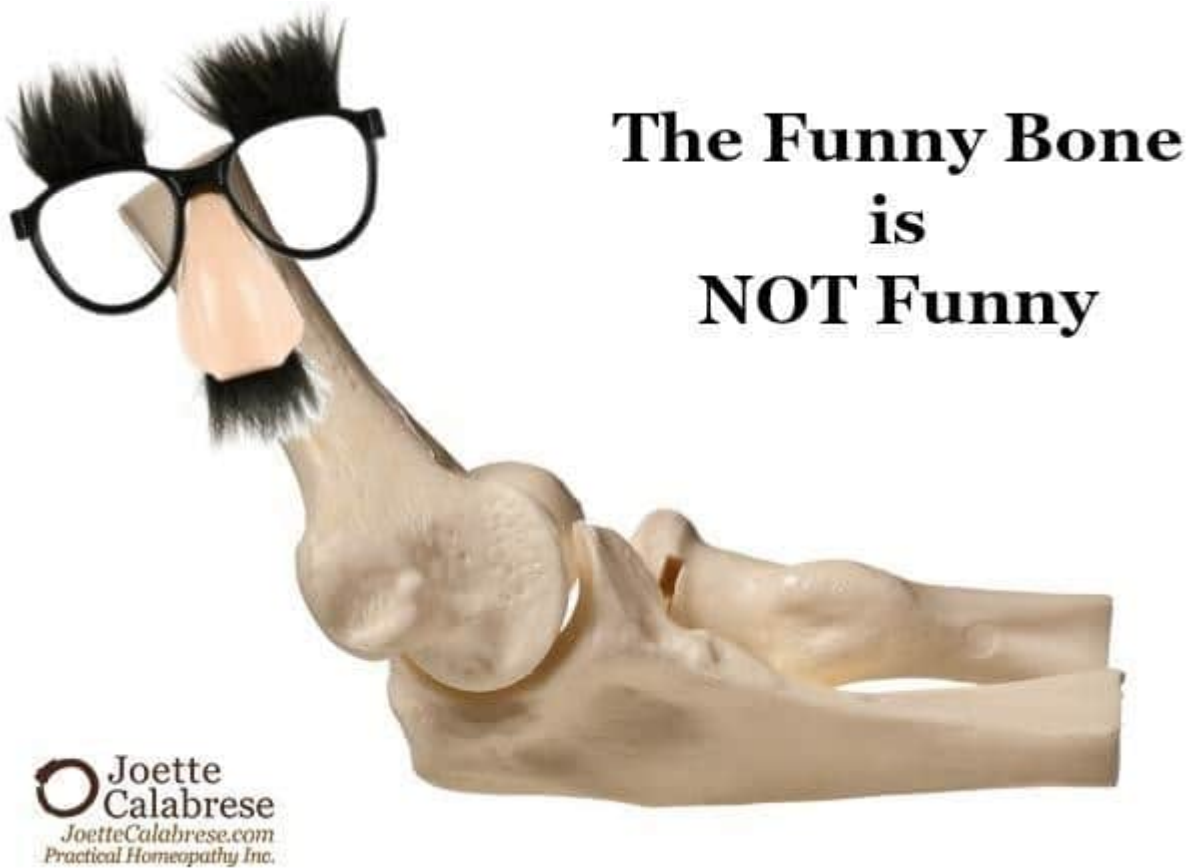


The Funny Bone is NOT FUNNY



The funny bone is NOT funny.

In fact, it is neither funny nor is it even actually a bone! It's a nerve – the ulnar nerve, to be precise.

So how did it get such a misleading name? Some theorize because the name of the connected bone in the upper arm is the “humerus.” (‘Love that play on words.)

But, regardless of how it came to be called the funny bone, we all know it is not even remotely amusing when we accidentally hit our elbow on a hard surface.

The ulnar nerve runs down our arm and is responsible for sending signals from our pinky and ring fingers up to our brain. And boy, does the signal go ballistic when the elbow is bumped, and the ulnar nerve is activated.

The results range from sharp, shooting pain to odd sensations such as numbness, tingling or formication (the feeling of bugs crawling on the skin).

We know our first choice of remedy for any nerve condition – especially those presenting shooting pains – would be [Hypericum 200](#) twice daily. It's not the *only* remedy choice, but it should most often be the first one we consider.

Thankfully, it usually goes away quickly after an accidental bump, but unfortunately, some people experience this discomfort and pain consistently. That's *definitely* not funny.

Constant triggering of the ulnar nerve can be the result of an injury higher up the stream – for instance, in the shoulder. This complaint is prevalent in male athletes – football and hockey players, especially.

These players develop scar tissue in their shoulders due to repetitive injuries. Even successful surgery to repair the damage can leave the ulnar nerve in a state of persistent irritation – delivering odd sensations and shooting pains.

In fact, I've worked with professional hockey players as clients. One, in particular, comes to mind. For privacy's sake, we'll call him "Matt" (that's a good hockey name.) After a successful surgery to correct an injury and an appropriate period of convalescence, Matt's ulnar nerve continued to annoy him during damp, cold weather.

Think about that. A hockey player whose pain is exacerbated by damp, cold weather? For Pete's sake, the environment they are in every day is damp and cold! Matt's professional future required an answer his surgery and rehabilitation didn't provide.

I taught him to use [Symphytum 200](#) mixed together in the mouth with [Calc phos 3](#) twice daily ([Calc phos 6](#) may be used

as a substitute if the 3 potency is not available in your area).

So, he had two protocols to employ: the *Hypericum* 200 twice daily for relief from the shooting pains, plus the combination of *Symphytum* 200/*Calc phos* 3 also taken twice daily to resolve the underlying condition.

These medicines are used until the pain and sensation go away. Then stop. If the feelings return, reinstate the protocols for another couple of months – “testing the water,” so to speak – to determine at what point the condition is finally uprooted.

Now don't get me wrong, it's not only hockey players who are brought to a standstill from ulnar nerve injury; it can happen to any of us.

In fact, on my private Facebook page reserved for students, recently a mom queried the group about a resolution for her ulnar-nerve-induced numbness and pain. With great satisfaction, I observed as my other students responded with the proper remedies.

Remember to scroll down and download your Remedy Card with today's protocols. Keep the Remedy Cards handy should you (or a family member or Facebook friend) need one.

What better way to pass on the good news of homeopathy?

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. I encourage you to join my Facebook groups. There is an

[open group available to anyone who is interested in Practical Homeopathy®.](#)

In fact, unless something critical interferes, I hold a brief Facebook Live there on Mondays at 8 p.m. Eastern. (If you can't attend on Monday nights, all of my previous sessions are available for replay in the [video section](#).)

But, as I mentioned previously, there is also a separate [group exclusive to students of mine](#) – just another perk of [taking my courses](#)! That group is particularly supportive and knowledgeable. There is nothing more comforting in the wee hours of the morning when you're in a healthcare panic than finding help from a like-minded student of homeopathy.



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