

What Is Practical Homeopathy®? (Part 3)



What is Practical Homeopathy®? Well, we previously discussed the [“what” in the first part of this three-part series](#) by comparing it with other, more esoteric methods.

My unique brand of homeopathy is efficient, scientific, reproducible, and, most importantly, it’s relatively easy for the layperson to learn because Practical Homeopathy® builds on proven, straightforward protocols developed from the clinical experience of world-class homeopaths.

Thus, specific medicines, precise potencies, and fixed frequencies are uniformly recommended by the Practical Homeopath™ for specific conditions.

In my second post, we also covered [“how” I developed Practical](#)

[Homeopathy®](#). In a nutshell, I began synthesizing everything I had learned from many esteemed sources: books by the masters (Hahnemann, James Compton Burnett, Dorothy Shepherd and others), my work with the Banerjis, the French Protocols, Joe De Livera's "Joepathy," and many other sources too numerous to list. To that rich mixture, I added my own notes and clinical experiences, gleaned from my practice as well as a full measure of repertorization.

Now, let's focus on the "why."

Why is Practical Homeopathy® so critical in reclaiming your autonomy to become the healer for your family, friends and greater community? Why is Practical Homeopathy® more advantageous to you ... and to your sick child at 3 a.m.

Why Practical Homeopathy®? For that middle-of-the-night emergency

Indeed, when a child is wailing from otitis media in the wee hours of the morning, the mother is well and truly panicking, the mother-in-law is insisting on an emergency room visit, and dad is just trying to protect his family without knowing what he should do ... that is when Practical Homeopathy® shines.

We don't have to repertorize (thoroughly research the condition in an extensive reference book) during this cacophony of chaos. No.

We know that the symptoms of the ear pain will guide us to the best candidate of homeopathic medicine. (See: [Midnight Earache](#) or [Ear Infections, Antibiotics and the Gut.](#)) We pop the well-chosen remedy pillules in our little one's mouth, and we observe. More often than not, when the proper remedy is matched with the presenting symptoms, our little wailer will drift off to sleep as homeopathy nudges their body to uproot the condition.

That's *practical*.



Why Practical Homeopathy®? For the ability to help family and friends without lengthy case-taking

Another of the biggest advantages of Practical Homeopathy® is the ability to help others without lengthy, complicated questioning.

I remember when I first began practicing homeopathy – before I began practicing in the way I do now, I would go out to, say, a family picnic. Distant cousins would mosey on over to my picnic table, and they would start asking me questions about their health issues.

At the time, when I was a classical homeopath, I'd have to say, "I'm sorry. I would have to take your entire case. Your medical history, your likes and dislikes, personality quirks, other health problems, etc., etc."

What kind of inane answer is that?

I couldn't give them what they needed.

I was supposed to be a homeopath and help people, but I felt

flaccid. I mean, it was like the whole conversation would fall flat, and my education felt futile.

But since I learned protocols, I could quickly hear the main symptoms of their discomfort, write down the tightest-fitting homeopathic protocol on a paper napkin (with potency and frequency) and hand it over to them.

Then I'd happily say, "Next cousin!"

Why Practical Homeopathy®? For the ability to help others through observation

That scenario happens not only with relatives. I've done this in airports. You know, sometimes you're stuck on a layover for hours, and you get to know your fellow travelers in an interesting way. You don't even have to talk to them. Sometimes, just watching them across the aisle, I can see somebody's suffering.

Once we learn Practical Homeopathy®, I believe that we have a certain responsibility to humanity.

There's one story I always give as the perfect illustration. I was in the Dubai airport, where a little girl was screaming her head off. I could tell that she had an ear infection by the way she was holding her head.

The family didn't speak English. I have no idea what language they spoke. However, you know me. Undaunted, I went up to them, showed them my homeopathy travel kit, showed them all the remedies, pointed to the pharmacy logo on the box, and showed them my business card.

I wrote down the name of the remedy on the back of the card. Then took the remedy out of the kit, let them watch me pour it into an envelope, and gave it to the mother to give to the child.

Keep in mind, we were having this entire conversation through

hand gestures. I showed her my watch, and I turned my hand around the watch face to signify the passage of time, as if to say give a dose at this time and then that time. Believe it or not, she knew what I meant!

Now, what became of that mother, father and little girl in pain, I'll never know. But chances are, it was something good.

In Practical Homeopathy®, one can get to the point where you hardly have to ask any questions at all because once you start asking questions, you're taking a case.

Indeed, with experience, there are many times you don't need to take a case at all. All you have to do is pick up on what's going on.

And, by the way, it was obviously *Belladonna* for that little girl. It was very obvious to me. I gave the mother some [Belladonna 30](#) and gestured on my watch to every 15 minutes or so for the first hour.

Wouldn't it be something if someday that family said, "You know, those little white pills we're hearing more people talk about these days? Oh my gosh, that's what that lady in the airport gave us. I'll bet it was homeopathy!"

That knowledge might help that family at a later date.

Why Practical Homeopathy®? For the ability to remain relevant to adult children, grandchildren and society

Your kids will always love you, but will they always need you? If you are well-versed in Practical Homeopathy®, indeed they will.

My adult sons, with families of their own, still contact me when faced with health issues. In fact, I recently received this text:

“Hey, Mom! I got a really bad sunburn. I’ve been using *Cantharis*, but it’s not seeming to help.”

How rewarding to continue to be included – voluntarily – in the details of their lives. (I told him to take *Sol.*)

Modern society doesn’t value the elderly – unless the elderly have something to give. And that’s what Practical Homeopathy® affords you. You’ll have something incredibly valuable to give, and your value in society will increase accordingly.



Why Practical Homeopathy®? For health freedom and autonomy

Why should everyone learn Practical Protocols instead of just going to a homeopath? Well, for one thing, immediacy. If you know the most appropriate medicines you and your family will need, you don’t have to wait to begin healing when a common condition strikes. You don’t have to wait for an appointment or depend on others’ advice.

You become the expert. You. Nobody else.

You know what the family should eat. You know how organized the house should be. You know how your children should be educated. You know how to discipline them.

You also know how to best care for them when they're sick. You've got this.

I like to call it kitchen table prescribing.

That's where the mother is. She's in the kitchen when her teenage daughter gets irritable.

Mom's got this. Mom automatically knows to give her *Chamomilla*. "Put this in your mouth and be quiet. You'll be fine."

Then the little one comes in with "Mommy, my stomach hurts."

Mom's keen eye notices the chocolate all around the toddler's mouth. "How did you get into that chocolate box? You ate *all* of those chocolates?"

Mom's got this. Mom heads for some *Nux vomica*.

Then, her husband comes home, overwhelmed by work. He can't even pay attention to the family. Luckily, the *Nux vomica* is still out on the kitchen table, so Mom pops a dose in his mouth.

Why Practical Homeopathy®? A much faster learning curve

Classical homeopathy school is generally 2 or 3 years, depending on the school. The problem lies in that when you finish, you're still flummoxed.

I've heard classical students say that more times than I can count, and I know the feeling. That's exactly how I felt. After I graduated from classical school, I had no idea what I was supposed to do. I did the best I could. The subject was fascinating, but I really didn't know what to do with it.

With Practical Homeopathy®, my students dive right in. They know what to do. For certain common conditions, students can

learn what they need today and use it tonight.

I take the esoteric, the enigmatic and the *recherché* – the complexity we've been made to believe is inherent in homeopathy – and I've made it accessible, straightforward and most of all, *practical*.

And now, it's even more practical.



Breaking news!

After years of weekly blog posts highlighting common conditions – from bee stings to backaches, stomachaches to sleep disorders, and bedwetting to behavioral challenges – I collaborated with Boiron to create a unique [Practical Homeopathy® remedy kit](#).

It brings together many of the trusted remedy suggestions you've read about (in the correct potency) in a convenient, well-organized box.

Now, you can easily access my years of guidance online and then reach for the exact remedy your family needs in the moment.

If you are an annual [Mighty Member subscriber](#), you'll receive searchable e-books of all my blogs, dating back to 2013. Even if the internet is down, these downloadable e-books will let you quickly find the condition, remedy, potency and recommended frequency.

Now you have the "what," the "how," and the "why" of Practical Homeopathy®. Pass on the good news!

Warmly,





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