3 Cs for Pain, Part 3: *Coffea*



No series on homeopathy for pain would be complete without mentioning *Coffea cruda*.

I've written about *Coffea* before as an effective medicine for Exquisite Tooth Pain. That alone is worth making *Coffea* a part of your well-curated homeopathy kit.

But it's also great for pain that keeps the sufferer awake at night, especially if accompanied by sensitivity to light, noise and motion.

Coffea cruda is also a top consideration for periodic headaches – including migraines – in women who are typically nervous. That may come as no surprise, as we discussed *Coffea's* use for anxiety in a previous blog.

While we're on the topic of headaches, I'd like to teach you about using *Coffea* for a very specific type of headache –

the caffeine headache.



Paul can't start his morning without coffee. (We all know a "Paul." Heck, some of us *are* Paul.) But if Paul doesn't get his morning coffee by 10 a.m., he'll suffer a splitting headache. In his case, this headache stems from a lack of caffeine. He's trained his body to expect that dose of caffeine every day. When it doesn't arrive on schedule, the wheels fall off the cart – or, more specifically, Paul's head hurts.

Angela has never met an energy drink she doesn't like. Despite looking like poisonous antifreeze, Angela tilts back a couple of energy drinks a day. But her limit is two. If she drinks more than that, the caffeine jolt hits her head like a lightning strike. In Angela's case, her headache stems from too much caffeine.

This is where homeopathy shines.

The medicine that has been historically shown to address caffeine-related headaches is *Coffea cruda 200*, generally utilized twice daily or so, until very much better.

“But Joette! One person didn’t have enough caffeine, and one person had too much. How can one homeopathic medicine cover both lack and excess?”

My friends, homeopathy is not like conventional drugs. Homeopathy is not bludgeoning one’s system, altering our bodies in a specific, pre-determined direction like synthetic pharmaceuticals.

Homeopathy stimulates the body’s natural ability to correct what’s causing the pain from either direction – too much or too little.

Homeopathy works *with* our bodies, gently nudging them to return to homeostasis.

However, as with anything in life, there are caveats. As always, we stop utilizing a medicine if we observe no improvement after giving it due time to act. If there’s no improvement, it’s time to pivot – to consider an alternative medicine (which means delving into your repertory and *materia medica*).

Equally important is that we stop employing our homeopathic medicine once we are much better. Homeopathy is medicine, not a supplement. We only call upon it when necessary.

Learn more in my blog post, When to Stop.

Well, that’s the last of our Cs for pain … or is it? Come back next week, and you may be surprised to find a fourth!

Pain is a common complaint, and homeopathy provides many excellent choices for addressing the different types of pain. There are more than just three medicines … or even four <wink wink>.

To truly become the competent go-to caregiver for your family, you need more than just a few short blog posts. I encourage you to look at the syllabus for my course, Make It

Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good. I assure you, there is no better place to invest than in your education and homeopathic medicines. You and your family will benefit for generations.

Pass on the good news of homeopathy!

Warmly,



P.S. I talked more about pain in my recent Monday Night Live event. What? You weren't there?

Well, worry not, my friend. Mighty Members can find it on their private website. Facebook users can also watch the video recording in the archives on my page. Or check out my channel on YouTube! While you're there, please like and subscribe. Your positive feedback will encourage YouTube's algorithm to present the message of Practical Homeopathy® to more people in need.



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