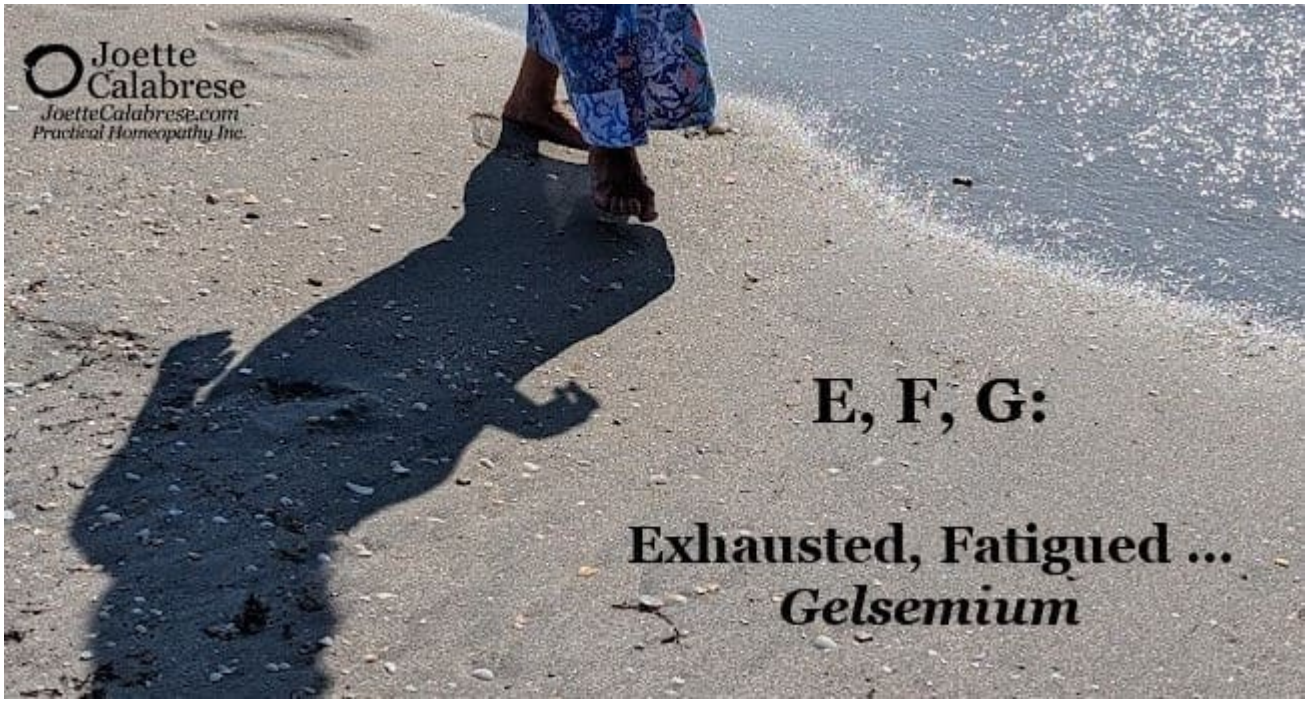
E, F, G: Exhausted, Fatigued … *Gelsemium*



Have you ever been dog-tired?

I love old English expressions. Do you wonder about this particular one's origin?

Well, here you go. From theidioms.com, dog-tired is "an adjectival phrase meaning to be physically exhausted, it derives from an ancient tale of Alfred the Great, who used to send his sons out with his widespread kennels of hunting dogs. Whichever of his sons, be it Athelbrod or Edwin, were able to catch more of the hounds would gain their father's right-hand side at the dinner table that evening. These chases would leave them 'dog-tired' yet merry at their victory."

But I digress.

I have been dog-tired after my recent morning walks, even without a kennel of hunting dogs or a competitive king.

You see, my husband Perry and I go for a 45-minute walk on the beach every morning. Even though we commence in the early morning, this is Florida. It’s already hot! And lest you think this is simply a pleasant, gentle stroll, I say, “Oh, nay-nay!”

Our morning walks are rigorous exercise.



The sand on this particular beach is uneven. It’s often so soft that you sink in and practically have to climb out of each step. And the turtles have been climbing up to the beach, leaving behind sand moguls for me to navigate laboriously.

When we would get home from our walks, I felt like I could literally FLOP down, prostrate on the floor.

I. Was. BEAT!

Initially, I assumed my exhaustion was due to dehydration. So, I employed the homeopathic medicine *Cinchona officinalis (China)*, which is great for loss of fluids. But it made no difference.

I drank water before, during and after my walk to ensure proper hydration. But no change. I was incredibly fatigued and couldn't shake it all day long.

So, if my condition wasn't aided by drinking water or *China*, what could help?

That's when I realized I was somewhat overcomplicating my case. What I was experiencing was just plain ol' garden-variety fatigue. My exhaustion may have stemmed from overwork. (It really is a rigorous walk.) My condition could also have stemmed from the sun or heavy perspiration. But regardless of the specific cause, I needed to base my medicine choice on this grander picture rather than the etiology.

And I remembered my ABCs. Most specifically: E, F, G. Exhaustion, Fatigue … *Gelsemium*!

Indeed, after a couple of doses of *Gelsemium sempervirens* 30, I not only perked up but also suddenly had new ideas! My creative juices started flowing again.

Now, I take *Gelsemium* 30 before I go out on my walk and am able to return home without collapsing on the floor in a puddle.

I've previously discussed *Gelsemium* in blog posts as a well-documented homeopathic response to cases of influenza – both past and present. It's also often displayed success in

addressing anticipatory anxiety. And now you have one more reason to add it to your well-curated homeopathic medicine kit. I am living proof that *Gelsemium sempervirens* 30, twice daily until very much better, has been shown to act with aplomb for garden-variety exhaustion and fatigue.

Pass on the good news of homeopathy!

Warmly,



P.S. As you know, my mission has always been to spread the word about Practical Homeopathy® to as many families as humanly possible. So, I've created a private enclave as a safe space where I can speak candidly. It's called Joette's Mighty Members!

Membership provides you with an exclusive, comprehensive and enjoyable homeopathy community, extra weekly blog posts, short videos from me to you, and a social center where you can develop relationships with other like-minded folks without fear of social media's prying eyes. And all my Mighties qualify for a 10% discount on course purchases.

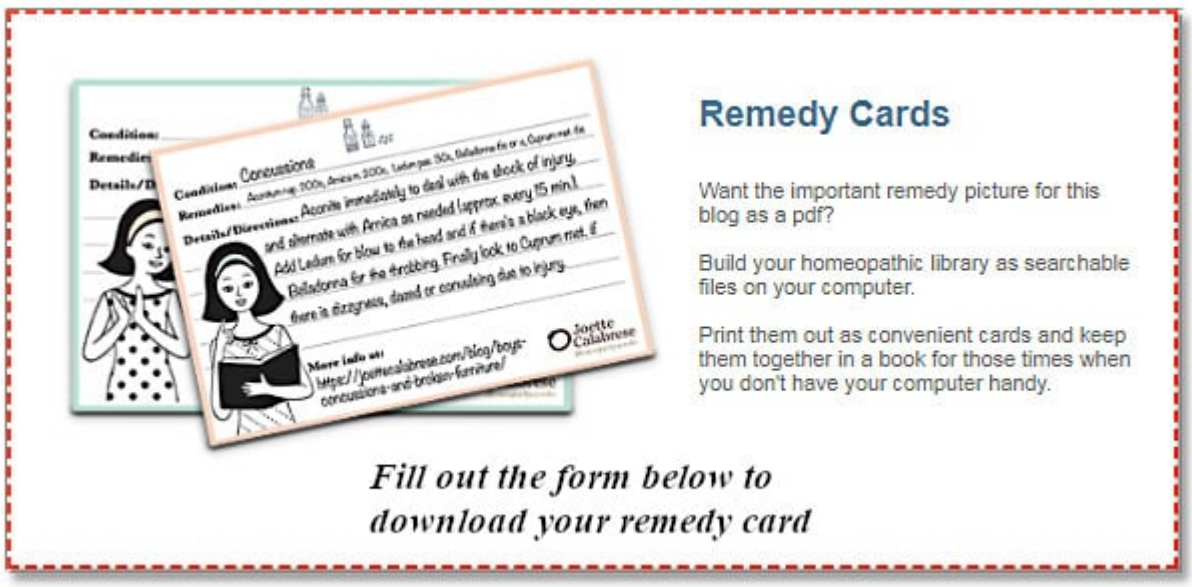
My Mighties receive so much more than I can offer here.

In fact, next week, I plan to treat my Mighties to a video interview I conducted for my Mastery™ students with internationally renowned homeopathic pharmacists! If you'd like to see this interview, why not join our exclusive group now?

Members get printable collections of all my Remedy Cards.

Plus, annual subscribers receive free Remedy Reference Guides – downloadable e-books of prior blog posts dating all the way back to 2013. They're indispensable in hardcopy if your internet service goes down and a condition arises.

[Consider joining us and becoming MIGHTY!]



7/16/23 E, F, G: Exhausted, Fatigued
First Name *
Last Name *
Email *
Confirm Email *
Captcha
Submit
If you are human, leave this field blank.
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