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Natural Deworming

My first recommendation would be to have a stool test done once or twice a year.

Only treat if the test is positive, and then treat depending on what kind of worms are present.

Plants/Herbs

Pumpkin seeds freshly grounded, 2 teaspoons per 10 kg body weight, 2-3 times daily for up to 1 month

Raw Garlic, preferably organic, cut or crushed and let sit for 10 minutes (that increases the amount of allicin), give about ½ clove (⅔ tsp) for every 10 kg body weight 2-3 times weekly.

Raw Carrot, preferably organic, coarsely chopped, teaspoons for every 10 kg body weights in as little food as possible.

Coconut flakes, dried and unsweetened, 1 teaspoon for 10 kg body weight in as little food as possible, wait 2 hours, then give ¼ teaspoon olive or castor oil for every 10 kg body weight for 3-5 days

Diatomaceous Earth, about 1/4 tsp per 10kg mixed in water and served with food give for 12 days then break for 7 and repeat for another 12 days.

Slippery elm protects the layer of the gastrointestinal tract and has anti-inflammatory properties, about 1 teaspoon of powder 2 or 3 times daily for 10 kg body weight. Mix in warm water or chicken broth, maybe with plain cottage cheese or yoghurt for taste.

Homeopathy

Cina (D4 or C3) for tape- and roundworm

Filix mas (D4 or C3) for tapeworm

Granatum (D4 or C3) for tapeworm

Administer one of these remedies once a day initially, then once every 3 to 7 days. Ideally, discuss the doses with your homoeopath.



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First aid - helpful homeopathic remedies

Arnica – good for general pain, stiffness due to overexertion, soreness and musculoskeletal injuries

Apis mellifica – great for bee and other insect bites

Arsenicum album – for GI upsets caused by eating spoiled food, where there is both vomiting and diarrhoea

Borax (the remedy, not the powder) – for fear of thunderstorms and fireworks

Calendula (can be used both as an oral remedy and as an external ointment) – use for skin scrapes or small wounds

Hepar sulphur – is wonderful to treat painful abscesses

Hypericum – for any pain due to nerve damage or injuries to nerve-rich areas

Rhus tox – for arthritis that's better after moving around, general musculoskeletal injuries, skin infections and skin itching

Ruta – for any injury to tendons or ligaments and this remedy has a real affinity for the knee so you would use it immediately after any knee or cruciate injury

Silicea – pushes foreign bodies like splinters out of the skin

Ledum – the first choice for any type of puncture wound, including those from insect bites, especially tick bites

Ideally, you should consult your homeopath about doses and potencies.