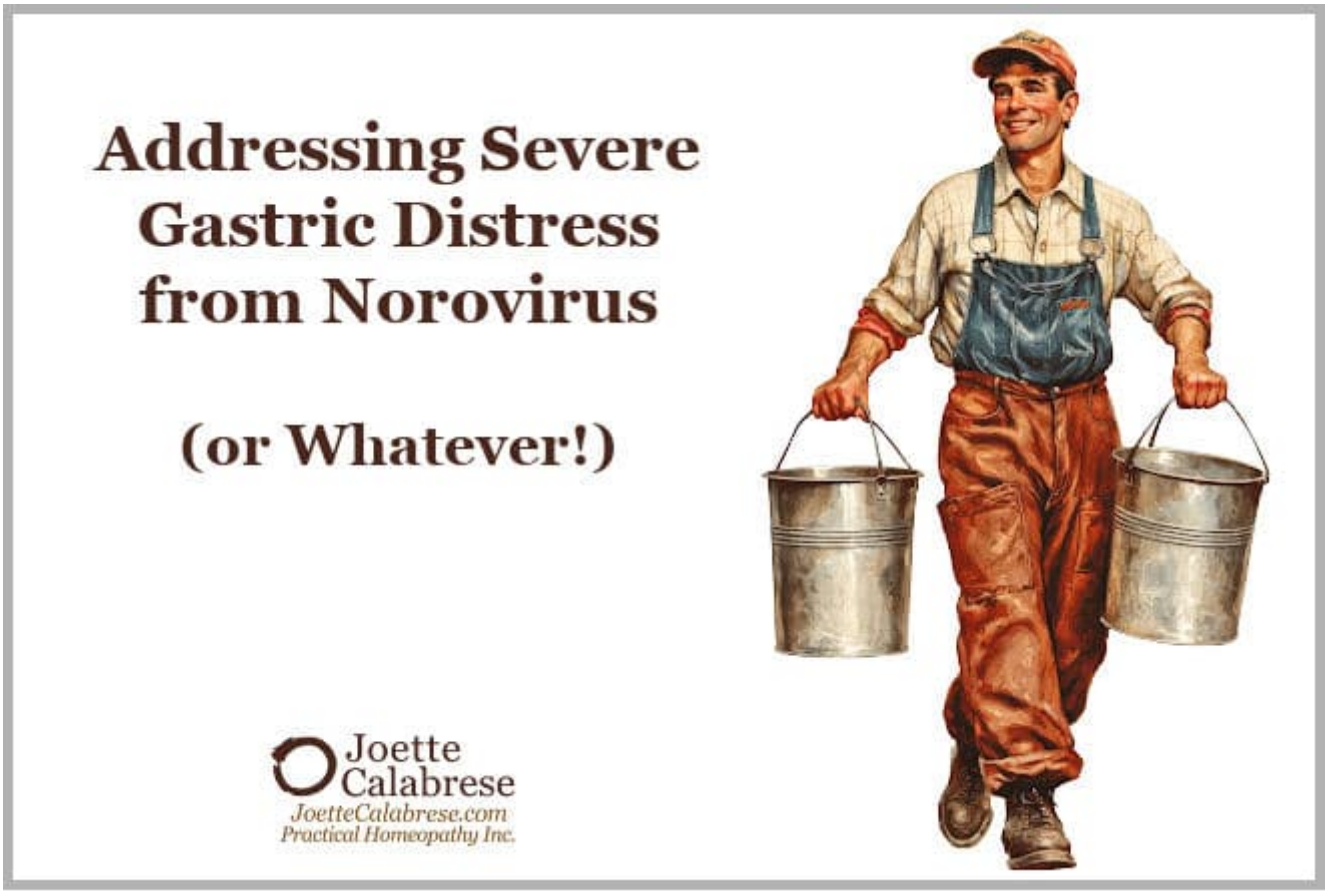
Addressing Severe Gastric Distress from Norovirus (or Whatever!)



Blech. It’s winter, and they say that norovirus is going around. It’s hard to peruse a news source without reading something that blames it for all sorts of suffering. To make it even more scary and evil, it’s sometimes called the “two-bucket disease.” (I’ll let you use your imagination on that one, but it’s not because you feel like going to the beach to build sandcastles.)

Indeed, seemingly never-ending vomiting and diarrhea are the hallmarks of what many are suffering. Taking care of your family and yourself *before* an event is one of the best ways to protect against conditions.

What should we do?

Worry? Avoid crowds?

No. I don't worry, and you shouldn't either. Instead of going back to bed and pulling the covers over our heads, we who know Practical Homeopathy® can often go about our business. We need not succumb to fear because we have time-honored homeopathic medicines that have addressed gastric upset for over two centuries.

Does "norovirus" require a specific homeopathic remedy unique only to this condition?

Again, no.

In Practical Homeopathy®, we often make our remedy determinations by analyzing the *symptoms* rather than by the name of the virus or bacteria du jour. Nausea, vomiting, diarrhea, and accompanying aches and pains are universal symptoms that generally call for the same medicines.

BAM!

If the gastric distress hits quickly – like one minute you're fine, and the next minute you're not – that would be a time to consider *Aconitum napellus 200* immediately at the onset, perhaps twice a day for a day or so. *Aconite* is our medicine to remember for conditions with a quick onset.

Then, we can add another homeopathic medicine to address the precise symptoms impacting us.

Ugh, the nausea.

If the condition presents with nausea, a good consideration would be *Ipecacuanha 30* (*Ipecac*) employed according to severity. For instance, during the initial waves of nausea, one might require this medicine every few hours, reducing the frequency to twice daily as the condition improves.

If the nausea hits like a ton of bricks, one might consider alternating the *Ipecac* (for the nausea) with the *Aconite* (for the fast onset). This would be accomplished by utilizing one medicine followed in brief succession by the other medicine – perhaps five minutes apart.

What about a two-bucket situation with extreme exhaustion?

Perhaps vomiting ensues, accompanied by diarrhea and especially great fatigue. Now we can turn to a Banerji Protocol that I love: *Veratrum album 200* mixed together in the mouth with *Cuprum metallicum 6*. One might require this protocol every few hours in the beginning – again, according to severity. As the condition begins to shift and improve, then gradually elongate the time between doses.



This protocol helped me recover from "Delhi Belly" (dysentery) during one of my trips to the Banerji clinic in India. I was very sick, but this proven combination righted the ship. (You can read about it in my blogs, "Not Sensitive Anymore, but I Get 'Delhi Belly' " and "Disasters, Diarrhea, Dysentery."

Now, suppose one doesn't have access to the Banerji Protocol combination of medicines for the symptoms of dysentery – extreme weakness from terrible diarrhea and relentless

vomiting. In that case, either the *Veratrum album* or *Cuprum* alone can often do the job.

How about just diarrhea alone?

Persistent diarrhea can also present with many acute gastrointestinal conditions. However, rather than discuss it here, I plan to talk more about this timely topic in my Monday Night Live tomorrow, January 6, 2025, at 8 p.m. EST on my Joette's Mighty Members site or our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and Instagram. Join me, won't you?

If you're reading this after the live event, remember you can always find my archived Monday Night Lives on Facebook or YouTube. Better yet, my Mighty Members can view the archives on their dashboard, utilizing an exclusive searchable index that helps them find the precise condition, remedy or category they're looking for. How convenient is that?

So, until tomorrow night, please pass on the good news of Practical Homeopathy® to anyone suffering. Watching the suffering melt away will be a heady experience for you and a welcomed relief for them.

Warmly,

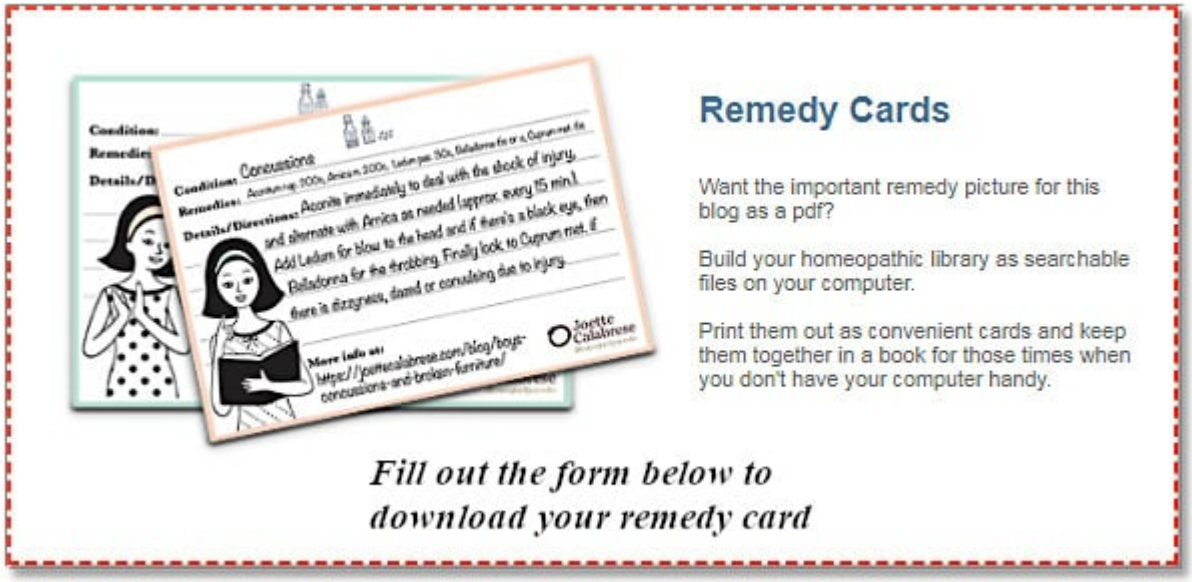


P.S. My course, Good Gut, Bad Gut, contains all things gut-related, including acute conditions like this and much more. If tummy troubles are typical in your family, I urge you to

consider this valuable course. My students report that it gives them freedom from angst about getting sick.

Additionally, my magnum opus, The Survivalist Guide to Homeopathy, contains information for almost any eventuality. Presented in a hard-copy binder, you can use this guide even if the internet is down and you're left without electronic resources. This book is an indispensable addition to a home shelter or an emergency bug-out bag.

And remember, all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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