A Kick in the Keister

My goodness, I'm hearing about a lot of people coming down with something this winter, and that's good.

"WHAT? Joette, how on earth is it *good* to get sick?" you may ask.

Well, in my experience as a mother, I have noticed – and probably other mothers have too – that an illness in children can often result in a developmental shift in ability and maturity. You might say recovering from the illness gives them a little kick in the keister.

For instance, before one of my children would get sick, they would often be hopelessly frustrated by something they couldn't quite accomplish. They'd complain, "I can't tie my shoes. I don't know how." Or they'd lament, "I can't ride a bike. I'll *never* be able to ride a bike."

Then they'd come down with symptoms and be down for the count for a time. But once they healed, BAM! They leaped

forward in their abilities. The shoes were tied, and the bikes were ridden!

This phenomenon may happen as a matter of course, but I have found it to be more predominant in cases where the children's illness is not tamped down with drugs of commerce (yes, even over-the-counter drugs). At the very least, this developmental jump is more clearly observed in children whose conditions are not suppressed.

It's my opinion that this developmental shift – this kick in the keister – also happens with adults after recovering from an acute respiratory illness. When we get sick, we are held back and held back and held back, like a coiled spring. But when we're finally better? Once again, BAM! Adults often come back to work with solutions to problems they couldn't solve before getting sick.

Maybe instead of saying, "I'll sleep on that problem," we could say, "I'll get sick on it!"

Through the years of my clinical experience, I developed a homeopathic protocol with an excellent track record for use during convalescence. It's *Calc phos* (*Calcarea phosphorica*) 3 or 6 with *Ferrum phos* (*Ferrum phosphoricum*) 3* or 6. One may employ these two medicines either mixed together in the mouth, or one may alternate them. But generally, they are utilized twice daily until very much better. In my practice,

this combination has demonstrated the ability to move a sufferer successfully through the convalescence period.

However, what if a respiratory illness lasts too long?

First, let's clarify what I mean by "too long." Some folks are so eager to get back to their lives, they might say, "But, Joette, I've been sick for five to seven days!" My friend, that's not long enough to be concerned. I remember when I was a kid, just about every illness lasted two weeks! But we recovered with no drugs, only chicken soup and rest.

So, let's say if one is sick for more than 3 weeks, then one might consider employing *Sulphur 30*, twice daily, for a few days. *Sulphur* has historically been shown to provide a little kick toward full recovery.

I know people are busy, and they want to go, go, go. But an illness offers the opportunity to slow down and take it easy. It's a wake-up call. Yes, it may be inconvenient because we don't get to choose the timing, but an illness can offer a natural boost and that elusive kick in the keister we all need from time to time.

Pass on the good news of homeopathy!

Warmly,

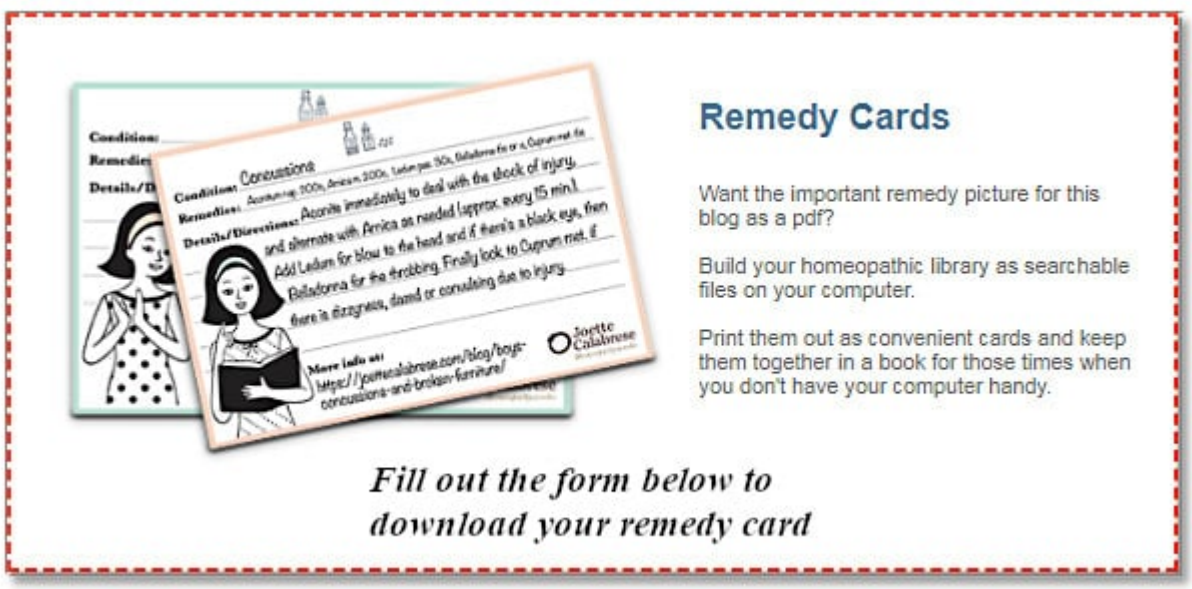
*I didn't provide a link for *Ferrum phos* 3 because it can be challenging to find unless you have a certificate enabling you to purchase from OHM Pharma. While OHM is not open to the general public, my clients and students of in-depth

courses receive access.

P.S. Want to learn more about my Practical Homeopathy®? My mission is to make homeopathy more accessible so that mothers and others can reclaim their autonomy by treating themselves and those they love.

Nothing will help you learn faster than by learning with others of like mind. It's how I learned when I first started in homeopathy in the 80's. So, I designed my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum to recreate that same learning environment that worked for me.

New study groups are forming all the time, so purchase your study guide now. Then gather up your friends and start your own study group *or* find an experienced leader at Joette's Study Group: Find your new Study Group Friends' Facebook page.



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