

# ONTARIO COLLEGE OF HOMEOPATHIC MEDICINE

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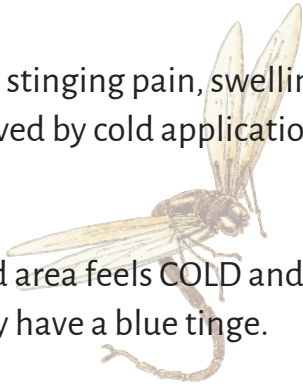
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## BUG BITES

Insect bites are common; when your body reacts with swelling, discomfort, redness and itch...why do you do? Consider using one of these awesome remedies:

**Apis:** where there is stinging pain, swelling, the area is hot to the touch, could appear shiny and the symptoms are relieved by cold applications. Will also be helpful with hives with similar skin appearance as noted above.



**Ledum:** the affected area feels COLD and the symptoms are removed by cold applications. The area of the insect bit may have a blue tinge.

**Hypericum:** where the insect bite causes sharp shooting pains; particularly in well innervated parts.

**Staphysagria:** where the bites are many and they turn into welts.

**Urtica Urens:** where there are bites that are red and swollen, they itch and sting. The itching makes the bites appear like hives.

Should you feel as though you are having a life threatening reaction to an insect bite, please seek immediate medical care.



*CONSULT YOUR PRIMARY CARE PHYSICIAN if you are experiencing a great deal of pain or are not feeling well. The information contained herein is awesome but is not intended to replace the advice of your medical team. It is not intended to endorse or recommend any particular type of medical treatment. No information contained herein should be used to disregard medical and/or health related advice or provide a basis to delay consultation with a physician or a qualified healthcare provider. The Ontario College of Homeopathic Medicine disclaims any liability based on information provided herein; it is for educational purposes only.*