Having a Swell Summer



Many schools are back in session, but some folks are still having a swell summer.

By “swell,” I mean that certain people are experiencing swelling in the crazy heat and humidity blanketing the Northern Hemisphere. In fact, one of my reader’s fingers was so swollen he could barely get his wedding ring off!



As always, homeopathy provides a polite, gentle medicine that has been shown to nudge the body back into proper function. Indeed, one of our valuable cell salts, *Natrum sulphuricum*, has been shown to address aggravations from warm, humid weather.

More commonly referred to as *Nat sulph*, this cell salt would generally be employed in a 6X potency, twice daily, for edematous swelling. (Of course, as always, we halt the use of the medicine when the condition is very much better or if no measure of improvement is observed after giving it due time to act.)

In fact, when we moved to Florida, my body was completely thrown off kilter by the oppressive heat and humidity. So, I utilized *Nat sulph* with great success. (You may remember I discussed my experience at the time in my Cell Salt Series: Sweltering and Swelling.)

What's interesting about *Nat sulph* 6X is that it may be

taken in advance.

For instance, let's say the weatherman says a heat dome is expected to encompass your area. (Sound familiar this week, middle America?) Suppose a sufferer knows without a doubt that their body doesn't react well to hot, humid weather. It always makes them unbearably uncomfortable or perhaps even makes them out-and-out sick. A little advanced use of *Nat sulph* – perhaps a few days ahead of the impending weather – may naturally bolster their body's ability to cope and preempt ill effects as the heat settles in.

Plus, *Nat sulph* is not only for edema. It may also be called upon for other conditions related to hot, moist weather, such as asthma, nausea, headache, body aches and fatigue. The keynotes – what differentiates this medicine from other medicine choices – is the condition's worsening from moist heat.

Under the rubric of edema, we also find *Apis mellifica* listed as a strongly suggested medicine in the homeopathic repertory. *Apis* 30 can be helpful as well, most notably if stinging accompanies the swelling. But we'll talk about *Apis* and edema more soon, so be sure to return to this site!

And here's a little tidbit I've discussed several times previously, but it bears repeating. Wisely, my son regularly makes a homemade electrolyte rehydration beverage. The recipe actually includes *Nat sulph*. This healthful, delicious drink sure beats the questionable ingredients (such as dyes and artificial flavorings) contained in commercial Gatorade. Plus, it's quite refreshing.

Through this year's blog posts, we're slowly but surely curating a well-stocked homeopathy inventory. In case you missed earlier posts, here's a list of the must-have medicines we've included in our kit so far. (Click on the medicine names to learn more.)

1. ColdCalm®
2. *Ruta graveolens*
3. *Symphytum officinale*
4. *Arnica montana*
5. *Hypericum perforatum*
6. *Oscillococcinum®*
7. *Arsenicum album*
8. *Aconitum napellus*
9. *Hepar sulphuris calcareum*
10. SleepCalm®
11. *Pulsatilla nigricans*
12. *Ignatia amara*
13. *Rhus toxicodendron*
14. *Helleborus niger*
15. *Euphrasia officinalis*
16. *Lycopodium*
17. *Nux vomica*
18. *Sepia*
19. *Cantharis vesicatoria*
20. Cyclease® Menopause
21. *Sulphur*
22. *Bryonia alba*
23. *Berberis vulgaris*
24. *Ledum palustre*
25. *Belladonna*
26. *Gelsemium sempervirens*
27. *Hyoscyamus niger*
28. *Coffea cruda*
29. *Cina maritima*

You can also learn more about many of these medicines in *A Materia Medica: Practical Homeopathy® for Busy Families*. I wrote this *materia medica* with families in mind. There's no complicated homeopath-speak … just my plain-spoken English with examples from my family and practice. It's an excellent *materia medica* for beginners as well as a quick resource for the more experienced user when time is of the essence.

Be sure to pass on the good news of homeopathy!

Warmly,

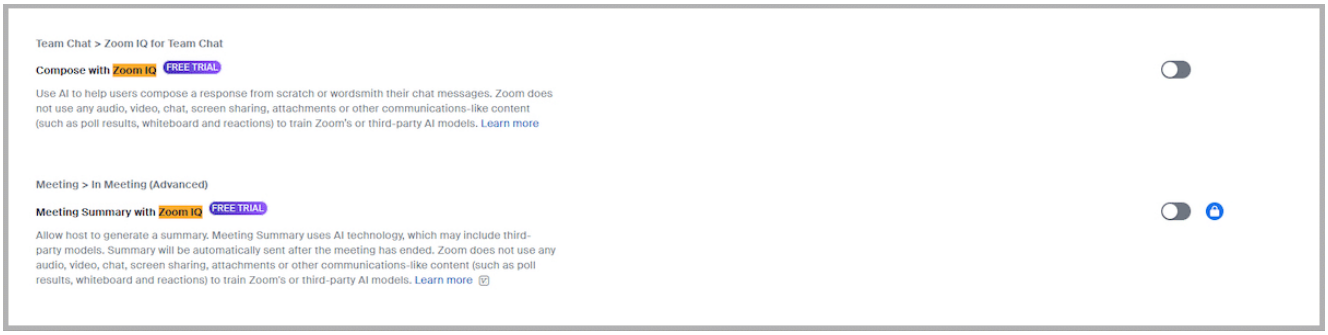


P.S. Here at JoetteCalabrese.com, we continuously and ardently fight for your privacy.

In response to recent disturbing trends in artificial intelligence and concerns about large companies collecting our data, the Practical Homeopathy® internet technology team has conducted a thorough review of current policies and technical systems employed by Zoom, Inc.

After an in-depth conference call with Zoom's Tier 3 Support, here are the current precautions we are taking on your behalf:

- We have verified that all AI-related settings within our Zoom account are disabled and locked in the off position.

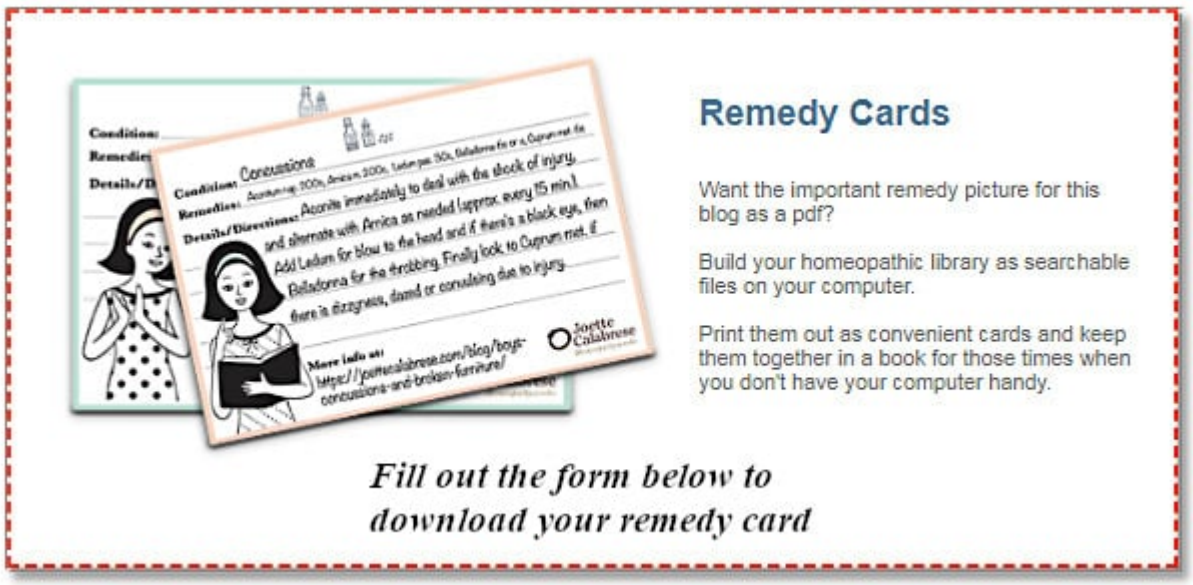


- Our IT team has established an open, ongoing dialog with our Zoom account executive and their respective IT teams regarding this matter. Further documentation and assurances should be forthcoming. We will share

any new, pertinent information.

My entire team at Practical Homeopathy® understands and shares your concerns, and we don’t take our promise to provide a “safe and secure” site lightly. Rest assured that, to the best of our ability, we will continue to ensure our platform remains free of prying eyes and invasive AI so that you, our esteemed students, may confidently grow your homeopathic skills.

As is the case with all technology, the climate is ever-changing. We will continue to put our students’ and followers’ privacy first by monitoring these changes as they happen and acting accordingly.



08/27/23 Having a Swell Summer
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