Emergency Remedy Series: *Aconite* in My Purse



Last week in my blog post, First Aid for Spills and Thrills, I confided in you – it was just between us, right? – about how crazy my typical day used to be when I was raising my active boys. It was one emergency after another.

So as promised, this week I'm beginning my First Aid series. So now, in case of emergency, simply do a quick search on my blog and reach for your remedy kit.

Based on their roughly 100-odd years of experience, the manufacturing pharmacies *know* what remedies you may possibly need and include those basics in their kits.

When you purchase a remedy kit – or create your own – you'll gain the competence that you'll be ready for most emergency situations. (And as you know, with competence comes

confidence.)

Kits include remedies applicable to issues that may arise during an entire lifetime: birthing, infancy, early childhood, injuries, menarche, etc., etc. – every stage of life!

You'll be covered for kids' emergencies (such as tumbling off a bicycle), as well as for senior citizens' emergencies (such as stroke).

But the super-interesting thing about homeopathy is how we address emergent conditions for each age group: it's very often the same.

A 90-year-old man who slips and falls in the shower could require the same remedies as a 12-year-old boy who falls out of a tree.

Did you guess what they are? Yes! *Aconitum*, *Arnica* and perhaps, *Hypericum* for pain (depending on need).

That brings us to the first in my Emergency First Aid series. My number one, must-have remedy: *Aconitum napellus* (or *Aconite*, for short).

It's funny, I've been asked more than once: "Joette, what do you carry in your purse?" (In fact, I based one of my Facebook Live conversations with you on that very topic!)

Well, here's the answer: lipstick, a hanky (yes, I actually use hankies that I hand press), my wallet, glasses, keys, phone and … wait for it … *Aconitum* 200!!

I never go anywhere without my *Aconite*!

Why? Because *Aconite* is the first-line remedy for shocking events.

By their very nature, we can't predict when they will occur,

so it’s best to be prepared at all times by always keeping *Aconitum* close at hand.

Granted, sometimes this remedy is utilized days after an accident or stressful event has occurred, and when the full physical or emotional manifestation of the experience develops.

For instance, a few days after something particularly traumatic, one might notice insomnia has slowly crept in. That could be considered a call for *Aconite* perhaps once or twice a day.

But most often, *Aconite* is used immediately after the trauma has occurred: right after an earthquake, as soon as possible after an automobile accident, or when stuck in an elevator for hours.

It is used when a specific pathology hasn’t yet established itself as a long-term issue– the experience is still fresh, new and acute. But that doesn’t mean it can’t be used long after a terrifying event if that event caused pathology.

So, in these types of acute cases (emergencies), *Aconitum* 200 is generally used as needed, every four hours or so – less often as improvement ensues.

Aconite stops the uncontrollable, fearful shaking (quivering) experienced right after a trauma and brings the person back to themselves.

As I mentioned before, many homeopathic remedies are useful throughout our entire lifespan – whether young or old. *Aconitum* is undoubtedly one such remedy.

An elderly relative of mine was in the hospital *convinced* he was experiencing a cardiac arrest.

He looked at me and said, “I’m dying, Joette. I am dying.” The fear in his eyes was palpable so I immediately gave him

Aconitum 200. Within 10 minutes, his fear had passed, and he was joking with the nurse who came into the room!

It worked that fast! Now don't expect homeopathics to always act this quickly; instead, be grateful when they do.

I've also used *Aconitum* 200 when one of my adventurous boys fell out of a tree – and it was a tall tree.

Aconite was the perfect remedy to ease his initial shock while I carefully observed for other pathologies (broken bones, head trauma or hematomas).

It's important to remember to hone your observational skills, as well.

After emergency situations, watch carefully for developing symptoms and begin to add other appropriate remedies to the picture as those symptoms present.

By watching, watching, watching – and, of course, by learning as much as you possibly can – you'll get the hang of what to give, and when to give it.

Emergency situations happen to us all; unfortunately, no one is immune. But the shock of an unexpected accident can quickly be addressed with *Aconitum*, allowing us to handle the rest of the situation with greater ease.

Share this information with your friends – not just other moms, but everyone.

You've heard me say this before: Pass on the good news of homeopathy! In fact, here's a great gift idea: a little tube of *Aconitum* for each of your loved ones to carry with them "in case of emergency." (Don't forget: if you order from Boiron's website, you can receive 20% off your order by using the coupon code: joette.)

Warmly,



P.S. I recently discussed *Aconitum in a Facebook Live* event that might interest you.

Yes, I'm continuing to hold live sessions on Facebook once a week – as often as I can. So, head over to my Facebook page on Monday nights at 8 p.m. Eastern and join me live! If you can't join me live – and I do understand that life gets in the way sometimes – all of my live sessions are available for replay in the video section of my page.

P.P.S. If more in-depth knowledge of emergency remedies interests you, you will benefit from my most popular download, *Perform in the Storm – Homeopathy First Aid*. This informative audio instruction will help you be ready for the next unexpected accident.

P.P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from Boiron's website, you can receive 20% off your order by using the coupon code: joette.
(And just so you know…I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)
Aconitum napellus (Shocking events)
Arnica montana (Fatigue)
Rhus toxicodendron (Delayed onset neck pain and headache)
Pyrogenium (Sepsis)
Ledum, Apis, Arsenicum album (Bites and itching)
Aconitum napellus (Eye injuries)

Hypericum perforatum (Injury to nerve-rich areas)
Arsenicum album (Food poisoning)
Cold Calm® (Colds)

