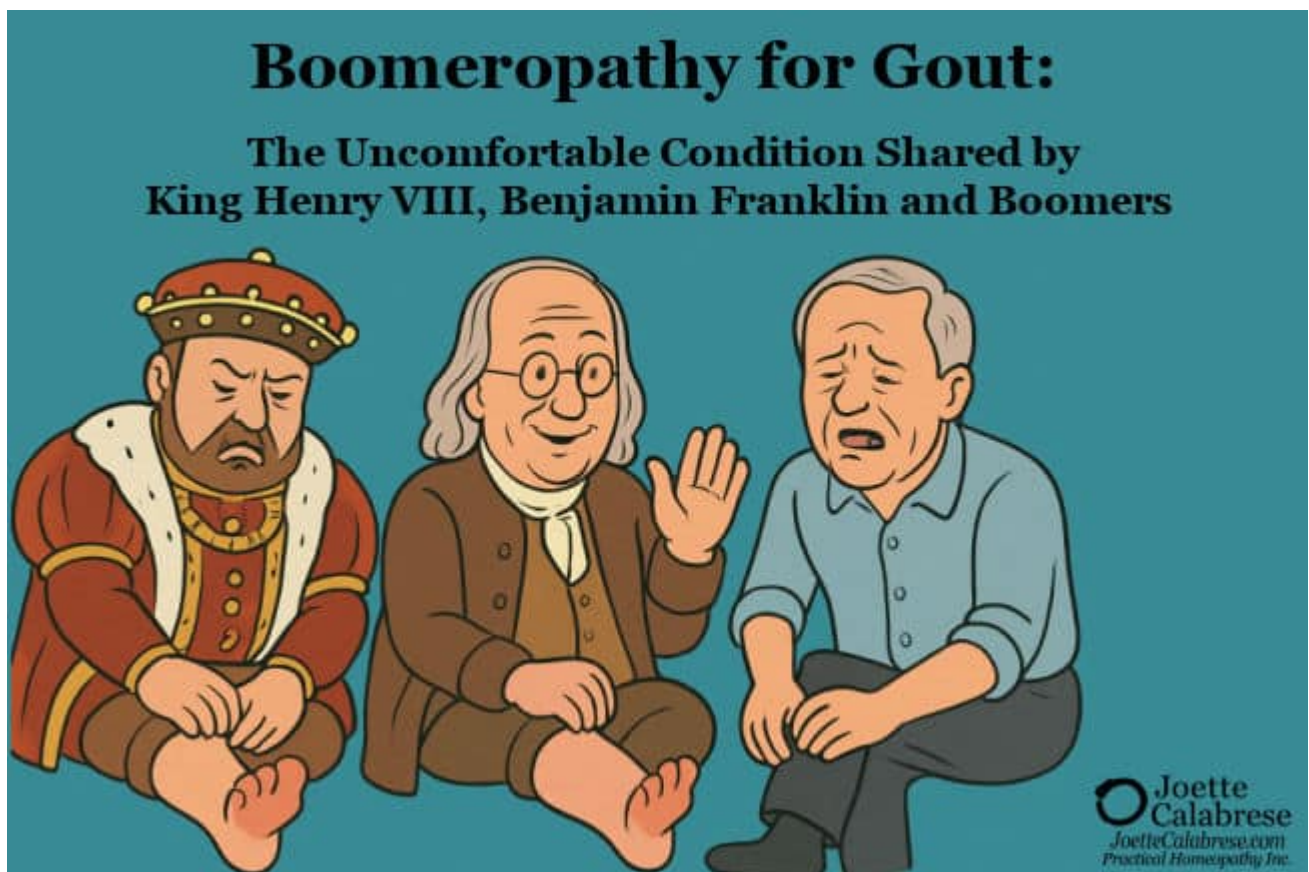


# Boomeropathy for Gout: The Uncomfortable Condition Shared by King Henry VIII, Benjamin Franklin and Boomers



What century-spanning malady has afflicted the likes of King Henry VIII, Benjamin Franklin, and modern grandpas the world over?

Gout.

While not every Baby Boomer is destined to contract gout, experience indicates that many older folks – especially those in developed Western cultures – often fall prey to gout. Generally, men suffer from gout more often than women.

However, in our senior years, a woman's metabolism changes, leaving us subject to this condition as well.

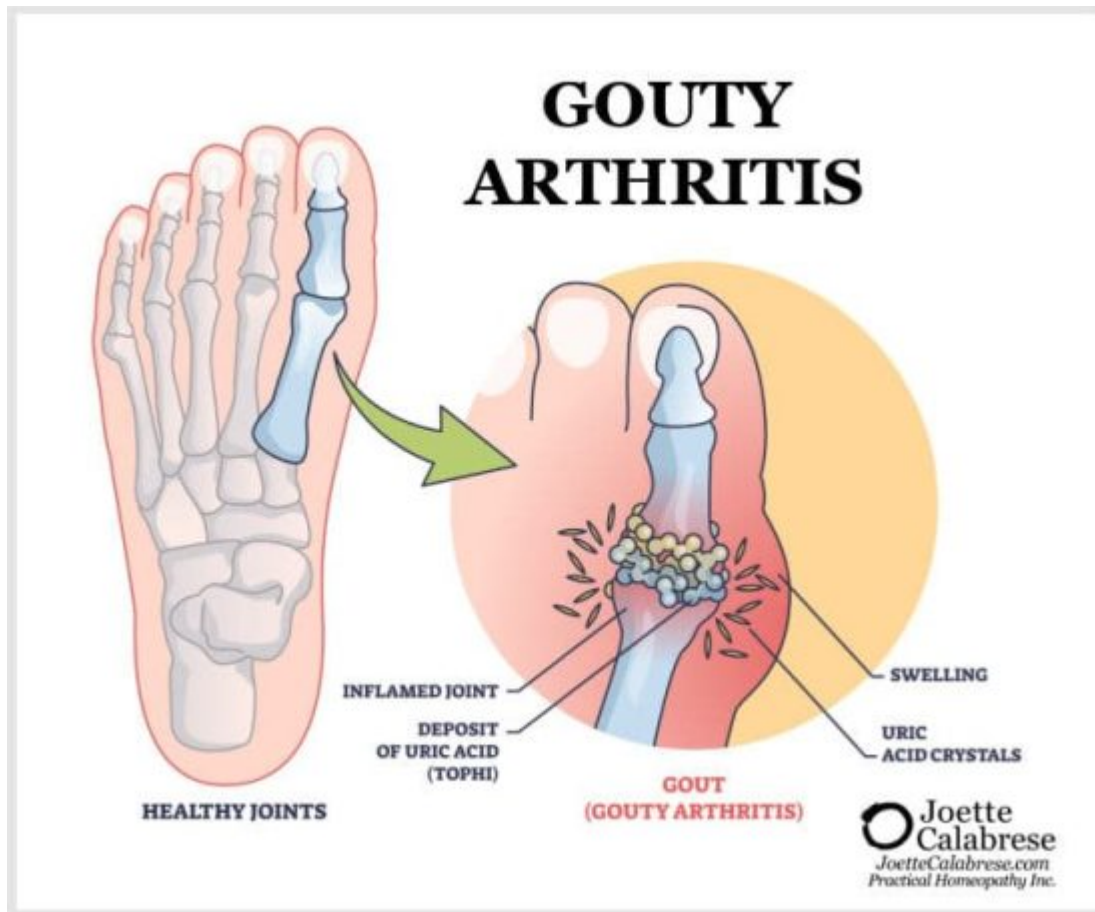
So, let's get to the bottom of this condition before we head into the holidays and the typical oxalate and uric acid-laden foods.

## **What is gout?**

Gout is a form of arthritis (as well as a provocateur for kidney stones). It occurs when uric acid and oxalate crystals accumulate in the joints, leading to inflammation and the often-agonizing pain of a gout attack.

Think of these crystals as tantamount to shards of "glass" (for lack of a better description) embedded in the tiny spacing within a joint. As you can imagine, any tiny movement of the joint can be excruciating as the crystals tear at delicate tissues.

Sadly, it's super-common. Any joint can be affected by gouty arthritis; however, the toes, ankles, knees, and fingers are among the most commonly affected joints.



## **“Grandpa woke up in severe pain.”**

In the middle of the night, a student’s grandfather woke up feeling as though his big toe was on fire. Upon closer examination, it was red, swollen and hot. But Grandpa had been around the block before; he knew this was a gout attack. (He also knew he had overeaten his favorite rhubarb pie just a few days before.)

The pain was so severe and intense that the mere weight of the bed sheet alone was torturous. Walking on the affected foot was out of the question.

What to do?

## **This gout protocol has never failed me.**

That’s a strong statement, isn’t it? But it’s true. In my experience, although most Banerji Protocols are considered effective for 80% of the population, this particular Banerji protocol for my clients’ gout has been fail-proof so far.

The Drs. Banerji, themselves, said, "*Benzoic Acid* 30C, one dose daily, cures the condition; to be continued for at least 3 months."

There's that word that I'm hesitant to use: "cures." Indeed, in the Western world, we try not to make blanket statements regarding a cure. After all, we cannot control the accuracy of the remedy a given individual may choose or the discipline with which it is taken. So, you'll rarely hear me say "cure."

But the Drs. Banerji, with their 150 combined years of clinical experience, did.

[\*Benzoicum acidum\* 30C](#), utilized once per day, will effectively address the underlying condition causing the gout. While we generally use homeopathic remedies just until very much better, the Drs. Banerji were quite specific that this protocol was to be employed for at least three months.

Why would we argue with the masters of old?

Once the three months have passed, if the condition is indeed very much better, it would be appropriate to halt. However, if the condition persists after those three months, continue until very much better. Don't be frustrated or discouraged. Remember, they said, "at least" three months.

## **But that gout pain!**

Thanks to our *Benzoic acid*, we're working diligently on uprooting Grandpa's underlying condition. However, most acute gout attacks are accompanied by extreme pain – and I do mean extreme

But not to worry. The Banerjis had a protocol for acute gouty arthritis pain, too.

They go on to say, "In case of acute pain with swelling and redness, *Ledum Palustre* 200C + *Belladonna* 3C, one dose every 3 hours, often gives great relief."

Indeed, that has been my clinical experience as well.

Next time Grandpa wakes up in the middle of the night with an unbearable gout attack– that is, if there is a next time – he will be able to reach for the combination of [\*Ledum palustre\* 200C](#) mixed with [\*Belladonna\* 3C](#). (“Mixed with” means one dose of each remedy is combined in the mouth and taken simultaneously.)

When taken every 3 hours while needed, the pain generally diminishes and then subsides, returning the sufferer to a more bearable state as the *Benzoic acid* works on the condition itself.

Practical Homeopathy® may be too late to help King Henry VIII and Benjamin Franklin, but it’s just in time to help our loved ones now – especially the Baby Boomer generation, who may be experiencing their first brushes with the pain of gout.

As William Shakespeare might have said, “Out, damned gout!”

In my next [Memo to Mighty Members,\\*](#) an exclusive, weekly blog post sent only to those in our private enclave’s membership, I will discuss a simple dietary addition that can be used in tandem with homeopathy to help reduce one’s propensity to develop gout attacks. Don’t miss it. (If you’re not yet a member, [join us today.](#))

## **Boomeropathy: Homeopathic Solutions for Seniors**

My friends, I am considering many different illnesses, diseases, maladies and injuries often experienced by my generation – the Baby Boomer generation – because I am in the throes of building a new, much-requested course: Boomeropathy: Homeopathic Solutions for Seniors.

I don’t have a firm publication date yet, but I will keep you apprised as we complete the course curriculum.

Why am I writing for the generation from 1946 to 1964

specifically? Well, in our youth, we Boomers were infamous for having the guts, spunk and moxie to fight authority. However, as we became more seasoned, we lost our rebellious spirit. Instead of defiance, many Boomers acquiesce to whatever the conventional medical paradigm tells them to do.

I say a resounding NO!

Let's stand up for ourselves, fellow Boomers, and remember there are always alternatives to the dogma of conventional thinking. Why utilize pharmaceuticals-for-profit, with all their dangerous side effects? We have the time-tested homeopathic remedies that are efficacious yet polite – without the scourge of unwanted side effects.

All it takes is a little education, and we will once again regain sovereignty of our agency. Return healing to the home, where we can make the best health care decisions in conjunction with our loved ones.

If you enjoy this content, please share it. Also check out my [podcasts](#), [Monday Night Lives](#), and connect with me on [YouTube](#), [Instagram](#) and [Facebook](#). And pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to read 'G. L. L.' with a large, stylized loop at the beginning.

\*You must be logged into your Mighty Member account for protected links to take you directly to the offering.

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