

Get a Shovel and Start Digging



My father had a friend – a world-renowned MD and educator in the field of cardiology. He was a cool man. He lived in a Frank Lloyd Wright house; everything about him was just “cool.” But at the same time, he held a lot of old-fashioned wisdom.

He said something to my father once that has stuck with me ever since. “You know how you find health? Get really, *really* sick and then figure it out.”

Thought-provoking, isn’t it? Wise words!

We can’t expect somebody else to figure out our health. It’s not their job! It’s OURS!

I mean, we all *wish* we could outsource our health to someone

else, but it's our responsibility. Sure, maybe we can glean hints from various sources. But when the rubber meets the road, we have to put our minds to it and "figure it out."

Get a shovel and start digging.

What did we do wrong? What lifestyle choices do we need to change? What should we eliminate? Who do we trust to give us advice?

If we align ourselves with the answers to those questions, we will be back on the road.

Now, those who haven't suffered don't need to do all that! For instance, studying health paradigms would never have crossed my mind if I hadn't been sick. I would have just lived my life!

But instead, I got a shovel and started digging. That's when I discovered that even the most sobering conditions can be reversed using garden-variety problem-solving skills.

Why? Because the body is a miraculous machine and always seeks to create homeostasis (a stable balance). In other words, our bodies *want* to be healthy. So, with a gentle, polite nudge – yes, that means homeopathy – we can assist our bodies in the endeavor to regain homeostasis.

Gaining knowledge about our conditions and the appropriate, corresponding homeopathic medicines is OUR responsibility. So, we have to get to work – get digging – until we discover the answers.



For instance, let's talk about the homeopathic medicine of the week – one that should be in all our homeopathy kits – [Oscillococcinum®](#) from Boiron.

You'll read on the package that Oscillo® is homeopathically prepared *Anas barbariae* – liver and heart tissue from duck. But lest you're not able to readily pronounce Oscillococcinum®, Oscillo is good enough, and interestingly, it is one of the most popular homeopathic medicines available today.

Boiron's website states, "Used for almost 80 years and available in 50 countries, Oscillococcinum® remains the overall best-selling flu medicine in France. Consecutively since 2009, Oscillo® has been named by *Pharmacy Times* magazine as the #1 homeopathic flu medicine in the U.S."*

Impressive, right?

But when I first employed Oscillococcinum® for myself and my family, I'll be honest with you; it didn't act! Many of my clients and students had utilized it with success, so I assumed it just wasn't a good fit for my family.

But then, I got out my shovel and started digging.

When I first began using Oscillococcinum®, I had thought, “Look at all those teensy pillules in each tiny little tube. Do I really need to take a *whole* bottle? Nah.”

And so, I only took about a third of a bottle s one dose.

When I dug deep to consider what I might have done wrong, I realized the error in my thinking. Subsequently, my family and I utilized *all* the pillules contained in each tiny tube (exactly as the directions on the box clearly state).

Guess what happened? Yes! The Oscillo® acted effectively!

You see, I hadn’t done my work. I hadn’t read the directions – or, more accurately, I had *disregarded* them. But, as my father’s friend advised, when I got really, *really* sick, I figured it out. And then, I quickly returned to health.

The problem hadn’t been with the homeopathic medicine. It had simply been my errant employment!

So, when people ask me if they can save money by scrimping on the number of pillules recommended by the manufacturing pharmacy, I try to educate them on the pitfalls and encourage them to experiment only with less serious conditions.

For instance, if a person merely has an unsightly hematoma on their arm, well, maybe they can play around with that. However, if they are vomiting relentlessly from food poisoning, why on earth would they take a chance? But it’s *their* choice ... *their* responsibility. As my father’s friend said, “You know how you find health? Get really, really sick and then figure it out.”

Pass on the good news of homeopathy!

Warmly,

joette

P.S. To help you dig for more answers, [click here](#) for a free shovel – oops, I mean a free *infographic*, Developing a Homeopathic Brain – A Cold, A Flu, A Cough; Which Is It; Which Remedy?

And check out [The Learning Center](#) for more educational opportunities. If you're anything like I am, the more you dig, the deeper you'll want to go. Indeed, education is the healthiest addiction I know. So, stay curious!

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.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

*Fill out the form below to
download your remedy card*

2/5/23 Flu

First Name *

Last Name *

Email *

Confirm Email *

Captcha

Submit

If you are human, leave this field blank.

Δ