Sneezing Jags



In Walt Disney's film, "Snow White and the Seven Dwarfs," Sneezy was adorable and humorous. In real life, however, excessive sneezing can be embarrassing, unpleasant and sometimes downright distressing.

I should know. My husband suffered from intense sneezing jags, and there were no friendly bluebirds or catchy tunes anywhere in sight. Once, he sneezed nearly 40 times in quick succession. Finally, he became so physically weak from the onslaught, he was literally brought to his knees!

Now, before you start reaching for the homeopathy to stop one or two little sneezes, let me say this: "Don't

overreact! Don't take sneezing by itself too seriously. A few sneezes in a row are not a big deal. It's just your body's way of getting rid of an irritant, allergen, or foreign substance."

If you've been aggressively peppering your dinner before your sneezing jag occurs, you don't need to take action.

But if you notice pervasive sneezing – incapacitating sneezing – then it's time to make some determinations. First, I want to make this clear: We're not simply addressing the mere act of sneezing. No. Our focus is on tackling the underlying condition regardless of its cause.

So, what is associated with the sneezing? What condition is being ushered in? A cold? An allergy? It really doesn't matter. If a pathology presents with severe, repetitive, all-encompassing sneezing, then *Arsenicum album 6* is the generally accepted homeopathic medicine of choice.

When my husband collapsed from that particularly crippling sneezing jag I mentioned, I gave him *Arsenicum* 6 as an SOS. Also, I encouraged him to continue it twice a day until he no longer felt unwell. Not only did *Arsenicum* stop the event; most importantly, it also began to nudge his body to correct the underlying disorder naturally.

Arsenicum was so efficacious in my husband's case that he no longer suffers from those agonizing sneezing fits!

You may recall, I've written about excessive sneezing before in Break Out of Prison. In it, I discussed *Galphimia glauca* for unrelenting bouts of sneezing. But as I always say: "In homeopathy, there's usually more than one way to skin a cat." So, I try to provide my students with several medicines to consider, allowing them to make their own well-informed decisions.

Now, uprooting allergies is a dense topic requiring much

more time and study than a simple blog post can allow. If you want to become as proficient as possible in addressing allergies, may I suggest you take my course, appropriately entitled Allergic?! I've been there. I had chronic allergies for years. My allergies were so severe, I was relegated to a life indoors away from perfumes, flowers, pesticides and restaurant food. Let me share what has worked for my clients, my family and me. I want to share with you what I have learned in my 34+ years in homeopathy!

It's my mission to bring homeopathic medicines to every medicine cabinet across the globe!

Once you've experienced it in action, you can help in the cause by passing on the good news of homeopathy to friends, neighbors, and relatives!

Warmly,



P.S. And remember – all of my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases, such as the Allergic?! course we just discussed. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

P.P.S. If you're not ready to invest in a full course quite yet, there is no better way to begin your journey in homeopathy than by joining a Gateway to Homeopathy Study Group. For far less than a doctor's visit co-pay, you'll start to learn how to observe the entire picture of a condition and how to use that observation to choose the best medicine for your unique situation. You'll develop

confidence and competence as you learn many practical protocols.

All that, while also meeting and making new like-minded friends – friendships that can last a lifetime!

My curriculum makes it easy to start your own group, OR you can join a group that is forming. You can find the upcoming groups at Joette's Study Group: Find Your New Study Group Friends.

I urge you to join a group today. Group study is what catapulted my abilities to care for my family decades ago.

Buy your copy of Gateway to Homeopathy! The inexpensive cost of this curriculum will be repaid many times over with the money you'll save on unnecessary medical visits and expensive allopathic drugs.



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