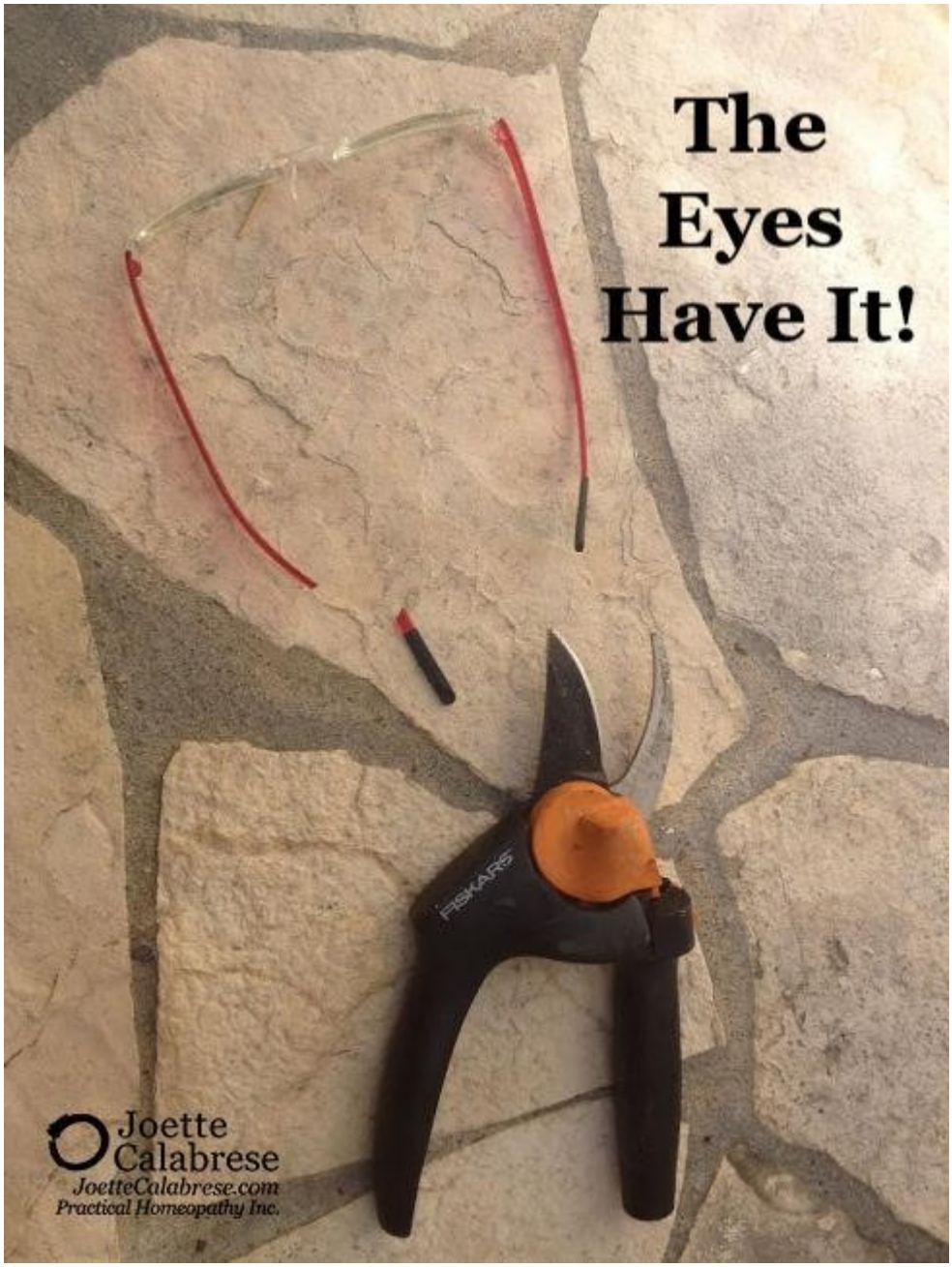
Emergency Remedy Series: The Eyes Have It!



This week's entry into the Emergency Remedy Series is *Aconitum napellus* or *Aconite* as we call it for short.

Uh-oh. I can see your quizzical gaze from here. (Don't forget, first and foremost, I'm a mom. I have eyes in the back of my head!)

I know, you're thinking, "Poor Joette! She must be so busy

she doesn't remember *Aconite* was the very first remedy she discussed in her Emergency Remedy Series."

Well, don't you worry. I most assuredly do remember talking to you about *Aconite*, but we only discussed one *aspect* of it. The beauty of this remedy – besides how quickly, efficiently and politely it works – is how versatile it is!

That's why *Aconitum* was (and is) my number one emergency remedy … the one I always have in my purse.

Aconitum napellus is a brilliant choice for eye injuries. It not only addresses the shock of an eye injury (which, let's face it, is always more shocking than most injuries because our eyes are so precious and irreplaceable to us), but it also attends to the injury itself.

You may have heard me say this before, but *Aconite* is the *Arnica* of the eye.

One of my team members was clipping hedges in her yard. Ferociously clipping, apparently. She admits she was moving too fast, leaned over to snip a low-hanging sprig, and poked herself in the eye with another branch she had overlooked.

She had her glasses on, which partially deflected the incoming stick, or it could have been catastrophic.

Even with the deflection, the stick penetrated the white of her eye, and a tiny hole was visible at the point where it had made entry.

Her wound was no joke.

I did have to laugh, though – just a bit – when she told me that her glasses flew directly into the jaws of her hedge clipper before she could stop her manic motion. Her glasses were "clipped" as well as the hedge. Yep.

Those were her glasses in the photograph above … may they

rest in peace.

Her eye? Luckily, her vision was not affected, so she felt comfortable that the emergency room was not required. Her eye would heal – and probably heal more quickly than her ego.

Customarily, *Aconite* 200 is taken immediately after the injury and used as needed every few hours until very much better. For wounds to the eye such as hers, homeopathy provides comfort that she was doing all she could to promote her body's natural healing.

(I should add: If the pain had been extraordinary, *Hypericum* 200 or even *Hypericum* 1M might have been added as well.)

Injuries to the eyes occur more frequently than we imagine, and, in general, they happen quickly, as in my staff member's case. For this reason, *Aconitum napellus* should be in your purse, in your pocket, in your medicine cabinet, and in your first aid kit at home, at work and in your car. When needed, the eyes will have it!

(And a good optometrist can fix the glasses.)

Pass on the good news of homeopathy – especially in cases requiring first aid!

Warmly,



P.S. There are so many homeopathic remedies to remember for emergencies. When you're in a panic, wouldn't it be easier to have a handy reference guide to refer to rather than

depending on your memory? Please click here for my free homeopathy first aid chart, *First Aid in a Pinch*. Don't wait to print it out. You never know what's 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)

