The Chatter in My Head



A mother is only as happy as her unhappiest child.

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety…depression…bipolar…OCD…learning disorders…brain fog…PTSD…addictions…dementia…

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. Click here and read more.

This infographic contains some of my favorite remedies that I guarantee you'll use.



I’ve recently been embroiled in a family conflict. I won’t bore you with the details, but you might be comforted to know that I, too, have a couple of crazies in my family who cause conflict, just like everyone else does.

For those of us who have families large enough to be able to pick and choose who we associate and spend time with, we know that when the “crazy” behavior erupts, the best course of action is to tune them out and move on.

But sometimes this is hard to do, and what follows is the chatter in your head that won't shut off. You know the kind; the he-said-this-so-I-should've-said-that chatter.

But we (you and I) have a secret weapon.

Homeopathy.

We know that when things get out of control in our heads we can soften it, calm it down, and sometimes even halt it altogether.

And halt it is just what I did. I used my homeopathy, and I was able to concentrate (happily) without a thought of the meaninglessness of the conflict. Instead, I spent the next many days on vacation with my husband and we barely discussed the situation at all.

What's the remedy I like best for this?

Ignatia 200. (See below for a special discount code BoironUSA has graciously extend to my readers of this blog).

I know. You're probably asking, "I thought *Ignatia* is used for grief and anxiety?" And I was not experiencing that.

The answer to that is, not always. *Ignatia* is also a first-rate medicine for when there's a conflict in your life and it's taking up too much space in your brain.

For me personally, some prayer is also called for. I make a point of not making this blog a religious one, but since my faith is an important aspect of who I am, I can't help but make note that *Ignatia* is named after the founder of the Jesuit order, Saint Ignatius of Loyola.

Oh, those saints. If nothing else, they're an inspiration. And to have a homeopathic medicine named after one of the most important ones is significant.

So here’s what I did:

I took a dose of *Ignatia* 200 twice on the day of the conflict and repeated it for the next few days.

As you know, one reminder to take a homeopathic is the symptoms. In other words, if I didn’t have the chatter in my head, it would have been easy to overlook it was needed.

And that’s just what happened to me. After a few doses, I no longer needed *Ignatia*. Concurrently, I simply forgot to take it anymore. And so far, I haven’t needed to.

Thank you, St. Ignatia, and thank you homeopathy.

BoironUSA has graciously created a special checkout code for me to give to you: Joette. As of this writing, this code will take 20 percent off any order and shipping is free if you spend over $50 or more (after the discount is applied).

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