

# Halloween: Fraught with Fright?



A casual walk around the community has suddenly become a scary event! Evil clowns, ghosts, goblins, skeletons, witches, spiders! What the heck? There goes the neighborhood!

Oh, wait. It's Halloween!

Although not my cup of tea, some people get a kick out of Halloween and its trappings. Yet, understandably, a horror movie or a haunted house can be too much for youngsters. Unfortunately, we often can't anticipate something will be

too much before a fright has already set in!

Perhaps, folks should add homeopathic medicines to their bag of trick-or-treat staples.

In my experience, either [\*Aconitum napellus\* 200](#) or [\*Stramonium\* 200](#) is excellent for calming the residual shock that comes after witnessing something deeply frightening.

But as you know, homeopathy is not a supplement. Some people find it hard to get their head around that, but we're not supplementing something the body is missing. Instead, we are "correcting" an issue with a medicine.

So, let's say a ghost pops out of nowhere, resulting in a little jump and scream. That would certainly not require a medicine. But what if someone gets caught up in something extremely disturbing to them (reacting in an inconsolable fit of tears, fleeing the scene or other equally panicked reaction), and it develops into a real issue? Then we might consider employing a homeopathic upon the first evidence that it's become a pathological event.

And as I always teach, again, given that homeopathics are not supplements, we stop the medicine when very much better.

So, how would we know when to cease utilizing a medicine for fright? It's simple. We'd stop when one no longer feels frightened, and calm or normalcy is restored.

Indeed, this isn't complicated. Properly utilizing homeopathy is common sense based on observation. We use it when needed; we stop when it's not. That's it!

And for the record, today's lesson on fright applies year-round, not just around Halloween.

Witnessing a car accident can be frightening. Watching the news of war atrocities can trigger a lasting fear response. Narrowly averting a severe injury (such as almost drowning)

can put the body in panic mode. These may be calls for the use of *Aconitum napellus*.

*Stramonium* is generally reserved for a deep fright that causes a neurological response: nightmares, violent thoughts, inability to break from night terrors.

So, when my kids were younger and walked into the library where the scary images were plastered all over the kids' book section, I had confidence. But, if genuine, intense fear had set in, causing a disproportionate reaction resulting in nightmares or such homeopathy had the answer.

The world likes to throw us curve balls. But homeopathy can keep us on a level playing field.

My advice to you? *Get skilled up.*

And as always, pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a long, looping tail.

**P.S. LAST CHANCE!!**

Effective November 1, 2022, we will be forced to raise our prices on [Gateway Study Group Curriculums I and II](#) and [A Materia Medica: Practical Homeopathy® for Busy Families](#). With the rapidly rising costs of paper, ink, postage, servicing our printer and labor to maintain the content, we simply have no choice.

Over 13,000 mothers and others – just like you – have joined our study groups. That's a lot of people honing their

homeopathy skills, meeting other like-minded people and having fun doing it.

I began my journey into homeopathy by starting a study group. I can guarantee you will never regret creating or joining one yourself.

So, I urge you to take advantage of this short window of opportunity to own [Gateway Study Group Curriculums](#) and [my materia medica](#) at today's prices. Don't miss out!



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