



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Wasp and Bee Stings

OUCH!! Wasp and bee stings really hurt and can be dangerous, especially if you are allergic to them. My brother was attacked by a swarm of wasps in London, of all places, many years ago. He collapsed and was rushed to A&E and was in a bad way. My father was also allergic to wasp/bee stings.

We haven't seen too many wasps since we moved back to UK in 2011 but I remember a summer when my daughters were 6 or 7, we were visiting UK from overseas and wasps were everywhere. It was impossible to eat in the garden as so many wasps hovered over our food and drinks. They got in the house and even in the attic, where I got stung! We all got stung that summer but luckily, I had Apis Mellifica (Apis Mel) to hand.

When my Mother-in-law got stung, I gave her Apis Mel. After 15-20 minutes she said, "Jane, that's amazing! It's gone right down and is so much better."

That same summer, we took the girls to see Thomas the Tank steam train and the Fat Controller at Alresford Station. Wasps were everywhere and my daughter, Samantha, was stung along with a number of other children. I was handing out Apis Mel left, right and centre.

So, if there are a lot of wasps/bees/hornets etc buzzing around you, I suggest you have some Apis Mel to hand.

Apis Mellifica is a homoeopathic remedy. Homoeopathic remedies come in various dilutions but for wasp/bee stings/hornet or other stings, 30C is an effective dose.

Directions

As soon as you have been stung, give Apis Mel 30C every 15 minutes for 3 doses. Then see how you go – wait half an hour or an hour and give another dose and perhaps one later depending on how you feel.

If you live in France or Germany – you can also buy Apisgel or Dapisgel. This is a gel that you can apply topically in addition to taking the remedy. Unfortunately, I cannot find it in UK.



Instructions for Taking Homoeopathic Remedies

1. Store at least 1ft away from anything electrical including sockets.
2. Take remedies by putting under the tongue in a clean mouth, ie 20-30min after food or drink so no taste is in your mouth. If you have just been stung by a wasp and are eating or drinking – rinse your mouth with water.
3. After taking the remedy, do not eat or drink for 20-30 mins except for water. Also try to avoid strong smells.
4. When taking the remedy, ensure you do not touch it. Pour remedy into cap and toss under the tongue.
5. Do not drink coffee.

Note: Please don't put homoeopathic remedies through the X-Ray machine at the airport as it reduces the efficacy of the remedy.

Where to Buy Homoeopathic Remedies

Many health shops stock homeopathic remedies and Apis is well known for stings (also for jellyfish stings – so that's useful to know!). As I now live in UK, I order mine from Helios online. They also have homoeopaths on the phone who you can consult and remedies can be sent overseas.

I usually order the small pillules and let them melt under the tongue. The pillules will last pretty much indefinitely but liquid remedies have a shorter shelf life.

<https://www.helios.co.uk/contact>

Telephone (remedy orders and general enquiries)

+44 (0)1892 537254 (14 lines)

+44 (0)1892 536393 (24 hours Ansaphone)

+44 (0)1892 538400 (24 hours)

Fax

+44 (0)1892 546850

Free Fax 0800 015 6790 (UK only)

Clinic (appointments only)

+44 (0)1892 510950 or +44 (0)1892 557690

Pharmacy Reg. No.1032994

Note: You should always take what your doctor has prescribed for wasp/bee stings eg an EpiPen.



Zest for Life