With boundless gratitude, Betsy Camden -Iowa

Hi Joette, I hope you had a great weekend -I should begin here by making a wee confession…When we talked by phone on Monday, and you told me that you wanted me to begin with Nux Vomica, I thought to myself that because I (knowing little of homeopathy) had heard of this particular remedy that it must be an often used and common one, and that my freakish level of insomnia must need an obscure remedy…. not logical, exactly, but there it is. Well, I'm thrilled to report your wisdom and my ignorance: Just as you suggested, so it has happened. There's a distinct "softening" of the whole condition – no butterflies in my stomach as I lie down at night to attempt the impossible, no more feelings during the day of being awash in adrenaline, no more heart palpitations, and best of all, about 3+ hours of sleep every night! After a year of hell and cycling through every alternative and mainstream approach known to mankind and with no change at all, here it is – PROGRESS. Also, the Nat Phos, which I had to wait to get until Saturday (as the local store didn't carry it), seems to be doing the trick, as well. Wow – I'm so excited, Joette!