

<b>AILMENT/SYMPTOM SET</b>	<b>REMEDIES</b>	<b>ADDITIONAL MEASURES</b>
<b>Abrasions</b>	Pique	Saline wash, apply pawpaw or hypericum ointment
Aches	Nexus	Clean pH diet, wild yam cream & arnica cream. Cupping
Acidity	Urica	1 ts/sp bicarb in water daily, pH diet
Acne	Psora	Pure skin care, clay mask, bicarb and lemon mask, apply dilute peroxide
Addiction (alcohol)	Stasis	Acupressure, hydrate, clean pH diet, charcoal, clay
Addiction (drugs)	Stasis	Acupressure, hydrate, clean pH diet, charcoal, clay
Addiction (smoking)	Aura	Acupressure, hydrate, clean pH diet, charcoal, clay
Afterpains	Genesis	Hot pack
Alcohol consumption	Stasis	Hydrate, pH diet, bicarb in water
Allergies (mild)	Pique	Avoid perfumes, triggers, allergens
Anaemia	Natura	Clean pH diet, avoid dairy, additives, junk food
Anaesthetic (local, to detox)	Aura	Drink water
Anxiety	Cura	Calming essential oils, relaxation
	Alegria - chronic	
Asbestos exposure	Remedia	Serrapeptase supplement
	Tussis - with cough	
Asthma	Spiritus	Avoid dairy, perfumes, allergens
Athlete's foot	Sero	Avoid synthetics, slip-on shoes in showers
<b>Back pain</b>	Nexus	Chiro, arnica cream, acupressure. Cupping. Apply magnesium oil
Bad breath (tooth decay)	Balm	Dental hygiene, peroxide gargle, pH diet, avoid regular mouthwash
Bad breath (dry mouth)	Pique	Dental hygiene, Coconut oil pulling, pH diet, avoid regular mouthwash
Bad breath (unknown cause)	Sudo	Probiotics, dental hygiene, pH diet, avoid regular mouthwash

Behavioural issues - occasional/temporary	Pacific Alegria - negative	Avoid triggers, clean pH diet
Behavioural issues - ongoing pattern	Axis Alegria - negative	Calming environment, clean diet
Behavioural issues - pharmaceutical trigger	Remedia - long term Pacific - immediate	Avoid future contaminations Clean pH diet, avoid chemicals
Bites (animal)	Pique, Lava - infected	Allow to bleed/flush. Disinfect
Bites (insect)	Pique	Wash with lavender, apply pawpaw cream
Bleeding	Balm	Elevate and rest
Blisters	Pique - stinging Aqua - fluid filled	Aloe vera, pawpaw or hypericum ointment
Bloating (candida)	Sero	Probiotics, bicarb, avoid sugar
Bloating (wind/gas)	Osmosis	Probiotics, bicarb, clean pH diet
Blood nose	Nexus	Immobilise & rest. Seek help if fractured
Body odour	Sudo	Avoid synthetics. Avoid toxic personal care, pH diet
Boils	Psora	Clean pH diet, colloidal silver, wash with hydrogen peroxide
Brain fog (general)	Evoke	Rosemary tea
Brain fog (linked to CFS)	Dynamos	Avoid dairy. Ginger & rosemary tea
Breast milk (to dry up, wean)	Lava	Avoid stimulation
Breathing (laboured)	Spiritus	Avoid perfume & stress. Ozone water
Breathing (shortness of breath)	Natura	Avoid perfume & stress. Ozone water
Bronchial inflammation	Tussis	Avoid dairy, perfumes & mould. Warm air

Bruises	Nexus	Hot epsom salts bath. Ice. Aloe gel rub. Apply magnesium oil
Burns	Pique	Ice water. Soy sauce, aloe gel compress. Fucoidan for pain relief
<b>Candida</b>	Sero	Probiotics, clean pH diet. Avoid sugar
Carbuncle	Psora	Hot epsom salts bath & compress. Clean pH diet
Catarrh (acute)	Pique	Avoid perfumes & irritants. Saline nasal irrigation
Catarrh (lymphatic/chronic)	Natura	Avoid perfumes & irritants. Saline nasal irrigation
Chemical exposure/build-up	Remedia	Clean pH diet. Drink water, charcoal, clay
Chest infection	Tussis	Licorice and olive leaf tea. Warm air
Chest pain	Kardia	Acupressure. Rest. Chamomile tea
Chicken pox	Miasma Pique - itching	Bicarb & Epsom salts bathing. Apply lavender, eucalyptus or clove oil. Pawpaw or hypericum ointment. Dilute hydrogen peroxide to any developed pustules. Hydrate. pH diet. Olive leaf & ginger tea
Chronic fatigue	Dynamos Remedia - Post pharmaceutical/toxicity	Clean pH diet. Ginger tea. Slippery elm tea. Detox mould. Chemical detox
Cold hands/feet	Natura	Acupressure. Hot epsom salts baths
Colds	Tussis	Clean pH diet. Bicarb. Fresh raw juice
Cold sores	Miasma	Lysine/zinc. Pawpaw or hypericum ointment. Calendula ointment
Colic	Osmosis	Avoid acidics. Slippery elm & ginger tea
Concentration (focus)	Evoke	Rosemary tea. Relaxation
Concussion	Nexus	Rest
Conjunctivitis	Aureus	Saline or chamomile eye wash. Eyebright eyedrops
Constipation (acute)	Stasis	Bicarb. Hydrate. Psyllium tea. Use footstool in toilet
Constipation (chronic)	Osmosis	Bicarb. Hydrate. Psyllium tea. Use footstool in toilet

Convalescence	Natura	Clean pH diet.. Colloidal minerals
Coryza (water eyes/nose)	Pique	Avoid allergens. Quercetin
Cough	Tussis	Menthol rub on soles of feet. Avoid dairy. Olive leaf/licorice tea
Cramps (chronic)	Natura	Clean pH diet. Colloidal minerals. Bar soap in bottom of bed at night. Cupping
Cramps (menstrual)	Luna	Ginger & rosemary tea. Hot packs. Cupping. Apply magnesium oil
Cramps (muscle)	Nexus	Epsom salts bath. Bar soap in bottom of bed at night. Avoid processed salt
Croup	Tussis	Warm air. Menthol rub on soles of feet
Cuts	Pique	Saline wash. Apply pawpaw ointment
Cystitis (urinary infection)	Lapides	Cranberry juice. Bicarb and lemon juice diluted. Hydrate
Cysts	Sudo	
	Aqua - fluid filled Natura - secondary choice	Epsom salts baths. Clean pH diet
<b>Dehydration</b>	Osmosis	Filtered water, colloidal minerals
Dandruff	Cutis	
	Natura - secondary choice	Pure hair care, rosemary oil hair rinse, hot oil treatments, Epsom salts soak
Dental abscess	Balm	
	Nexus - painful	Pure dental care, clove oil, peroxide mouthwash
Dental decay	Balm	Pure dental care, clove oil, peroxide mouthwash. Oil pulling
Dental pain	Balm	
	Vertex - secondary choice	Oil pulling. Apply magnesium oil to cheek
Dentition (teething)	Balm	Chamomile tea. Apply magnesium oil to cheek
Dermatitis	Cutis	pH diet, pure skin and hair care, oil pulling, organic oil in diet
Detoxifying	Stasis	pH diet, hydrate, coffee enemas, dry body brushing, sauna

Diabetes (general tonic)	Zachari	pH diet, bicarb in water
Diarrhoea	Osmosis	Probiotics
Diet	Evanescere Stasis - improve elimination & detox	pH diet, hydrate, coffee enemas, dry body brushing, sauna, exercise to build up fitness
Drooling (nausea)	Osmosis	Bicarb in water, soda water
Drooling (teething)	Balm	Cooling teething rusks
Dropsy	Aqua	Reduce coffee & alcohol intake, hydrate, elevation
Dry eyes	Aureus Allergy-related - Pique	Castor oil rubbed into lids at night
<b>Earache</b>	Aureus	Hot pack, organic olive oil instilled into ear. Apply magnesium oil to jawline
Ear infection	Aureus	Hot pack against ear, organic olive oil instilled into ear
Eczema	Cutis	pH diet, pure skin and hair care, oil pulling, organic oil in diet. Pawpaw or hypericum ointment
Emotional states (anger)	Cura Alegria - with crying	Exercise, relaxation, Epsom salts hot bath
Emotional states (fear)	Pacific	Calming environment, avoid triggers
Emotional states (grief)	Cura	Relaxation, keep busy
Emotional states (hormonal)	Luna	Wild yam cream twice daily
Emotional states (menopausal)	Harmony	Wild yam cream twice daily
Emotional states (tantrum)	Pacific	Calming environment, avoid triggers
Emotional states (stress)	Cura Alegria - chronic	Relaxation, avoid triggers. Chamomile, hops, kava & valerian tea
Epistaxis (nosebleed)	Vena	Rest, cold pack
Exhaustion - general	Natura	Colloidal minerals, pH diet

Exhaustion - chronic	Dynamos	Colloidal minerals, pH diet
Eye inflammation	Aureus	Avoid toxic soaps and shampoos, castor oil rubbed along eyelid
Eye twitching - general	Natura	Magnesium supplement
Eye twitching - after vaccines/medications	Remedia	Magnesium supplement
<b>Fainting</b>	Nexus	Rest, hydrate
Fatigue (acute)	Natura	pH diet, colloidal minerals, hydrate
Fatigue (chronic)	Dynamos	pH diet, avoid toxic products, detox - general, detox - medication, slippery elm & ginger tea, colloidal minerals
Fear	Pacific Cura - secondary choice	Relaxation, essential oils, avoid triggers. Chamomile, hops, kava, valerian, skullcap & passionflower tea
Fertility tonic (female)	Genesis	Wild yam cream, pH diet, detox, cupping
Fertility tonic (male)	Genesis	Wild yam cream, pH diet, detox, cupping
Fever	Lava	Tepid bath, hydrate
Fibromyalgia	Dynamos	pH diet, avoid toxic products, detox - general, detox - medication, slippery elm & ginger tea, colloidal minerals. Apply magnesium oil to painful areas
Flu symptoms (acute)	Ague Nexus - secondary choice	Hydrate, analgesia, Bicarb in water, Ginger tea, hot Epsom salts baths
Flu symptoms (chronic)	Dynamos	pH diet, avoid toxic products, detox - general, detox - medication, slippery elm & ginger tea, colloidal minerals
Fluid retention	Aqua	Elevate swollen limbs, hydrate, avoid coffee & alcohol, pH diet
Focus issues (concentration)	Axis	Avoid toxic chemicals & perfumes. Rosemary tea, essential oils
Food poisoning	Osmosis	Probiotics, hydrate

Foot odour	Sudo	Pure skin care, cotton socks, allow feet to breathe, avoid nylon, Epsom salts foot baths
Fracture (broken bone - to heal)	Nexus	Magnesium supplement, colloidal minerals, rest, correct plastering or strapping - do not allow to heal without correction. Analgesics as needed. Apply magnesium oil to unbroken skin
Fright	Pacific	Relaxation, rest. Chamomile, hops, kava, valerian, skullcap & passionflower tea
Fungal nail	Cutis Natura - chronic	Soak with hot bath of Epsom salts and Clove oil or Oregano oil
<b>Gastro</b>	Osmosis	Probiotics, hydrate
Gout	Urica	pH diet. Bicarb in water daily, hydrate, avoid alcohol & coffee. Apply magnesium oil.
Grazes	Pique Lava - infected	Wash with lavender or oregano oil in water - or peroxide. Apply herbal ointment - Pawpaw or Calendula - cover with bandage. Allow to breath between dressings
Grief	Cura Alegría - chronic	Chamomile, hops, kava, valerian, skullcap & passionflower tea
<b>Haemorrhage (mild)</b>	Vena	Apply firm bandage and elevate, rest
Haemorrhoids	Vena	Wash area with witch hazel, apply vitamin E oil or Pawpaw ointment. Take fibre. pH diet, Hydrate. Use footstool in toilet.
Halitosis	Sudo	Dental hygiene, pH diet
Hand-foot-mouth	Lava	Pure skin care, apply Pawpaw cream
Hangnails	Natura	pH diet. Colloidal minerals. Massage coconut or castor oil into nails and skin
Hangover	Stasis	Hydrate, pH diet, rest
Hayfever	Pique	Quercetin, avoid perfumes and toxic skin & personal care
Headache	Vertex	Hot & cold compress, rest, hydrate
Headlice	Helix	Essential oil treatment and combing
Heart health	Kardia	pH diet. Hydrate, relaxation, exercise

Heart pain	Kardia	Magnesium supplement and/or oil. Rest Chamomile, hops, kava & valerian tea
Herpetic eruptions (herpes, coldsores)	Miasma	Apply calendula or hypericum ointment
High blood pressure	Kardia	Plant based diet, relaxation
Hot flushes (flashes)	Harmony	Wild yam cream. Red clover & sage tea
Hyperactivity/agitation	Pacific	Avoid triggers, food colours and additives
Hyperhydrosis (heavy sweating)	Sudo	Avoid synthetics and toxic body care. pH diet. Sauna. Hydration
Hysteria	Pacific Alegría - chronic	Remove stimulants & triggers. Chamomile, hops, kava, valerian, skullcap & passionflower tea
<b>IBS (irritable bowel)</b>	Osmosis	Slippery elm and ginger tea. Probiotics
Itching	Pique	Bicarb & Epsom salts bathing. Apply lavender or eucalyptus oil. Pawpaw or hypericum ointment
Immunisation side effects (acute)	Remedia	Hydrate. Analgesia if needed. Begin clearing detox
Immunisation clearing (detox)	Remedia	pH diet. Colonic irrigation or coffee enemas, sauna, regular Epsom salts bathing. Avoid further exposure. Vitamin C. Probiotics, coriander spice, horsetail herb, dandelion tea
Immunity (poor)	Natura Lava - recurrent infections	pH diet, colloidal minerals, avoid toxic personal care and cleaning products
Incontinence (faecal)	Osmosis	Slippery elm tea. Probiotics. Psyllium tea
Incontinence (urinary)	Lapides	Hydration, pelvic floor exercises (adults)
Indigestion	Osmosis	Slippery elm tea, probiotics, pH diet Bicarb in water
Infection (fungal)	Sudo	Hydrate, probiotics
Infection (bacterial)	Lava	Hydrate, probiotics



Influenza	Ague	pH diet, avoid toxic products, detox - general, detox - medication, slippery elm & ginger tea, colloidal minerals
Injuries	Nexus	Magnesium supplement, colloidal minerals, rest, correct plastering or strapping - do not allow to heal without correction. Analgesics as needed. Apply magnesium oil to unbroken skin
Insomnia	Pax	Lavender essential oil, herbal sleep tea (chamomile, hops, kava & valerian)
<b>Jaundice</b>	Stasis	Hydrate, sunlight
<b>Kidney inflammations</b>	Lapides	Bicarb and lemon juice diluted. Hydrate
Kidney stones	Lapides	Bicarb and lemon juice diluted. Hydrate
<b>Labour</b>	Genesis Vertex - general pain	Labour in warm water bath, acupressure, walking, massage
Laryngitis	Tussis Lava - infected	Saline gargle, peroxide gargle
Lice	Helix	Essential oil treatment and combing
Low blood pressure	Kardia	Plant based diet. Relaxation
Low blood sugar	Zachari	Bicarb in water. Plant based diet
Lymphatics (sluggish)	Evanesce Stasis - detox	Dry body brushing, sauna, massage, lymphatic drainage, hydrate
<b>Mastitis</b>	Lava	Hot & cold alternating compress, hydrate
Measles	Lava Pique - itchy/stinging rash	Bicarb/Epsom salts bathing. Apply lavender, eucalyptus or clove oil. Pawpaw or hypericum ointment. Dilute application hydrogen peroxide to any developed pustules. Hydrate. pH diet. Olive leaf & ginger tea, vitamin C
Medication side effects	Remedia Detox - Stasis	Hydrate. If acute - application of camphor or mentholated oil to soles of feet

Memory loss	Evoke - acute Remedia - long term	Rosemary, ginkgo, ginseng, gotu kola, bacopa, sage & rhodiola tea, colloidal minerals
Menopause symptoms	Harmony	Wild yam cream twice daily. Sage, red clover & ginger tea
Menstrual irregularities	Luna	Wild yam cream twice daily. Cupping
Menstrual flow excessive	Luna	Wild yam cream twice daily. Acupressure
Migraine	Vertex	Acupressure. Chiropractic. Osteopathy
Morning sickness (mild)	Osmosis	Acupressure, probiotics, peppermint, lemon balm & ginger tea
Motion sickness	Osmosis	Acupressure band, ginger & peppermint tea
Mouth ulcers	Pique	Probiotics. Peroxide mouth wash
Myalgia	Dynamos	pH diet. Ginger tea. Cupping. Hot Epsom salts baths. Fucoidan. Magnesium oil
<b>Nausea</b>	Osmosis	Bicarb in water. Peppermint & ginger tea, acupressure
Nervousness	Cura Alegria - sadness	Calming essential oils, chamomile, hops, kava, valerian, skullcap & passionflower tea
Nightmares	Pacific - acute Cura - chronic	Avoid stimulants. Essential oils
Night sweats	Sudo	Avoid synthetic fibres & stimulants
Night terrors	Pacific	Kava & valerian tea
<b>Otitis media</b>	Lava	Gently squirt dilute peroxide into ear canal. Allow to drain. Instil organic olive oil into ear and plug with cotton wool
Ovarian/uterine cyst	Luna Lapides - hard lump Evanesce - with weight gain	Wild yam cream twice daily. Epsom salts baths. Apple Cider Vinegar drink daily. Rub castor oil into abdomen. Ginger tea

Over-indulgence	Acute - Osmosis Stasis - chronic	pH diet. Hydrate. Bicarb in water. Slippery elm, ginger, peppermint & dandelion tea
<b>Pain (musculo-skeletal)</b>	Nexus	Magnesium oil. Cupping. Hot & cold pack
Palpitations	Kardia	Avoid coffee/stimulants. Rest. Acupressure
Panic	Pacific	Acupressure. Chamomile, hops, kava & valerian tea
Parasites	Helix	Wormwood & clove tea. Pumpkin seeds, pawpaw, black seed (nigella), apple cider vinegar
Passive smoking	Aura	Hydration
Periods (irregular)	Luna	Wild yam cream twice daily, lemon balm, red clover, sage & cinnamon tea. Linseeds.
Periods (painful)	Luna	Wild yam cream twice daily, lemon balm, red clover, sage & cinnamon tea
Periods (heavy)	Luna	Yarrow tea
Pimples	Psora	Pure skin care, clay mask, bicarb and lemon mask, apply peroxide
Pink eye	Aureus	Saline, chamomile tea or dilute peroxide irrigation
Pregnancy (health)	Genesis	Colloidal minerals, pH diet, acupressure, plant based supplements
Pregnancy (post-partum)	Genesis	Colloidal minerals, pH diet, acupressure, plant based supplements
Premenstrual syndrome (PMS)	Luna	Kava, hops & valerian tea
Psoriasis	Cutis Natura - secondary choice	pH diet, pure skin and hair care, oil pulling, organic oil in diet
Puffy hands/feet	Aqua	Elevate swollen limbs, hydrate, avoid coffee & alcohol, pH diet
Puncture wounds	Pique	Wash with saline, apply pawpaw ointment
Pus	Lava	Irrigate with peroxide or saline. Soaking in Epsom salts
<b>Rash</b>	Pique	Avoid allergens and irritants & triggers. Bathe in bicarb & Epsom salts
Red eyes	Aureus	Eyebright (euphrasia) eyedrops, castor oil rubbed on eyelid

Reflux	Osmosis	Bicarb in water. pH diet. Hydrate. Slippery elm tea. Probiotics
Renal colic	Lapides	Hydrate, pH diet, bicarb drink
Restless legs	Kardia	Hot Epsom salts baths before bed
Rheumatoid arthritis	Urica	Bicarb in water. Chiropractic, arnica cream, acupressure. Cupping. Apply magnesium oil. Epsom salts baths
Rhinitis	Pique	Saline irrigation, avoid perfumes/allergens. Quercetin
Ringworm	Helix	Apple cider vinegar, oregano oil, colloidal silver, lavender oil, olive leaf tincture
Rosacea	Helix Psora - infected areas	Apple cider vinegar, bicarb face mask, colloidal silver, pH diet,
<b>Sadness</b>	Alegria	Relaxation, herbal tea
Scabies	Helix	Bathing in a blend of neem oil, clove oil, tea tree oil and lavender oil. Apply aloe vera or dissolved bicarb paste and allow to dry
Screaming (tantrum)	Pacific	Avoid stimulants & triggers
Shingles	Miasma	Warm bath with Epsom salts and bicarb
Shock	Pacific	Rest, avoid stimulants
Sinusitis	Pique	Saline irrigation, avoid perfumes & allergens. Quercetin
Skin (itchy)	Pacific	Avoid soaps & toxic skin care/hair care.
Skin (scaly/weepy)	Cutis	pH diet, pure skin and hair care, oil pulling, organic oil in diet
Slap cheek	Lava - infectious Pique - worsening	Avoid soaps, apply aloe gel
Sleep (poor/broken)	Pax	Lavender essential oil, herbal sleep tea (chamomile, hops, kava & valerian)
Smoking (detox/withdrawal)	Aura	Hydrate, acupressure, pH diet, coffee enemas, dry body brushing, sauna
Sore throat	Tussis	Bicarb in water, olive leaf tea, vitamin C

Splinters	Pique for injury Natura to push out	Soak in warm water with lavender oil and saline. If embedded, rub wet bar soap over wound and bandage, allow to heal
Sprains	Nexus	Magnesium supplement, colloidal minerals, rest, correct plastering or strapping - do not allow to heal without correction. Analgesics as needed. Apply magnesium oil to unbroken skin
Stage fright	Pique Pacific - panic	Acupressure. Chamomile, hops, kava, valerian, skullcap & passionflower tea
Stomach ache	Osmosis	Slippery elm tea, probiotics
Stomach upset	Osmosis	Probiotics
Strains	Nexus	Magnesium supplement, colloidal minerals, rest, correct plastering or strapping - do not allow to heal without correction. Analgesics as needed. Apply magnesium oil to unbroken skin
Stings	Pique	Neutralise with apple cider vinegar or bicarb poultice, aloe vera, lavender oil for swelling, calendula or hypericum ointment
Strep throat	Tussis	Peroxide or lavender gargle. Thyme, ginger, licorice, peppermint or slippery elm tea
Stress	Cura	Acupressure. Chamomile, hops, kava, valerian, skullcap & passionflower tea
Stretch marks (acute)	Helix	Mineral supplementation, massage with apple cider vinegar, pomegranate oil & pumpkin or black seed oil (nigella)
Stretch marks (chronic)	Natura	Mineral supplementation, massage with apple cider vinegar, pomegranate oil & pumpkin or black seed oil (nigella)
Study (focus)	Evoke	Rosemary, ginkgo, ginseng, gotu kola, bacopa, sage & rhodiola tea
Stye	Aureus	Hot compress warm chamomile, coriander spice or green tea
Sunburn	Pique	Ice water. Soy sauce or aloe gel compress. Fucoidan for pain
Sweating (excessive)	Sudo	Avoid synthetics. Avoid toxic personal care, pH diet
Swollen glands	Lava	Warm castor oil compress, apple cider vinegar, Turmeric, mullein & ginseng tea

Swollen hands/feet	Aqua	Elevate feet, hot & cold foot soaks, ginger & dandelion tea
Swollen thumb/big toe (gouty)	Urica	pH diet. Bicarb in water daily, hydrate, avoid alcohol & coffee. Apply magnesium oil
<b>Tantrums</b>	Pacific	Avoid stimulants & triggers
Tendonitis	Nexus	Magnesium supplement, colloidal minerals, rest, correct plastering or strapping - do not allow to heal without correction. Analgesics as needed. Apply magnesium oil to unbroken skin
Thrush (oral)	Sero	Saline gargle, peroxide gargle. Probiotics. Avoid sugars. pH diet
Thrush (pelvic)	Sero	Probiotics. Avoid sugars. pH diet
Tinea	Sero	Tea tree & clove oil bathing. Probiotics. Avoid sugars
Tonsillitis	Lava	Peroxide or lavender gargle. Thyme, ginger, licorice, peppermint or slippery elm tea
Toothache	Balm	Clove oil. chamomile tea
Trauma (accidental)	Nexus Natura - swellings	Rest, correct first aid. Analgesics as needed. Magnesium oil.
Trauma (emotional)	Pacific Alegria - long term	Rest, avoid stimulants
Travel sickness	Osmosis	Acupressure band, ginger & peppermint tea
Tremors	Pacific - panic Evoke - nervous	Avoid stimulants. Colloidal minerals. Magnesium supplement. Valerian, gotu kola, lemon balm, skullcap & passionflower tea
<b>Ulcers (bed/decubitus)</b>	Natura	Adequate dressing, pawpaw or hypericum ointment
Ulcers (fungal)	Sero	Clove oil. Pawpaw or hypericum ointment. Calendula ointment
Ulcers (herpes)	Miasma	Lysine/zinc. Pawpaw ointment or hypericum ointment. Calendula ointment
Urethritis	Lapides	Bicarb water. Warm castor oil compress. Yarrow, buchu & slippery elm tea. Barley water
Urinary tract infection	Lapides	Bicarb water. Warm castor oil compress. Yarrow, buchu & slippery elm tea. Barley water

<b>Vaccine clearing (detox)</b>	Remedia	pH diet. Colonic irrigation & coffee enemas, sauna, regular Epsom salts bathing. Avoid further exposure. Vitamin C. Probiotics, coriander spice, horsetail herb & dandelion tea
Vaccine side effects (acute)	Remedia	Hydrate. Analgesia if needed. Begin clearing detox
Varicose vein relief	Vena	pH diet. Elevate legs. Bioflavonoid, vitamin C, Horse chestnut, grapeseed supplement. Apple cider vinegar & witch hazel compress. Apply helichrysum compress
Vomiting	Osmosis	Bicarb in water. Peppermint & ginger tea. Acupressure
<b>Warts</b>	Cutis	Pineapple juice internally and externally. Bicarb & castor oil compress and bandage. Fresh aloe vera application
Watery eyes	Pique Aureus - inflamed	Avoid perfumes, allergens & triggers. Quercetin
Weeping skin/lesions	Cutis	pH diet, colloidal minerals. Avoid toxic skin, hair, body, personal care & cleaning products. Consume organic seed & nut oils
Weakness	Natura Dynamos - long term	pH diet, colloidal minerals. Chiropractic. Plant based supplements
Wheezing	Spiritus	Avoid dairy, perfumes, allergens
Whining (infants/children)	Balm	Chamomile tea. Warm lavender bath
Whitlow	Lava	pH diet. Hot bathing in Epsom salts
Wind (gas)	Osmosis	pH diet. Probiotics. Ginger & dandelion tea
Worms	Helix	Wormwood & clove tea
Wound healing	Natura Cutis - secondary Lava - infected	Colloidal minerals. pH diet. Bathing with saline, calendula, peroxide & bicarb. Apply pawpaw or hypericum ointment