

3. Paint Fumes: How to Antidote Poisonous Toxins With Homeopathy Series



Nothing can revive a home or office more than a fresh coat of paint. However, paint fumes can cause miserable and often deleterious side effects.

Because oil-based paints contain chemicals such as benzene, formaldehyde and toluene, their fumes can adversely affect almost anyone and cause serious health issues over time.

Granted, water-based paints and acrylics are generally less aggravating. While they may not emit the same level of dangerous fumes that cause health problems, even the smell of water-based paint can be problematic for sensitive

people.

How toxic can paint fumes be?

The symptoms of paint fume poisoning can be:

- Headaches
- Dizziness
- Nausea
- Irritation of the eyes, nose and throat
- Breathing difficulties
- Coughing
- Lightheadedness
- Allergic skin reactions
- Fatigue
- Memory loss
- Long-term health problems, such as liver and kidney damage, cancer and respiratory problems

Looking at that list, I realize why the first four letters of the word paint are “pain.” It should serve as a good reminder to adequately consider the pain and illness that toxic paint fumes can cause.

Protection from direct inhalation of the fumes is undoubtedly the best avenue. “An ounce of prevention is worth a pound of cure,” as they say. But what if you can’t avoid exposure? That’s when homeopathy comes into play.

But first things first ...



If you missed the introductory post in this series, “How to Antidote Poisonous Toxins With Homeopathy,” [I strongly urge you to read it now.](#) The background information I provided will enhance your understanding as you proceed with the rest of this series.

Understanding the methodology behind using homeopathy to antidote a poison or toxin is equally important as knowing which condition-specific homeopathic medicine to consider.

A case of toxic paint fumes

In my practice years ago, a chemically sensitive woman (we’ll call her Martha) in her 50s came to me complaining that she became weak, cold and anxious anytime she was exposed to the smell of fresh paint. She could detect fresh paint many months after it had been applied.

Martha had developed extreme sensitivities. She could identify paint fumes long past the time others could.

I found *Arsenicum album* to be effective in this case. Martha chose to employ [Arsenicum album 30](#) once or twice each day (depending on the severity of her symptoms) until she felt very much better. Over a period of many months, indeed, the previously weakened Martha grew stronger and less sensitive.

Granted she might not consider a new career as a painter, but she no longer reacts adversely if she happens to come across a freshly painted room. She can live her life with freedom.



Rethinking Detox

Protocols for other poisons and toxins are provided in my course, [Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way](#). By learning about this gentle, efficacious, and time-tested medicine, you can give yourself and your family the freedom to cope with a toxic world.

And remember – all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. Don't forget that **my social media updates are now featured on [TikTok](#)!**

Unfortunately, my Monday Night Live events can't stream live there until I have a certain number of followers.

So, **can you help me?** By following me on [TikTok @joettecalabrese](#), soon you and other TikTok users will be able to join my MNL events live, just as users of the [Joette Calabrese Facebook page](#), [YouTube](#), [X \(formerly Twitter\)](#), [Rumble](#) and [Instagram](#) already do.

Of course, the best way to watch my Monday Night Lives is through their [Mighty Members dashboard](#).^{*} Members can stay online after my public presentation to enjoy an exclusive, more candid Q&A regarding that evening's topic.

If you're not yet a Mighty Member, learn more about our community by [clicking here](#).

^{*}You must be logged in for this link to take you directly to the latest Monday Night Live.



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