Not Tonight, Honey



“Not tonight, Honey … I have a headache!”

A bad headache can stop us dead in our tracks.

The pain can keep us from wanting to do anything: make dinner, go to the movies, watch TV, sit outside, play with the kids, watch the sunset, or … well, *that* either.

Years ago, Sandra had painful headaches.

She wasn’t stuffy or suffering from allergies, but she had incredible pain behind her eyes, between her eyes, over her eyes, under her eyes – her whole sinus area was painful.

But this wasn’t a typical sinus headache. These headaches

seemed to come and go with no rhyme or reason.

Eventually, Sandra had a watershed moment: her headaches came with barometric pressure changes – like clockwork.

After her discovery, she became more specific: "Not tonight, Honey –*see the weather*?"

Poor Sandra had turned into a bedroom barometer!

Unfortunately, Sandra lived by the shore where weather changes were extreme.

For crying out loud, the barometric pressure changed there almost every other day!

And right along with those shifts – as often as 2 to 3 days a week – came her painful, life-interrupting headaches.

She tried Tylenol and aspirin. Neither came close to addressing her pain.

However, at the time, Canada offered a stronger over-the-counter solution called "222."

It was an analgesic containing caffeine and codeine.

In them, Sandra had found something that worked! When her headaches were unbearable, she'd drive over the bridge to Canada, smuggle them in, take the medicine, and finally feel some relief.

But what was she doing to her body by taking codeine?!

It worried her, of course. But she couldn't stand the pain.

Then Sandra found homeopathy.

More specifically, she found *Kali bichromicum* 30.

The next time the pressure changed, and the inevitable headache held her in its vice-grip, she took *Kali*

bichromicum 30 every hour or so.

After three doses, the pain was GONE!

Two days later, Sandra, the Bedroom Barometer, was back in full force. Yep, the pressure changed again, and her headache felt like it was going to crush her eyes in their sockets.

She took another dose of *Kali bich* 30.

And that was it. Gone!

After years of suffering from those horrible barometric pressure change headaches, they were gone forever!

You read that right. Sandra assures me that after those two separate headaches that week and taking *Kali bich* 30 for each occasion, her pain has never returned.

That one elegant homeopathic medicine effectively killed two birds with one stone!

It freed her from a lifetime of headache pain.

Plus, by using homeopathy, she eliminated all of the terrible side-effects she had been exposing herself to with allopathic drugs. (By the way, the codeine-filled 222s are no longer manufactured or sold in Canada. Hmm. Wonder why?)

So, this is a writer-downer, folks: *Kali bichromicum* 30, every 1-3 hours for a barometric pressure headache, until the pain subsides. (Scroll below this post to download your free Remedy Card containing this information.)

Keep in mind, there are about a gazillion different types of headaches.

Well, maybe that's a *slight* exaggeration, but there are certainly a *lot* of them.

The homeopathic medicine you choose must match the specific type of headache you're suffering from. For example, I write about hormonally-driven headaches in a previous blog post.

I wish I could share every protocol I know with you for free here on my blog, but it's just impossible.

Many headaches – as well as aches and pains all over the body, for that matter – are just too complicated to discuss in this short format.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain or a pinched spinal nerve). Continue learning! I believe that knowledge is power. And I want to see that power returned to the capable, caring, conscientious hands of mothers who have gained the confidence to use it.

Want to be the hero in your home? Let me guide you with my course.

"Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."

And, as always, pass on the good news of homeopathy!

Warmly,



P.S. It's more important than ever that you start to learn

this information on your own!

If you are not quite ready to take a course, join a study group! My Gateway to Homeopathy: A Guided Study Group Curriculum is a perfect entry point to your homeopathy education, and I've made this study group curriculum as affordable as possible.

For less than the cost of a dinner out, you can lay the foundation to become the homeopathic healer in YOUR home!

And one little-known secret, there is a way to buy all my pre-recorded courses at a considerable discount with your study group companions.

