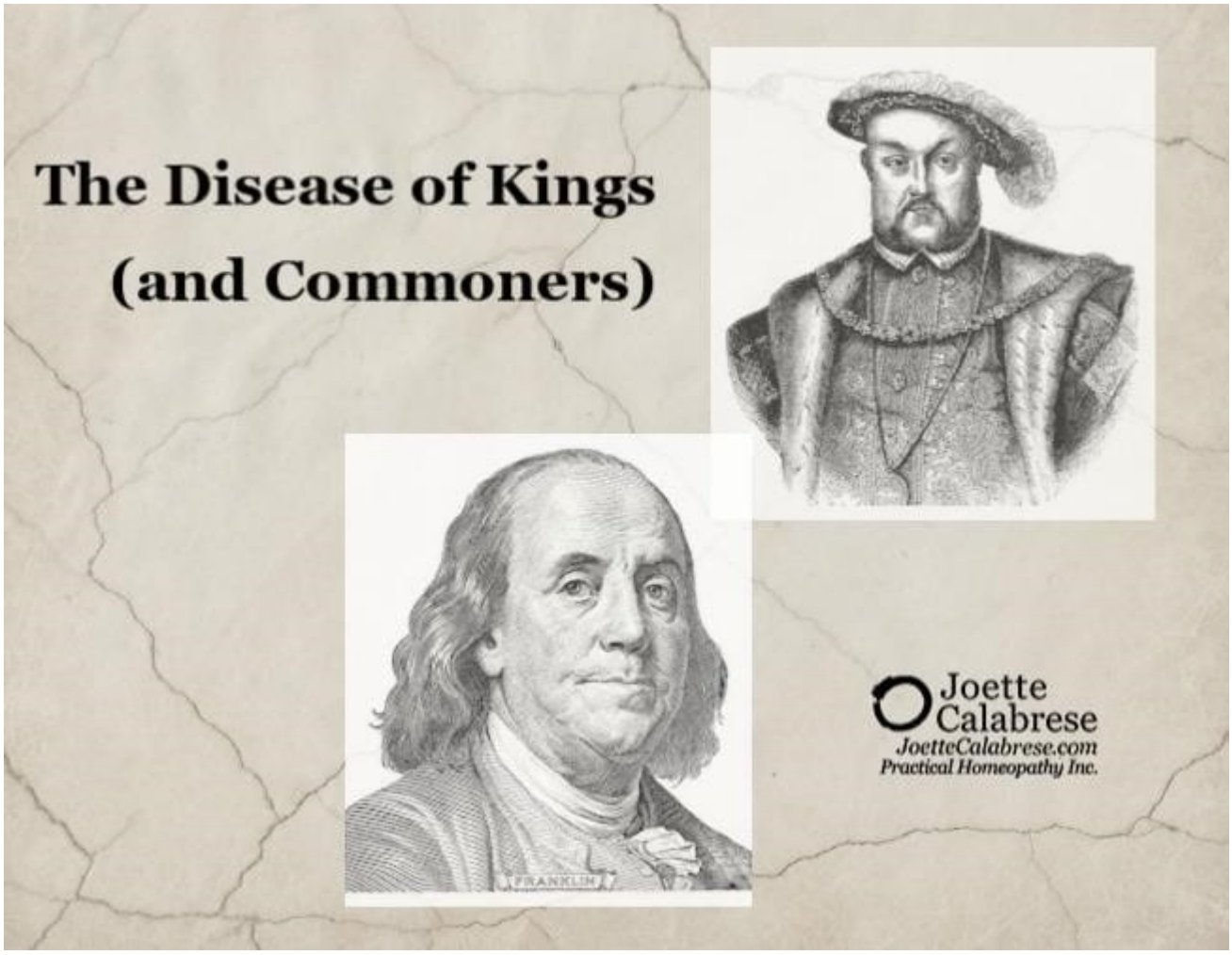
The Disease of Kings (and Commoners)



What do Benjamin Franklin, Henry VIII and I all have in common?

All three of us have experienced a gout attack.

Luckily, I have only had one event, but those two men, among many others, are well-known for having been relentlessly plagued with the pain, and eventual crippling, gout can cause.

In fact, rumor has it that Thomas Jefferson had to deliver rough drafts of the Declaration of Independence to fellow Founding Father of America Benjamin Franklin for his input,

as Franklin was too infirmed from a gout attack to attend the meetings!

Because of Henry VIII of England's well-documented association with the malady, gout earned its nickname, "The Disease of Kings." A sufferer certainly doesn't feel like an entitled royal during an attack, though. I can attest to that!

At the time mine occurred, years ago, I didn't even realize that's what it was. The great toe on my left foot was swollen, red and incredibly painful, but it never occurred to me it could be gout. I was too young! I ate well! I drank plenty of water.

Well, maybe I really didn't.

It must be a bee sting – at least that's what I thought – and bee stings call for *Apis*. Well, let me tell you, even though it can sometimes be used for gout as well, that *Apis* didn't work. At all. I suffered for a couple of weeks with the pain until it eventually, very slowly, diminished.

It's an essential story for me to share because it shows that I make mistakes just like everybody else.

Mistakes are how we learn.

This incident highlights what a tremendously important part diagnosis plays in effectively utilizing my method of Practical Homeopathy®. It was not until many months later after the gout symptoms were long gone, I realized what they really indicated. Had I received an accurate diagnosis immediately, I would have chosen the correct homeopathic medicines and shortened the length of my suffering a great deal.

This is why I always reiterate to get a proper diagnosis whenever possible before choosing your remedy.

Gout, of course, is the result of an increase of uric acid in the body. This excess uric acid crystallizes within the body's joints, causing debilitating arthritic pain. We have discussed before that the cell salt *Nat phos* is one of the remedies we think of for acidity.

In cases of gout, however, it is generally used in combination with other remedies, depending on how the condition is presenting. In a recent podcast, one of our Moms with Moxie discussed having success against gout with *Nat phos* 30, but the more familiar potency for this use would be *Nat phos* 6X twice a day, regardless of whether being used for chronic or acute situations.

But that's not the only way to approach gout. There's actually a lot more than just *Nat phos*.

There's a Banerji protocol for chronic gout: *Ledum palustre* 200 and *Belladonna* 3C taken together in the mouth two to three times a day, in addition to *Medorrhinum* 200 taken twice a week, until the condition is resolved.

During acute attacks, that same Banerji protocol may be utilized every two to three hours, alternating the two remedies (*Medorrhinum* and the *Ledum/Belladonna* mixture), until very much better.

(As a side note, *Belladonna* 3C is challenging to locate in the United States. If that is a problem for you, the 6X potency will work.)

Upon taking the appropriate remedy, I never had another gout attack again. Why? I don't know. I don't know why I had the first one. What I do know is if it ever does recur, I am at the ready to attack it with our victorious homeopathy! (I bet poor Benjamin Franklin and Henry VII wish they'd been so fortunate as me.)

So, get ready for Thanksgiving! Don't let anything

(especially gout) stand in the way of your having a lovely and delicious holiday.

And while we're on the subject, Thanksgiving dining tables are infamous for family discussions – most stay pleasant, but some conversations may border on adversarial. If you find yourself engaged in a debate about homeopathy during the holidays, be forearmed! Skeptics in every family usually respond best to facts.

Where do you get facts?

Well, you know about my blog posts – you're reading one right now! But did you also know my website houses a resource area containing useful downloads and a vast collection of pertinent articles I've curated regarding the efficacy of homeopathy? Just log in and utilize the area as much as you want – it's all free! I want you to have the power of facts behind you as you pass on the good news of homeopathy this Thanksgiving!

Warmly,



P.S. If you're trying to get a jump on your Christmas "hinting" over the Thanksgiving holiday, might I suggest a remedy kit? *Nothing* is more important than having the correct remedy on hand at the exact time your family needs it. Whether you ask for the Top 100 Remedies kit, a 200C Remedy kit, the kits that are offered through my office will

give you the confidence to know you are ready for anything.

But hurry and order soon!

Oh, for crying out loud, I sound like a high-pressure salesperson; the truth is, our inventory of these kits runs out quickly.

So, encourage your “Secret Santa” to get your name on our list to receive one as soon as possible so you’re not disappointed on Christmas morning! There’s never been a more practical, lifesaving, confidence-building gift. (And it’s fun, too. Nothing makes me happier than to organize my remedies, and I’m sure you’ll enjoy it just as much!)

