Sepia for Mother's Day! This Time for Headaches



Headaches come in all shapes and sizes; just like people.

But there are certain headaches that are common enough that a protocol may be assigned rather easily.

Let me clarify that it's important to know what kind of headache is at hand.

Why?

Because if the pain emanates from the sinuses, the remedy is often either *Sanguinaria 200*, twice daily until very much better or *Kali bichromicum 30* (if it launches during a barometric pressure change), every 3 hours until it's over.

Simple…right?

But when it comes to *Sepia*, it's a good remedy for headaches, especially hormone headaches.
What's a hormonal remedy?

One that has a component of female hormones associated with it.

For example, when headaches are predominantly around menses or ovulation….that's a hormonal headache.

When headaches are as a result of (God forbid) synthetic birth control, those, too, can be hormonal headaches.

After the birth of a baby.

Those that commence during menopause.

The only time I can think of when *Sepia* would not be used during hormonal times is for a young girl.

In other words, *Sepia* is generally for mothers and/or older women. Those whose hormones have been established, overused, synthetically suppressed or simply (excuse my colloquialism) Cooked. Pooped. Beat.

In fact, look for any headache that not only presents at these hormonal times but those that commence at the time of hormonal shifts.

So this is how it's done.

We use *Sepia* 200, every 3-7 days over a period of a couple of months. Choose every three days when the headaches are frequent and perhaps once weekly when they present less frequently.

Then I also like to employ the Banerji Protocol of *Picric acid* 200 mixed with *Belladonna 3*, every 3 hours.

This method is used “as needed” during the actual headache, while *Sepia* 200 every 3-7 days is to help uproot the propensity for this condition.

Headaches and hormones don’t belong in our busy lives.

And as usual, homeopathy is there to correct and uproot the condition from the hormones out, not suppress symptoms with an additional drug.

Oh God, I love this stuff.

Join me and celebrate Mother’s Day with hormonal balance and headache-free.

Warmly,



I have been where you are now. I’ve dieted, taken supplements, bioidentical hormones, essential oils, herbs – but nothing, nothing has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. To see the full syllabus for my Feminopathy course and read the testimonials of other women who have been helped by my Practical Homeopathy methods, click here.

I promise that you won’t be disappointed in this course. (If you are, there’s a 100% money-back guarantee.)

God bless all mothers throughout the world.