

10 Toxins and How to Antidote With Homeopathy

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Cigarette smoke....cough, cough! Carbon monoxide.....gag! Paint fumes, drugs.....ugh! It makes you want to ditch modern society and move to an island in the Pacific. It's a scary world out there.

Or is it? Well, it is unless you know the antidotes. The cure. The way to heal a reaction to such contaminants. Then, it just doesn't seem so hostile.

Let me tell you how empowering it feels to have the ability to restore someone you love, of a sickness, sometimes even life threatening, caused by a poison.

Bee Venom: Think *Ledum*

When my then 8 year old son was stung on his foot by a yellow jacket, his reaction became a frightening and macabre distortion of his otherwise cherubic face. His lips looked as though they might split from the swelling and his eyes were sunken behind swollen skin. It was clearly an anaphylactic reaction. Quite a serious matter.

We live in the country, a formidable distance from a hospital, so I was thankful I had the homeopathic remedy, *Ledum* 200c. *Ledum palastre* is one of the few homeopathic remedies that is pathology specific. That is, it will work for most folks who have suffered a bee sting, most of the time. Other homeopathic remedies are more person specific. This means the remedy must be chosen for the specific person's reaction. In this case, *Ledum* worked just as it should because it is a wonder remedy for most bee stings.

Within minutes of taking *Ledum*, our son's shoulders relaxed, his lips lost some of its swelling and he fell asleep in his father's arms. When he woke 10 minutes later, I repeated the dosage and continued every quarter hour over a period of 5 or so hours. Several more doses during the night and by the next morning, there was little evidence but for the swelling on his foot.

A necessary note: The reason I administered the remedy every 15 minutes is because of the life threatening nature of the pathology. Lesser illnesses require less frequent dosing.

This inquisitive son was subsequently stung by another yellow jacket not more than a month later; on his hand. We swung into action once again. This time, only his hand swelled, albeit quite large. But at least the reaction wasn't as systemic or remote as the last.

I'm almost embarrassed to report that at the end of the summer, he once again got into some yellow jackets. (Some kids don't learn without experiencing things first hand...*repeatedly*.) This time the sting was on his upper arm. And when we administered *Ledum 200c*, it merely acted in removing the pain. That's because there was barely a reaction at all. His body had learned to adjust to the toxin and was able to address it in a more appropriate way.

This is the way with homeopathy. Like a sloop in a storm, it has the ability to right itself. This is done by gently stimulating the mechanism that we all have, to restore genuine health.

Since that summer, I'm happy to report that our nature boy has been stung a few more times and each reaction has been small and within the range of normal. And key to this story is that homeopathic remedies are safe. That is, they don't cover up or mask symptoms. No warnings that they might be addictive or couldn't be taken during pregnancy, or at a certain age. Just safe, effective and inexpensive homeopathic remedies.

As my mother remarked not long after the last bee sting caper, "I'd say he's cured."

I agree.

Pesticides and Paint: Think *Arsenicum*

Allow me to give you another example of homeopathy's ability to cure the issue at hand and more importantly, uproot the propensity for the illness in the first place.

One of my students had a kitten who played on a neighbor's lawn. The grass had recently been treated with toxic lawn chemicals. Within hours, the kitty was restless and bumping into furniture, taking sips of milk and then diarrhea followed by collapse on the floor. He was shivering with cold. It appeared as though he was in a coma. This is a classic indication of pesticide poisoning and also for the use of *Arsenicum album*.

The keynote of this remedy are restlessness, alternating with extreme fatigue and/or collapse particularly after a bout of diarrhea. There's also coldness and disorientation, particularly after exposure to a toxic substance.

My student remembered the indicators of this vital remedy and the cat began improving within minutes of administering the little pills. The vet reported that most kittens don't survive pesticide poisoning when the symptoms are as severe as this. At best, she told the owner that it would take weeks before the cat would recover, if at all. My student reported to our class that it took only 6 hours and he was up to his kittenish play!

Yet *Arsenicum album* is a remedy that wears many hats. It will uproot sensitivity to other chemicals as well. So its action can be seen within a few hours. And then its long term action can often be witnessed weeks and months later.

I found *Arsenicum* useful for a chemically sensitive woman in her 50's who became weak, cold and anxious anytime she was exposed to the scent of fresh paint. For her, fresh paint could be detected many months after applied, for she had developed extreme sensitivities.

Martha could identify paint fumes long past the time others could. After a few doses of *Arsenicum album* once every 2 weeks, the previously weakened Martha grew stronger and less sensitive over a period of many months. Today, she might not consider a new career in painting, but she no longer reacts, if she happens to come across a freshly painted room.

Food or Water Poisoning: Think *Arsenicum*

But as powerful an ally as *Arsenicum* is for chemical toxins, it is equally so for more organic ones. So, I advise my clients and students that they should never vacation in Mexico without *Arsenicum album* 30. It's the quintessential remedy for diarrhea, food poisoning and even severe dysentery, as long as the symptoms the person is suffering are the same or close to the key notes of the remedy. The key notes of *Arsenicum album* are: coldness, anxiety, restlessness, alternating with, or resulting in, extreme fatigue. There can also be burning in the gastro intestinal tract and copious diarrhea.

By the way, it's good to be able to differentiate between the two top remedies associated with this pathology. And *Nux vomica* is the one to which symptoms ought to be compared. So, if there's a great deal of vomiting with food poisoning, *Nux vomica* may also be considered. (See the next section below for more on *Nux vomica*.)

Regardless of the remedy you choose, stay with it for at least 4 doses. If there's no improvement, even the tiniest, then it's prudent to move to the next most likely remedy. If there is improvement, then continue administering until the illness is over. Meanwhile, there's no concern for side effects. Homeopathy is gentle, safe, non-addicting and most importantly, effective.

Really?

Is this possible? That such potent toxins can actually be antidoted so readily, permanently, and without side effects? Yes. In fact up until the late 1940's, there were over 100 homeopathic hospitals in the U.S., and these are precisely the kinds of solutions which physicians employed. Their emergency rooms were stocked with the hundreds of homeopathic remedies, a-ready the event of poisonings. And this is well documented.

The reason these smart little pills are no longer found in hospitals or in any modern medical settings in the U.S. is because there was a nasty divide between conventional (allopathic) and homeopathic medicine. And you can probably guess why. Yes, the burgeoning pharmaceutical industry booted homeopathy out of its place of prominence in medicine. A very organized, well funded and diabolical campaign was undertaken to rid the U.S. of homeopathic physicians, hospitals, clinics and pharmacies.

And so today, we are left with the fallout of that strategic, monopoly battle. We're left to fend for ourselves..... to learn what the homeopathic physicians, nurses and many everyday folks of the last century knew. No matter. We'll take it up from here. We'll become resourceful ourselves and learn as much as we can to protect our families. This primer might just whet your appetite. Consider learning the myriad of applications in which homeopathy may be utilized.

Below, we'll examine some of the most important poison remedies that I recommend you have on hand in your home. Also, allow me to make it clear that with any severe poisoning, that you immediately get underway to a hospital. This doesn't mean that you can't accomplish a great deal in the car, on the way. A number of my students have reported that they turned around in the parking lot of the hospital after administering the correct remedy a few times. Homeopathic remedies *will not* interfere with any allopathic medicine or methods. What a great strategy to have at your fingertips!

Overdose: Think *Nux Vomica*

Let's look at a premier remedy for many different kinds of poisonings. *Nux vomica* is a capital remedy for food poisoning, alcohol overuse and most importantly, drug overdose. That is, not only street drugs, but prescribed and over the counter. Most drugs are toxic, even when used according to directions. That's what side effects are; toxic responses to an unnatural, poisonous substance.

Certainly we can justify such poisonings when there is no choice. For example when surgery is truly required, of course we hope general or local anesthesia will be employed. However, after the surgery, if there are headaches, the person is nauseated and constipation or loose stools follow, this is a call for *Nux vomica*. A few doses, hours or days after surgery will put the person back to square one and on their way to recovery.

Nux vomica can even be put to work when a child has had too much sugar, such as after a Halloween or a sleep-over. A few doses of *Nux vomica* 30 and the child will settle into sleep more readily and any nausea, indigestion or other gastro intestinal disturbances will melt away. By the way, so will the nasty behavior that ensues after a day or so of such excess.

Carbon Monoxide Poisoning:

Think *Carbo Vegetabilis*

Carbon monoxide poisonings often create a pathology that lasts for months, even years after the initial poisoning. *Carbo vegetabilis* is a remedy that has been used for decades to antidote the ill effects of such an occurrence. Breathlessness, fatigue and general weariness or weakness that's easily chalked up to chronic fatigue syndrome, can be resolved if the illness can be traced to carbon monoxide poisoning.

A woman contacted me some years ago for chronic fatigue. She had stayed in a summer cottage nearly 20 years prior; it was heated by a kerosene room heater. She was carried from the cottage by neighbors when they found her unconscious as a result of a carbon monoxide poisoning. She thought she had recovered, but the pathology had only shifted gears and grown to a chronic

condition. It wasn't until she took *Carbo vegetabilis* that she was free of lethargy and light-headedness. The illness was resolved within a few days of taking the remedy. Years after working with her, I was told by a close friend of hers, that she remained fully recovered. Unfortunately, I often don't hear how folks fair long after treatment... and I enjoy knowing that they're well. This is not only because I have a personal interest in each client I meet, but it deepens my understanding of the action of the remedies. (Excuse my need to express a little grumble.)

Smoke and Artificial Food: Think *Natrum Muriaticum*

A discussion of noxious inhalants must also include the issue of cigarette smoke. For those who find themselves in a smoke filled area, a dose of *Nat mur* 6x every few minutes will often protect from respiratory discomfort.

Nearly every 4th of July when our children were young, we'd gather with hundreds of others to enjoy a local fireworks display. Because of the tight space for each blanket or chair on the vast lawn, inevitably, someone would be smoking upwind of us. A few doses of *Nat mur* in a bottle of water sipped regularly, did the job of making the smoke more tolerable for my entire family.

Nat mur also has a sterling reputation for reactions to artificial foods. Try it the next time you eat at a Chinese restaurant where the waiter swears they don't use MSG. If you don't experience relief from *Nat mur* 6x taken every few minutes, then go to *Nux vomica* and do the same.

By the way, even though many Chinese restaurants don't add MSG, they buy canned and dried sauce mixes, soup starters and dressings that indeed contain MSG or its related substance. If you're unfamiliar with MSG's synonyms, search the internet for "Hidden names for MSG".

Poison Ivy: Think *Anacardium*

Poison ivy can cause anything from a menacing eruption to an illness of chronic proportions. There are many remedies to choose from when afflicted with this scourge, and it can also depend on the location of the eruption as well as the nature of the pustules. However, one of the most common remedies for poison ivy is *Anacardium 30*. When administered every 4 hours for several days, the itching is often relieved, eruptions minimized and the entire ordeal shortened.

If this does not do the trick, then I recommend that you contact a seasoned homeopath for a remedy that will be more suited specifically to you. For those who suffer yearly from poison ivy and are so sensitive to the plant that even proximity causes a problem, homeopaths have seen excellent results with the following protocol: 4 doses in one day of *Rhus tox* 30 at the onset of the season to help minimize the intensity of the exposure. It should be repeated once per week for a month. Interestingly, *Rhus tox* is made from poison ivy and so it follows the philosophy upon which homeopathy is founded: "Like Cures Like".

The How-To's

When administering a homeopathic remedy for an acute situation, particularly if it has life threatening ramifications, the best way to repeat is every few minutes to every half hour. As you witness improvement, spread out the number of doses. When the illness is completely resolved, stop administering. Improvement doesn't necessarily mean complete recovery within minutes. It can mean the sufferer falls asleep (that's where healing often occurs), or it can be represented in a change in behavior. So if someone is anxious and vomiting, and the anxiety is relieved, then that's a move in the right direction and an indication that the remedy is correct. Once you know the remedy is correct, you can continue administering it. You might also note, for example, that the vomiting is occurring less frequently and /or less dramatically. These are all indicators that the remedy is well chosen.

I know, I know, we love to see dramatic results when remedies are used, but there are plenty of situations in which there is instead only slow steady improvement. This too, is valuable. Whether there is a rapid recovery or one that is not as dramatic, homeopathy has a reputation for addressing illness in all its complexities. It can stand proud as the medicine that antidotes and leaves the person in a more advantageous posture than even *before* the poisoning. It does this by righting the wrong in the first place! Can you think of any other medicine that can deliver such results? Me neither.

- 1) Bee venom: *Ledum Palustre*
- 2) Pesticides: *Arsenicum album*
- 3) Paint Fumes: *Arsenicum album*
- 4) Food poisoning: *Arsenicum album*
- 5) Medication Overdose: *Nux vomica*
- 6) Alcohol Overdose: *Nux vomica*
- 7) Sugar overdose : *Nux vomica*
- 8) Carbon monoxide: *Carbo vegetabilis*
- 9) Cigarette smoke: *Natrum muriaticum*
- 10) Poison Ivy: *Anacardium*

Don't Stop Now

So there you have it; ten of the most common poisons and their antidotes. But don't stop now. For every toxin, for every ill, for every human suffering, there is a homeopathic remedy. Sometimes not easily discerned; sometimes obvious. I urge you to learn more. This vast subject of homeopathy is available to learn. It will empower you. It will delight you.

I urge you to own a homeopathy kit, a few simple homeopathy books and memorize these powerful allays in noxious situations. Then, when you feel overwhelmed by the toxicity in our world, smile knowing that there are solutions at hand and they are only a homeopathic remedy away.

Joetter Calabrese, HMC,CCH,RSHom(Na) is the mom's resource for learning to cure your own family. As a mother of three nearly grown sons, a certified, classical homeopath since 1995 and the go-to expert in the field of self care, she has taught hundreds of moms to empower themselves with homeopathy, nutrient-dense meals and common horse sense. For more information about her online classes, cd's, downloads or a session with Joette, call 561• 537• 5900 in the U.S., or go to www.JoetteCalabrese.com. Meanwhile, "Get healthy. Get Homeopathy!"