A Closer Look at Apis: Discover Different Potencies for Different Conditions



Choices. We love choices. I mean, who doesn't enjoy a beautiful charcuterie? Or a delicious assortment of chocolates. Or a colorful arrangement of flowers.

So, why is it that choices in homeopathy can often be confounding?

In Boiron's new Practical Homeopathy® medicine kit, there are plenty of choices. However, some of the included potencies may pique a new user's curiosity.

Apis mellifica is one of them.

When to consider choosing *Apis* 30

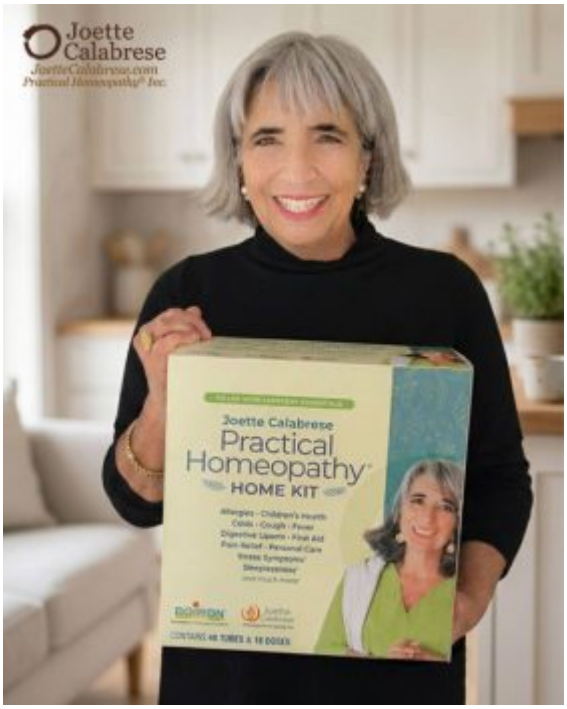
I've written about *Apis* in many previous blogs: for food intolerances, certain sufferers of Alpha-gal syndrome, mucosal hives, edematous swelling, and more. In those situations, generally, *Apis* 30 is considered.

However, my kit includes *Apis* 200CK instead of 30C. Why?

Firstly, we obviously couldn't include every remedy in every potency. Working closely with Boiron, we curated the top remedies for common family conditions.

However, we also kept in mind that some of the more common remedy potencies are readily available in other kits or at local retail outlets. My kit was designed to step outside of the kits people already own. *Apis* 30 is relatively ubiquitous, while *Apis* 200 isn't always in other kits or at retail stores. Consequently, my kit contains *Apis* 200. You may never use it, but when *Apis* 200 is necessary, you'll have it.

(Note: Before you ask me in the comment section why the *Apis* in my kit is a 200CK (rather than just a 200C), click through to the blog post C, CH or CK? The Answer Revealed. You'll find the answer right there.)



When to consider choosing *Apis* 200

Although *Apis* 30 is known to act effectively, some people with a history of extreme allergic reactions feel more comfortable utilizing *Apis* 200 for extreme allergic reactions. So, in an extreme allergic situation, it's good to have on hand.

For instance, a mom traveling with her peanut-allergic son thought going on a plane posed no risk, now that peanuts were no longer served.

That's when the trouble ensued. Suddenly, someone seated nearby, without knowledge of what their actions could mean to other passengers, pulled out a homemade peanut butter sandwich for lunch.

Mom watched in horror as her son's eyes started to become boggy underneath and swell, and he was starting to get a little panicky. Because this hadn't happened in a very long time, Mom hadn't really planned for that.

However, because they were going on vacation, she did happen to have *Apis* 200 for her urinary tract infection. (You may recall I mentioned Apis 200 for UTIs in last week's blog post,

UTI Conundrum: When a Common Condition Lacks the Common Symptoms.)

So, Mom gave him the *Apis* 200 – an excellent consideration for both urinary tract infections and allergic reactions that cause eye swelling. Mom matched the frequency of the homeopathic medicine to the severity of the reaction, all while watching for signs of improvement.

In short order, Bob's your uncle! Her son's allergic reaction to the unwelcome peanut butter sandwich began to melt away, and the vacation fun continued as planned.

(Of course, it goes without saying, if the reaction were severe, Mom would be justified in seeking professional care.)

Own as many medicines as you can in as many potencies as you can

As I've often said, there's no sense in wasting time and money collecting shoes, jewelry, tchotchkes or whatever transitory objects one can collect. Instead, I encourage my students to collect homeopathic medicines. As many as you can afford. It's infinitely better to have a medicine and not need it, than to need it and not have it.

Pass on the good news of Practical Homeopathy®! If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook.

Warmly,



P.S. Would you like to be as self-reliant as that mom was on the airplane? I offer a homeopathic strategy for autonomous health care in my course, The Survivalist Guide to Homeopathy. Whether your family must navigate medical care alone after a natural disaster or you are the family caregiver, the Survivalist Guide will be your anxiety reliever. It provides a plan of action with time-proven and clinically tested homeopathic protocols for countless conditions. Click on this link and download my free infographic containing 20+ emergency homeopathic remedies.

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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Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.