Brrrrr-sitis



Suffering from bursitis can be miserable any time of the year. But for some folks, cold weather (such as we have been having around the United States recently) can really flare up their pain!

You see, many joints contain a bursa sac filled with lubricating fluid that cushions the joint as it moves. Unfortunately, this sac can become inflamed due to an injury, repetitive stress, even food intolerances and overall GI conditions resulting in a painful and frustrating condition.

While the condition doesn’t necessarily worsen in winter, cold temperatures can limit blood flow to the extremities where bursitis is experienced. That limited blood flow can make pain more severe. In addition, barometric pressure changes during winter storms can also influence the inflamed bursa.

But no matter why bursitis feels more painful, as always,

homeopathy can help!

I discussed shoulder bursitis several years ago in the blog post, My Bad! Although now, I would probably use the Banerji Protocol *Symphytum 200* mixed with *Calc phos 3** (twice daily until very much better) rather than *Symphytum* alone.

If the sufferer is experiencing general bursitis (meaning many joints are affected), the remedy will likely also be *Symphytum 200* mixed with *Calc phos 3** (twice daily until very much better and resumed as needed after that).

However, choosing the most well-suited homeopathic medicines may differ from joint to joint. For example, even the Banerjis addressed bursitis in the right shoulder differently than bursitis in the left shoulder, as the previously mentioned article detailed.

So, what if the sufferer's bursitis is in his knee? In that situation, I would likely use *Symphytum 200* mixed with *Arnica 30* (also, twice daily until very much better).

If bursitis occurred in the hip, I would instead consider *Symphytum 200* mixed with *Rhus tox 30* (once again, twice daily until very much better).

And just like that, we've landed on an excellent teaching moment!

Before we choose *Rhus tox*, we must check our symptoms more tightly. *Rhus tox* is distinguished from other remedies by a specific set of sufferings. Conditions requiring *Rhus tox* often exhibit pain that is worse on first movement but improves as the movement continues (think of a rusty gate), but then becomes worse again from overuse, such as for standing too long. The pain is also often associated with stiffness.

We distinguish those symptoms from a picture calling for

Bryonia, for instance, in which the pain is worse with any movement (to the point that one must remain almost motionless to avoid suffering).

The consideration is also different for a joint that always aches. Constant joint pain, which does not ebb and flow with usage, would better fit *Arnica*.

So, as you can see, we must distinguish the subtleties of the pain a little bit as we choose the most fitting homeopathic medicine. But in general, those joint-specific Banerji Protocols should successfully serve as the first line against bursitis.

I should add that if the pain is excruciating – no matter which joint is affected – then we would add *Hypericum* 200 in a similar manner to the schedule until the pain diminishes sufficiently.

If the choice of medicine still feels elusive, I delve much more deeply into the subject of pain in my course, Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good.

This comprehensive course covers pain from a variety of conditions, whether from bursitis (as discussed here) or arthritis, headaches, neuromas, sciatica, back pain, carpal tunnel or many, many more painful conditions. There is no need to suffer in silence when homeopathy offers these polite, side-effect-free, deeply acting means of resolution.

Pass on the good news of homeopathy!

Warmly,



* As always, we attempt to follow the Banerji Protocols precisely. However, occasionally, specific potencies of homeopathic medicines can be challenging to find. If you are unable to purchase *Calc phos* 3, *Calc phos* 6 will suffice.

P.S. Remember – all of 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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