Homeopathy and Chemical Exposure



We never know!

We never know from day to day what challenges life may present. Such is the case for the folks in East Palestine, Ohio, after the catastrophic train derailment and subsequent hazardous chemical smoke plume that enveloped the surrounding area.

No one knew as they were going about their day that they would soon face unimaginable exposure to vinyl chloride.

Indeed, we never know.

That's why we need to be prepared! We need to develop the skill of thinking homeopathically and own all the necessary homeopathic medicines to survive any potential eventuality.

I discussed this in depth during last Monday night's Live event. However, I realize that not everyone can access my Facebook Lives. Many understandably prefer not to join Facebook, so you missed the conversation.

That's one reason we created Joette's Mighty Members – so you could watch the Live events *without* Facebook's prying eyes. If you have not yet joined my Mighties and me in our private sandbox, I urge you to do so. The site is housed on my own servers, so it's the only environment where I feel comfortable discussing certain subjects candidly!

But because this topic is so timely – on the forefront of everyone's minds – I want to summarize just a bit of what I taught last Monday. I can't include it all here, so I encourage you to listen as well.

Again, I am not a medical doctor, so I cannot offer medical advice to victims of chemical exposure.

If the situation is non-emergent, we can sleep on it, gather more facts and formulate a plan. However, it's human nature to want to react as soon as possible in a crisis. So, it's crucial to learn how to react *appropriately*, especially when we don't know precisely what's happening.

My friends, the first step to a proper reaction is learning and *practicing* the ability to think homeopathically. And that is why I am here as your homeopathic teacher.

We use the symptoms to determine which medicines are best for whatever the sufferer is experiencing – regardless of etiology. In other words, whether the noteworthy symptoms have been caused by a chemical spill, a bee sting or contact dermatitis, it matters not. The homeopathic thinker uses the symptoms to choose a medicine.

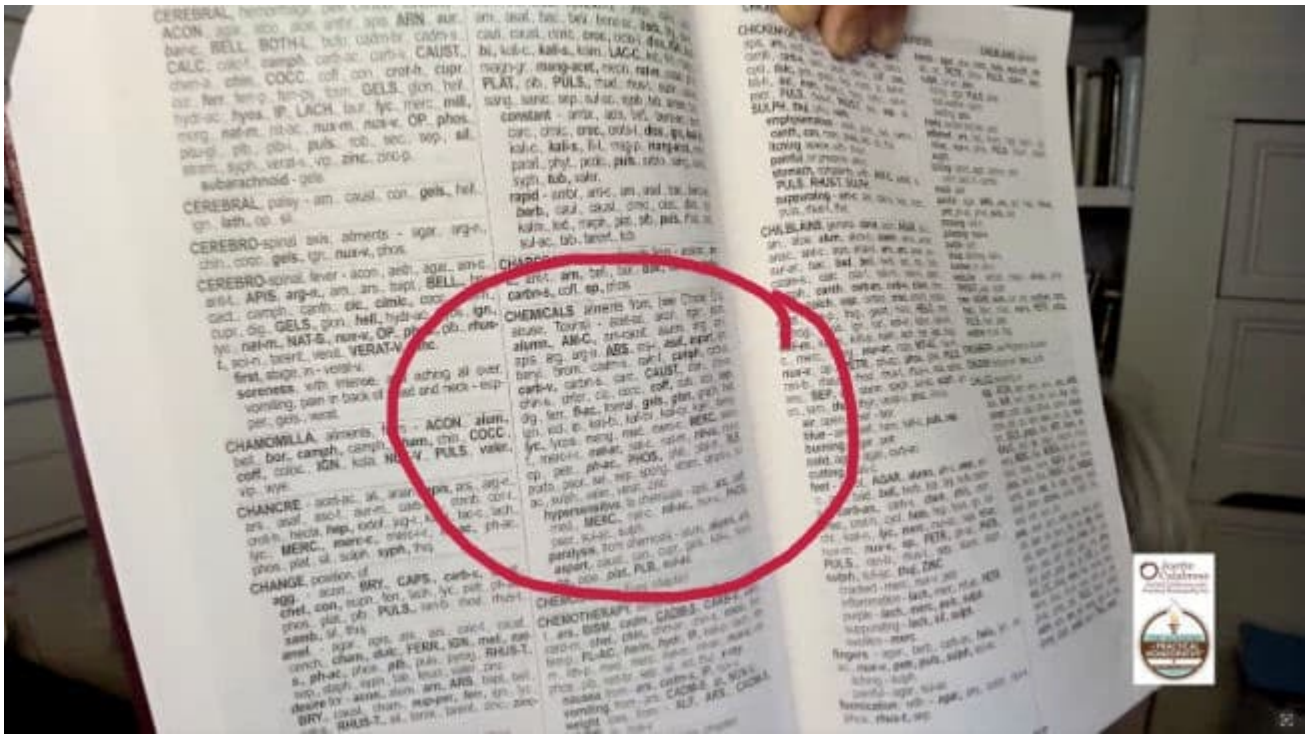
In this particular instance of the train derailment in Ohio, symptoms currently seem to range from urticaria (skin rashes) to breathing issues. We don't yet know the long-term effects. It's too soon. However, chickens, fish and pets have died.

In a blog post, I certainly cannot direct anyone as to which

homeopathic medicine may be the best choice for them individually. But I can teach you how to get the information you need to make an informed decision for yourself.

It involves utilizing a homeopathic repertory – a compendium of all human suffering. A repertory is a dictionary-thick book printed on super-thin Bible paper in which almost any imaginable symptom and condition is listed, along with the homeopathic medicines most specific for that particular rubric.

My current favorite is Dr. Robin Murphy's "MetaRepertory, Fourth Edition." The **Clinical**-Generals section in the back of the book is the first place I would turn in a situation such as this chemical spill. If you own this book, turn with me to page 2126, where you'll note in the right-hand column, "**CHEMICALS,** ailments from," where there are 70-plus homeopathic medicines mentioned as being worth consideration after a chemical exposure results in illness.



So, how do we pick?

The potential homeopathics are listed with different font

treatments highlighting the medicine most commonly found to act. Several medicines are in bold font; several medicines are capitalized. (I go into this much more in my Live event, so I urge you to listen on Facebook or join the Mighty Members.)

But the most agreed upon, successfully utilized medicine for ailments due to chemicals is listed in bold capitals and underlined: **ARS** (short for *Arsenicum album*). We don't know that this medicine is specific for the chemical released in this instance. However, we do know that *Arsenicum album* has been shown to be so sweeping and useful (regarding susceptibility to illness after chemical exposure) that its a top consideration.

So, let's say we choose to employ *Arsenicum album* for chemical exposure. How do we know which potency to use? That, my friends, comes with more education. That's why folks take my courses at The Learning Center. A pattern starts to emerge with each medicine.

For instance, *Arsenicum album* 3 is more for stomach issues (which we discussed recently in the blog post, Stomach Flu). *Arsenicum album* 6 is more for the nose, while *Arsenicum album* 30 tends toward addressing diarrhea. And finally, *Arsenicum album* 200 (one of my favorite potencies of this medicine) is generally called upon for chronic issues.

If exposed to toxic chemicals, I would generally lean towards utilizing *Arsenicum album* in a 30 or 200. But that is up to each individual to decide according to their symptoms.

Remember, homeopathy is medicine. If we use it injudiciously, it can cause a proving (which means a specific symptom that a homeopathic medicine can *address* can actually be *caused* briefly if someone takes the wrong medicine unnecessarily). As discussed in Podcast 49:

Shedding Light on Provings and Aggravations, a proving is not something to fear. But it's something to keep in mind when utilizing a medicine.

Now, I also teach how to look in the repertory under *other* symptoms that may be experienced – in addition to the general category of ailments for chemicals. So when a medicine such as *Arsenicum album* appears under several different yet applicable rubrics, that's a healthy indication that it's a good place to start.

Arsenicum has been noted to address angst and fear. It also addresses diarrhea, respiratory distress, skin conditions, liver inflammation and poisoning. With that many applicable keynotes, *Arsenicum* will generally become a standout in our homeopathic thinking for this situation. Again, it's not an absolute – not 100% – but it's a well-informed place to start.

However, as with any condition, we don't hang our hat on one medicine without careful observation. If the first chosen medicine doesn't act, we pivot to another. As I said, under the repertory rubric of ailments from chemicals alone, there are 70-plus medicines to choose from! The best way to determine another possibility is to look up each listed remedy in a *materia medica*.

A *materia medica* is a companion book to a repertory. (Dr. Robin Murphy's "Nature's Materia Medica, Fourth Edition," containing over 1,500 homeopathic medicines, is an excellent consideration.) While a repertory lists illnesses and conditions, a *materia medica* lists each of the homeopathic medicines with their keynotes and clinically observed actions. Together, they provide the entire picture to inform our decisions better.

If you're looking for a more user-friendly *materia medica*, you might consider one I wrote just for busy moms and dads,

"A *Materia Medica*: Practical Homeopathy® for Busy Families." It contains about 150 of the more common homeopathic medicines.

Again, I am not telling you what to do. I'm teaching you how to THINK through these medicines. Competence and confidence – especially in an emergency – depend on having developed homeopathic thinking and accumulating education. Then, you need to own these medicines. Own as many as you can. As I said at the outset of this post, we never know what we may need tomorrow. So, order as many homeopathic medicines as you can afford from reliable pharmacies. (See Where to Buy Homeopathic Medicines.)

And my friends, no matter what life throws at us, we're going to be just fine. We have our medicines, our trained brains and our prayers.

That's a hard combination to beat!

My team and I will continue to hold the Ohio area in our hearts. And as always, pass on the good news of homeopathy to all those affected!

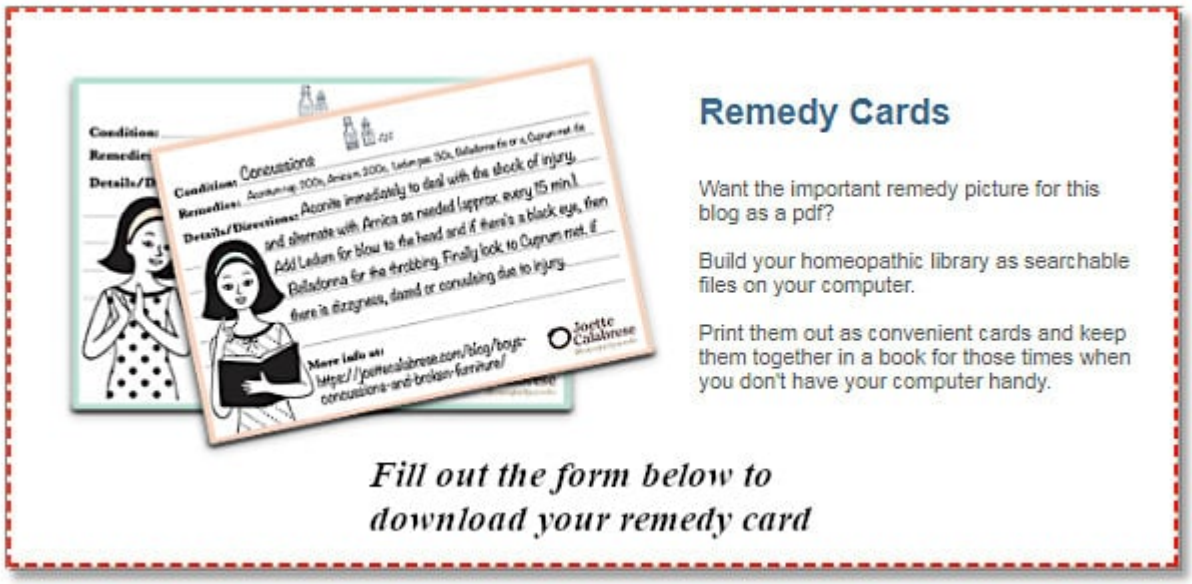
Warmly,



P.S. Joette offers a homeopathic strategy for self-reliant health care in her course, The Survivalist Guide to Homeopathy. Whether your family must navigate medical care alone after a natural disaster or you suddenly become your elderly parents' caregiver, the Survivalist Guide will be your anxiety reliever. It provides a plan of action with

time-proven and clinically tested homeopathic protocols for countless conditions. Click on this link and download my free infographic containing 23 emergency homeopathic remedies.

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



2/26/23 Ailments from chemical exposure
First Name *
Last Name *
Email *
Confirm Email *
Captcha
Submit
If you are human, leave this field blank.
Δ