New Trick for an Old Dog (or Old Human)



Hey, Buster the Bad Office Dog here.

I know it's been a while since I've written you, but I've been finding it more and more difficult to jump up into Mom's computer chair. Boy, that thing is HIGH! (Come to think of it, Mom's kinda short, too. I wonder if it's hard for her to get into this chair?)

Anyway, let's face it. I'm not as young as I used to be. In fact, I'm 16 and 1/2 years old, which is about three and a half years older than my breed's (Bichon-Frise/Poodle) life expectancy.

Perhaps I can thank good genes for my long life … although, I can't be sure because, unfortunately, my sisters passed away when they were seven (under someone else's care).

But personally, I think my longevity has to do with Mom's homeopathy! I mean, really, how else would you explain my good fortune?

Don't get me wrong, I have a few issues. I sometimes have canine bloat, which causes me to make this horrible hoarfing sound that Mom loathes. (I guess I usually do it when she's trying to record videos for her students. Oops! But how else am I supposed to make my presence known?!)

You know what? While I'm already here in this dreadful chair, I'll write more about how Mom solved my canine bloat and share it with her Mighty Members later this week.

I also have some cardiovascular issues, which have caused me to be a little lethargic. But once again, Mom (and homeopathy) came to my rescue.

Mom knows about a really cool remedy called *ARF-nica*!

Wait, I think it's pronounced just "*Arnica*." (Sorry for the mistake, but don't forget … human is not my first language.)

Anyway, Mom began placing a few drops of *Arnica* 30 (prepared as a liquid) in my water bowl. (If you are unable to purchase it as a liquid, you could always use *Arnica* 30 pillules dissolved in the water.) Mom, of course, changes my water every day and then adds fresh *Arnica*.

I drink from my bowl several times a day, so I'm always getting my daily doses of *Arnica*. Mom and Dad think that

since I've been taking it my energy level has improved. They say I'm "perky."

Hey, maybe I should be renamed Buster the Perky Office Dog! I like that!

In case you haven't noticed, one of Mom's favorite homeopathic medicines is *Arnica*. How do I know? Well, I lie in her office as she's creating lessons for her Academy of Practical Homeopathy® students. Every week, she does a 40-minute video lesson covering the use of two or three different remedies.

When it came time to do *Arnica*, she spent an entire HOUR talking about its many uses. As she says, "It's a remedy of important measure" for acute illnesses and injuries, especially for chronic conditions like mine. In fact, *Arnica* is so important that one of the images featured in The Academy's videos is an animation of *Arnica* flowers blooming. It's almost their mascot. (Hold on! I thought *I* was the company mascot. Grrrrrrrrrr.)

Anyway, they tell me that Mom used to say, "When in doubt, use *Nux vomica*." But I don't think I've ever heard her say that since I've been alive! So, yep, she's definitely changed her mind since the old days!

Now she says, "When in doubt, use *Arnica*!"

So, whether you're an old dog (like me) or an old cat, chicken, llama, or human, remember your *Arnica* 30. Heck, even if you're young, *Arnica* can help with cardiovascular issues that zap your energy. (Scroll down to download your free remedy card to learn the specifics.)

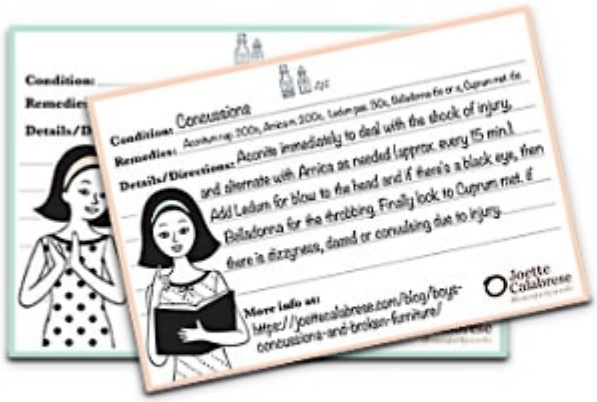
I'd love to stick around and chat, but all this talk about my water has made me thirsty. Now, how do I get down from this chair?



P.S. Joette, here. Owning a *materia medica* is the best way to learn all of the conditions each particular homeopathic remedy can address. While there are free *materia medicas* online, for some, they may be challenging to comprehend without some training.

I wrote A *Materia Medica*: Practical Homeopathy® for Busy Families in everyday modern English, along with illustrative examples from my many years in practice, to help you become

familiar with these tried-and-true medicines and their applications. I encourage you to own a copy so that you can acquaint yourself with *Arnica* and 154 other commonly used medicines – and pass on the good news of homeopathy!



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