



Remedy Ready Cards

Instructions: To help you memorize some key homeopathy remedies this season, cut out these cards and slip them in your bag, your kid's lunchbox, or stick them on the fridge. Review one each day — in a week, you'll have these remedies in your memory bank.

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Keynote

For bruises, bumps, and
sore muscles.

Tip to Remember

Think “Arnold” Schwarzenegger —
strong, but sore after a workout.

Keynote

For stings, bites, and puffy,
red swelling.

Tip to Remember

A “PISsy bee” causes swelling —
Apis calms it down.



Keynote

For teething pain, irritability,
and inconsolable crying.

Tip to Remember

Think of a cranky toddler
demanding chamomile tea.

Keynote

For indigestion after overeating, junk
food, or too much coffee/alcohol.

Tip to Remember

“Nux” = “No thanks” to excess —
helps you recover when you’ve had
too much.