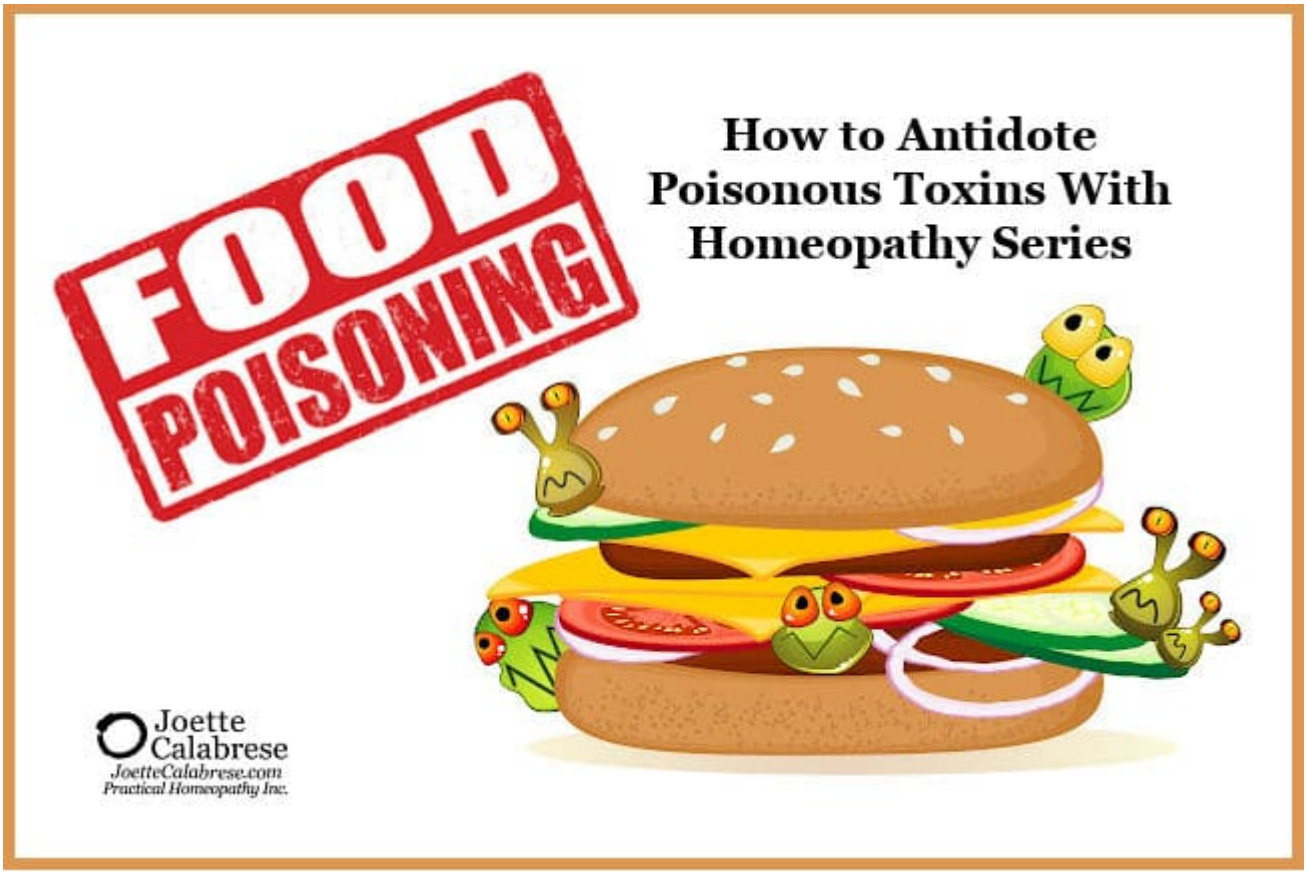
7. Food Poisoning: How to Antidote Poisonous Toxins With Homeopathy



It happens. “Dinner was delicious,” can unexpectedly morph into “Uh-oh, my stomach is doing flips.”

Foodborne illness – food poisoning – is all too prevalent in our modern world, especially when we eat out. Unfortunately, we can’t control restaurant food handlers’ cleanliness or food storage efficiency.

Although, much to my chagrin, I’ve had at least one major instance at home of food poisoning. However, let me go on the record by saying it wasn’t 100% my fault! I mean, who eats food that has sat out on the counter for two days? (My husband, that’s who. You can learn more by reading Bad Turkey!)

But before continuing our ongoing series, “How to Antidote Poisonous Toxins With Homeopathy,” let’s ensure we have the foundational information well in hand.



Begin at the beginning!

If you missed the introductory and background information I previously provided, click here to read it before proceeding to the rest of this series.

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

Symptoms of food poisoning.

Food poisoning is no joke. Just ask anyone who has ever suffered from it.

Symptoms of food poisoning usually start within hours of eating the bad food and can include nausea, vomiting, watery diarrhea, fever, abdominal pain and cramps. More serious incidents may cause extreme pain, dehydration, severe weakness, dizziness or lightheadedness, blurry vision, muscle weakness and tingling in the arms.



Can Practical Homeopathy® antidote food poisoning? Yes.

In this blog series, we've previously discussed several toxins and poisons homeopathy can ameliorate, and food poisoning is no different.

You may recall that we considered *Arsenicum album* 30C for paint fumes and pesticide exposure. Well, as powerful an ally as *Arsenicum* can be for chemical toxins, it is equally formidable for organic ones.

I advise my clients and students to 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 keynotes of the remedy.

The keynotes of *Arsenicum album* are: coldness, anxiety, and

restlessness alternating with (or resulting in) extreme fatigue. There can also be burning in the gastrointestinal tract and copious diarrhea. Sounds just like our food poisoning symptoms, doesn't it?

Generally, *Arsenicum album* 30C would be employed as an SOS, one dose every 15 minutes to a few hours, depending on severity. As always, as the condition improves, we reduce the frequency of the medicine and stop when very much better.



There's more than one way to cook an egg.

I also discuss another remedy for dysentery in Disasters, Diarrhea and Dysentery. In homeopathy, there are often more than one option, so it's vital you own a *materia medica*, such as A *Materia Medica*: Practical Homeopathy® for Busy Families, to compare potentially applicable medicines to the symptoms the sufferer is facing at the moment.

It's best to be able to differentiate between the top remedies associated with this pathology. *Nux vomica* is another remedy to consider when comparing the existing symptoms. If there's a great deal of vomiting with food poisoning, *Nux vomica* may also be desirable.

Regardless of the remedy you choose, stay with it for at least four doses, remembering to watch for the three Magic Markers of Improvement. 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.

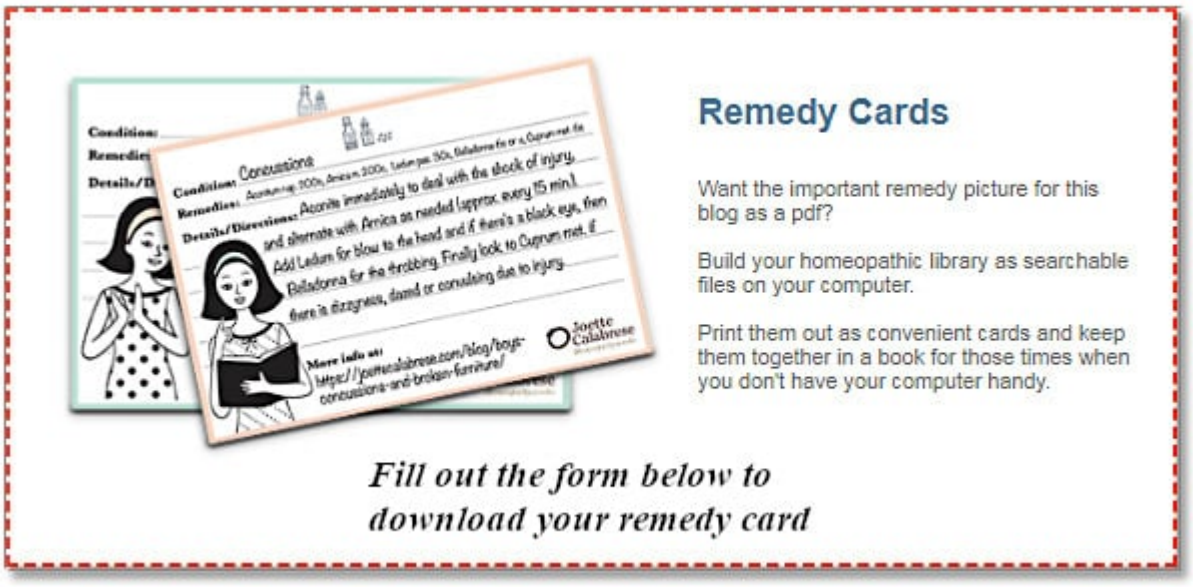
Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. Sometimes, even the best high-quality foods may cause unpleasant symptoms for those who experience food intolerances or allergies. For those cases, I recommend one of my most popular courses, Good Gut, Bad Gut. Learn how to tackle the major gut issues commonly experienced with homeopathy. As the sufferer watches discomfort fade away, dinnertime can be something to look forward to again!

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



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