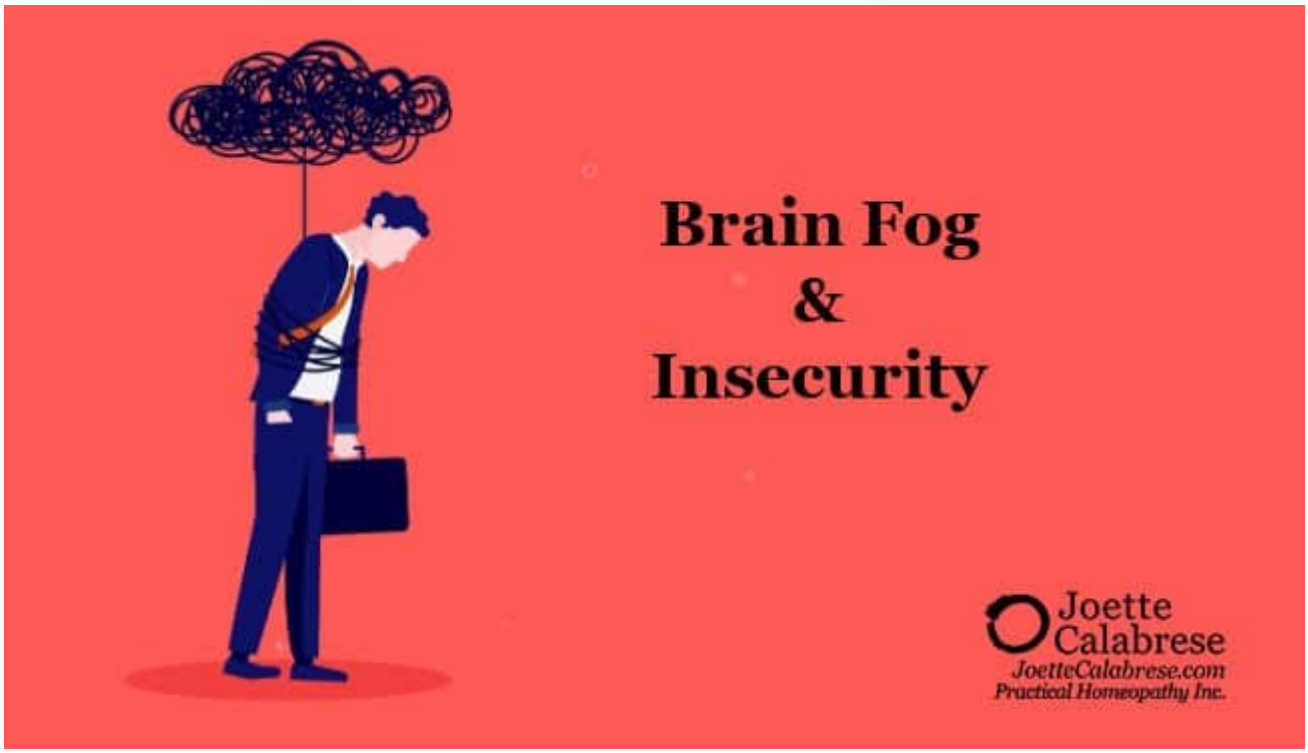
Brain Fog and Insecurity



Have you ever experienced a time when your brain just turns to mush?

No matter how you describe it, brain fog (or confusion, insecurity, lack of confidence, ditziness or grogginess) profoundly affects our productivity and emotional health.

Understandably, we rush to the conclusion that our brains are the culprit behind those foggy days.

Well, not so fast!

We may think it’s in our heads, but generally, the problem actually begins in our guts!

It’s the mind-gut connection: one of those interesting little unexpected twists in life. Our gut health is crucial to our mental health.

An unhealthy gut (stemming from food intolerances or gut dysbiosis from antibiotics and such) can easily manifest in emotional or mental struggles.

It’s a vicious circle.

If we don’t address the underlying gut dysfunction, those foods could only worsen the emotional or mental condition.

But because of the nature of homeopathy, we don’t need to choose only one area of focus! Most of the medicines used to address gut health can also possess a psychological component as well.

For example, *Lycopodium* is our go-to medicine for food intolerances, bloating, gas, rumbling in the belly or feeling too full after eating.

However, *Lycopodium* is also one of our best medicines for feelings of insecurity or inadequacy!

AND, perhaps just as important, it’s one of our best foggy-brained medicines!

Again – this is the mind-gut connection.

While *Lycopodium* can also be used for women, it’s often associated with men. I can’t tell you the number of young, college-aged men I have worked with who have reported feeling foggy-brained – desperately needing to focus on their intricate majors yet feel as though they’re in another world.

Some have described to me is a feeling of being in an altered state of being.

Often this dreamy, disconnected state occurs after eating foods antithetical to their gut health. Sometimes not.

They may feel insecure socially and trepidatious about being with other people because of their inability to think clearly. Yet, understandably, they want to fit in.

So, what do they do? They head out to the local hang-out with other students for pizza and beer. I might add here that I actually want them to do this.

I don't want to keep people from living their lives and placing taboos on lifestyles and foods. Don't we have enough of those going around now?

How did these young men break this cycle? By employing *Lycopodium* 200 twice daily until very much better in both mind and body.

Two birds killed with one stone!

This is the beauty of homeopathy. Our medicines are not highly compartmentalized like conventional drugs of commerce – with one drug for one illness and yet another for a related affliction.

No.

Each homeopathic remedy possesses sweeping abilities. They are intelligent.

I don't consider homeopathy an "alternative" medicine, nor should you.

Homeopathy is *THE* medicine! (If, and only if, you have no other choice, then you might choose a conventional treatment as an alternative.)

I teach the comprehensive power of homeopathic medicines in my course Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.

Once you have completed a Gateway to Homeopathy study group

and are ready to delve more deeply into homeopathy, I consider Good Gut, Bad Gut to be the perfect starting point.

This isn't a principle we learn in homeopathy (it's more naturopathic), but generally, if your gut is fine, then your brain will be fine (your skin will be fine; your uterus will be fine and on and on).

Obviously, that's a broad generalization, but I find it true more often than not.

So, it makes sense to invest in a course that will address not only your gut issues but also the underlying causes behind so many of your most common health concerns.

If you're not ready to take the course now, at the very least, I encourage you to learn more about the mind-gut connection by downloading my free infographic.

Use it to help your family and pass on the good news of homeopathy!

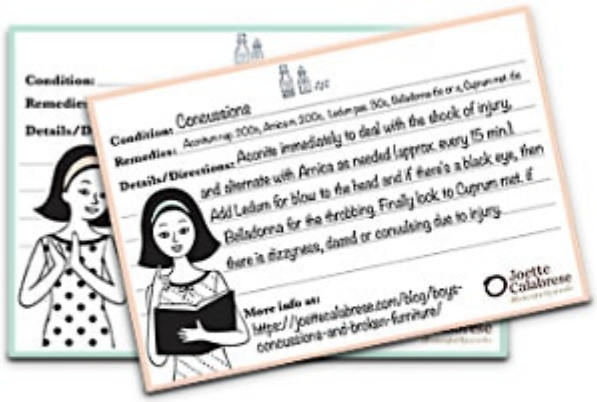
Warmly,



P.S. As I relaunch Good Gut, Bad Gut this month, 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. Download my Bad Gut to Good Gut Infographic and get

started.



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