

Update: Hernias and Homeopathy



It's that time of the year when we send our menfolk to fetch the decorations for our upcoming festivities. And off they go – up into the attic, out to the garage or over to a storage unit. (Sometimes, we get impatient and try to manage it ourselves!)

Those heavy boxes, filled with a lifetime of holiday accoutrement, may not look treacherous, but believe me ... they are. Improperly lifting is not only hard on the back but potentially can result in a hernia.

You see, a hernia occurs when either fat or part of an organ slips through a weak spot in a person's muscle tissue. This vulnerable area may have existed at birth (some babies are born with hernias), or it may have developed during adulthood due to obesity, poor muscle tone or even pregnancy.

Once it exists, this weak area can be exploited by any considerable increase in the abdomen's internal pressure. Heavy lifting is a common way that hernias occur; however, they are not the *only* way a hernia can develop. Straining during bathroom duties, pregnancy, heavy coughing, even a grand sneeze can trigger a hernia. And before you know it, a measure of tissue is jutting out between the muscle fibers, causing an unsightly, uncomfortable and sometimes painful bulge.

So, do we succumb to surgery for repair? No! We turn to homeopathy.

I wrote about hernias years ago, back in 2013. At the time, I was still a practicing classical homeopath. As such, I did not share a protocol with potency and frequency in my article, [Get Back in the Game: Hernias and Homeopathy](#). Recently, I noticed how many questions that article inspired, so I thought it wise to revisit the topic.

I continued to teach the same homeopathic medicine for hernias – *Lycopodium* 200 – that I discussed in that article. In fact, I used *Lycopodium* with much success 16 years ago on Buster the Bad Office Dog's sister, Marcy. Unfortunately, Marcy was born with an umbilical hernia. But *Lycopodium* resolved her little issue in just two or three days!

However, because of my subsequent studies in India, I can now share a slightly different protocol that the Drs. Banerji used – [Lycopodium 200](#) mixed with [Plumbum metallicum 200](#).

What do I mean by “mixed together”? I mean pillules of each medicine placed together in the mouth simultaneously or combination pillules purchased from a pharmacy that mixes the two medicines together during the manufacturing process.

We call it *LycoPlumb* for short. The Banerjis observed great success when their patients used it twice daily until the herniation receded. (Scroll down for your free remedy card to help you remember this protocol.)

Going back to that earlier blog post, I noticed quite a few questions on the various types of hernias. For example, there are inguinal and femoral hernias (in the groin), umbilical hernias (like Marcy’s, near the belly button), and hiatal hernias (internal hernias at the top of the stomach by the esophagus).

Do you need to remember all that? Absolutely not!

In my years of experience with homeopathy, a hernia is a hernia. In the Banerjis’ clinic, they were all treated in the same manner – *LycoPlumb* 200, twice daily until resolved.

How long will it take for resolution? Well, that depends. I think the reason it acted so quickly with Marcy was because she was a puppy. (Ah, the benefits of youth!) For an adult, however, complete resolution of a hernia may take many weeks.

But whether helping dogs, babies, pregnant women or men who lifted too many holiday boxes, *LycoPlumb* 200 covers the whole shebang!

A hernia is not the kind of Christmas gift you want! So, lift your boxes carefully, repack them lighter for next year and have some *Lycopodium* and *Plumbum* on hand ... just in case.

And don’t forget to pass on the good news of homeopathy!

Warmly

A handwritten signature in cursive script, appearing to read 'Joette', written in dark ink.

P.S. Speaking of the holidays, it's not too early to get started on your shopping list. A lovely gift (if I do say so myself) for your friends in homeopathy is [A Materia Medica: Practical Homeopathy® for Busy Families](#). Written in everyday English, they'll learn about 155 homeopathic medicines with keynotes and short examples. It's a fun read and a great reference!

Or perhaps your family is asking for hints for you! Well, you might consider asking them to gift you a homeopathic protocol course. Which course? Well, my team devised a [course selector](#) to help you discern which course would best fit the conditions you are dealing with in your family. Try it! And then leave a few little notes out and about where Santa's elves can find them.

And remember – all of my Mighties [\(Joette's Mighty Members\)](#) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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