The Powerful Versatility of *Cinchona officinalis*: From Breastfeeding to Debility to Post-Surgical Gas



I've said it before, and I'll say it again: Homeopathic medicines are gentle, polite and effective. Yet perhaps I don't say this enough: Most remedies are remarkably versatile, too. A single tube of a particular medicine may address several conditions, often covering more than one

member of your family's needs.

For example, let's look at *Cinchona officinalis* – the name you'll find printed on Boiron's tubes. Robin Murphy's "Nature's *Materia Medica*" lists this medicine as *China officinalis*, and more often than not, I refer to it as simply "*China*."

Add *Cinchona officinalis* to your well-curated homeopathy kit.

By whichever name you call it, *China* is a highly versatile medicine destined to join our list of 50+ homeopathic medicines to include in your well-curated homeopathy kit. (Don't forget to check out the entire list at 50+ Homeopathic Medicines: How to Create an Economical, Well-Curated Homeopathy Kit. As commercially prepared kits have recently been challenging to procure, building your own kit and understanding the medicines you've included are critical safeguards for the health of you and your loved ones.

I've written about *Cinchona* in previous blog posts for debility, especially after the dehydration of a sunburn.

We've discussed it as one of the remedies appropriate for distortion of taste.

***Cinchona officinalis* for women**

While those versatile uses apply equally to both sexes, *China* can also be a gem for women – new mothers in particular.

Perhaps you recall my story about its suitability for exhaustion after nursing a ravenous newborn.

China can also gently boost the female body's natural ability to produce milk. In fact, in Homeopathy While Breastfeeding, I make particular mention of ensuring one

doesn't overuse *China* and, thereby, initiate an overabundance of milk. It's just that effective!

Be sure to read those blog posts. The medicine is the same, but the potencies may differ from condition to condition. Potency matters!

A thorough education in homeopathy allows you to understand which of the versatile homeopathic medicines would be best considered in each situation. Women have unique health needs and would be wise to consider my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy. When we care for ourselves, we are better able to care for our families.

One more usage for our versatile *Cinchona officinalis*: Post-op Caregiving



As mothers, wives or nurturers, we will move heaven and earth to make our loved ones more comfortable during an illness. Indeed, that's why most of us came to homeopathy in the first place!

However, sometimes, despite our best efforts, surgery cannot be avoided for certain conditions. Perhaps you have referred to my blog posts on the topic:

- Anticipating Surgery? Homeopathy Can Help
- Surgery: Answering Your Questions

Well, here's something new you can add to that arsenal. (Before you leave this page, be sure to scroll down and download the free Remedy Card.) Our versatile *China* can also

be of particular use during post-op recovery.

When post-surgical gas pains are not relieved by the passing of gas, *Cinchona officinalis 30* may be the choice to consider.

As unrelenting post-surgical gas pains would be considered an acute issue, the medicine would be used in the typical SOS fashion: every few hours according to severity, until very much better.

Talk about versatility! From breastfeeding to debility to post-surgical flatus, homeopathic *Cinchona* – *China* – has us covered.

Pass on the good news of Practical Homeopathy®!

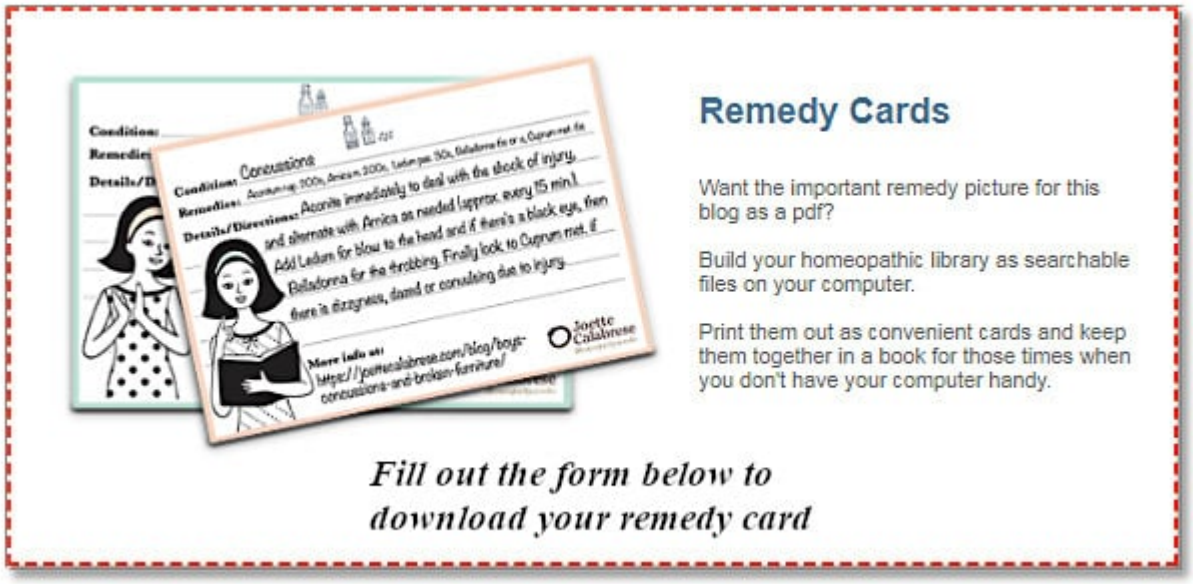
Warmly,



P.S. As kids return to school, now is the time to consider enhancing your own education with Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy.

My course covers all manner of women's health concerns, whether headaches, heavy menses, interstitial cystitis, vaginosis, infertility, alopecia or more. Perhaps it might make an excellent homeschooling course for your high school daughters. You can learn together!

Remember, all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.



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