

Hirsutism? Not by the Hair on Our Chinny Chin Chins!



Today, we're going to do something a little different. No doubt you've noticed I often mention that I write additional blog posts for my [Mighty Members](#) each week – posts that are a bit more open and candid because they are housed on my own private servers for members only.

But I recently realized you have no way of knowing exactly

what that means (unless, of course, you've already joined us). So, today, I'm sharing an actual Memo to Mighty Members that I sent my Mighties almost a year ago.

I know many of you will appreciate the topic because it's a highly requested condition. So, I'm laying aside my reticence in posting about this publicly – just this once. But please read carefully so that you'll understand more of the nuances of using homeopathic medicines for chronic conditions.



Memo to Mighty Members Tip #130

CONDITION: Hirsutism

(Originally published December 1, 2022)

Welcome, my Mighty friend, to a new series in my Memos to Mighty Members designed just for you.

Often, I just don't feel comfortable addressing certain conditions in the public blog because they either are a bit

too complicated, not common enough to engage a broad audience or could invite criticism or censorship. It seems odd to fear censorship on my own website, but these are the times in which we live.

So, I'm beginning a new series of Memos. Every so often, I plan to address a condition you have requested here – in our private sandbox – where I feel free to chat unencumbered by prying eyes.

This week? The condition is hirsutism. That's the 25-cent word for, as the Mayo Clinic's [website](#) states, "a condition in women that results in excessive growth of dark or coarse hair in a male-like pattern – face, chest and back."

It can result from other syndromes or conditions, hormone disruption, or a pharmaceutical side effect.

As an aside, let me sneak this thought in here: the use of steroids earlier in life may be the cause for hirsutism. Yes, steroids do that, too.

And, of course, conventional medicine might prescribe yet another drug to combat it – a drug that no doubt would usher in its own side effects. But why step on that conveyor belt when homeopathy can address the condition without tumbling down a rabbit hole of adverse reactions?

However, that brings to mind one of the reasons I didn't want to discuss this condition in a blog post. Somehow, the general public often believes that homeopathy works quickly without requiring careful observation. Sure, sometimes, that can be the case with acute conditions.

But, my Mighty reader, you know that homeopathy often takes a very long time to uproot chronic conditions. AND we must conscientiously observe to ensure that we are utilizing the correct medicine in the proper potency with the optimum frequency.

Protocols take the guesswork out of choosing a remedy, potency and frequency. But even then, we may have employed an ill-chosen protocol because we didn't have the proper diagnosis. The result can be an aggravation or proving.

In a nutshell, an *aggravation* can be defined as "getting worse before it gets better."

But a *proving* is when an incorrect medicine is utilized, and consequently, the sufferer begins to display new symptoms that they've never had before.

For instance, Vanessa had severe headaches. The assumption was made that her headaches stemmed from her demanding work schedule, so she began taking *Kali phosphoricum* for tension headaches from overwork.

Lo and behold, she almost immediately developed vertigo – a new symptom she had never experienced before.

One look in her *materia medica* under the entry for *Kali phosphoricum*, and, indeed, vertigo was listed as a condition associated with that medicine! Vanessa realized she was experiencing a proving. She'd apparently chosen the incorrect medicine for her headaches.

But did Vanessa panic? No, not in the least. She took one dose of *Camphor* 200 – to antidote the errant homeopathic – and she was fine!

However, if she hadn't known what to do, Vanessa may have continued taking the incorrect homeopathic medicine for her headaches and caused herself continued annoyance.

Now, obviously, a proving is not a *dangerous* side effect, such as pharmaceutical drugs often carry. But it does point out that even the safest, most natural things can cause trouble if we're not prudent and observant. Heck, we can drink too much water and develop hyponatremia!

That's why I worry when posting homeopathic solutions to chronic issues on the blog. The general public may not be as fastidious as you are – or, should I say, not quite as “mighty.”

But let's get back to our topic. Hirsutism is a chronic condition. It generally doesn't come on overnight, and it typically won't go away overnight. In fact, in my experience, it takes a looooooong time to see a change. So, during that time, sufferers must be cautious that they are properly continuing the right homeopathic medicine and carefully observing for a potential proving.

How will one know if a proving is occurring? By doing just what Vanessa did. If a new symptom presents, one should look up the currently employed homeopathic medicine in a *materia medica* and see if the new presenting symptom is related.

My favorite homeopathic for hirsutism is *Silicea* 12X, twice daily. (If one has trouble finding 12X, then [Silicea 12C](#) may be substituted.) Again, this condition will generally take a long time to resolve. But with patience – and diligent observation – *Silicea* can be a very successful answer to the unwanted hair growth associated with hirsutism.

However, *Silicea* is but one choice. As always in homeopathy, there is more than one way to skin a cat. That's why we need to observe, observe, observe to be sure we have chosen correctly.

For instance, in the book “The Banerji Protocols,” on page 86, there's an entry for hirsutism containing additional protocols. In fact, if (and ONLY IF) the hirsutism results from polycystic ovarian disease (one of the most common syndromes causing hirsutism), the Drs. Banerji utilize [Conium maculatum 3C](#), twice daily, in addition to *Silicea*.

So, while this chronic hair growth may seem simple at first glance, you can see now that it's actually more complex than

one might think. It requires careful consideration to choose the precise homeopathic medicine.

But I have faith in you, my Mighty friend. I have faith you won't use *any* homeopathic medicine willy-nilly. Instead, you'll research your choices in the way that I've taught you (through a conventional diagnosis, a protocol, or a repertory and a *materia medica*) and be observant for any potential proving that may require a pivot!

Your investment in your education is well worth it! If one has the time and the patience, homeopathy has a history of eventually uprooting (pardon the pun) the excess hair of hirsutism – without risking the dangerous side effects from a pharmaceutical prescription.

And there's nothing MIGHTIER than that!

P.S. Should you want to learn more about provings and aggravations, I encourage you to listen to [Podcast 49: Shedding Light on Provings and Aggravations](#) or to the archived recording of my Facebook Live, [Provings and Aggravations, Take 2](#).



Let's add *Silicea* (*Silica*) to our list of must-have homeopathic medicines. It's also been shown to be as effective in removing foreign items from the body – items that are not meant to be there, such as splinters and glass (see [When the Bough Breaks](#)). It has also been used historically for [Bunions](#), and may be considered for [Dermatoporosis: Aging, Fragile Skin](#).

My friends, why not become one of my [Mighty Members](#)? You don't know what you're missing. I send out a blog memo just like this one every week. Plus, I do special videos a couple of times a month. Right now, I'm reading chapters from one

of my favorite homeopathy books and giving my take on what we've read. Mighties also receive inspirational daily quotes from luminaries throughout history and me, of course.

And struggle no more with locating that specific video on Facebook you're eager to rewatch. (You know how frustrating that can be.) My tech team recently added a searchable database of my Monday Night Live events! Plus, you can watch the next live event right there within your [Mighty Member](#) site without having to belong to a public social media site – including a private chat for members only that I can read while I'm recording to catch your questions.

And while we're on the subject, by utilizing my members-only Social Center, you can also enjoy safe threaded discussions away from the censorship and prying eyes of social media. Hold conversations with new like-minded friends in this environment that could only be safer if we utilized two Dixie cups and a string!

Still not tempted? (Really?) Well, if you join [Joette's Mighty Members](#) with a monthly membership, I'll give you access to a convenient, downloadable PDF of the Remedy Cards from prior years' blog posts. Better yet, with an annual membership, you'll also receive my Remedy Reference Guides – annual eBooks containing all the blog posts from the previous year to quickly search by condition or remedy to find the information your family needs. Download them so you'll be prepared even if the internet goes down.

And remember, all my Mighties qualify for a 10% discount on course purchases.

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Warmly,

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