Independence Day and the Summer Sun



Happy Independence Day.

We who love homeopathy take our independence seriously. Self-reliance is one of the main reasons we love this medicine.

We're not lemmings. We don't blindly follow the recommendations of allopathic medicine. We don't trade in fear.

We encourage competence through self-education. We foster confidence. We are independent thinkers and doers.

Reflect for a moment on the magnitude of the independence homeopathy provides.

For many, today is a day of picnics, boating, beach-going, river rafting, and pick-up games in the park. All manner of outdoorsy activities are enjoyed today.

July 4th is a celebration of freedom and summer.

And with the outdoors, naturally, comes the sun.

You know how much I love the sun (and if you aren't familiar with that fact about me, I'll talk more about it with my Mighty Members later in the week).

The sun provides us with warmth, energy and a healthy appearance – plus it tangibly improves our health by triggering our bodies' ability to create the most beneficial form of vitamin D.

But as with anything in life, you *can* get too much of a good thing.

For instance, my son spent a day on the beach and boating with a friend. The friend, who is sensitive to the sun, slathered himself in sunscreen but forgot the tops of his feet.

"Sunburned" hardly begins to describe what he experienced. My son said his friend's feet were a vivid, bright red and had swollen to almost double in size! The unforgiving sun had seared his poor feet to a fare-thee-well.

Luckily, my son was with him! He gave his friend *Cantharis* 30 – a first-line remedy for burns. *Cantharis* calmed the swelling and the burn, and his friend survived his oversight without further complication.

Talk about independence! My son and his friend were able to quickly without drugs of commerce address the sunburn on their own.

But on rare occasions, the sun might do more damage than we

immediately realize. We may not know we have sun poisoning until later. We feel fine … feel fine … feel fine … then BAM! A quick onset of sun poisoning.

Symptoms might include nausea, chills or a headache. In addition, sun poisoning often presents with a bright red intense rash.

Fear not! Because of homeopathy, our independence endures. All we need is a quick trip to our collection of homeopathic medicines.

Belladonna 30 would be indicated for the *quick* onset and bright red rash and pain of sun poisoning. When the symptoms first appear and are most intense, *Belladonna* 30 may be used every 15 minutes for the first hour and then every 2 -6 hours or so, as needed.

As the symptoms subside, the frequency with which the remedy is taken will lessen – taken further and further apart until very much better (at which time the medicine should be stopped, as usual).

See?

We don't need to relinquish control to an urgent care facility. We're independent. All we need is knowledge and application of that knowledge – and a fully-stocked cabinet of homeopathic medicines at the ready for any eventuality.

Use opportunities in your life to pass on the good news of homeopathy, just as my son did! If you see suffering, help your neighbor with the knowledge and application of the proper homeopathic medicine.

They'll not only thank you, but they'll most likely become homeopathic devotees as well – just like my son's friend. Win-win!

So, where do you get the knowledge required to become a

completely independent caregiver? You can start with my free blogs and podcasts. Then, join a Gateway to Homeopathy study group to cement the foundation of your study and make lifelong friends who can share their experiences with you.

But to be fully ready for any eventuality will require a deep dive – one of my courses. I consider The Survivalist Guide to Homeopathy to be my magnum opus.

The Survivalist Guide is your ticket to complete independence.

If your internet connection goes ka-flooey, you'll have your printed and bound Survivalist Guide to refer to for a wide variety of conditions.

If the healthcare infrastructure fails, you'll have the essential homeopathy knowledge you'll need for your family at your fingertips.

Adverse health events can happen when we least expect them. Unfortunately, we all witnessed it last year. Protect your independence by being ready to handle anything without assistance.

You'll be your family's hero; I'll be your guide.

Warmly,



P.S. Remember – all of 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.

