

## HOMOEOPATHIC FIRST AID TREATMENT FOR RAPE AND SEXUAL ABUSE

These recommended remedies for use after rape and sexual abuse cover a range of different symptoms, and can be used shortly after an episode has occurred, or at a later stage.

The idea is to choose the Homoeopathic remedy best suited to the symptoms. Ideally only one remedy should be given at a time, but several can be used one after another if necessary. The common potency for first aid use is 30c. The dose is to suck 2 tablets or 4 drops hourly for 6 hours after an episode, or else 3 times daily for up to a week.

Flower Essences are used long-term to help with emotional balancing and adjusting. They can be taken at the same time as Homoeopathic remedies, and can be mixed with each other. The dose is 2 drops 4 times daily for up to a month. Bach Flower Rescue Remedy can be taken 4 drops as required, up to hourly.

It is advisable to seek medical care and counselling. If symptoms do not resolve with these first aid remedies, then it would help to seek constitutional treatment from a Homoeopathic doctor.

### HOMOEOPATHIC REMEDIES

Aconite:	For acute fear, shock, restless anxiety and vulnerability.
Amica:	For physical and psychological bruising, pain and tenderness.
Ignatia:	For grief, with weeping, sighing and hysteria.
Nat Mur:	For more long-term emotional problems with loss of confidence, fear, insomnia, and often agoraphobia.
Arg Nit:	When anxiety fears and phobias are very marked.
Staphisagria:	For tender painful urethral or bladder bruising, and marked feelings of anger and resentment.

### FLOWER ESSENCES

Rescue Remedy: (Bach Flower)	A combination of 5 Bach Flowers that has calming and stabilising effects on the mind, body and emotions during crises.
Fringed Violet: (Australian Bush Essence)	Used after shock, grief or physical trauma, e.g. sexual abuse or assault. For those with poor recuperation after trauma or shock or fear of physical contact since rape or assault.
Wisteria: (Australian Bush Essence)	For people uncomfortable with their sexuality, specifically for people who get tense about sex, are unable to enjoy it, and become afraid of intimacy. It can be specifically used after sexual abuse or assault.

Homoeopathic remedies and Flower Essences may be obtained from this address.

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