Emergency Remedy Series: But I Didn’t Know!



Sometimes what we don’t know *will* hurt us …

Days later.

Many years ago, my parents were involved in a minor car accident. It seemed no harm was done, except to the cars. Immediately afterward, they were insistent, “We’re fine!”

However, three days later they felt crippled – could barely move from the whiplash and body stiffness!

You may have experienced a similarly postponed revelation after an accident. You think you’re fine, but the whiplash doesn’t show up until three to five days later. Out of the blue, you find yourself in screaming pain, as well as lamenting you hadn’t realized the injury earlier to report

it to your insurance company. Talk about adding insult to injury!

Don't feel alone. It's very common.

So, I felt it important to mention a homeopathic medicine perhaps not usually thought of as an emergency remedy – because you probably won't employ it immediately after the event.

Let's call it, "Delayed First Aid," shall we?

Cut back to my parents' minor fender bender: When their terrible neck pain, stiffness and headache appeared a few days after the event, I recommended *Rhus tox* 200, two to three times a day (diminishing the frequency as they began to improve and discontinuing when they were very much better). As is usual with homeopathy, this protocol was a much-appreciated success.

Now, I know what you're thinking! (See? I've gotten to know you pretty well from all of our interactions in live study group classes, Facebook Lives and comments in my blog posts and podcasts.) You're thinking, "Well, Joette, if it works as a delayed first aid, why don't I just use it prophylactically immediately after I've been in an accident and avoid having the symptoms altogether?"

No. I don't think I would do that. I'm not saying it's necessarily *wrong*, but personally, I wouldn't do it.

In general, homeopathy is used as medicine – to uproot a pathology. If you don't have the pathology (you're not experiencing whiplash symptoms), then there is no reason to utilize the medicine.

Think about it for a moment: In this way, homeopathy is very similar to allopathic medicine. No one would pop a couple of Advil if they didn't have a headache! So, why employ a

homeopathic medicine when there is no reason? When (or more appropriately "if") whiplash pain occurs, then reach for *Rhus tox* 200.

If the pain is severe, *Arnica* may also be used – alternating with *Rhus tox*. (Here's a handy blog post I wrote referencing both.)

If the accident was a particularly shocking event, don't forget the very first medicine I discussed in my Emergency Remedy Series: *Aconite* in My Purse.

I will be happy to email you my First Aid Chart, detailing the "why, how and when" of many additional emergency remedies. Just click on this link and give me your primary email.

Meanwhile, drive safely! Follow the two-second rule, look both ways at intersections, and keep *Rhus tox* 200 on hand in case other drivers aren't as careful as you are.

And don't forget to pass on the good news of homeopathy!

Warmly



P.S. If information about emergency remedies are essential to you, and you don't want to wait for the entire series to unfold over the coming months, you can get my most popular download, *Perform in the Storm – Homeopathy First Aid*, for only $37.99.

This informative audio instruction will be more in-depth than what I can offer in my blog post format and will expedite having more first aid remedies under your belt –

ready for that next accident. (And you *know* another one is just around the corner.)

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)

