Nip Colic in the Gut



I've talked about *Nux vomica* ad nauseam (yes, a pun).

But here's one usage for *Nux vomica* that I probably haven't discussed often enough: post-surgical gut problems (and by "post-surgical," I also mean post-hospitalization).

For instance, let's take the case of the newborn baby boy, Joseph.

Joseph's nursery awaited –blue and green with little animals on the wallpaper. The whole family was so excited.

Before Joseph made his debut, his mother had been given Pitocin to induce labor and an epidural for the pain. When both of those failed, Mom was given a local anesthetic, a C-section, and the usual accompanying antibiotics.

Hmm.

(As an aside, had the doctor known about *Caulophyllum* 200, for example, it's likely none of this would have happened. But … he didn't.)

The baby *hadn't even come into the world yet!* But because of the symbiotic relationship between mother and child, little Joseph's medical history already included all of those synthetic drugs.

And they wonder why he has colic.

Joseph has gas, spits up, can't sleep. The child is practically impossible. His blue and green nursery is far from cheerful – it's virtually a warzone.

The entire family is a mess. The baby is sick; the older kids feel sullen and ignored; Mom is crying. Dad tries to help, but his world seems to be collapsing.

There are quite a few homeopathic medicines that can help with colic. There is *Chamomilla*, *Nat phos, Cuprum*, and *Colocynthis* (you may recall, I wrote about it in The Secret Life of a Colicky Baby).

However, for this type of colic (or any gut problems presenting with irritability and not being comfortable in one's own body) resulting from post-surgical synthetic drugs, *Nux vomica* 200C is practically a slam dunk.

It might only take one dose; it could take a few day's worth. But when a gut problem's picture includes non-natural, extrinsic influences, *Nux vomica* 200, twice daily until very much better, is my go-to medicine.

In fact, if the child needs *Nux vomica* after birth, I've found the chances are good that the mother might need a dose or two of *Nux vomica* as well. Even though they are separated physically, the symbiotic relationship continues. If one will benefit from the homeopathic, often, *both* will benefit.

After a few days of *Nux vomica* given to both Joseph and his mom, the household returned to normal. The family could finally enjoy their new baby. Even the little animals on the wallpaper seemed to be a brighter shade of blue and green.

Can it really be that simple?

Yes. It can.

Nux vomica holds a special place in my heart. (I talked about this remedy extensively in a recent Facebook Live video.) It was the very first homeopathic medicine given to me by my homeopath some three and a half decades ago.

Until that time, I had taken many allopathic meds for every little ailment (constipation, anxiety, insomnia, migraines, gut issues, food intolerances, allergies and asthma). Yes, before I discovered homeopathy, I was young, naïve and easily led.

My overindulgence of drugs of commerce had taken its toll, but one dose of *Nux vomica* 200C was miraculous for me. My symptoms – symptoms I had suffered from for years – were reduced by 40-50%!

Through the ages, humans have innately known both physical and mental health are inextricably linked to the gut.

When spirits visited old Ebenezer Scrooge, he argued the gut influenced the mind: “Because a little thing affects them. A slight disorder of the stomach makes them cheats. You may be an undigested bit of beef, a blot of mustard, a crumb of cheese, a fragment of an underdone potato. There’s more of gravy than of grave about you, whatever you are!”

Good health begins in the gut!

So, why don’t we attend to our gut health more closely? (Good question.)

Well, there is my free blog (like this one) to get you started. But I can only discuss the most straightforward issues here in a short post.

For more complex conditions, I am relaunching my pre-recorded course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.

Even if your meals are perfect, your food sources are top-notch, you make everything from scratch and you don't take synthetic drugs or supplements, you and your family may still experience problems related to the gut. Don't borrow trouble, but if there is something wrong in the gut, then go for it.

For this reason, I consider Good Gut, Bad Gut to be the perfect starting point for your continued education in homeopathy.

Anxiety, depression, bloating, brain fog, weight gain, insecurity – I address all of these issues and more in the Good Gut, Bad Gut course.

I can't promise your wallpaper will seem more vivid but imagine how much better your family's life could be without these problems?

You'll be their hero; I'll be your guide.

Warmly,



P.S. At the very least, I encourage you to download a free infographic. Although I'll warn you: Once you realize a few

of the gut issues that homeopathy can tackle, you may want to take a deeper dive!

P.P.S. And 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.

