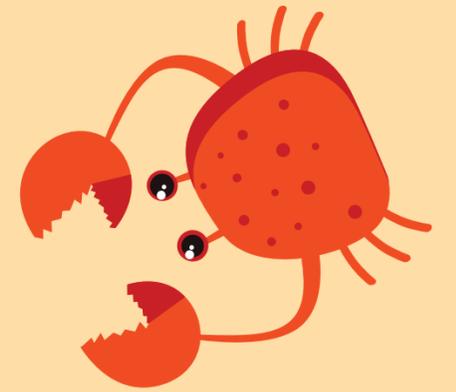


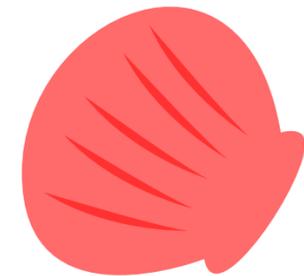
**"HOW TO MAKE YOUR SUMMER
VACATION EASIER WITH THE
ASSISTANCE OF HOMEOPATHY"**

www.homeopathyhoboken.com



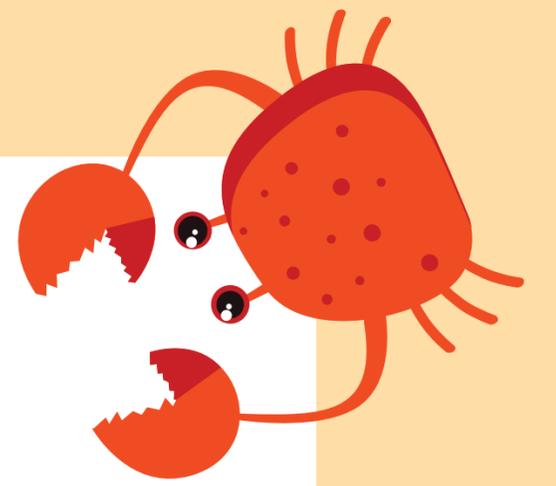
Marina Kostandinovic CCH, RSHom(NA)

I've been working in the field of homeopathy for 16 years. I am a registered member of the North American Society of Homeopaths and certified by the Council on Homeopathic Certification.



Homeopathy:

- **founded in Germany at the end of the 18th century**
- **second most used healing system in the world**
- **holistic approach to the person, selection of the remedy is individual**
- **homeopathic consultation is a detailed conversation**
- **remedy should be given in minimal doses that can induce the healing process in the body**



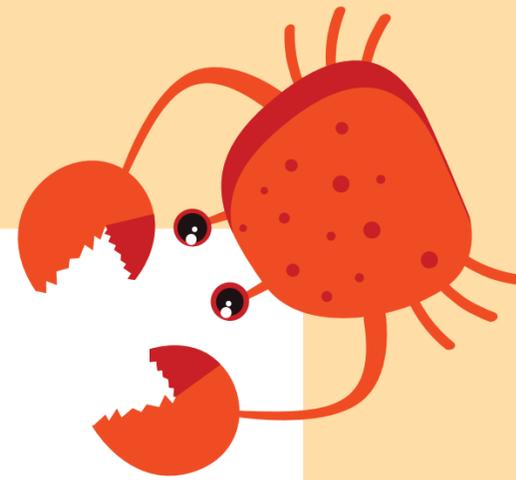
Homeopathic remedies:

- made of substances from nature, completely harmless
- stimulate the body own's defense system and self-regulation
- easily accessible, can be bought over the counter
- easy for use in acute condition
- can be a great support in chronic state, consultation with professional homeopath is advisable



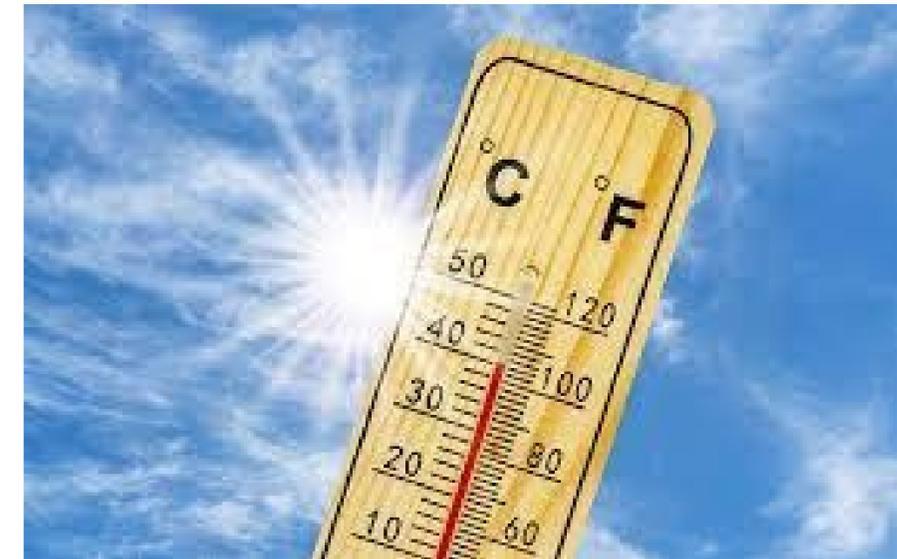
The acute situation during summer vacation

- sun exposure
- bug bites
- injuries



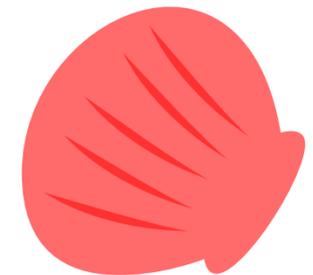
Sun exposure:

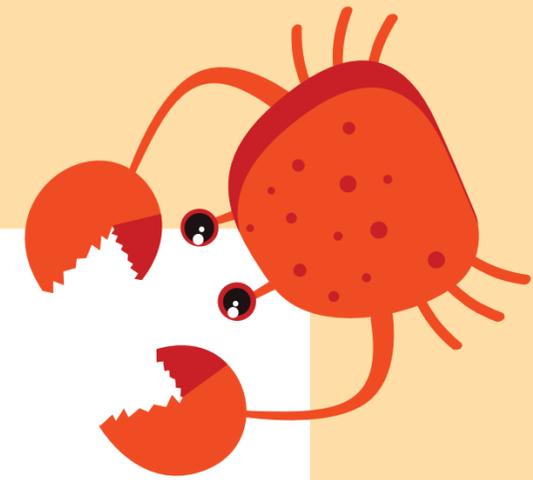
- **heatstroke**
- **sunburns**



Heatstroke symptoms:

- **high body temperature**
- **headache**
- **dizziness**
- **nausea**





Warning signs:

- **rapid breathing**
- **fast, weak pulse**
- **confusion or delirium**
- **fainting**
- **seizures**

Belladonna

- **sudden onset of symptoms**
- **pulsating headache, especially on right side**
- **intolerance to light, touch or noise**

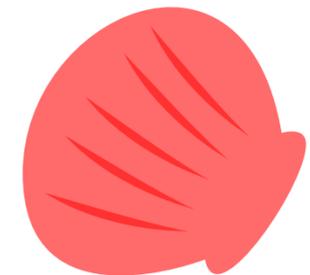
Glonoinum

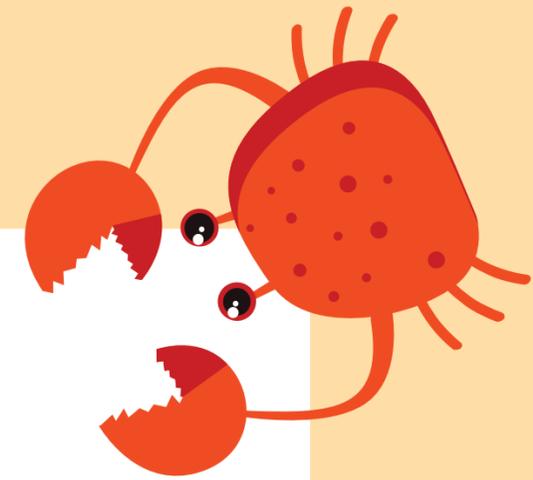
- **throbbing headache**
- **intensively red face**
- **confusion**



Sunburns symptoms:

- **painful, red and warm skin**
- **blisters on the skin**





Warning signs:

- **developing large blisters**
- **experience severe swelling of the affected area**
- **show signs of infection**
- **have eye pain or vision changes**

Calendula:

- **first aid remedy**
- **prevents infections**

Urtica urens:

- **mild burning (first-degree)**
- **stinging sensation**
- **elevated hives**

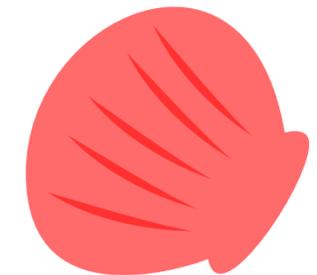
Cantharis, Causticum

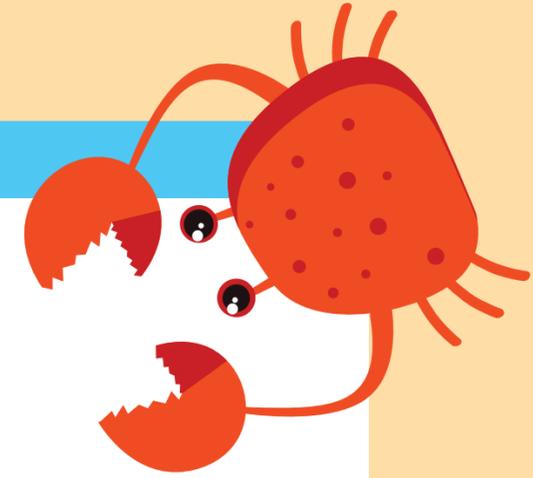


Bug bites symptoms:



- mosquito-red, hard, swollen, and itchy bumps
- bee-swelling, instant sharp burning pain
- ticks-pain or swelling at the bite area





Warning signs:

- **bee sting-anaphylactic reaction**
(swelling of the face, and lips, difficulty breathing)
- **ticks bites-tickborne disease**
(bull's eye rash, flue like symptoms, stiff neck)

Ledum:

- **useful for mosquito and tick bites**
- **red spot, itching and swelling, skin is cold on touch**
- **can prevent infection of the wound**

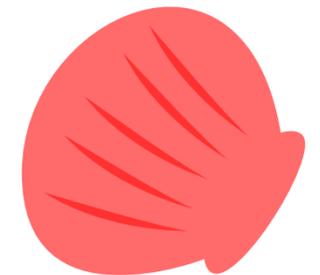
Apis:

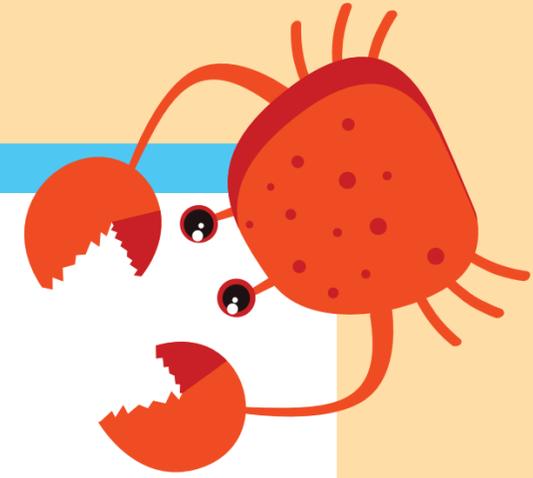
- **bites are hot and swollen, feeling better from cold application**
- **burning pain**
- **useful after bee strings**



Injuries:

- bumps and falls
- sprains and strains
- sea urchin sting
- cuts





Arnica:

- first aid remedy for any kind of bump and falls
- injured thinks he is fine- “I don’t need a doctor”

Silica:

- useful for sea urchin sting, supports removing the foreign body

Rhus tox:

- remedy for joint and muscle injuries
- movement reduces pain and stiffness

Calendula:

- for healing of cuts, prevents infection

You can contact me on:

**www.homeopathyhoboken.com/contact/
homeopathyhoboken@gmail.com**

(551) 338-1481



**THANK YOU FOR YOUR
ATTENTION**

