

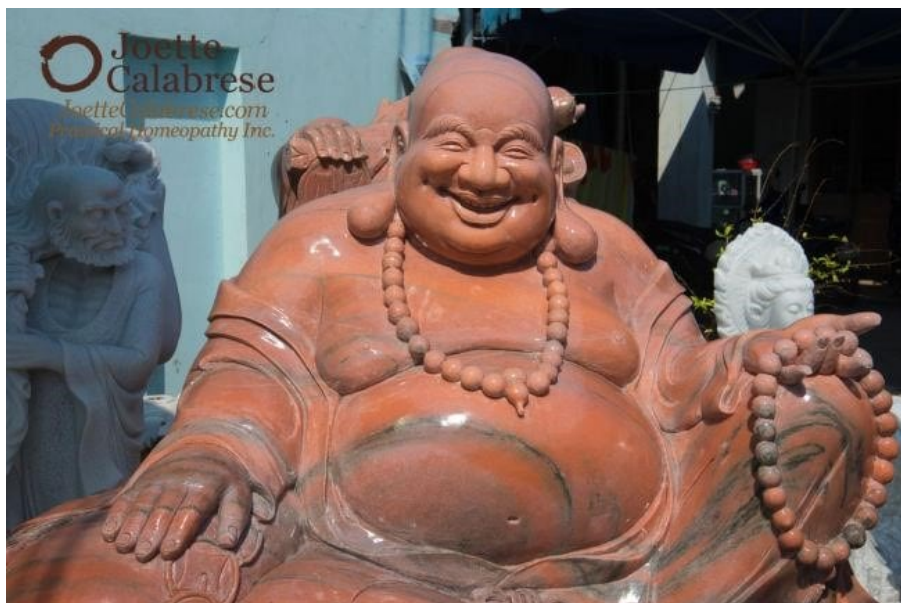
Bloating



If you're a pufferfish, bloating is a good thing. If you're a human ... not so much.

My friends, this week's featured homeopathic medicine – one that should have a place in every homeopathy kit – is quite specific for bloating.

But before we get to the remedy, let's talk about exactly what I mean by "bloating." It's different than what some people think. It's not to be confused with what is commonly called a "Buddha belly." His face, chest, arms and legs are chubby as well, not just his belly. Let's face it, when we look at those statues of Buddha, he's obese!



Instead, bloating is not a general weight condition. Instead, it's a feeling of fullness in one's abdomen, the gastrointestinal tract, causing the stomach to protrude outward. It's often accompanied by gas, burping, and belching.

Bloating occurs in some folks whenever and whatever they eat. It's just par for the course. Some people bloat when they drink carbonated drinks. Still others bloat from eating cruciferous vegetables such as cabbage, cauliflower or broccoli. For some, just the simple act of drinking water can cause gastrointestinal bloating. And, of course, bloating can stem from food intolerances. But not always. It doesn't matter what the cause is. Gastrointestinal bloating is gastrointestinal bloating.

So with this sweeping medicine, we don't necessarily need to know the exact cause. We can just consider employing [*Lycopodium clavatum* 200](#).

Now, occasionally, one might decide to employ this medicine as an SOS to address an unusual acute occurrence of bloating. But more often, bloating is a chronic pattern – in which case, we would utilize it twice daily, until very much better.

Many sufferers believe they need to go for testing to identify the culprit. But again, at least to start on this journey, we don't need to know the exact cause. Whether the bloating results from an intolerance to gluten, dairy, citrus or something else entirely, this medicine has been known to act.

Granted, testing can be helpful if one merely desires to abstain from the offending foods. But my focus is this: I hate to see people abstain from good, quality foods if we can correct the underlying condition.

Now, I'm not advocating that we get silly about this! I'm not encouraging the use of homeopathy so that someone can survive a steady diet of boxed cereals doused in commercial, low-fat milk, giant sub sandwiches, and beer packaged in aluminum cans.

But when good, healthy food causes bloating, then we consider turning to *Lycopodium* 200 to uproot the condition.

However, if the sufferer does not see a shift toward improvement within a week or so, it's likely that *Lycopodium* is not the correct medicine for their condition. In that case, the *Lycopodium* should be discontinued, and more information should be gathered to determine a more specific medicine.

In a previous blog post, [You Can't Judge a Book by Its Cover](#), I also discussed utilizing *Lycopodium* 200 mixed together in the mouth with *Plumbum metallicum* 200 for constipation involving dry, hard, reluctant stools. And the same Banerji protocol has been shown to act for hernias (see [Update: Hernias and Homeopathy](#)).

So, it is no surprise that we should add this versatile medicine – *Lycopodium clavatum* – to our well-stocked homeopathy kit.



And here's a bit of trivia about homeopathic *Lycopodium* that I shared in my Memo to Mighty Members #13 back in 2020. Did you know that the gross substance it's made from – club moss – is one of the *oldest* plants on earth? I find it fascinating to think even the earliest man had access to a plant that could address bloating – if only they had understood homeopathic potentization!

Thank goodness for Dr. Samuel Hahnemann in the late 18th century. Because of his brilliance, the next time you bring a Broccoli-Cauliflower Casserole to a potluck, you might have the opportunity to pass on the good news of homeopathy!

Warmly,

P.S. If your family deals with gut issues regularly, perhaps it's time to consider my seminal course, [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness](#)

[in Body and Mind](#). Even if your meals are well-prepared – your food sources are top-notch, and you make everything from scratch – family members may still have problems related to the gut, such as anxiety, depression, bloating, brain fog and weight gain. That's what my course addresses. Learn more by [clicking here](#).

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.

P.P.S. We've added new social media venues to our outreach, such as Gab, Gettr, Truth Social and Rumble. To stay on top of all the places my information can be found, check out my listings on [Linktree](#).



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