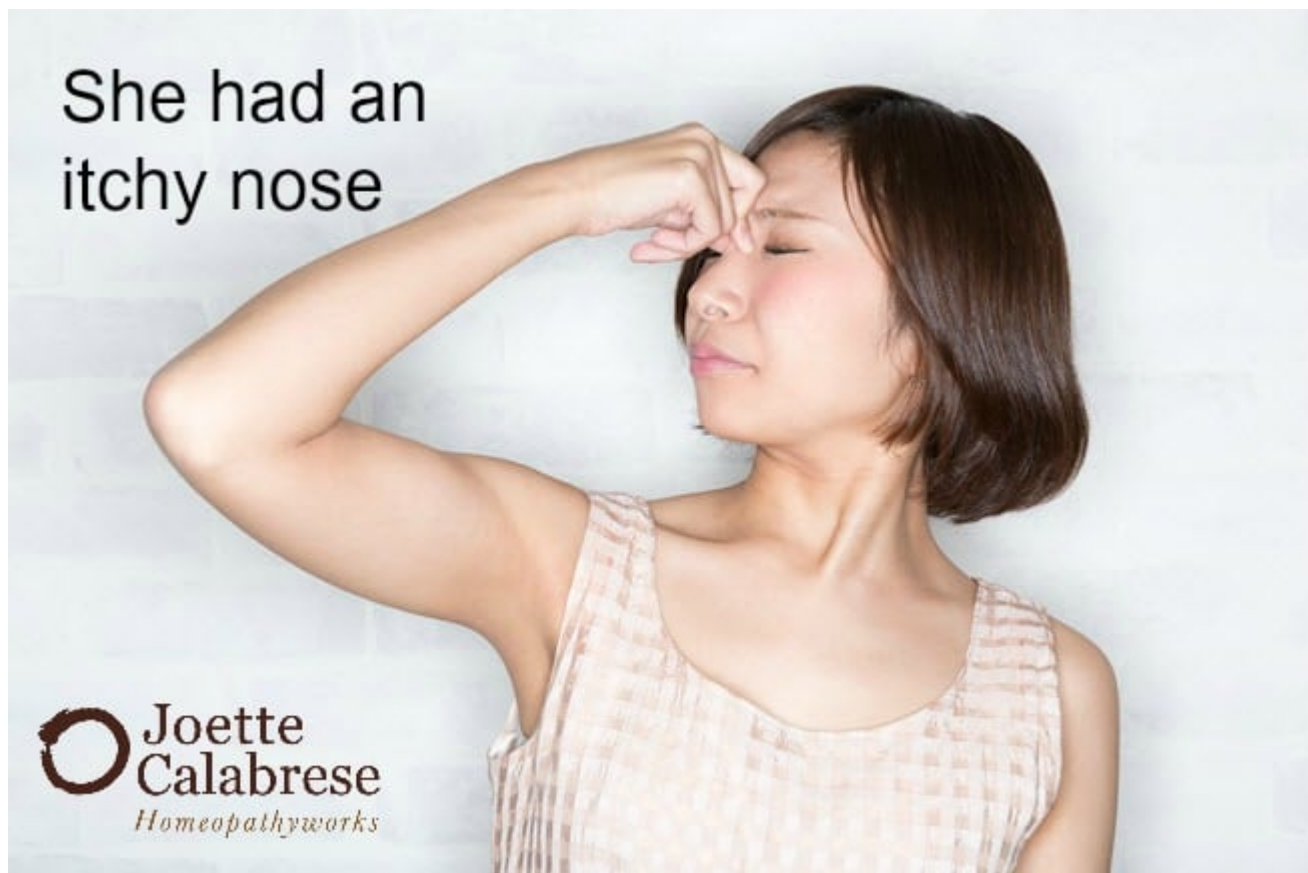


Homeopathy Uproots Mold Allergies



“Joette! Help!” That was the beginning of a message I received from one of my staff members last spring. “The rain has left my basement perpetually damp and my allergy to the mildew is consuming my life!”

She could not do her basic day-to-day tasks, which included homeschooling her 4 children. For too many days she had to give them the day off because even sitting down to read with them was a burden.

She needed to do something, and she knew that turning to the likes of Benadryl was not only a band-aid, but it (like all over-the-counter and prescription medication) would drive the illness deeper. “I can feel what it does to me,” she told me, “Benadryl has an effect on my blood pressure and my heart goes into arrhythmia!” Not a good strategy to trade in

mold allergies for potential heart trouble!

If you're still using Benadryl, I urge you to read up on the potential side effects. But don't just read the ones listed on the packaging (it's much too time-consuming anyhow.) Instead, Google the phrase "Benadryl causes arrhythmia." Or, fill in whatever symptoms you are experiencing. Even if there's not been a direct correlation so far in your experience, it's likely that whatever you're already suffering from will be made worse by the drug.

Why? Because drugs are synthetic substances that weaken you at your already weakest by driving illness in deeper. So, if you're prone to fatigue and you take Benadryl, it's likely that Benadryl will increase your susceptibility to greater fatigue.

Back to my staff member. She needed a real solution for her allergies. She needed to *correct* her allergies; not treat the symptoms with something that would cause more harm in the end.

This is what I directed her to do: [Camphor 200](#), one dose only on the first day. This helps antidote the ill effects of previous drugs – learn more about why we open a case like this with this remedy in my online courses such as [Good Gut Bad Gut or Skin: The Ugly Truth.](#)

On the second day, she started taking [Boiron's AllergyCalm®](#) (formerly *RhinAllergy®* or *Sabadil*), which is a good combination remedy. Just follow the directions on the package. I also suggested that she take [Nat sulph 6X](#) between 2-4 times daily. *Arsenicum album* 30 or 6X, twice daily, was taken for her acute nose problems, especially sneezing and itching. I told her to stop when it lessened, and resume if needed.

For about the first month, she reported that she would go into sneezing fits. At that, she employed the [Arsenicum](#)

[album 30](#). This did a great job of decreasing the frequency of the attacks. She then noticed that she was having to use the *Arsenicum* less and less.

The time soon came when her family needed to start up the wood stove, which generally would be another allergy trigger, leaving her miserable. But to her pleasant surprise, she noted that the first week came and went without incident. She was even more pleased to realize that this year's winter (a difficult allergy season for her) came and went with very little disturbance.

But then the ultimate test arrived: the springtime thaw. With that comes a wet basement that ushers in mold and mildew. That is when she knew the homeopathic remedies had really, truly worked for her! She was able to concentrate on her work and on wrapping up her children's school year.

Much to their dismay, their mother didn't need to give them days off because of her allergies anymore. (Sorry kids!)

And because she owns a [homeopathy kit](#), she had these remedies on hand.

There's more to uprooting allergies in total than this, but given the fact that mold is a problem in many parts of the world now, I thought it would be helpful to get these tips out ASAP. Watch for our upcoming course on allergies that will delve more deeply and fully into how to uproot this scourge of modern life.

In the meantime, use this strategy for nose/mold allergies. If you or someone in your home suffers from this, I'll bet you'll see a difference. Now go to your medicine cabinet and throw out the Benadryl. Isn't it nice not to get sick from something that's supposed to make you well?"

If you have allergies, remember that modern medicine has written you off. The CDC itself will tell you: "There is no

cure for allergies. Strict avoidance of the allergen is the only way to prevent a reaction."

I lived for decades living in a bubble, dealing with my allergies. Things improved when I stopped taking prescription drugs and changed my diet, but I was not cured. So I kept searching until I found the thing that changed my life forever: homeopathy.

*Want to learn the same homeopathic steps I took to clear myself of allergies? Learn them with my course: [Allergic?!](#) **Download a free infographic and start learning what remedies could help uproot your allergies.***



Condition: Concussions
Remedies: Arnica 30C, Aconite 200C, Ledum pal 30C, Belladonna 6C or 12C, Cuprum met 6C
Details/Directions: Alternate with Arnica as needed (approx. every 15 min.)
Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met if there is dizziness, dazed or convulsing due to injury.
More info at: <https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>
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