

What Do Sniffles and Shoulders Have in Common? *Sanguinaria*



Homeopathy is grand.

If you don't believe me, pick up a *materia medica* and start reading. The depth and breadth of these medicines are endlessly fascinating.

If you don't already own a *materia medica*, you might consider one I wrote specifically with you in mind. Mine is not as daunting as a professional *materia medica*, which often comprises a couple thousand pages of thin Bible paper. Indeed, [A Materia Medica: Practical Homeopathy® for Busy Families](#) contains the most commonly utilized homeopathic medicines, and it's written in plain English. (Well, Western New York English ... my language.)

It's a jam-packed spiral-bound book designed to familiarize you with medicines your family might require – quickly, easily and affordably. It occurs to me that it might make an excellent Christmas gift!

Once you fall into the pages of a materia medica, your appreciation of these medicines will intensify.

For instance, let's look at *Sanguinaria canadensis*. This medicine, prepared from the bloodroot herb, is chiefly known for affecting the mucus membranes of the head and respiratory system. In fact, I've written about it extensively in the past for [sinus headaches](#), [sinus infections](#), [allergies](#), [loss of taste and smell](#), and even [sleep apnea](#).

In addition to those acute conditions, it has also been shown to address chronic hay fever, nasal polyps and rhinitis (a chronic runny nose).

It's no wonder we're adding *Sanguinaria* to our list of must-have medicines to include in a well-curated homeopathy kit.

But today, I'd like to detail yet another potential condition for which *Sanguinaria* may be considered: right-sided shoulder pain.

See what I mean? Isn't homeopathy grand?

Meet Vanessa, who's had pain and achy tendons in her right shoulder. Even putting her hair in a ponytail caused her to wince. She's suffered from this ailment for about 15 years, thinking there was nothing to do except buck up and soldier through the pain.

Then she heard about homeopathy – specifically, Practical Homeopathy® – and she became my client.

After we unsuccessfully tried more commonly used [protocols for shoulder pain](#), Vanessa finally got a specific diagnosis:

a torn rotator cuff.

So, I returned to my repertory “armed” – if you’ll pardon the pun – with new information. When there isn’t a specific protocol or the protocol doesn’t act, returning to the repertory is what everyone should do. *Sanguinaria* caught my eye. Then, I turned to the [*materia medica*](#) of one of the great masters of homeopathy, Dr. William Boericke. Upon further study, there it was: “Rheumatism of right shoulder ... Rheumatic pains in places least covered by flesh; not in joints.”

Indeed, her pain was not within the joint itself – not stemming from the bones. Vanessa was experiencing muscle and tendon pain in her right shoulder in a place “least covered by flesh.” (I love that phrase. It’s so impeccably descriptive. I encourage all of my students to read the masters. Their command of language as they share their knowledge is enlightening and intellectually delicious.)



Vanessa began a schedule of [*Sanguinaria canadensis 200*](#), twice daily. Would you be surprised to learn that her 15-year-old malady has softened to a mere occasional annoyance rather than a constant ache? She can put a ponytail in her hair without pain – not even a tweak.

More bold movements – such as lifting something heavy with an outstretched arm – will still induce a wince. So, Vanessa will continue with *Sanguinaria* until it has completed its work. However, she knows full well to stop this medicine when its work is complete.

I've said it before, but it bears repeating: **Homeopathy is not a supplement that one takes forever.** Indeed, we stop utilizing a medicine when the condition improves. If it recurs, we begin the medicine again.

Conversely, we also stop the medicine if no improvement is observed (after giving the medicine ample time to act, of course).

What I'm saying is, for all its grandness, homeopathy is not to be misused willy-nilly.

But if you were to ask Vanessa if she believes in the power of homeopathy, I bet she'd raise her hand – her right hand – because she can do that now without pain.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in dark ink on a plain background.

P.S. Continue your journey in homeopathy with like-minded people by joining my [Mighty Members](#). You'll receive additional posts from me each week on more in-depth topics I'm uncomfortable discussing in a public forum.

You'll also receive daily quotes for motivation and special videos in which I share my take on my favorite books as well as lessons learned from my personal life and travels. You can share your thoughts with fellow members in our own private discussion group and watch my Monday Night Live events on our site – far away from the prying eyes of social media. Plus, [Mighty Members](#) can search the Monday Night Live

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