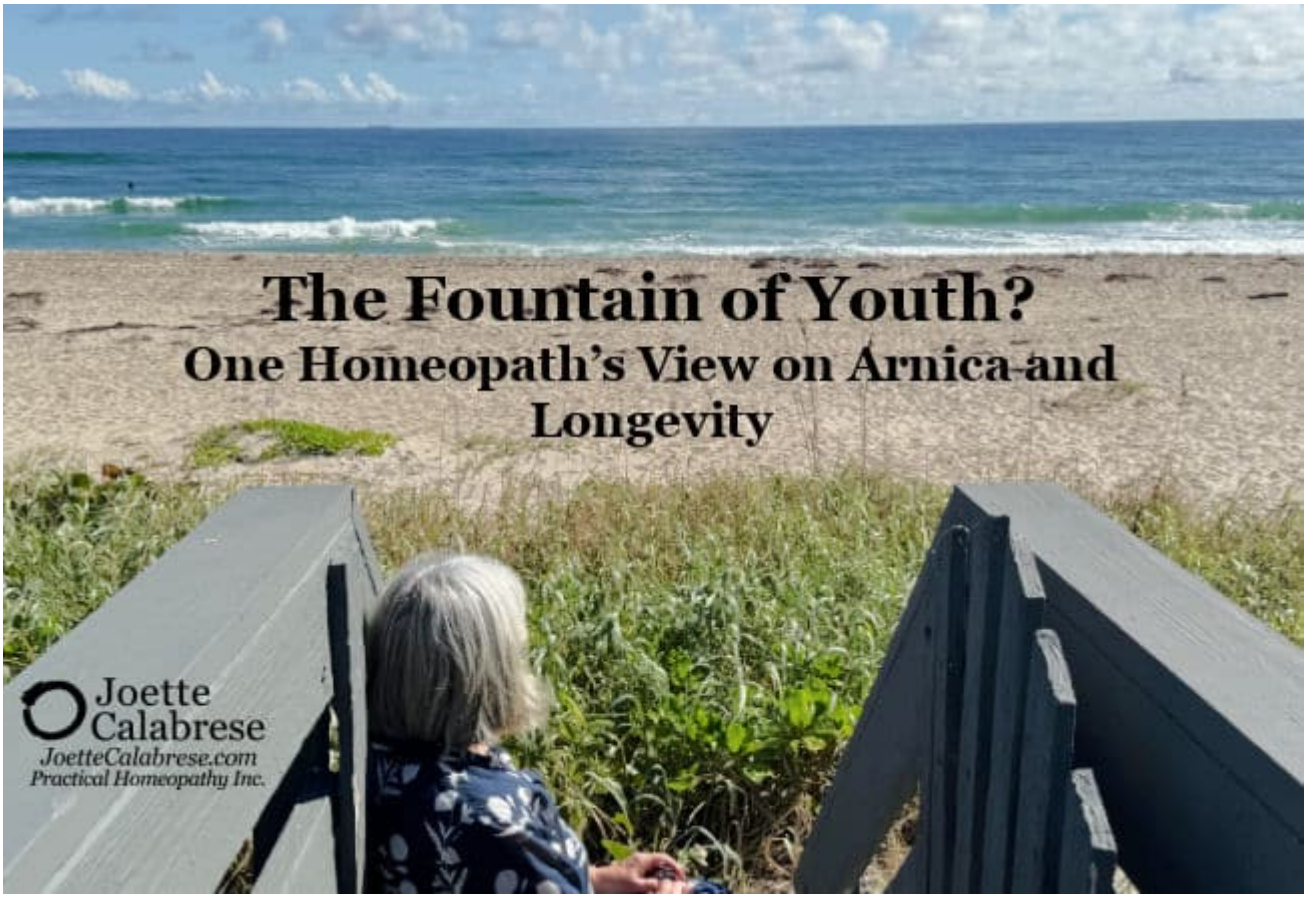
The Fountain of Youth? One Homeopath’s View on Arnica and Longevity



Joe De Livera, a well-respected homeopath and my friend, believed that homeopathic *Arnica montana* could be a key to longevity.

Is it the elusive Fountain of Youth? Well, I’m not willing to go that far. However, when we examine the number of serious conditions that *Arnica* addresses, it’s not hard to see why Arnica’s specific use in his signature “Joepathy” may have been integral to his long life.

Joe appears to be a subject-matter expert in homeopathy and longevity, given that he passed away in 2025 at age 96 and had

used *Arnica* daily.

I mentioned his unmitigated belief in the power of *Arnica* briefly in a recent podcast. After a few questions from readers, I thought it needed a little follow-up.

Arnica is the Swiss Army Knife of homeopathy

Even newcomers to homeopathy are often familiar with *Arnica.* It's very important for use after trauma, not only head injuries but also soft tissue injuries, such as an injury to the thigh or to the arms or a broken bone.

It is also a primary homeopathic medicine for cardiovascular issues, which may have contributed to Joe De Livera's longevity.

Rather than repeat all the uses for Arnica that I've already elaborated on, I urge you to listen to Podcast 162 – Never Forget Remedies With Stories: A Closer Look at *Arnica,* and also read When in Doubt: Arnica for a list of conditions *Arnica* addresses.



The Joepathy water dose method

The Joepathy method for employing Arnica is a bit different from what many of us are used to. In fact, Joe was the first homeopath to convince me to try this method, and, as I have mentioned before, I've seen a marked improvement in efficacy

for some individuals in my practice.

It uses a readily available commercial water bottle with a standard 16.9-ounce capacity. Poor about an inch or so out, so that it contains, say, roughly 15 ounces of water. (That gives room to combine and succuss the homeopathic medicine.)

The method is to place a dose of *Arnica* 30 into the water bottle. (A dose should be determined according to the manufacturer's instructions on the tube.) Allow the pillules or tablets to dissolve by stirring or shaking (if a water bottle was used). When it's time to administer a dose, Joepathy recommended one capful (about one tablespoon), making sure to shake the bottle ten times before each dose. (Shaking it is the succussion step.)

If the major maladies are controlled, is longevity the result?

In addition to being a good remedy for injuries and related ailments, blood conditions, vascular issues, and heart conditions, *Arnica* is also effective for insomnia. It's great for stress. It's just, if you look it up in a *materia medica,* you'll be gobsmacked by all its abilities. Joe even used it for diabetes and insulin resistance.

It's fairly common knowledge that maintaining optimal heart, vascular system, and blood sugar levels, while keeping injury recovery, insomnia, and stress under control, leads to a healthier life. So, it isn't much of a stretch to think that these "instruments" could be the orchestra of longevity, right?

Joe De Livera believed this and utilized his *Arnica montana* 30 water dose twice daily … every day.

One IMPORTANT caveat

That said, this does not mean we apply this methodology to all

remedies. As you well know if you've followed me for any time at all, I insist **homeopathic medicines are NOT supplements**. They are medicines, not intended for use every day "just because."

For example, one should not use *Rhus tox* in the same manner. One should not take a dose of it every day so that the joints remain supple for the rest of one's life. No, no, no.

However, *Arnica* is a unique remedy. It's an outlier. It is separate; it is special. I've been convinced not just because one man used it himself, but because he recommended it to his followers for 50 years. He consistently saw their successful results, and, in my opinion, clinical observation is gold.

Common water dose questions

I received a few questions on water doses, so let me answer the top ones:

First, this is not a method I use with other protocols. If we want the protocols to work exactly as they have in clinical practice, we must follow those directions precisely. (Please read The Best Method for Utilizing Homeopathic Medicines – Liquid or Pills? for important information.) So, "stretching" remedies by making a water dose is not necessarily recommended unless you simply don't have enough of a medicine to get you through the next few days as you wait for an order to arrive.

Distilled water is not necessary. Using quality bottled water is fine (especially since the commercial bottles make for such handy storage of the prepared solution).

Manufacturers designate the number of pills or tablets in a dose. Listen to the experts. They know how many of their product it takes to receive a reliable dose. Don't tinker with the "recipe."

One can sip from the bottle or out of the cap.

All in all, use your best judgment. This shouldn't be too complicated. If you find that the way you've been doing it isn't effective, then reexamine your method or pivot to a different remedy. Homeopathy is all about observation and intelligent reaction to what is observed. Read, read, and then read some more.

Consider joining a Gateway to Practical Homeopathy® study group to develop a circle of like-minded friends to call on when the going gets tough. Or join my Mighty Members, where you'll have more opportunities to enhance your education.

Who knows? One day, we may discover the Fountain of Youth, but for now, homeopathy will keep us healthy, happy, and living our best lives.

Pass on the good news of Practical Homeopathy®!

Warmly,



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