Strong Enough for a Woman: The Ultimate Remedy for Us



Let’s commemorate one of the most invigorating remedies in our *materia medica* this week, as we look forward to celebrating Mother’s Day next Sunday.

I’ve deliberately chosen to focus on this remedy because it not only treats a number of female ailments but is particularly effective for treating *mothers*. What is this wonder medicine, you ask?

Sepia.

I consider *Sepia* to be one of the most valuable remedies for all women, though as I mentioned above, it is especially helpful for issues, both physical and emotional, pertaining

to motherhood such as feeling overwhelmed or exhausted by the duties associated with caring for children.

Sepia has also earned a well-deserved reputation for successfully addressing various female issues throughout each stage of a woman's life.

Let's start with synthetic hormones; probably one of the most superfluous and dangerous drugs pushed on our gender. One is the Depo-Provera shot, which results in side effects that the industry often sweeps under the carpet.

Learn here (http://joettecalabrese.com/blog/synthetic-hormones-manipulate-women-part-two/) how *Sepia* helped set one woman's menstrual cycle back on track, and helped put to rest the sufferings that had plagued her for so long in the past.

Sepia can also help a woman gently transition into menopause, without the use of bio-identical hormones. *Sepia* 200C will help with menses, fatigue and vaginal pain, as I explain here: (http://joettecalabrese.com/blog/estrogen-dominance-and-other-red-herrings/)

Then, there are vaginal yeast infections. Most women (of all ages) are familiar with this common overgrowth of the fungus, *candida albicans,* having experienced this nagging, uncomfortable and sometimes unbearably itchy condition at least once in their lifetime.

Yeast infections are common and can be the result of a number of things such as the use of antibiotics, vaginal exposure to certain bacteria, birth control pills, and even certain commercial soaps and scented feminine products, among others.

But fear not! Women who are prone to this reoccurring infection can turn to *Sepia* 30C, as I explain here in this

blog: (http://joettecalabrese.com/blog/vaginal-yeast-gone-with-homeopathy/)

Please note, *Sepia* may be considered here, but for many, may not be the best choice. I offer others for your consideration.

Sepia is an additionally powerful remedy for headaches, particularly those associated with hormonal disturbances. I'm forever grateful to the Banerjis for sharing their protocol of *Sepia* 200C for headaches with me, as I find that frequent or chronic headaches are often made very much better (and often eliminated entirely) when properly addressed and dosed with this medicine.

Here is a short summary of *Sepia* indications:

Mothers who feel overwhelmed by motherly duties.

Exhaustion in mothers.

Certain kinds of yeast infections.

Certain kinds of headaches.

Menstruation conditions.

Vaginal pain.

Loss of Libido. (Yes, even that too!)

Prolapsed uterus.

Ailments resulting from the use of synthetic hormones.

Transitioning into menopause.

Do you see what I mean?

No matter what stage of life you are in as a woman, *Sepia* has you covered. This is why it is so important every

woman has this remedy tucked away in her home remedy kit and knows when it's appropriate to use. You never know when it will come in handy, but you'll certainly know how much you wish you had it when you need it.

Let's hear it for *Sepia*!



I have been where you are now. I've dieted, taken supplements, bio-identical 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.