

Wartime Suffering



When the conflict in Ukraine became more evident, I began making notes for this article. But the optimist in me hoped the conflict would be short-lived, so I never sat down and completed the post.

It's hard to believe that this has been going on for a year.

Observing violence and atrocities – even by watching from afar– can be a significant shock to the nervous system. As a result, sensitive individuals (and even those not so sensitive) can be thrown into an “*Aconitum* state,” meaning anything along the spectrum from aghast shock to full-blown panic attacks.

For this condition, *Aconitum napellus* 200, twice daily for a few days, has been shown to restore balance.

In fact, *Aconitum* (*Aconite*, for short) is this week's must-have medicine to add to your well-stocked homeopathic kit! There's always a tube of *Aconite* 200 in my purse. We never know what life will throw at us when we least expect it, so I never go anywhere without it. (You can read more about this in [Emergency Remedy Series: Aconite in My Purse.](#))

But shock and panic attacks are not the only conditions that can arise during wartime. Often, individuals who have witnessed violent atrocities can internalize the event so profoundly that they experience violence in another way. Perhaps their thoughts become more violent, or they experience violent dreams. Children may become more violent in their play.

Homeopathy, as always, offers a countermeasure to gently and politely assist the body in naturally restoring equilibrium. It's [Stramonium 200](#), generally utilized twice daily until very much better.

I have discussed this subject before in [Podcast 94: Stramonium and The Swiss Family Robinson](#) and, more recently, in [The Angry Child](#). But this homeopathic medicine is equally applicable to adults as it is to children.

Men and women who have served in the military and witnessed atrocities – or even had to commit one themselves – have been helped with this medicine. It's a terrible burden to the healthy psyche of a soldier to feel forced to follow orders to do something unthinkable. Even though they generally have no choice but to comply, now they have to live with what they've done.

This medicine may be important for bystanders as well. Observing something shocking and egregious can affect the central nervous system to such a degree that the witness cannot cope. It throws them off in such a way that they manifest violence as though they are looking for parity

against potential continued aggression.

Remember the old expression, “Practice random acts of kindness”? The implication is that kindness begets kindness. Well, in like manner, violence begets violence.

It matters not if one is enmeshed at ground zero of a conflict or watching hellacious videos from the relative safety of home a continent away. Experiencing violence can create emotional upheaval in any individual.

But *Stramonium* has been shown to counter this turmoil whether nearby or remote. (And by remote, I mean remote in time as well as physical distance. Veterans have often reported success with *Stramonium* well after their time in service has ended.)

Look, my friends, watching the news is an invitation to fall down a rabbit hole of emotional chaos these days. Endless news coverage of the spy balloon and other objects shot down in our airspace can make even level-headed folks consider the fragility of peace and the horrors of war.

But our homeopathic medicines stand at the ready to counteract wartime suffering – both real and imagined.

So, pass on the good news of homeopathy. And consider sharing these valuable medicines with all those who suffer – whether at home or abroad! We must keep our faith strong, yet always know that at times when our faith might waver, homeopathy has our back.

Warmly,



P.S. Another excellent coping mechanism for concerns about war and disaster is preparation. That's why I wrote "[The Survivalist Guide to Homeopathy](#)." The Survivalist Guide is my magnum opus – a homeopathic reference book that can be utilized even if the internet infrastructure has failed. In it, not only do I cover first aid, shock, radiation and chemical exposure and epidemics, but I also teach how to address many common systemic illnesses and conditions if the hospitals and medical facilities are no longer available. Homeopathy allows us to deal with our family's health, even if support from the outside world is no longer available.

But the time to learn is *now* – before anything happens! If you wait until you *need* this information, it will probably be too late. That's just the nature of emergencies, right? So, I urge you to learn more about The Survivalist Guide by [clicking on this link](#). The homeopathic competence and confidence you will gain will offer true peace of mind.

And remember – all of my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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