# Where There’s Fire, There’s Smoke




We’re all concerned by those affected by the devastating fires in California. There are so many who have lost their homes, and even worse, lost their loved ones.

Fires of this magnitude are detrimental not only to the immediate burn area but, of course to the surrounding communities suffocating under clouds of smoke and ash.

When experiencing breathing difficulties due to external causes (such as particulates in the air), we should first think of *Arnica* 30.

Coughing, especially a gagging cough (as one resulting from having inhaled too much smoke or air of poor quality), calls for *Ipecac* 30 (*Ipecacuanha*).

*Arnica* 30 and *Ipecac* 30 can be alternated within minutes of each other, as necessary until normal breathing is restored.

This combination may be needed for extended periods of time.

Additionally, *Euphrasia* 30 is a capital choice when the eyes stream and burn, while *Carbo veg* 30 is indicated for when it feels as though there just isn't enough oxygen getting into the lungs.

Can all of the above be used by one person? Yes, as long as the conditions present, all may be used separated by a few minutes or so.

I hope this will offer hope to some.


