 days
Improvement through exercise, warmth and rest
Deterioration due to cold, humidity and before thunderstorms

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Tendon injury

Arnika
Administering the first remedy after trauma



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Earache

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Aconitum
Sudden onset of pain after exposure to cold or cold wind
Dryness in the ear, restlessness and anxiety

Belladonna
High fever with a hot head and cold extremities, dilated pupils / light-sensitive eyes
Aggravation due to touch, vibration, draught
pounding-throbbing pain, red, hot and sensitive ears

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Earache

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Mercurius solubilis
Strong tendency to sweat, especially at night, salivation, bad breath
Tooth impressions on the tongue, foul-smelling, sore yellow-green suppuration
Exacerbation at night

Pulsatilla
Weeping mood, dry mouth with thirstlessness
does not tolerate heat, wants fresh air, thus improvement,
mild thick yellow pus

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Bronchitis

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Drosera
Severe, cramp-like coughing attacks up to shortness of breath, choking and vomiting
Aggravation after lying down, singing, drinking, and laughing




Ipecacuanha
Typical gagging and vomiting with coughing, rattling breathing



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Bronchitis

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Phosphor
Agitating, unquenchable cough, great thirst for cool drinks
Aggravation by exertion, lying on the left side
Improvement through cold, rest and lying on the right




Spongia
Cramp-like, dry-barking cough, anxiety
Improvement through drinking



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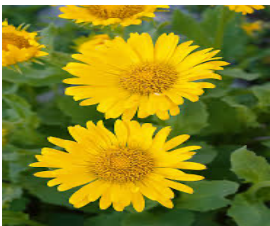


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Toothache

Aconitum
 pain suddenly, sometimes with numbness and tingling,
 Thirst and insomnia
 Aggravation caused by cold wind, at night and when lying
 on the affected side


Arnika
 Pain after injury or dental surgery with bleeding, swelling
 Feeling of being broken

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Toothache

Belladonna
 Throbbing, bursting toothache during a cold
 Tooth inflammation
 Exacerbation by vibration and at night


Hepar-sulfuris
 Purulent inflammation with exacerbation by cold and
 draughts
 Strong desire for warmth, irritability

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Sunstroke

Belladonna
 1 dose every 10 minutes, heavy blood rush on the face,
 throbbing headache
 hot and dry skin, dilated and rigid pupils,
 Improvement through pressure and stooped sitting
 posture



Glonoinum


- Severe, throbbing headache, fever
- Exacerbation by pressure and heat
- Improvement through cold compresses



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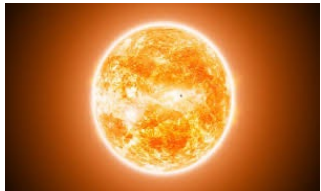


Sunstroke

Lachesis
 Very sensitive to sun and heat, sensitive to tight clothing
 prone to high pressure, energetic and talkative




Sol
 Sensitive skin due to too much sun, sunburn, dermatitis
 solaris
 severe stabbing headache



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Hay fever


Apis

- Thick, severely swollen eyes, eyelids red edematous
- Rubbing and burning aggravated
- cold applications improve the symptoms



Arundo mauritanica


- Catarrhal conditions with burning and severe itching on the palate, conjunctiva and nostrils
- Loss of sense of smell, dandruff, sneezing



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Heuschnupfen


Euphrasia

- Inflammation of the conjunctiva with partial lacrimation
- Light-shy, itchy eyes



Gelsemium


- Violent sneezing fits, tingling in the nose
- Runny nose, tired and apathetic
- little thirst, worse outside, better inside,
- Neck headache, shaky inside



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Circulatory insufficiency, Faint





Camphora
Facial pallor and cold sweat
great feeling of weakness







Carbo-vegetabilis
Fast, heavy breathing, lightheadedness,
Body is very cold
wants to have windows open, blue lips, weakened





Veratrum-album
Icy cold all over the body, rapidly increasing weakness
pale and sunken face, cold sweat, desire for warmth







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