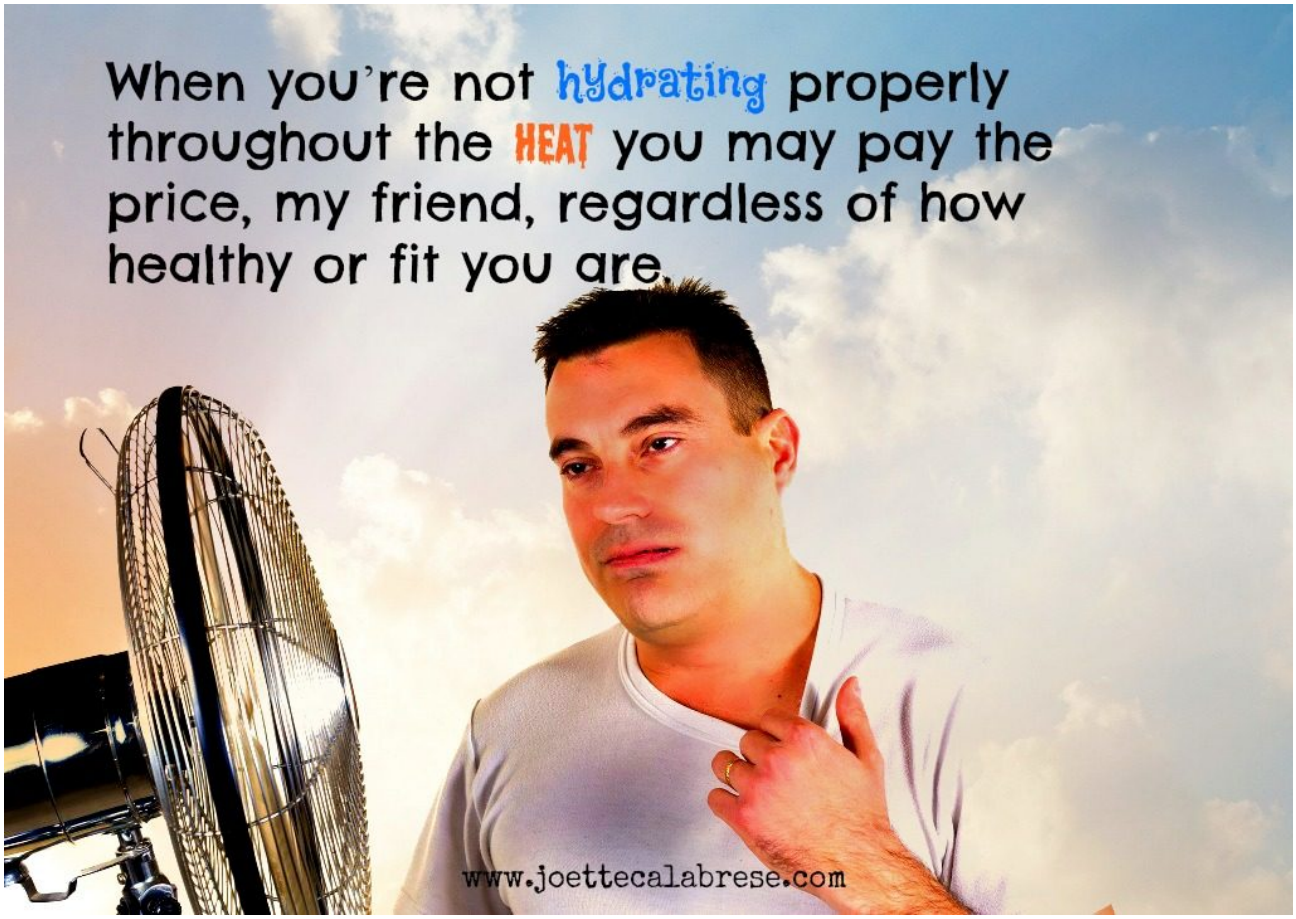
Sickening Summer: Count on Homeopathy Part 1



Watch out! Heat can be a monster.

Our global neighbors in India have been dealing with devastatingly extreme heat this summer.

As of June 1, 2,330 people have died from heat-related illnesses in India as the country waits for monsoon rains. Temperatures as high as 118 degrees Fahrenheit were recorded in Indian cities in early June.

I recently spoke to an ER doctor in the U.S. who saw five patients in one shift so far this summer, each suffering from heat exhaustion. The ages of those patients ranged from a healthy teenager who spent too much time on the beach to an active 50-something who pushed himself too hard during a

5K race.

When you're not hydrating properly throughout the heat, you may pay the price, my friend – regardless of how healthy or fit you are. (And no, I'm still not promoting Gatorade or other imitation sports drinks! Refer to my post on the best sports drink you can have on hand.)

But, never fear!

Whether you failed to drink enough water or are in an extreme situation where drinkable water is scarce and the heat unbearable, you can count on homeopathy.

I am going to focus on two heat-related illnesses that are serious, but can be beautifully resolved with hydration and a selection from a few perfect remedies right in your homeopathy kit!

Heat Exhaustion

Heat exhaustion, sometimes called heat prostration, is the body's response to losing water and salt from lots of sweating. When you suspect that someone is suffering from heat exhaustion, ***Veratrum album* 30C** is your best bet.

This remedy is used when the person suffers great weakness or collapse or has a feeling of dizziness and faintness. It may seem counterintuitive, but the person will sometimes become cold, and the focus of his or her coldness will be located primarily in the hands, feet and face. This, however, does not preclude the entire body from being cold. A cold sweat may also accompany these symptoms, as well as nausea and a pale appearance in the face.

In addition, watch for a quickened pulse and general body stiffness.

The rule of thumb is that when the overall list of symptoms includes some of the conditions I've mentioned – especially weakness – the remedy that ought to be considered is ***Veratrum album* 30.**

The second most commonly used medicine for heat prostration is ***Cuprum metallicum* 30**. This remedy is traditionally associated with cramping and jerking muscles, which may even get to the point of convulsions. Many of the symptoms that point to the use of this remedy are light-headedness, a rapid pulse and a cold sweat. However, remember that ***Cuprum metallicum*** is the answer when there are muscles that jerk, convulse and seize.

Heat Stroke

Heatstroke is a condition that occurs when the body can no longer regulate its temperature because it's been in really high temperatures for too long. The key indicators of heat stroke are fever and unconsciousness or deliriousness.

The two remedies indicated for heat stroke are ***Glonoinum* 30** and ***Belladonna* 30**. With both remedies, the ill individual will have a red face, throbbing headache, and fever.

Let me note an odd little differentiation between these two medicines. The person who needs ***Glonoinum*** cannot tolerate having his or her head laid backward, and upon applying cold compresses, the person may experience twitching or other muscle contractions. This person also craves being in the open air.

On the other hand, the person in need of ***Belladonna*** is made more comfortable by the head being laid in a backward position and sitting quietly.

Whichever medicine you choose, administer it every 10 to 20 minutes and less frequently as the person begins to recover.

Meanwhile, sips of saltwater between doses are also a good plan.

So, there you have it!

File this away in your emergency first aid kit.

Or better yet, own 100 of the most common remedies by investing in a homeopathy kit. Should this be of interest, feel free to visit http://joettecalabrese.com/remedy-kits/. Call or email us, and we'll send you a kit in a jiffy … anywhere in the world.

Stay tuned for more heat-related survivalist tips next week as I finish up my two-part series on surviving summer.