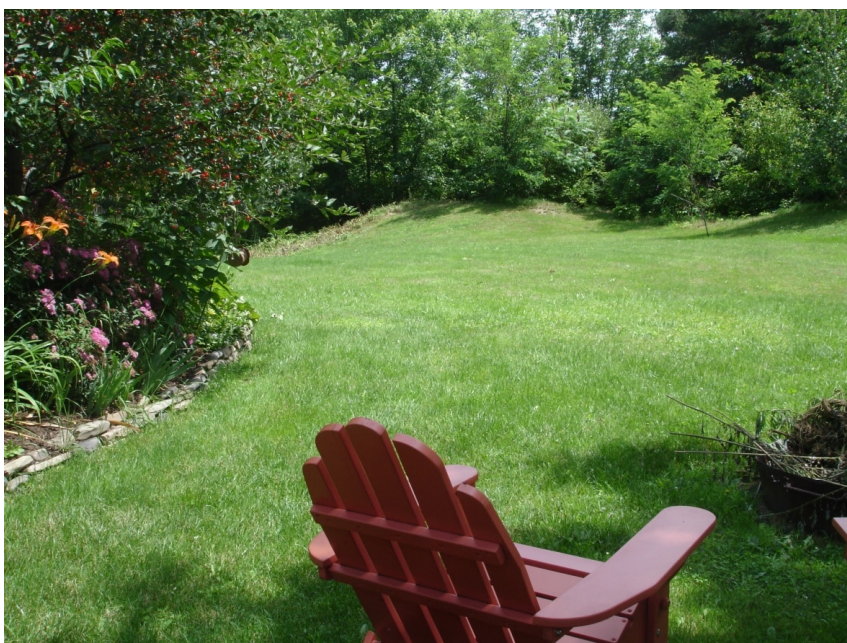


3 Homeopathic Remedies for Pesticide Exposure

I love our lawn. It's large enough for an animated game of badminton, for the dog to zig-zag wildly across it and for large family gatherings around the fire pit. I also take pleasure in the creeping Charlie, dandelions and plantain that tiptoe through the grass and give it an embroidered appearance.



But not everyone thinks that way.

Although I live in a country/suburban neighborhood, there's a neighbor down the road who contracts to have his lawn sprayed with pesticides.

One evening when my husband and I were on a walk, we ran into him, and I delicately mentioned that lawn pesticides have long been associated with certain cancers in humans and dogs. He paused momentarily. "Now that you mention it, every dog we've ever had has died of cancer ... and my wife had breast cancer."

I hope that this will give him reason enough to resist the sales pitch of the pesticide hawker next spring. Meanwhile,

his family, wildlife and the unsuspecting neighbors are exposed to superfluous poisons.

We do all we can to keep pesticides out of our foods and garden, but we can't help what the guy next door spews on his adjacent lawn.

What's a neighbor to do? Why homeopathy, of course!

As always, I encourage folks to know how to use homeopathic remedies to protect themselves.

Here are three to consider when your family (pets included) have had an exposure to such chemicals.

1) If there's no actual immediate reaction to the pesticides, a well-known remedy of repute for providing generalized protection from poisonings is Natrum mur 6X. Most folks take it every 4-5 hours for a few days. I have personally found it useful when I used to get asthma from pesticides. It never failed to abort the spasms of breathlessness.

2) Arsenicum album 30C, is the remedy of choice if the exposure has caused a response such as anxiety, diarrhea, breathlessness and weakness. All these symptoms do not need to be evident, If even one of them is apparent, this remedy could be a good match.

3) Carbolic acid 30 has a reputation for aiding folks who experience a more systemic reaction of a more serious nature. Years ago, a friend of a friend of mine, a chemical engineer, went into an anaphylactic reaction after exposure to formaldehyde. After a few doses of *Carbolic acid 30*, she showed signs of recovery within minutes and fully recovered within hours. *This remedy is more difficult to procure, but I feel it's important for folks to have this information, so I include it. If your homeopathic pharmacist doesn't carry this, contact us for more info.*

As is often the method of use, when an acute situation presents, it's best to use the remedy less frequently once improvement ensues and stop when it is fully addressed. Sometimes this can take minutes, while other times it may take days.

In an ideal world bursting with dandelions and lamb's quarters, we would be able to prevent toxins from coming into contact with our families, but life's not like that. This is just one of the countless reasons why I keep my remedy kit close at hand.

Homeopathy: it's one of the most important steps you can take toward self-sufficiency.