

Basic supplies.

1 box of 1/2"x 30-gauge needles or 1/2"x 27 gauge (I mostly use these for injection in hand, wrist, neck and across shoulders to T1 or T2 or areas you don't need a deeper insertion).

1 box of 1 1/2"x 27g needles (can use this on most areas except deeper insertions, is only slightly flexible, and less uncomfortable for insertion)

1 box 1"x 22-gauge needles (use to draw from any vial or ampules of injectable, it's easier & quicker to draw as it is a larger gauge needle, 1" is ample for length)

1 box 1 1/4" x 27g. And/or 1box 1 1/2" x 27g needles for Trigger Point

..... Sharps container, gloves, iodine

1 box 3cc (3mL) syringes is a perfect size if just using homeopathic (with or without some lidocaine) since ampules are 2.2cc. This is good for AIT.

1 box 5cc (5mL) syringes (gives more flexibility and solution for multiple injection sites, but is harder to inject with smaller gauge needles, requires more thumb pressure to move solution through needle) AIT, Trigger Point, & subcutaneous perineural Injections

1 box 1cc syringes for Intradermal, if doing constitutional or facial

I personally have found the brand names "BD" (higher quality, smoother insertion and much more expensive for 1/2 and 1" 30 gauge) and "Excel" to be easier to work with. The bevel on the needles are easier to insert and the syringes are easier to work. If I didn't give a specific code and just requested sizes of syringes or needles, they will send their brand or a cheaper quality brand. Best to specify unless you want to take your chances

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Injectable solutions:

Homeopathics like Traumeel & Zeel (there are other great solutions from Heel and also from Guna depending upon who you order from)

B12, (hydroxocobalamin or methylcobalamin) cyanocobalamin has a cyanide molecule that the body has to figure out how to get rid of.

Lidocaine or Procaine (If available)

If you want to do prolotherapy or perineural Therapy You may also consider

Sodium Chloride 8-9%

Dextrose 5% - Called D5W. Higher concentration is dangerous for muscles and soft tissue. {Do NOT buy 50% Dextrose until you have mastered techniques from this class. dextrose 50% is mostly used in Prolotherapy and intra articular.}