



First-Aid Kit — Minimal (12 remedies)

Aconitum CH

High sudden nocturnal fever without sweat; panic; anxiety.

Apis mellifica CH

Burns; insect bites; inflammation.

Arnica montana CH

Trauma.

Arsenicum album CH

Infectious diarrhea.

Belladonna CH

High fever; sore throat; sweat; congestion.

Ferrum phosphoricum

Fever < 39°C + rhinitis + otitis.

Gelsemium CH

High fever with muscle weakness.

Hepar sulfur CH

Dry cough in bouts.

Ignatia Amara CH

Emotions; sighing; suffocation; grief.

Kalium bichromicum

Bronchitis; rhinitis; sinusitis; wet cough; yellow-green discharge.

Mercurius solubilis CH

Runny nose; green, malodorous secretions.

Rhus Toxicodendron CH

Sprains; strains; joint pain; herpes.

