From Fractious to Felicitous with Homeopathic *Chamomilla*



Let’s add another must-have homeopathic medicine to our well-curated kits, shall we?

This time, our attention turns to *Chamomilla vulgaris*. Now, if one endeavors to curate a truly well-rounded kit, this medicine should be owned in several potencies, most notably a 30 and a 200.

I’ve discussed *Chamomilla* several times in past blogs for pain:

Dental pain

Teething pain

Ear pain when flying

Pain from ear infections

Pain from contractions during birth

Colic

But *Chamomilla* is not only called upon for pain. It has also been shown to be effective for extreme irritability. However, let's be clear. I'm not talking about someone having a bad day. Fits of crankiness occasionally happen; that's normal for all of us. In this case, I'm talking about a level of fractiousness approaching pathology.

For instance, Brenda could do nothing to please her young son, Max. He'd ask for a blanket, and when Brenda would oblige, Max would throw it at her head. He'd ask to be picked up, then arch his back and kick away. When Brenda would take him shopping, Max would lie on the floor – immovable – having a temper tantrum.

Even the tiniest infraction would cause an uproar in Max's irritability. He couldn't be soothed. In fact, attempts at soothing him upset him even more! Brenda would coo, "Oh, don't be like that." Max would simply swat at her.

The family was often walking on eggshells and embarrassed to go out in public for fear of an ugly episode.

When nothing can be done to please a fractious person – child or adult – *Chamomilla vulgaris* 30 or 200 (depending on severity) may be a strong consideration.

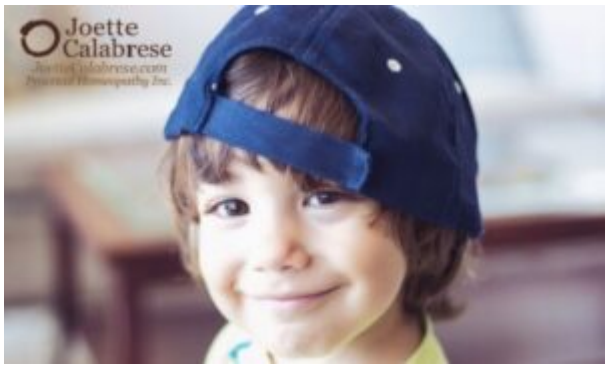
As always, however, I advise reading up on *Chamomilla* in a *materia medica* to see if it fits. Now, you don't necessarily need to own one of the expensive 2,300-page tomes containing every homeopathic medicine. Instead, I wrote the affordable A *Materia Medica*: Practical Homeopathy® for Busy Families with you in mind. In it, I outline about 150 of the most common homeopathic remedies your household may need to

consider. You'll find the entry on *Chamomilla* on pages 45-46.

Generally, for this type of fractious emotional behavior, *Chamomilla* 30 or 200 is employed twice daily for a couple of days. Then observe. (After all, that's one of our main mantras in Practical Homeopathy®: Observe, observe, observe!) If it acts quickly, there is no need to continue the medicine. Remember, homeopathy is not a supplement that one stays on forever.

If the condition arises again, the medicine schedule would be reinstated for another few days.

We utilize a homeopathic medicine. We observe. We halt. We reinstate. And sometimes, we pivot to another medicine. The utilization of homeopathy is *pas de deux*. That's why a simple blog post may not be enough to teach you everything you need to know. Consider my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, to learn to recognize the nuances of these conditions, bringing your practice of homeopathy to the next level.



Thanks to *Chamomilla*, Little Max has returned to his previous good nature. The family can go out to dinner and visit friends with no meltdowns. Max is happier. Brenda is happier. The whole community is happier.

Brenda passes on the good news of homeopathy every chance she gets, especially when she witnesses a child lying on the

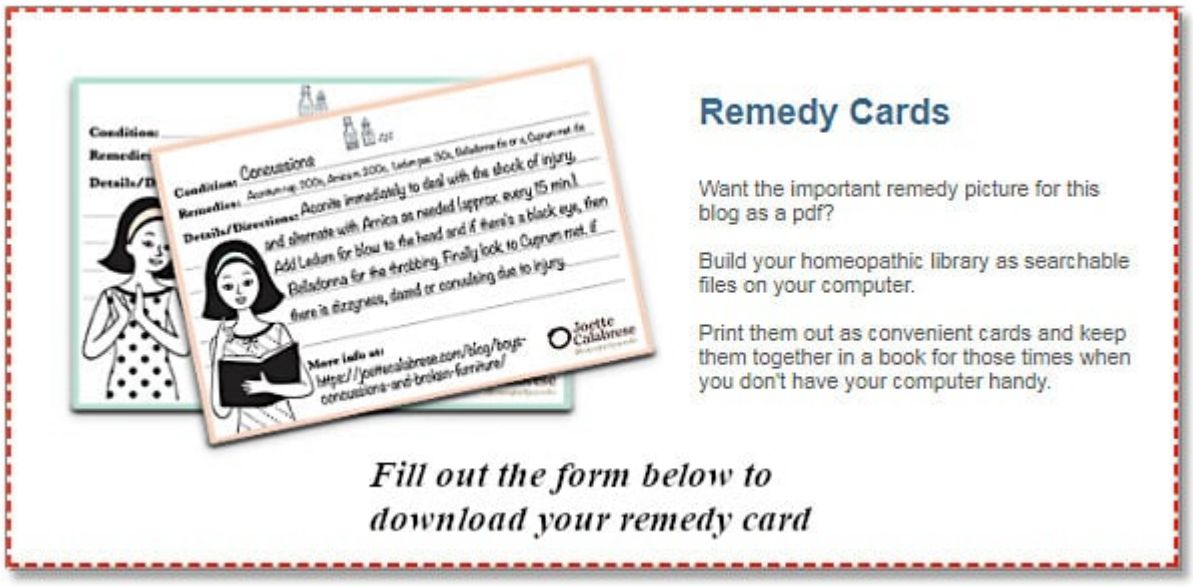
floor in the grocery store having a tantrum. Moms at the end of their ropes are usually receptive to advice from someone who has been where they are.

Soon, they'll be passing on the good news too.

Warmly,



P.S. And remember, in addition to all the other bonuses and extra content my Mighty Members receive, they also qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



1/21/24 From Fractious to Felicitous with Homeopathic Chamomilla

First Name *

Last Name *

Email *

Confirm Email *

Captcha

Submit

If you are human, leave this field blank.

Δ