

Homoeopathy for the Whole Family



-Heel

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The basics of homoeopathy

In homoeopathy an illness may be treated with a natural substance in diluted but energized form ("potentized") which in large doses may cause symptoms similar to those of the illness ("The law of similars").

Homoeopathy is a treatment method designed to help the body heal itself by activating the body's own defense system and stimulating the immune system.

Homotoxicology – the modern form of homoeopathy

The 1930's – the German M.D. Hans-Heinrich Reckeweg realized that disease is the expression of a resistance struggle of the body against pathogenic influences (the so-called homotoxins). Therefore, not the symptoms of an illness should be eliminated, but **the body strengthened** to effectively deal with the cause – with the symptoms deminishing as a consequence.

He composed combinations of homeopathic ingredients for a broad spectrum of conditions, well-known today as Heel preparations. These combinations work effectively together and can be used on an indication basis. They are the perfect combination of safe, homeopathic, natural ingredients and medicinal science.

Heel comes from the Latin "**Herba est ex luce**", which means "Plant life derives from the light". Heel products are now sold in 90 countries worldwide.

Useful advice in connection with the general application of Heel homeopathic products

The way in which Heel homeopathic products should be applied depends on whether they are for:

1. Treatment of **acute** symptoms, or
2. Treatment of **chronic** illnesses

Acute symptoms require a regular intake of 1 tablet or 10 drops every 15 minutes **for a maximum of two hours**.

Long-term treatments involving, for instance, chronic conditions, will normally require an intake of 1 tablet or 10 drops 3 times a day. Allow tablets to dissolve under your tongue.

Dosage for young children

Our drops contain a tiny percentage of alcohol. This is necessary to preserve the high quality of our products. The amount of alcohol per dose is unproblematic for children because it is very low – even a glass of apple juice contains more natural alcohol. In order to facilitate the intake for young children, you may dissolve tablets in a little water.

Dosage for liquid preparations (drops):

Age Group	Normal Dosage	Acute Dosage
Infants 0-1 year	1-3x daily 3 drops	every half to every full hour maximum 4 drops 10x daily
Small children 1-6 years	1-3x daily 5 drops	every half to every full hour maximum 6 drops 10x daily
School children 6-12 years	1-3x daily 7 drops	every half to every full hour maximum 8 drops 10x daily
Children from 12 years	adult dosage	adult dosage

Dosage for tablet preparations:

Age Group	Normal Dosage	Acute Dosage	Total Acute Dosage
Infants 0-1 year	2x daily ½ tablet	every 1-2 hours, take ½ tablet	4 tablets 8x daily maximum
Small children 1-6 years	3x daily ½ tablet	every 1-2 hours, take ½ tablet	6 tablets 12x daily maximum
School children 6-12 years	2x daily 1 tablet	every 1-2 hours, take 1 tablet	8 tablets 8x daily maximum
Children from 12 years	adult dosage	adult dosage	adult dosage

Dosage for adults

Adult dosage varies in relation to the individual product. Unless prescribed otherwise, the most frequent dosage is 10 drops or 1 tablet 3 times daily.

Drops may be mixed with a little water. To achieve the best result, you should keep the remedy in your mouth for approx. 20 seconds. **Note!** The caps of the dropper bottles are hypoallergenic and may be used in preference to a spoon. **Never** use a **metal** spoon. The tablets dissolve under your tongue.

Sometimes, in isolated cases, initial aggravated symptoms may appear. Do not confuse those with traditional side effects, but recognise them as a so-called “recovery crisis” or “aggravation in first-time attacks”. In such cases you should stop taking the remedy and discontinue treatment until the reaction has disappeared.

REMEMBER! Consult your healthcare provider for clarification if in doubt as to how the products should be used.

To help clarify uncertainties as to the various forms this medicinal product is available in, we have chosen the following symbols:



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Arthritis

About 50% of all adults suffer from signs of wear in the joint cartilage and/or bones which in the advanced stage are designated as arthritis. In addition to the pains caused by wear, particularly painful inflammatory episodes occur at irregular intervals.

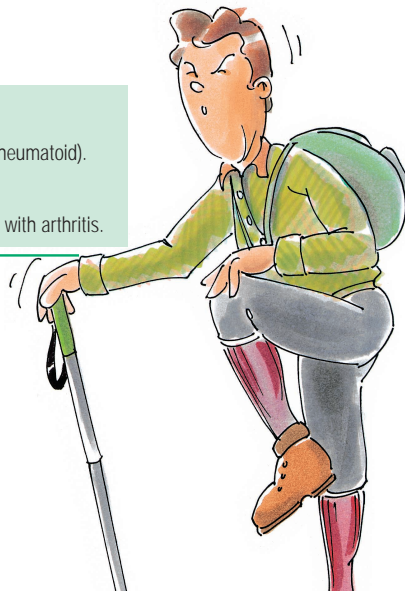
Overweight and abnormal stresses (e.g. through incorrect posture) can favour the occurrence of arthritis.

For a long time, no pain at all is associated with incipient arthritic condition. It is only gradually that morning stiffness becomes noticeable which disappears again with more movement. The next stage is characterised by pain in the joint during movement and a gradual restriction of movement.

If possible, therapy should start immediately the first signs are noticed in order to counteract the progressive degeneration of the cartilage and the concomitant inflammation. Homoeopathic preparations are especially suitable for this since their tolerance is very good even with long-term use as in the case of arthritis which often takes a chronic course.

Preparation	Indication
Zeel tablets	Arthritis (degenerative, rheumatoid).
Zeel ointment	Arthritis.
Traumeel S tablets	Inflammation associated with arthritis.

“Especially in cold weather my joints cause me pain ...”



Bronchitis

Bronchitis must be taken seriously. Always consult your doctor when bronchitis is suspected.

Bronchitis is an inflammation of the mucous lining of the lower respiratory tract. Bronchitis usually occurs as the result of another infectious disease, e.g. after a cold or the flu when this gets worse or is not properly treated. An acute bronchitis may become chronic if you do not treat it correctly.

Homoeopathic preparations may assist in the treatment of bronchitis, but should not be used in place of conventional diagnosis/treatment.

Preparation	Indication
Bronchalis-Heel tablets	As support in the treatment of bronchitis, especially with a hacking cough.
Drosera-Homaccord drops	Bronchial conditions, especially with convulsive coughing.
Tartepheedrel drops	Catarrhal conditions of the respiratory tract.

“I have a convulsive cough and fever ...”



Colic

For young babies, crying is the first way in which they can make themselves understood. The child usually quiets down again when its needs are met, i.e. when somebody picks it up, changes it or feeds it. But in many cases none of this helps.

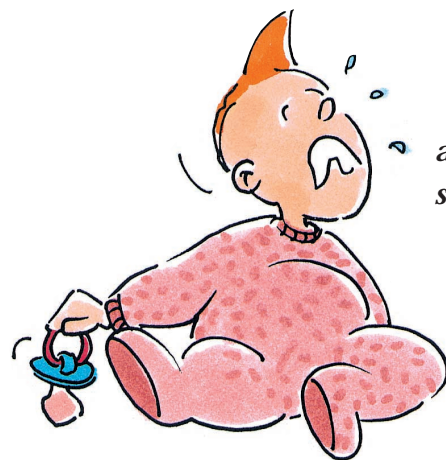
When the baby cries after being fed, this suggests a digestive problem. When eating and especially when drinking from the bottle, babies always swallow air to a certain extent. In addition, there is the entirely natural development of gas during digestion. This is why it is important for babies to burp after eating to allow the air to escape. Sometimes this air collects in the gastrointestinal tract and causes flatulence or wind, the baby becomes restless and starts to cry.

Preparation

Viburcol suppositories

Indication

Restlessness in conjunction with crying and sleeplessness, as with colic caused by wind.



“My baby is often restless after meals, cries and has a swollen stomach ...”

Common colds

Everybody catches many colds in the course of a lifetime. Colds are mostly caused by viruses and are associated with a running nose, coughing and hoarseness. If there is also fever and pains in the limbs, the condition may be referred to as “flu” as it advances.

Resistance to colds and flu is determined by the body’s own defence system. The efficiency of the immune system depends not only on physical health. Mental well-being also has a major influence on the immune system.

Homoeopathic preparations activate the body’s own resistance and may alleviate cold and flu symptoms.

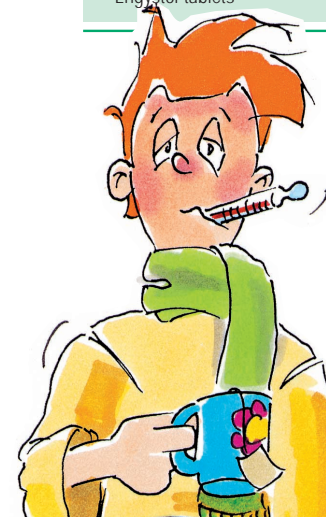
Remember! The sooner you take the remedy, the better the success-rate!

Preparation

Euphorbium compositum-Nasal Spray S
Husteel drops
Gripp-Heel tablets
Angin-Heel tablets
Engystol tablets

Indication

Running nose. Burning sensation in nose.
Coughing in cases of colds.
Colds and flu.
Tonsillitis, sore throat.
Stimulation of the body’s own defences.



“Since yesterday I have a running nose and a cough and now my arms and legs are starting to ache ...”

Conjunctivitis and dry eyes

Together with dry eyes, conjunctivitis (chronic and acute) is the most widespread eye disorder. Due to the increasing sensitivity of human beings as a result of rising environmental pollution (ozone and air pollutants) and unfavourable working conditions (air-conditioned rooms), inflammatory eye conditions are occurring to an ever greater extent. The symptoms of conjunctivitis are itching and smarting of the eyes and an increased flow of tears.

Dry eyes affect elderly people in particular since it is precisely in old age that less tear fluid is produced. The symptoms range from a simple feeling of discomfort such as itching and smarting to the sensation of a foreign body in the eye.

Don't forget how useful Oculoheel is in cases of allergic conjunctivitis, often a great problem to hay fever sufferers.

Preparation

Oculoheel eye drops

Indication

Irritation and slight inflammation of the eyes, tired eyes, watery eyes, feeling of a grain of sand in the eyes, irritation caused by light.

“... my eyes start to smart and become very red in air-conditioned rooms and when I work for a long time at the computer ...”



Detoxification

A detoxification program is always recommended when it is a question of a chronic disease. Long-lasting infections are also a sign that the body is overloaded with harmful substances. Increasing pollution (i.e. by air, amalgam, formaldehyde), an unbalanced diet and metabolic disorders likewise overload the self-cleaning capacity of our body. A build-up of harmful substances takes place and hinders the normal metabolic process.

To support the body in its cleansing process, women should drink at least 2 litres of liquid each day and men even 3 litres. Harmful substances should be avoided as far as possible.

In addition, the body's own excretion pathways of the lymph system, the gastrointestinal tract, the liver, bile, and kidneys should be stimulated. This is where homeopathic preparations that have a regulatory effect without being a further burden for the body are especially useful, and the Heel Detox-Kit is a simple and user-friendly method of initiating a detoxification process, usually over a six-week-period.

Preparation

Detox-Kit containing 3 products:
Berberis-Homaccord
Nux vomica-Homaccord
Lymphomyosot

Indication

Chronic disorders, exposure to pollutants, poor general health.

“I feel better after giving my body a good clean-up ...”



Gastrointestinal disorders

Many people suffer from a whole variety of stomach problems. The stresses of modern life can often manifest as discomfort in the upper abdomen.

The stomach is a sensitive area and can experience a feeling of pressure and fullness, flatulence, heartburn, nausea and retching. A fatty and protein-rich diet, an excessive consumption of alcohol and heavy smoking can also cause stomach complaints.

As a rule, such complaints do not have organic causes and are of a functional origin. Functional gastrointestinal disorders respond well to treatment with homeopathic preparations.

Preparation	Indication
Gastricumel tablets	Stomach complaints, heartburn, gastritis.
Nux vomica-Homaccord drops	Functional disorders in the gastro-intestinal and liver area, especially after drinking alcohol and after smoking.
Vomitusheel drops	Vomiting and retching.
Diarrheel S tablets	Acute and chronic gastrointestinal catarrh.



“I have a delicate stomach. When I eat heavy meals with a lot of fat or when I get worked up about something, I get stomach pains ...”

Haemorrhoids

Haemorrhoids are a disease of the venous plexus which surrounds the anus like a cushion and provides an airtight seal which also holds back fluids.

Swellings similar to varicose veins can occur in this venous plexus. Constant sitting and a constitutional connective tissue weakness contribute to the occurrence of haemorrhoids.

Complaints caused by haemorrhoids can take the form of inflammations, bleeding, pain, smarting, and itching.

The reduction of excess weight, the regulation of the bowel movement and physical activity can delay the progressive development of haemorrhoids. Homeopathic preparations can alleviate typical haemorrhoidal complaints.

Preparation	Indication
Paeonia-Salbe-Heel (ointment)	Haemorrhage of the skin and mucosa.
Paeonia-Heel tablets	Haemorrhoids.
Traumeel S (ointment)	

“I have haemorrhoids and mucosal bleeding and would like to treat my problem homeopathically ...”



Hay fever

For many people, spring is the start of the worst time of the year – hay fever time. Violent sneezing, a running or a blocked nose, reddened and watery eyes are the typical symptoms of hay fever.

Hay fever is essentially an over-reaction of the body to substances normally present in the environment, such as pollen. An allergy sufferer simply reacts much more violently to contact with or penetration of foreign substances than the normal defence system of the body allows for. Substances which trigger an allergy (e.g. pollen) reach the body through the air breathed, or through food, or by direct contact with the skin and then cause a reaction with the body's own immune system.

Homoeopathic combination preparations act on hay fever by correcting the imbalance in the body and enhancing the body's own powers of resistance.

Preparation	Indication
Luffa compositum Heel tablets	Allergic rhinitis.
Luffa-comp. -Heel nasal spray	Allergic rhinitis.
Oculoheel eye drops	Irritation of the eyes, watery eyes, feeling of a grain of sand in the eyes; allergic conjunctivitis.



“In March I get hay fever. My eyes itch and water and my nose runs or is blocked up ...”

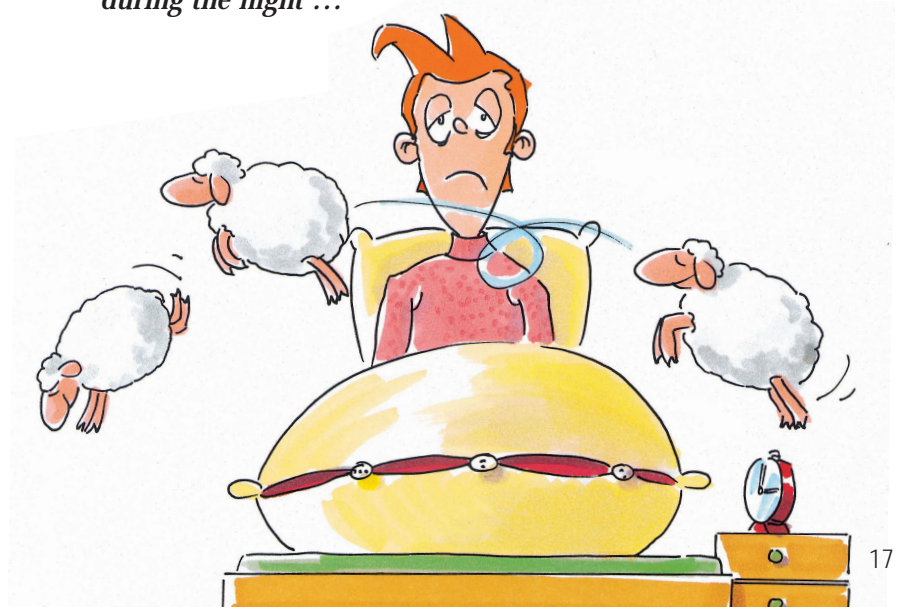
Insomnia

Difficulties in falling asleep and achieving long periods of sleep as well as insomnia triggered by nervousness can have various psychological origins, or may be a result of general lifestyle.

Homoeopathic preparations are particularly effective for the treatment of sleep disorders and regulate the disturbed sleep pattern.

Preparation	Indication
Nervoheel tablets	Nervous sleep disorders.
Valerianaheel drops	Insomnia.

“I have difficulties in falling asleep and wake up often during the night ...”



Physical injuries

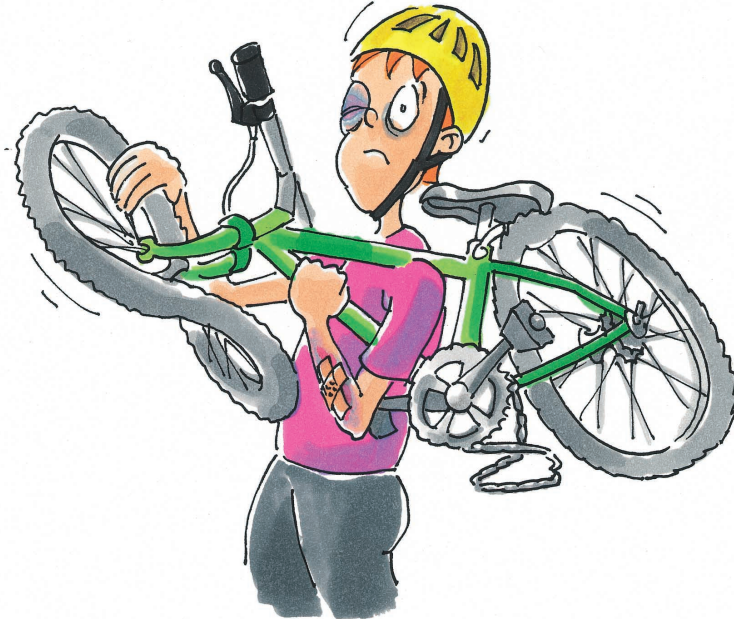
Sports activities are very much the fashion and have greatly increased in recent years. Enthusiasm for leisure sports is also associated, however, with a rising number of injuries. The most common sports injuries are contusions, sprains, and bruises.

Injuries must be treated immediately. Elevation, cooling and ointment dressings with homoeopathic preparations can alleviate pain and discomfort.



Preparation	Indication
Traumeel S ointment, tablets (natural anti-inflammatory)	Sprains, contusions, bruises, effusions of blood. Acute and chronic inflammation.

“I regularly do a lot of sport. Injuries occur from time to time ...”



Sinusitis

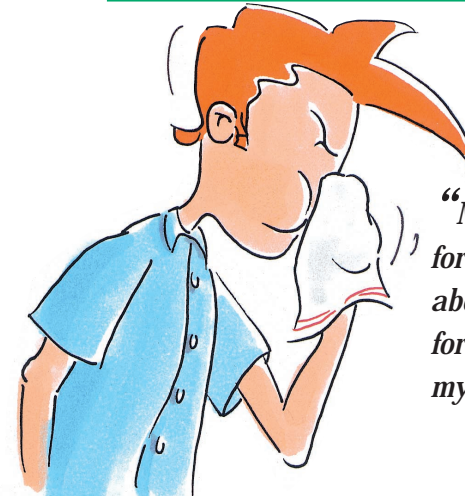
Sinusitis disorders occur when germs penetrate the paranasal sinuses as a consequence of a cold. The apertures between the paranasal sinuses and the nose become blocked and the infection can then spread everywhere.

With sinusitis, the patient's nose is blocked by a greenish-yellow mucus and he or she is sometimes slightly feverish. Pain can occur at the cheeks and forehead and when the head is turned. Sinusitis can rapidly become chronic. If the condition does not improve within a short time, your doctor should be consulted.

Homoeopathic preparations such as Euphorbium compositum S have an antiviral and antiphlogistic effect on sinusitis and alleviate discomfort.



Preparation	Indication
Euphorbium compositum S drops	Acute and chronic inflammation of the sinuses.
Euphorbium compositum-Nasal Spray S	Chronic sinusitis.
Natrium-Homaccord drops	Chronic mucosal catarrh.



“My nose has been blocked for two days and I have pains above the cheeks and on the forehead and when I turn my head ...”

Stress and anxiety

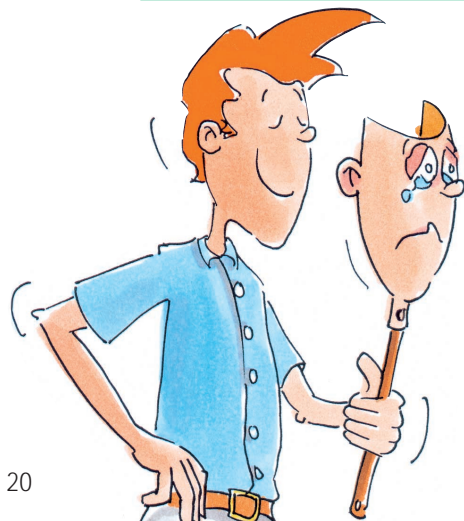
Many people react to stress or physical and mental strain with complaints such as insomnia, exhaustion, weakness, and general nervousness.

Stress and inner tension can trigger dysfunctions of the autonomic nervous system. The autonomic nervous system regulates among other things the circulation, respiration, bowel function, and metabolism. It is thus responsible for organ functions which cannot be influenced by the human will.

Stress, anxiety and overstimulation occasionally put a severe strain on the autonomic nervous system. It is not always able to process the many different influences and reacts with varying complaints.

Homoeopathic preparations activate the body's own regulatory mechanisms and help stabilise the organism.

Preparation	Indication
Nervoheel	Nervous complaints, inner restlessness.
Ignatia-Homaccord drops	Anxiety.
Valerianaheel drops	Insomnia.



“When I am under stress at work, I often get very nervous ...”

Teething pains

The time at which the first teeth appear varies a great deal from child to child. Parents can reckon with the first tooth from about the 6th month onward. There are also children who get their first teeth very much later.

Teething is apparent from certain signs. The child is always putting its fingers in its mouth, it dribbles more than before and it cries more often. It can happen that one of its cheeks will be very red and swollen. During this time, children usually eat and drink poorly.

Homoeopathic preparations can make teething easier for the child and have a soothing effect.

Preparation	Indication
Viburcol suppositories	Restlessness in conjunction with irritability and sleeplessness as, for instance, when teething is difficult.

“I believe my child is getting his first teeth. He cries a lot and is always sticking his fingers in his mouth ...”



Varicose veins

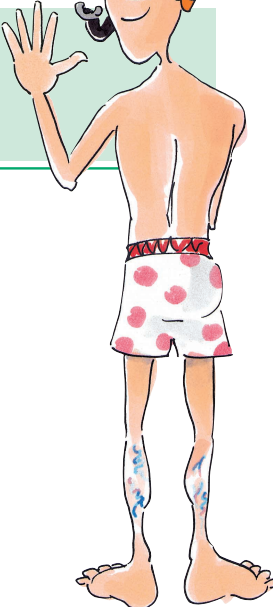
Varicose vein disorders begin with a feeling of tension in the legs followed by the swelling of the legs and feet.

Varicose veins are a symptom of a chronic weakness of the veins. When the veins become weak, the venous valves cannot close properly any longer and lose their valve function. The blood ceases to flow in the low parts of the veins. These congestions of blood gradually dilate the veins which ultimately become deformed as varicose veins.

One cause of the frequent occurrence of varicose veins can be unfavourable habits or working conditions. Most people sit or stand too long and do not move about enough. A constitutional factor can also contribute to the appearance of varicose veins.

Varicose vein complaints can be alleviated by homoeopathic preparations.

Preparation	Indication
Hamamelis-Salbe-Heel S (ointment) or Hamamelis-Homaccord drops	Varicose veins.



“I have varicose veins and suffer from heavy, swollen legs, especially when it is hot or I have to stand for a long time ...”

Vertigo and motion sickness

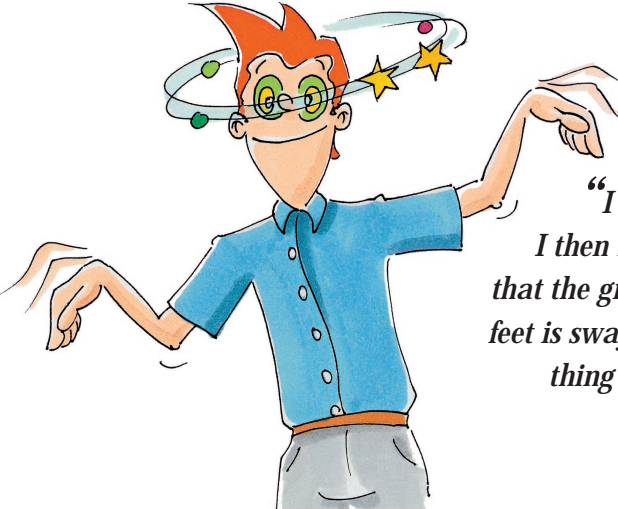
Vertigo is the expression of a balance disorder and is associated with various conditions. These include the feeling of riding a roundabout, staggering over the deck of a boat, travelling in a lift or the sensation of blackness before the eyes (scotodinia).

The causes of these balance disorders are varied and, in case of doubt, should be clarified by a doctor. With elderly people suffering from vertigo, it is often a question of cardiocirculatory weakness. A high or low blood pressure may also trigger vertigo. Hindrances to the circulation, such as the constriction of the carotid artery or wear in the area of the cervical spine, can likewise produce a sensation of vertigo.

Treatment with homoeopathic combination preparations has proved excellent for vertigo.

Vertigoheel is also effective in cases of motion sickness.

Preparation	Indication
Vertigoheel drops, tablets	Dizziness of various origins. Motion sickness.
Cocculus-Homaccord drops	Exhaustion after overwork.



“I often feel dizzy. I then have the feeling that the ground under my feet is swaying and everything goes black ...”

Women's health issues

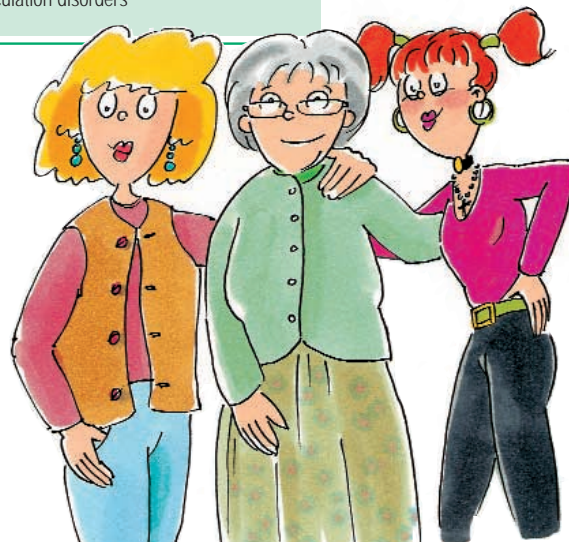
In simple terms, "women's conditions" are understood as being connected with the female cycle. The most frequent are hormonal dysfunctions and cyclical disorders, which may cause complaints before and during menstruation and during the menopause.

Although in most cases it is not possible to determine an organic cause, the feeling of well-being and fitness is often impaired. How intensely women suffer from these problems depends mainly on the functional condition of the immune system.

It is here that a gentle, hormone-free therapy with homoeopathic preparations is appropriate.

Preparation	Indication
Hormeel S drops Klimakt-Heel tablets	Irregular periods, hormonal disorders. Menopausal complaints (hot flushes), exhaustion, etc.
Spascupreel Spigelon	Menstrual cramps, PMS. Migraine headaches (e.g. before and during menstruation).
Aurumheel N drops	Circulation disorders

*"On some days
I do not feel very well ..."*



Other homoeopathic preparations from Heel

Preparation	Indication
Arnica-Heel drops	Acute and chronic inflammation.
Belladonna-Homaccord drops	Inflammations, e.g. sore throat.
Berberis-Homaccord drops	Irritation and inflammation in the area of the urinogenital organs.
Bryaconeel tablets	Neuralgic pain with rheumatic complaints.
China-Homaccord drops	Exhaustion and weakness.
Cimicifuga-Homaccord drops	Pains, especially back pains.
Colocynthis-Homaccord drops	Sciatica.
Cralonin drops	Geriatric heart.
Ferrum-Homaccord drops	Pains in the shoulder, elbow and arm area.
Ginseng compositum drops	Strengthening of the constitution.
Gelsemium-Homaccord drops	Migraine, cervical syndrome.
Graphites-Homaccord drops	Dry eczema.
Hepeel tablets	Indigestion
Kamillen-Salbe-Heel S (ointment)	Sunburn, nappy rash, sore nipples.

Other homoeopathic preparations from Heel

Preparation	Indication
Lymphomyosot drops	Lymph drainage, oedematous fluid retention.
Mercurius-Heel tablets	Furuncles.
Phosphor-Homaccord drops	Hoarseness, laryngitis/pharyngitis.
Ranunculus-Homaccord drops	Cold sores.
Rheuma-Heel tablets	Rheumatic complaints.
Schwef-Heel drops	Skin diseases of all kinds, eczema.
Traumeel S ointment	Acute and chronic inflammation, gingivitis, vaginitis.

Information concerning allergies

Artificial coloring

None of the Heel preparations contains any artificial coloring.

Benzalkonium chloride

0,01% Benzalkonium chloride is contained in Luffa comp.-Heel Nasal Spray and in Euphorbium compositum-Nasal Spray S, as a preservative.

Corn

None of the Heel preparations contains any corn ingredients.

Lactose

All tablet preparations contain lactose (milk sugar).

Magnesium stearate

All tablet preparations contain magnesium stearate.

Plant proteins

Nearly all preparations contain plant extracts in potentized form and therefore also plant proteins (in non-hydrolyzed form).

Soy

None of the Heel preparations contains any soy ingredients.

Sugar (sucrose)

None of the Heel preparations contains any sugar/sucrose.

Yeast

None of the Heel preparations contains any yeast ingredients.

Further information is available on request.
Please write, call, or send a fax or e-mail:



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