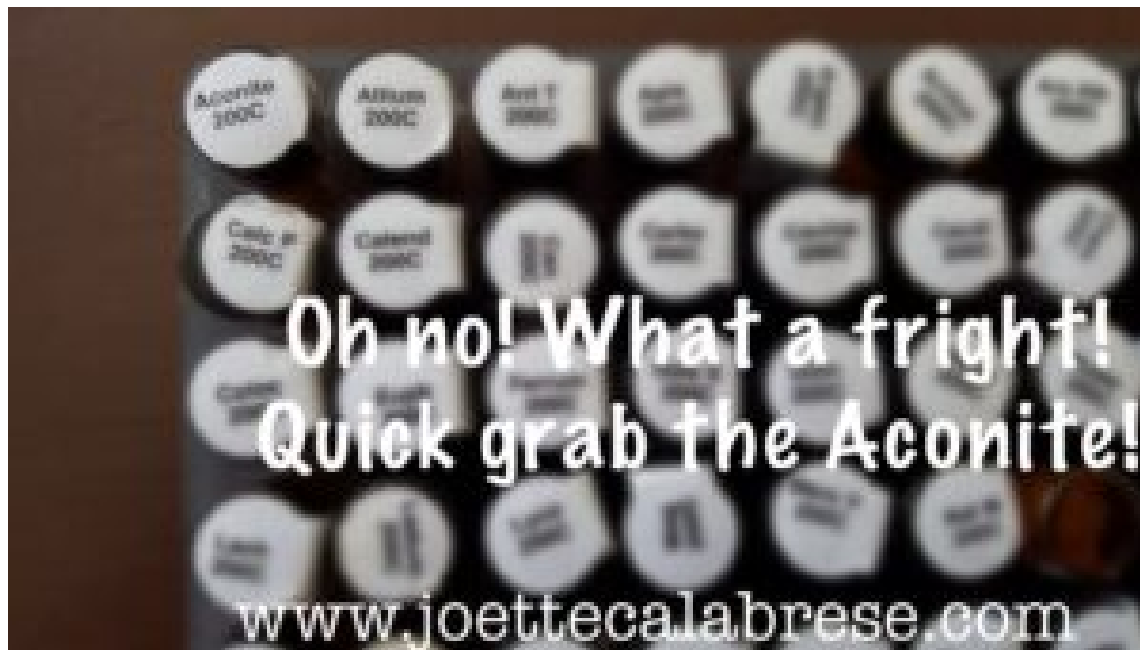


I'm Getting a Cold. Grab the Aconite!



When you open most homeopathic remedy kits, the very first remedy in the box is usually [Aconitum Napellus 200C](#), or *Aconite* for short.

It is such an easy remedy to learn that those who know very little about homeopathic remedies will at least know their *Aconite*.

I wasn't surprised when a student told me about how her husband – who devotes little to no time to learning remedies – knows how and when to use *Aconite*.

“I think I'm coming down with something,” he suddenly announced after feeling great during an otherwise uneventful day,

“... so get [Aconite](#), right?”

Yes, he's probably right. The remedy probably is *Aconite*.

Let me tell you why ...

The body presents a need for *Aconite* when the symptoms manifest themselves quickly, and with little prior warning. So, if you felt fine at bedtime, but woke up the next morning with a sudden aching in the ear, you would think of *Aconite* as a possible remedy because there was a quick onset of symptoms; a shock to the system, so to speak.

If after taking the remedy your symptoms improve, you could say that you had an *Aconite* ear infection because your body was 'jolted' into an illness. If any other illness comes on sudden and strong like this, be it a bladder infection, a sore throat, or a burn to the finger, you would consider *Aconite* as a possible remedy, again because of how the symptoms manifested.

Because of its "shocking" nature, [*Aconitum napellus*](#) is particularly useful in situations involving fright.

For example, if you witnessed an unexpected and frightening car accident, this lovely remedy would be excellent medicine to help ease and resolve any feelings of shock and fear you might experience.

This means it can also be used in place of *Arnica* for an injury. For those times when one minute, all is well, then WHAM!

You have a broken bone and contusions.

Again, we are looking at the circumstances surrounding *how* the illness/injury occurred, not just at its pathology.

The only caveat to *Aconite* is that typically, it is only useful during the first 24-48 hours of the illness. However, this rule mostly applies to colds, flu, ear infections, and

other infectious diseases – not injuries.

After these first hours, you need to abandon this remedy and pursue another one if necessary. This is one of the rules of *Aconite* – that if well-chosen, it is only effective for the first 24 hours of a typical acute illness.

There are always exceptions but for now, since we are merely introducing the remedy, consider this the basics of *Aconitum napellus*.

As a “for instance,” consider Maria, a woman who was in a severe earthquake that left her in a complete state of panic for decades. In her particular case, *Aconite* would have been the ideal remedy for her if taken just after the time of the quake.

But by taking [*Aconitum Napellus* 200C](#) twice daily for a few weeks, even years later, she was able to regain enough composure and a sense of calm to get on with her life without the use of anti-anxiety drugs.

Another example is what I refer to as “the case of the phantom-sting:”

My student’s kids were playing at the park in some tall grass when some sort of unidentified flying insect with a large stinger dashed out and stung one of the boys in the leg.

Yowzers! I think the child in question would agree that being stung was indeed a shock to his system! [*Ledum palustre* 30C](#) or [*Ledum palustre* 200C](#) would have helped in this situation, but mom hadn’t brought her kit to the park.

So, what did she administer immediately instead? You guessed it: *Aconitum Napellus*.

The child's symptoms improved instantly and it sustained healing until she could get home and give her son *Ledum*. Meanwhile, the angst and fear of the moment had lessened, alleviating the added anxiety that could have likely accompanied the initial incident.

This story illustrates that because *Aconite* is so useful at the beginning of a condition, I recommend that you carry it around with you in your purse or book bag at all times.

Clearly, you want *Aconite* nearby in the event you may need it!

To help you remember today's spotlight on *Aconite*, I urge you to commit this verse to memory. I hope it serves to inspire the way you react the next time you need it:

"Oh my! What a fright! Grab the *Aconite*! But take it by tonight."

Warmly,

Joette

P.S. I'd love for you to tell me why you love *Aconite* and how you've used it in other ways!