

Annoying Sebaceous Cysts? Consider Powerful – Yet Polite – Practical Homeopathy®



Let's continue our discussion on cysts. If you missed it, I taught about [two homeopathic medicines clinically shown to address pilar cysts](#) last week. This week, I will move on to sebaceous cysts.

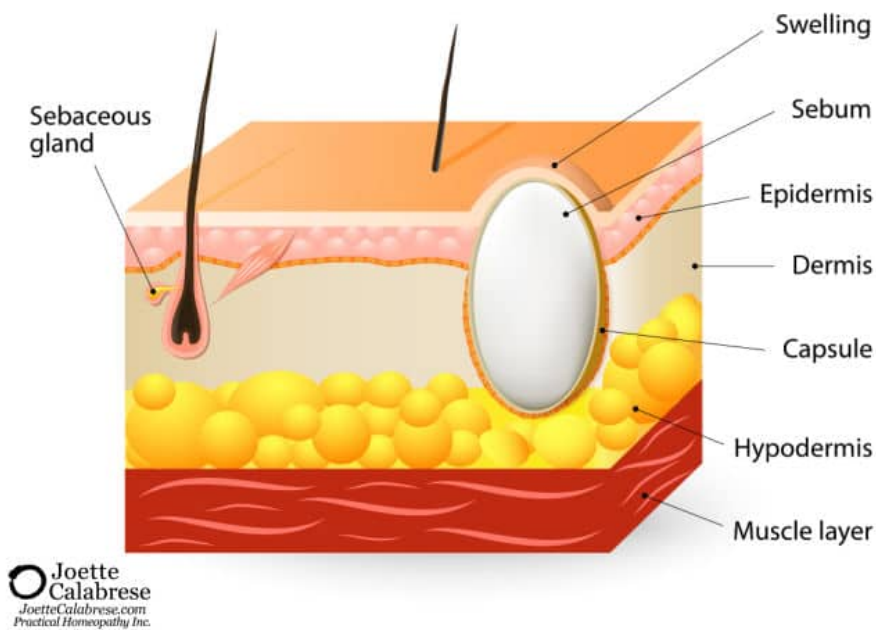
What Are Sebaceous Cysts?

The term "sebaceous" can be a bit of a misnomer, but it is commonly used. More accurately called epidermal inclusion cysts, these lumps typically occur on the face, neck, torso or groin. While this type of cyst may be cosmetically annoying, they are often harmless. They generally grow

fairly slowly as they fill with keratin, fat and skin particles.

A true sebaceous cyst (filled with sebum that results from a dysfunctional sebaceous gland or duct) is much less common.

SEBACEOUS CYST



Sometimes, sebaceous or epidermal inclusion cysts can remain stable for years. However, they can eventually burst and become infected.

If you're unfamiliar with sebaceous cysts, here are a couple of photos to help you identify them. Of course – as always with Practical Homeopathy® – when in doubt, get a medical diagnosis before choosing a homeopathic medicine. We choose our medicines by symptoms and the name of the condition. Choosing the medicine with the tightest fit to the sufferer's need is an integral step in successfully employing homeopathy.



The Homeopathic Answer to Sebaceous Cysts: *Conium*

My clinical experience has shown that [*Conium maculatum* 6](#), twice daily has successfully acted. Keep in mind that this is not a protocol, so either a 6X or 6C may be employed.

Generally, sufferers have utilized this medicine until the cyst is pretty much gone. Now, it may not be 100% gone. It might just go down, go down, go down until one is left with something relatively small. If it stays like that, then I would just leave it.

These Medicines Are Often Organ-Specific and Location-Specific

As we've discussed cysts these last two weeks, please note that we are talking about cysts occurring on the skin (not in an internal organ). Location often matters as we [repertorize conditions](#). Correctly choosing a tightly fitting homeopathic medicine is generally organ-specific (in this case, the skin) and sometimes location-specific as well (such as cysts on the scalp as opposed to cysts on the wrist).

Teaching organ-specific remedies is a big part of how I train my students in [The Academy of Practical Homeopathy®](#). I

also use the same organizational method in most of my protocol courses.

For instance, if a cyst occurred in a female organ (such as an ovarian cyst), the sufferer's organ-specific education would be contained in my [Feminopathy](#) course.

Additional organ-specific information on cysts occurring on the skin – the largest organ in the body – can be found in my course, [Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy](#). In fact, I just counted 13 references to various skin cyst symptoms in the timestamps for that course. It's a wealth of information for skin conditions of all types, from acne to shingles to vitiligo and everything in between.

Ganglion Cysts

For now, to conclude my series on cysts, I will discuss ganglion cysts in my next [Memo to Mighty Members](#). (Those are the cysts on the wrist or the back of the hand. Remember, location matters.)

Unfortunately, you'll miss that information if you're not one of my Mighties. [Why don't you join us?](#) What are you waiting for?

Not only do Mighty Members get an extra weekly blog post in the form of my Memo to Mighty Members, but they also receive exclusive educational videos, a private discussion forum (where we all can be more candid than we can be on public social media), and an archive of my Monday Night Lives with a convenient searchable index! Plus, there's so much more. I don't mean to sound like an infomercial, but it's a great deal of value for less than the price of one fancy coffee and muffin each month. I look forward to seeing you there.

Pass on the good news of Practical Homeopathy®!

Warmly,

Joette

P.S. Don't forget 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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