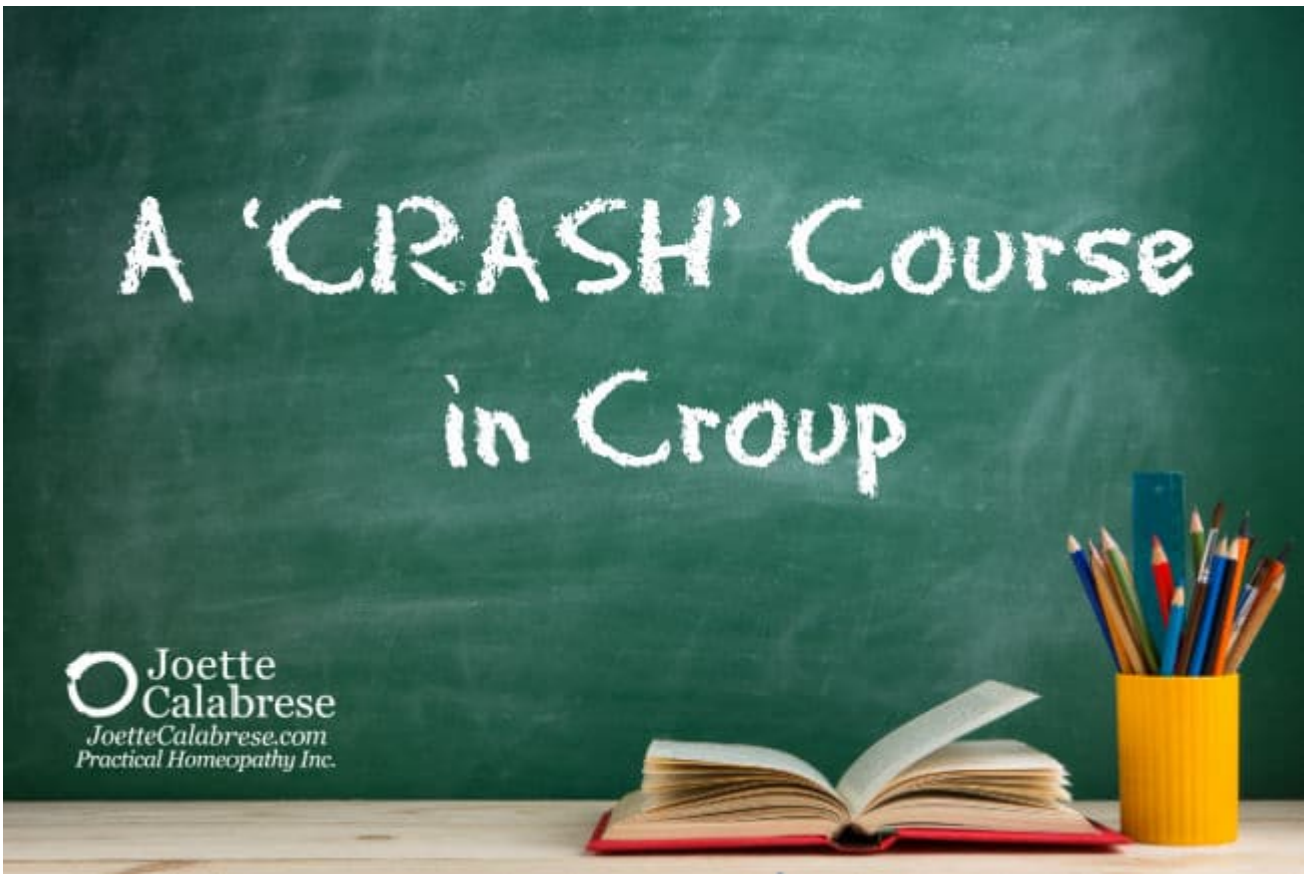
A ‘CRASH’ Course in Croup



Ahhhh, the human memory. Some things are easy to remember; others are downright impossible without a little tip, trick or hint.

Recently, in Podcast 162 – Never Forget Remedies With Stories: A Closer Look at *Arnica*, we discussed my favorite method for remembering which homeopathic remedy best addresses which condition.

In my follow-up blog, Homeopathy Hacks: 5 Ways to Remember to Take the Remedies, I covered several ways to remember to take the remedies on schedule.

After spending so much time commenting on memorization tools, I was feeling pretty confident about the efficacy of my own memory.

So, imagine my surprise when I ran across an old newsletter that I didn't even remember writing. It included a useful mnemonic for addressing croup homeopathically. (According to Oxford Dictionary[1], a mnemonic is "a word, sentence, poem, etc. that helps you to remember something.")

If you're not familiar with croup, congratulations. I'm glad you haven't experienced it.

Croup is an illness that typically affects children between the ages of 1 and 4, as a result of a minor respiratory infection followed by laryngitis. What often results is a distinct, horrible cough that develops at night that sounds exactly like a seal barking.

A croupy cough is an alarming sound that can frighten both the parents and the child experiencing it. Indeed, it can be one of the scariest sounds a parent can hear. However, the results of choosing the correct homeopathic medicine are so striking that an informed parent can approach the condition with calm.



Enter my mnemonic, or what I call a "crash" course in croup.

CR is for croup

A is for *Aconitum napellus*

The first remedy to consider is *Aconitum napellus* because *Aconite* (for short) is a remedy for respiratory conditions with a quick onset. It is most effective when used within the first 12 to 24 hours of affliction.

Often, another indicator for the use of *Aconite* is that the child is frightened and restless with anxiety. This is the very picture of *Aconitum napellus*.

Generally, *Aconitum* 30 would be utilized as needed, according to severity. Consider it every 30 minutes if the cough is severe, up to every three hours if it's a milder version. As improvement ensues, the frequency may be decreased. When very much better, stop.

Don't forget that sleep is considered to be a good indicator of improvement in such a situation. So, if your little one falls asleep, go right back to sleep with him. The event may likely be over.

S is for *Spongia tosta*

If the cough persists, sounding like a saw grinding through wood, consider pivoting to *Spongia tosta* 30, utilized in the same manner as mentioned for *Aconitum*: as needed, every 30 minutes to three hours. Again, continue utilizing it until the child either falls asleep or the cough resolves.

H is for *Hepar sulph*

If the croupy cough continues until the wee hours of the morning, and your babe is still coughing, or their breath doesn't have the velvety quality it should, then it's time to pivot again. Consider *Hepar sulph* 30, every 30 minutes to three hours, according to severity, until very much better.

And there you have it. That's my **CRASH** course in dealing with croup homeopathically.

Mom, when your child is fine in the afternoon and then *crashes* at night with respiratory distress, or when you're ready to *crash* with panic at the sound of your tiny one's cough, or you're ready to *crash* from the exhaustion of caring for an ill child, I bet you'll remember what homeopathics to consider … even in the middle of the night.

Here are some other blog posts to refer to for more information:

- https://joettecalabrese.com/blog/awakening-from-croupy-cough-spongia/
- https://joettecalabrese.com/blog/croup-bronchitis-arthritis-herbs-helped-but-homeopathy-healed/
- https://joettecalabrese.com/blog/homeopathy-cures-croup-as-easy-as-1-2-3/
- https://joettecalabrese.com/blog/heres-the-scoop-on-croup/

It may sound strange, but croup is my favorite kind of cough. Why? Time and again, the relief is dramatic when croup is addressed with homeopathic remedies. Believe me, there's no better feeling than watching suffering melt away.

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.

Pass on the good news of Practical Homeopathy®!



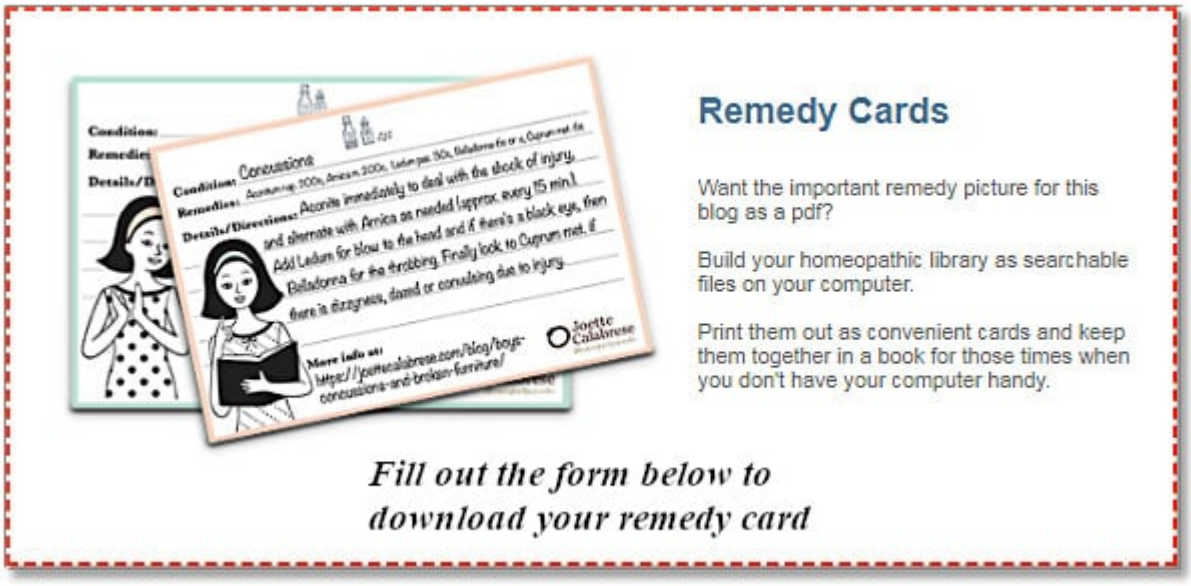
1. https://www.oxfordlearnersdictionaries.com/us/definition/engli

sh/mnemonic_2

P.S. My course, "The Antibiotic Alternative: Balance Your Bugs Without the Drugs," covers not only croup, but also a multitude of other respiratory conditions (as well as non-respiratory conditions for which antibiotics are often recklessly prescribed).

The information in this course has preserved the gut flora of my family and many of my students' families from the ravages of antibiotics. Using homeopathy has helped them avoid years of subsequent illnesses and sensitivities that the unnecessary use of antibiotics can trigger. Perhaps it is the right course for your family as well.

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.



2-15-26 CRASH for CRoup
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