Podcast 153 – Homeopathic *Stramonium* for Violent Tendencies

Homeopathy addresses emotional conditions as adeptly as physical ones. Discover the efficacy of Stramonium for violent tendencies.

What Else? The Sweeping Ability of Homeopathy

Let’s examine a few key aspects of case management, how assessment works and the sweeping ability of homeopathy.

Practical Homeopathy® for Folliculitis: Achieving Skin Health Without Antibiotics

Discover how homeopathy can ameliorate folliculitis, a condition for which conventional medical doctors often prescribe an antibiotic.

Podcast 152: I Can Predict Your Future

One of the most powerful tools in homeopathy isn’t a remedy bottle, a repertory, or even a materia medica. It’s our ability to observe.

Keratosis Pilaris: Chicken Skin Is Great for Chickens, Not So Great for Humans



You know what looks perfectly acceptable when it has chicken skin?

Chicken.

But chicken skin – also known as keratosis pilaris – on a human being is less than optimal.



Is keratosis pilaris dangerous? No. Not at all.

Is it unsightly? Perhaps … depending on its location, which is generally on the upper arms, legs or buttocks.

Is it embarrassing?

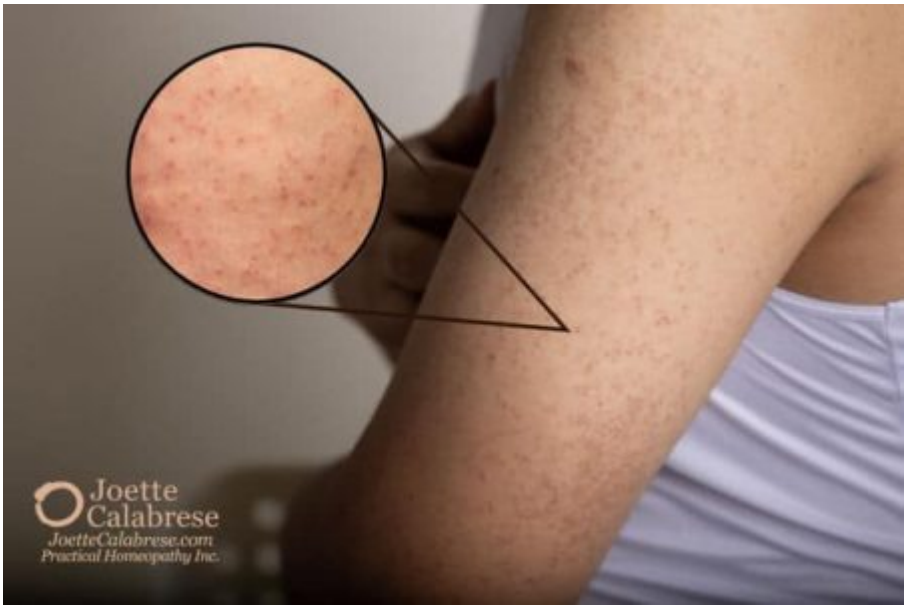
And how! I recently learned that the daughter of one of my students – let's call her Theresa – suffers from chicken skin on her upper arms. At her middle school tender age, she is more than embarrassed about the lumps and bumps on her arms. She's downright mortified.

Theresa won't wear sleeveless tops (a distinct disadvantage in Florida's scorching summer heat). She's afraid to wear a bathing suit, fearful that the "cool girl" clique will make fun of her. And she's dreading the day that a boy asks her out, as she knows that her bumpy arms will feel rough and unpleasant to the innocent touch of an arm around her shoulders.

What Is Keratosis Pilaris (Chicken Skin)?

The Cleveland Clinic reports that an astounding 50% to 80% of teenagers and 40% of adults experience chicken skin at one time or another.

Keratosis pilaris (KP) results when excess keratin clogs hair follicles in our skin, causing a build-up of tiny red, white or flesh-colored bumps.



A Two-Pronged Approach to Resolution: Diet

My first thought with skin conditions, such as this, is diet. Perhaps the sufferer does not eat much protein and animal fat. Let's face it, animal fats work wonders for healthy, supple skin. That's why I prefer to use tallow as my skin care regimen rather than the synthetic cream concoctions women spend hundreds of dollars on.

I discuss my usage of tallow in Podcast 135 (also found on all your favorite podcast apps). I also wrote about the success another young lady had with her atopic dermatitis after switching to tallow as her moisturizer. The homeopathic medicine, naturally, had a significant impact on the condition, and eliminating synthetic creams and lotions played a supporting role in her recovery.

However, as good as animal fats are when applied topically, they also provide nutrients and necessary fats when consumed. In my clinical experience, I have observed a correlation between chicken skin and excessive consumption of carbohydrates and sweets in teenagers.

Are the carbs and sugary treats causative? I don't believe so. It would seem to me that they undermine a person's diet by filling them up, leaving little or no room for the healthier

animal proteins and fats that might assist their body's metabolism.

There has long been speculation that a vitamin A or B12 deficiency may contribute to the development of keratosis pilaris. Whether that is legitimate or not is a question for researchers, but a better diet would certainly eliminate that concern. (You know I don't particularly value synthetic vitamin supplementation.)



A Two-Pronged Approach to Resolution: Homeopathic *Thuja*

Of course, if the sufferer deems chicken skin to be an intolerable pathology, then homeopathy may be considered.

I automatically think of *Thuja occidentalis* for most kinds of keratosis. So, for this condition, one of my top considerations would be *Thuja* 30C, twice a day, for a couple of weeks. Then observe.

If the condition is very much better, it's time to halt. If the condition is beginning to show improvement – no matter how slight – then continue with *Thuja*. However, if the condition has made no change whatsoever, then it's time to pivot to a different medicine.

Skin Conditions and Homeopathy

Again, there are several different medicines that may be employed for this condition. In fact, I discuss a different homeopathic remedy for keratosis pilaris in my course, "Skin: The Ugly Truth – Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy."

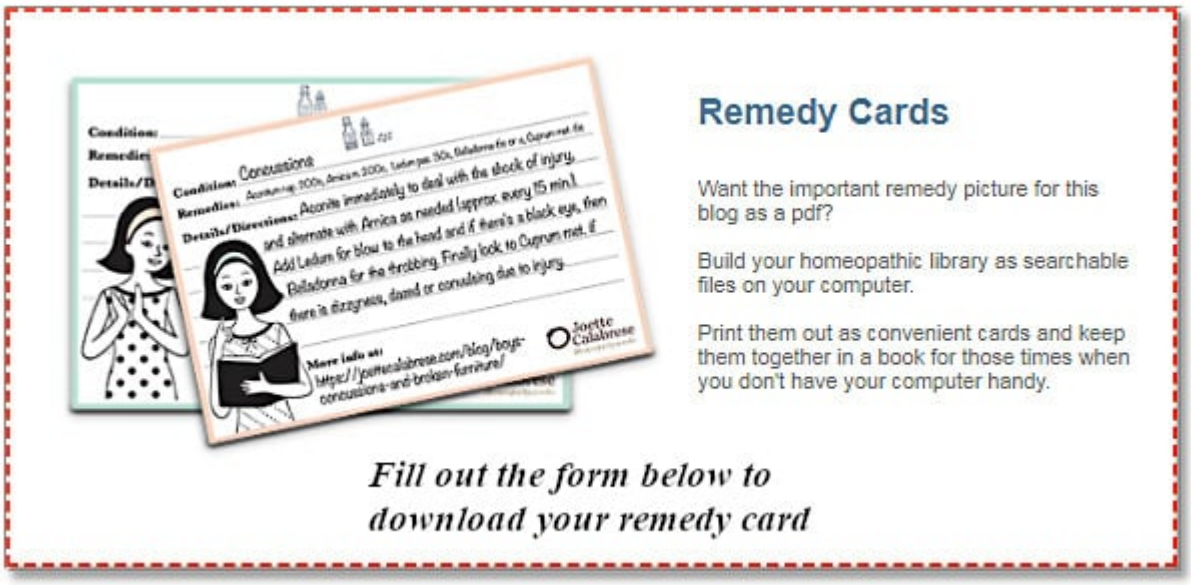
If skin issues are a concern for you or your family, this course is jam-packed with education, protocols, and remedy considerations for many varied conditions. Learn about homeopathy for specific skin problems such as eczema, psoriasis, melasma, rosacea, ringworm, vitiligo, urticaria, warts, fungal infections, herpes and diaper rash, just to name a few.

And remember, all of Joette's Mighty Members qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

Pass on the good news of Practical Homeopathy®!

Warmly,





Happy Labor Day … and a Happy Day of Labor (and Delivery)

A Labor Day look at labor and delivery. Homeopathy can assist a new mother to give birth without interfering with the natural process.

Podcast 151 – Chronic Fatigue Through the Lens of Practical Homeopathy®

What homeopathic medicines do we use for chronic fatigue? First, let’s consider a few specific symptoms and what may have precipitated them.

TMJ Pain: Practical Homeopathy® Provides Jaw-Dropping Relief

Dysfunctional jaw joint causing TMJ pain? Practical Homeopathy® helps your body reclaim pain-free health – naturally.

Prostatitis: The Bane of Man’s Existence Alleviated With Practical Homeopathy®

Prostatitis often causes difficulty with urination. Practical Homeopathy® can gently help alleviate the pain, discomfort and inconvenience.

Podcast 150 – Moms with Moxie: VOILA! *Silicea* Helps

the Body Successfully Push Out Painful, Embedded Foreign Objects and Much More

Seven women share impressive experiences with homeopathic Silicea for bunions, bowed legs and pushing embedded objects out of the skin.