

# TRAUMATIC MAN

ARNICA... use first in all injury; for shock, pain, bleeding, etc.

Blows to Head, Spine or Coccyx:  
**HYPERICUM**

Blackeye  
**LEDUM**

Fracture:  
**ARNICA & LEDUM  
& SYMPHYTUM**

Wounds, Cuts & Bleeding:  
**CLENDULA** ☉  
**HYPERICUM** ☉

Bruises:  
**LEDUM**

Joint Sprains:  
**RHUS-TOX or RUTA**

Muscular Strains:  
**ARNICA**

Tendon injury:  
**RUTA**

Old Sprains:  
Poison Ivy:  
**RHUS - TOX**

Abuse of Alcohol, Drugs, Smoking, Food: **NUX VOMICA**

Heatstroke:  
**BELLADONNA**  
**GLONOINE**  
**ANT. CRUD**

Chillblains:  
**AGARICUS**  
**CALC. CARB.**

Nerve injury:  
**HYPERICUM**

Wrist sprain  
Wrist ganglion  
**RUTA**

**HYPERICUM**

Insect or Animal bites:  
**LEDUM**

BUZZZZZZ

Bee sting:  
**APIS**

Burns:  
**CANTHARIS** - internal  
**CALENDULA** ☉ } externally  
**HYPERICUM** ☉ }  
**URTICA URENS** ☉

Puncture wounds:  
**LEDUM**

Splinters, etc.  
**SILICA**  
(to expell foreign body)