

## Hb Remedies & their Abbreviations

Homeobotanical (Hb) remedies have distinct actions in the body – the **Physical Action** includes organ drainage and the elimination of toxins from specific areas, the **Nutritional Action** which assist in the assimilation of minerals and other micronutrients, and a **Synergistic Action** which reinforces whatever other healing techniques are being employed. Hbs directly stimulate healing within the body and the low potency resultant of homeopathic potentisation produces a gentle, sustained response resulting in remarkably few problems in sensitive individuals.

<b>A</b> <b>ALLERGY FORMULA</b>	Acute & chronic allergies for airborne, dietary & idiopathic sources. Rhinitis, sinusitis, nasopharyngeal congestion.	<b>W</b> <b>WORMS</b>	Broad spectrum herbal vermifuge for pinworms, thread worms, round & tapeworms. Use externally for lice.
<b>B</b> <b>BLOOD &amp; LYMPH</b>	Blood purifier for lymphatic stasis. Serves as a drainage formula for the whole body. Helps with pain associated with faulty elimination.	<b>X</b> <b>EXPECTORANT</b>	Soothes irritable & persistent coughing causing hoarseness.
<b>C</b> <b>COLDS &amp; CATARRH</b>	Catarrh of upper respiratory tract esp chronic, tenacious, yellow mucus. Asthmatic conditions with complications from excessive mucus.	<b>Y</b> <b>YEAST INFECTIONS</b>	Redresses the balance of Candida Albicans infections. Management of chronic disease involving bowel flora & fungal overgrowth.
<b>D</b> <b>DIGESTION FORMULA</b>	Acute & chronic gastrointestinal distress. Heartburn, dyspepsia, hyperacidity. Nausea & vomiting, also from pregnancy & travel sickness, colic, flatulence, bloating.	<b>Z</b> <b>ZEST, ENERGY</b>	Lack of energy. Adrenal stress from overwork and/or chronic fatigue. Physical & emotional exhaustion. Rejuvenates digestion, circulation, hormonal equilibrium, stamina & libido.
<b>E</b> <b>EMOTIONAL STRESS</b>	Nervous debility & excessive stress. Anxiety & nervousness leading to headaches, depression, emotional exhaustion.	<b>CBR</b> <b>CEREBRA (MEMORY)</b>	Impaired function of brain & CNS causing brain fog, forgetfulness, deficient memory, senility & depression.
<b>F</b> <b>FEMALE FORMULA</b>	Suppressed, irregular, erratic menstruation. PMS, emotional sensitivity. Threatened or repeated miscarriage.	<b>DTX</b> <b>DETOXA (DRAINAGE)</b>	Active drainage remedy to cope with severe systemic toxicity. For general detoxification & environmental toxins.
<b>F+</b> <b>FEMALE +</b>	Hormonal stabilization, prolonged hormonal treatment eg contraceptive or HRT. Specific for menopausal symptoms inc hot flushes.	<b>D-C</b> <b>DEVIL'S CLAW</b>	For reducing inflammation such as arthritis & rheumatism.
<b>G</b> <b>GASTROINTESTINAL</b>	Chronic & obstinate constipation, fissures & haemorrhoids. Tonifies gastrointestinal tract & supports hepatic function.	<b>DYN</b> <b>DYNAMA (STAMINA)</b>	Maintenance remedy for immunity & vigorous health.
<b>H</b> <b>HEART &amp; CIRCULATION</b>	Chronic circulatory problems with cardiovascular disease. Supports normal blood pressure & strengthens the heart. Indicated for angina, ventricular & heart murmurs.	<b>DYR</b> <b>DYREA (DIARRHOEA)</b>	Astringent & anti diarrhoeal. Protects the gastrointestinal mucosa & minimizes electrolyte loss & resultant dehydration.
<b>I</b> <b>IMMUNE, INFECTIONS</b>	Herbal antiseptic & immunity boost for acute & chronic infection. Supports the entire autoimmune system. Antiseptic, antimicrobial.	<b>EMT</b> <b>EMETA (SICKNESS)</b>	Nausea. Particularly indicated during the first trimester of pregnancy. Debilitating nausea from pregnancy, systemic toxicity or idiopathic origin.
<b>J</b> <b>JOINTS &amp; RHEUMATISM</b>	Chronic & acute rheumatism & arthritis. Stiffness, joint pain, darting & shooting pains throughout the body. Cramps.	<b>FSA</b> <b>FIRST AID</b>	Covers the acute, febrile stages of illness. Paediatric emphasis. Shock, sudden illness, nausea, vomiting, diarrhea, colic & headaches.
<b>K</b> <b>KIDNEY FORMULA</b>	Soothing & protective for kidneys, bladder & entire genito-urinary system. Treats stones & gravel, cystitis. Drainage remedy.	<b>LCT</b> <b>LACTA</b>	Enhances the nutritional quality of mother's milk. A safe & gentle stimulant to induce & sustain normal lactation.
<b>L</b> <b>LIVER FORMULA</b>	Acute & chronic hepatic dysfunction. Supports normal function of liver & gall bladder. Drainage / protective remedy.	<b>GLN</b> <b>GLANDULA</b>	Drainage & trophorestorative. Balancing remedy for the entire endocrine, glandular system.
<b>M</b> <b>MIGRAINE FORMULA</b>	Addresses derangement of viscera which may cause severe headaches. Sick headaches with visual disturbances, onset emotional stress.	<b>MRA</b> <b>MARINA (METABOLISM)</b>	Thyroid support for under and over-active energy states. General reviver. Emergency support in life-threatening situations.
<b>N</b> <b>NEURALGIA</b>	For neuralgia, neuritis & acute and chronic pain anywhere in body.	<b>NTR</b> <b>NUTRIA</b>	Stimulates the absorption of nutrients. Where poor diet, illness or age impedes absorption.
<b>O</b> <b>OCCULAR</b>	Protective & healing action promoting ocular integrity. Helps stimulate re-epithelium over wounds.	<b>OCT</b> <b>ORCHITIS</b>	Balances & assists male hormonal/prostatic physiology. Supports normal male sexual function inc idiopathic male infertility.
<b>P</b> <b>PANCREAS</b>	Supports pancreatic function. Balances hormone & enzyme physiology. Encourages normalization of insulin secretion.	<b>PLA</b> <b>PLURA</b>	Applications in most chronic & degenerative bronchopulmonary pathology. Relieves distress in chronic asthmatics.
<b>Q</b> <b>QUIET SLEEP</b>	Herbal tranquiliser. Sleeplessness, restlessness & insomnia from overactive minds.	<b>PRM</b> <b>PROMYR</b>	Natural anti-viral, anti-ulcerative & immunostimulant. Broad-spectrum action against yeast, fungi, bacteria & protozoa.
<b>R</b> <b>RESPIRATORY</b>	Supports normal pulmonary ventilation. Assists lungs, respiratory tract, asthma, bronchitis, Eustachian tubes & sinuses.	<b>PLX</b> <b>PULEXIT external use</b>	For human nits and parasites & fungal diseases such as fleas & lice in animals. EXTERNAL USE ONLY.
<b>S</b> <b>SKIN FORMULA</b>	Used internally and externally as a cream for conditions such as eczema, psoriasis, dermatitis & pustular skin eruptions.	<b>SPM</b> <b>SPASMA (CRAMPS)</b>	Cramps of smooth & striated muscle. Sports, menstrual & stomach cramps. Colic & other painful seizures of the nervous system.
<b>T</b> <b>TIREDDNESS</b>	Chronic tiredness & hypotension. Weariness from chronic & acute allergies.	<b>SPR</b> <b>SPECTRA</b>	Acute illness & common domestic crises esp during childhood. Nausea, vomiting, diarrhoea, colic, headaches. Rebalances & restores equilibrium.
<b>U</b> <b>URINE &amp; OEDEMA</b>	Trophorestorative formula for renal & lymphatic pathology involving oedema. Supports osmotic balance & facilitates drainage.	<b>TRM</b> <b>TRAUMA (INJURY)</b>	For physical injuries, trauma & shock. Bites, stings, bruises, soft tissue injuries, dislocations, contusions, fractures, sprains * haematomas.
<b>V</b> <b>VARICOSE VEINS</b>	Varicose & flaccid venous & arterial conditions. Supports normal haemorrhoid distention & prevents passive bleeding anywhere in body.	<b>WRT</b> <b>WART</b>	Internal & external use for warts (sessile & pedunculated). For clinical management of warts, condylomata & warty excrescences.