

Note that homoeopathy should really be used in the context of an in-depth consultation with a trained homoeopath, as a 'constitutional' remedy is a highly individual treatment.

Note that most remedies are delivered in a lactose pellet, so if you are lactose intolerant, you would be better with a liquid preparation.

*Causticum*: may help with stress incontinence with frequent urge and difficulty urinating.

*Natrum muriaticum* for stress incontinence associated with menopausal symptoms, vaginal dryness, painful intercourse.

*Pareira*: for difficulty urinating due to prostate enlargement

*Sepia*: for stress incontinence with sudden urging, especially associated with vaginitis or prolapsed uterus.

*Zincum* for difficulty urinating standing up (needs to sit to initiate flow), prostate problems.