4 Homeopathic Remedies for a Happier Father



Happy Father's Day to all our Dads with Audacity, the men who support us in our homeopathic efforts and even learn homeopathy themselves. The movement to bring Practical Homeopathy® into every medicine cabinet in the world couldn't succeed without you.

But we know your life isn't always easy. You pull double duty: slaying dragons in your occupation while also caring for your family's well-being.

This information – presented ever-so-slightly tongue-in-cheek – is for you. Who knows? These four homeopathic remedies may

make you a happier father. Have them on hand for those unexpected moments when Dad-mode is coming on strong.

Just remember, don't keep using homeopathic medicine for extended periods, like supplements or vitamins. We use homeopathy when a condition presents, and we halt when we're very much better. We also halt if the medicine provides no improvement at all.

Be sure to read my foundational blog post, When to Stop, for more detailed information.

1. Broken curfew? *Ignatia amara* 200

"Da-aaaaad!! Gee whiz. Why are you still up?"

"Because it's 1:30 a.m., and you're an hour and a half past your curfew! Where have you been? Your mother and I have been worried sick! Why didn't you answer your phone? I think you just took ten years off my life with worry."

"Aw, Dad. Don't fuss. Here's some Ignatia *200. Take this twice a day for a couple of days, until you feel less worried. And keep it on hand for next time."*

"What do you mean, NEXT TIME???????"

Hmmm. Perhaps it's best we cut away from this conversation before it turns ugly, eh?

Fathers, you know this drill. I'm sure you've been in a situation like this with your kids where you're worried, and there's nothing you can do. It's hard for a man – for anyone, really – when there's no action to resolve a problem.

No doubt, your daughter will be home soon – safe and sound. But until then, a dose or two of *Ignatia amara 200* can help keep you from spiraling into the depths of uncertainty and worst-case scenario.



2. Sick child? *Arsenicum album* 200

“Dad. Da-aaaad! Seriously! It’s just a cold. I’m not going to die. Why are you pacing, pacing, pacing outside my bedroom door just listening to me cough?”

“Honey, I’m just concerned about your health.”

“Overly *concerned, I’d say. I’m not an infant anymore.”*

“Young lady, you’ll still be my child when you’re 60 years old. I’m always going to be anxious when something is wrong with you. So just get used to it.”

“You’re going to be like this forever? Ugh. Being this obsessed with my every sneeze is not healthy for you. PLEASE, take this Arsenicum album 200 twice a day for just a couple of days so that I can recover from the sniffles in peace. Geeze. <Insert eye roll here.>”

Indeed, one of the keynotes of *Arsenicum album* 200 is an excessive fixation on the health and welfare of the family. (However, a healthy amount of caring and concern is not a pathology, no matter what this child thinks.)



3. Depressed about economic concerns raising a family? *Aurum metallicum* 200

“Hey, Dad. What’s the matter? You’re awfully quiet today.”

“Just thinking, Kiddo. Have you heard anything from your college applications?”

“Not yet, but I’m sure they’ll come soon. I’m hoping I’ll get my first choice and Yale accepts me! But if not, I’m sure Stanford or Notre Dame will come through.”

“You’re sure you don’t want to go to an in-state college? They’re cheaper, you know.”

“Nope. I’ve got this all mapped out for my career. It’s going to be awesome, doncha think?”

“Yep. I’m just worried about how I’m going to pay for it. Business has been so slow lately. But, hey, that’s not your problem. I’ll figure it out. Just let me sit here alone for a little while longer.”

"Oh, Da-aaaad, don't be depressed. It'll all work out. Here's some Aurum metallicum 200. Just take a dose every three days or so, until you feel better. Easy peasy, right?!"

While *Aurum metallicum* 200 won't increase your client base or fill your coffers, it has historically been shown to ameliorate the stark depression that many men suffer when business downturns strike or the pressure of providing for the family seems overwhelming.

So, while it's not as "easy peasy" as this child may think, *Aurum met* is a helpful homeopathic medicine to get your mind right and get back to the salt mines with an improved outlook.

(As an aside, just as not every career requires a college degree, not every young person is cut out for university studies. If your child is bright enough to recommend *Aurum metallicum* to you for depression – no matter how flippantly – I'm betting that they might have what it takes to become a practicing Practical Homeopath™. Consider this blog post from the archives: College Isn't for Everyone: 2 Valuable Alternative Career Paths.)



4. Angry? *Nux vomica* 200

Well, your child made it to college, and you managed to pay the tuition. But rather than hitting the books, they are apparently spending more time hitting the party circuit. Try as you might, you can't rein in your anger at the family meeting around the kitchen table.

"I'm paying good money for tuition. Hard-earned money. More money than I'm paying for our mortgage! What are we doing here? Why am I doing that? Why am I paying for college if you're not even going to apply yourself? <Slamming fist onto the table for emphasis.>"

"I had bigger dreams for you. You have the wherewithal; you have the acumen. Yet, here you are, wasting your intelligence."

"Dad! Just because you're an over-achiever doesn't mean everyone is. I'll buckle down soon enough to graduate, but I'm having fun with my squad, Bruh! Why don't you take Nux vomica 200, twice a day for a little while until you can chill a little bit! I'm low-key worried about your stress level. No cap!"

You'll get no argument from me that your college-aged child needed this kick in the derrière – for their own good. However, if you can get past the attitude and the slang, the actual advice isn't all that bad.

We often discuss *Nux vomica* for cases of overdoing it. However, another hallmark of Nux vomica is that it is for Type A people who expect others to perform at the same pace. Those who are not achieving their milestones in a timely manner are frustrating impediments to progress.

For instance, in traffic, do you find yourself talking out loud to the other drivers? "What the heck is that guy doing? <Hitting the horn.> Get out of the way. I got things to do."

You cannot stand to wait because of others' slowness.

Have you caught yourself saying to an assistant at work, "What the heck? I gave you this 20 minutes ago! It should have been done in five minutes."

That's a call to consider *Nux vomica* 200, twice daily for a short time, until expectations – and emotions – become more realistic.

Disclaimer:

Kids, I cannot be held responsible for your father's reaction to these sarcastic scenarios. But, with a little diplomacy, you can suggest homeopathic medicines that can help them deal with you growing up.

Better yet, why not get home before curfew, stay healthy with Practical Homeopathy®, get a part-time job to help put yourself through college, and prioritize your studies over endless partying.

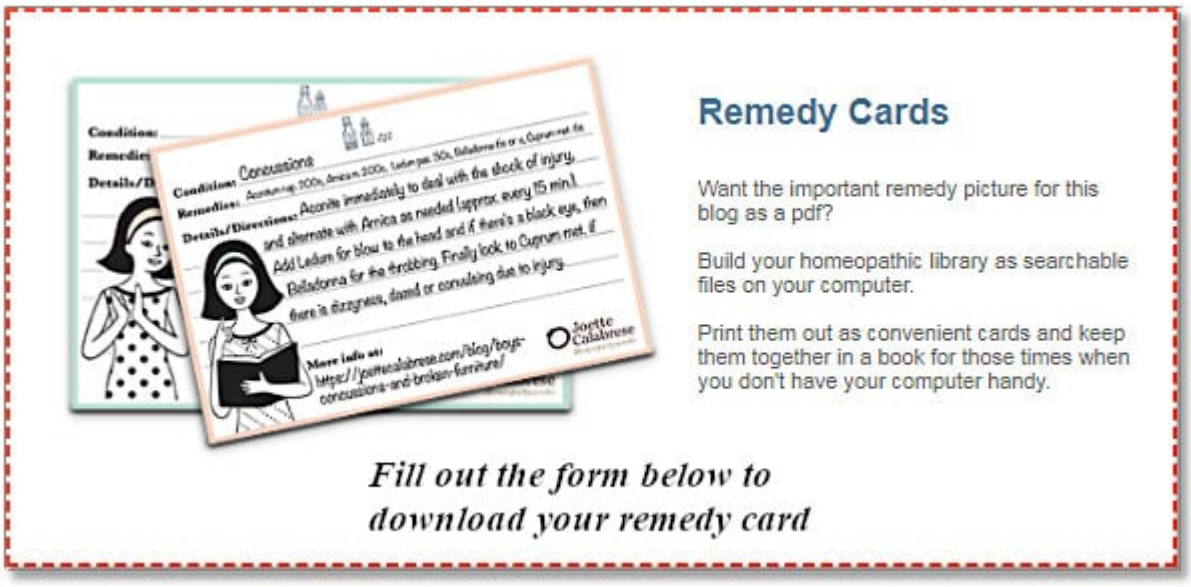
That's the best prescription for both you and your father, especially on his special day today. (But a little homeopathy on the side couldn't hurt.)

Pass on the good news of Practical Homeopathy®!

Warmly,



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