BAM! Bronchitis.

You're going along, minding your own business, when BAM! You feel something coming on. Maybe that familiar feeling like you're coming down with something. Clues that a cold or other unknown respiratory virus has chosen you as its new residence.

But you're not worried. You immediately know what to do. You have the Banerji Protocol for the onset of any virus that you learned about in last week's blog post, The Alphabet Soup of Viruses. Now, It's RSV.

What? You haven't read it yet! Well, get cracking, my friend. Time's a-wastin'!

But let's build on last week's post for the moment, shall we?

Sometimes, despite our best efforts, a virus will

occasionally settle in and wreak havoc on our respiratory system. All of a sudden … BAM! The condition might develop into bronchitis.

To be honest, at the onset of bronchitis, I would still utilize the Banerji Protocol I discussed last week – because of its sweeping ability as it pertains to the lungs. (And, yes, I'm making you click the link to learn more about that protocol. There are no shortcuts to education!)

Although, let me quickly interject that while I generally encourage a conventional diagnosis for an unknown condition, many folks who suffer from bronchitis often know when a virus has made that turn – without an examination. Once a sufferer recognizes the symptoms from a previous experience, I consider them wise enough to determine their own condition without an unnecessary trip to the doctor.

But here is where you need to check your fears! Just because you're *afraid* a simple virus might get worse doesn't mean it will. So, I do not recommend moving to the bronchitis protocol "just because" you're nervous. Wait until there is a specific pathology before choosing a homeopathic medicine. That's the keyword, my friends – medicine. Homeopathy is MEDICINE. Utilize it prudently and only when necessary.

That said, if you've already begun with the Banerji Protocol for bronchitis and respiratory viruses in general – *Aconitum napellus* 200 mixed with *Bryonia alba* 30 – you may not even need what I'm about to teach you. However, the remedy *Kali carbonicum* 200 is a powerful medicine for mucus membrane disorders, particularly in the chest.

Generally, *Kali carb* 200 would be utilized once a day for a mild case of bronchitis. However, twice a day may be necessary if the condition is more severe. (Again, check your fear at the door and assess the severity *impartially* – without coloration from unwarranted apprehension.)

If the bronchitis continues to develop and evolve, there are other more focused medicines that one can turn to as more specific symptoms present. But, first, let me paint you a picture.

Literally.

Imagine that I am a painter of outdoor landscapes. Because of the overall predominance of the sky, I always start with blue. Why? Because blue encompasses the overall picture.

But today, I'm sitting in front of a forest. So, after I cover my canvas in blue, I need to bring in some green.

And the sun is low in the sky. So, I need to add some oranges and deep reds.

Oh, look! There's a little squirrel on one branch, so I'll pull in a bit of gray.

And I can't resist the detail of that patch of daffodils; I'll bring in some yellow as well.

Do you see what has happened?

I may have started my painting with blue, but as I began to notice more and more specifics, I tightened in on my vision. Of course, the blue still has value; it's my baseline! But as more nuances are introduced, blue takes a backseat to the more specific colors required.

Homeopathy is just like my painting. (And now you understand the photo I chose for this blog post!)

In this case, we begin with our "blue" – the sweeping protocol for viruses in general, *Aconite* 200 mixed with *Bryonia* 30. (And yes, you still have to click to read the full blog post for that protocol. No cheating!)

Then, if bronchitis ensues, we pull another "color" from our

palette: the more specific medicine, *Kali carb*. If there is excessive coughing, we choose another medicine. Weakness in the lungs? Yet another.

We move from the more over-arching medicine to the more specific ones as the condition evolves – just as I did in my painting.

In the coming weeks, I will go into a few specific medicines for coughing and weakness in a Memo to Mighty Members. But look at how much you learned today! Nice job!

As usual, I'll close with "pass on the good news of homeopathy!"

"But how?" you may ask!

This time of year, it's easy. Remember what a great gift homeopathy can make! You may want to give the remedies themselves (read Give the Gift of Homeopathy for some tips).

Or you may prefer to give a gift of education!

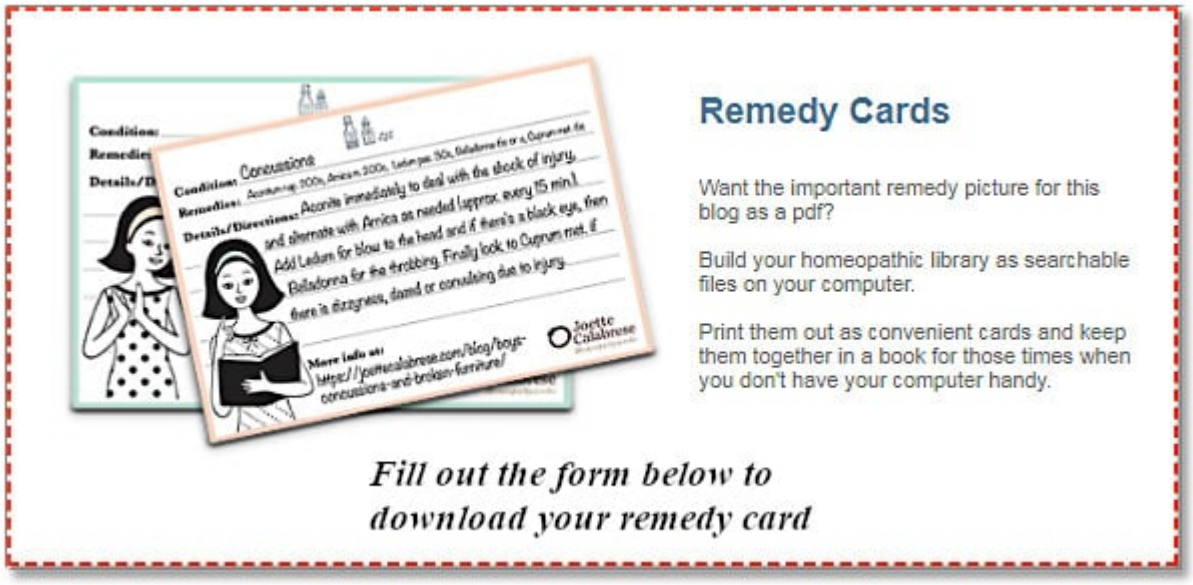
Might I suggest A *Materia Medica*: Practical Homeopathy® for Busy Families? I wrote that book with my readers in mind – no vague terms – just plain talk, memorable stories and plenty of education!

For that *very* special person, gift cards are available through The Learning Center! You can choose the dollar amount and personalize your gift card. Then, my team will email the gift announcement to your recipient on *your* selected date. No reindeer required! They'll receive all the necessary information to finalize their course choice, pay with the gift card, and register as a student!

What could be merrier than that?

Warmly,

P.S. If you missed my Facebook Live on addressing chest infections *without* antibiotics, [click here to view the archived video](). It is a great companion piece to our discussion here on bronchitis!



12/4/22 Bronchitis
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Last Name *
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