Awakening from Croupy Cough? *Spongia*



Lydia awakened in the middle of the night with a terrible, barky-sounding cough. She couldn’t catch her breath! For a moment, she was fearful that she might actually suffocate! It felt like there was a plug in her throat. Her larynx was overly sensitive, as though the slightest swallow or least little movement would cause her to cough violently.

She was scared, and the more anxiety she felt, the worse the cough got!

This is a common condition that strikes fear in any sufferer. However, Lydia was empowered by her knowledge of my Practical Homeopathy®.

Anxiety and fear accompanying a croupy cough were good indications that Lydia should consider *Spongia tosta*. Knowing that emotional excitement makes the cough worse, she added yet another leg to her *Spongia* stool. Add laryngitis or her overly sensitive larynx, and Lydia had now formed a three-legged stool!

But do you know what's even more supportive than a three-legged stool? Yep, you guessed it … a *four*-legged stool! Indeed, famed homeopath Dr. William Boericke gave Lydia that fourth leg when he wrote in his *materia medica* regarding *Spongia*, "awakes in a fright and feels as if suffocating, generally worse after sleep or sleeps into an aggravation."

Lydia dragged herself out of bed and grabbed her tube of *Spongia tosta* 30 – an essential element of her well-curated homeopathy kit. For this condition, one dose of *Spongia* is generally utilized every 15 minutes to an hour until the cough (and resulting feeling of suffocation) is very much better. The medicine may be resumed again if the symptoms return.



I've written about *Spongia* several times before in the following posts:

- Coughs that sound like a saw grinding through wood point us to *Spongia* 30.
- When drinking warm fluids temporarily relieves the

severity of the symptoms, it's often a call for *Spongia*.
- If cold drinks or talking make the cough worse, *Spongia* is often the correct remedy to consider.

After a couple doses of *Spongia*, Lydia was able to return to a more peaceful sleep, and she kept it handy for the remainder of her respiratory illness.

This, my friends, is the benefit of owning a well-planned inventory of homeopathic medicines. Had Lydia not owned the medicine she needed, she would have spent an anxious night, struggling to breathe and not giving her ailing body its required rest.

You see, *knowing* the correct medicine doesn't help a sufferer if they don't *own* it. Sure, one can run out to the store in the middle of the night – IF the store is open and IF one is physically able to drag their suffering self to the car. Alternatively, one can undoubtedly order the necessary homeopathics through the mail – and cough relentlessly for days awaiting the postal carrier.

But why not simply own as many medicines as possible? You may recall I have used medicines manufactured in 1918, and they still acted. So, a well-curated kit can last well beyond what we might expect.

That's certainly part of the good news of homeopathy. Pass it on! A famous quotation often attributed to Benjamin Franklin says it best, "By failing to prepare, you are preparing to fail."

Lydia succeeded – in spades!

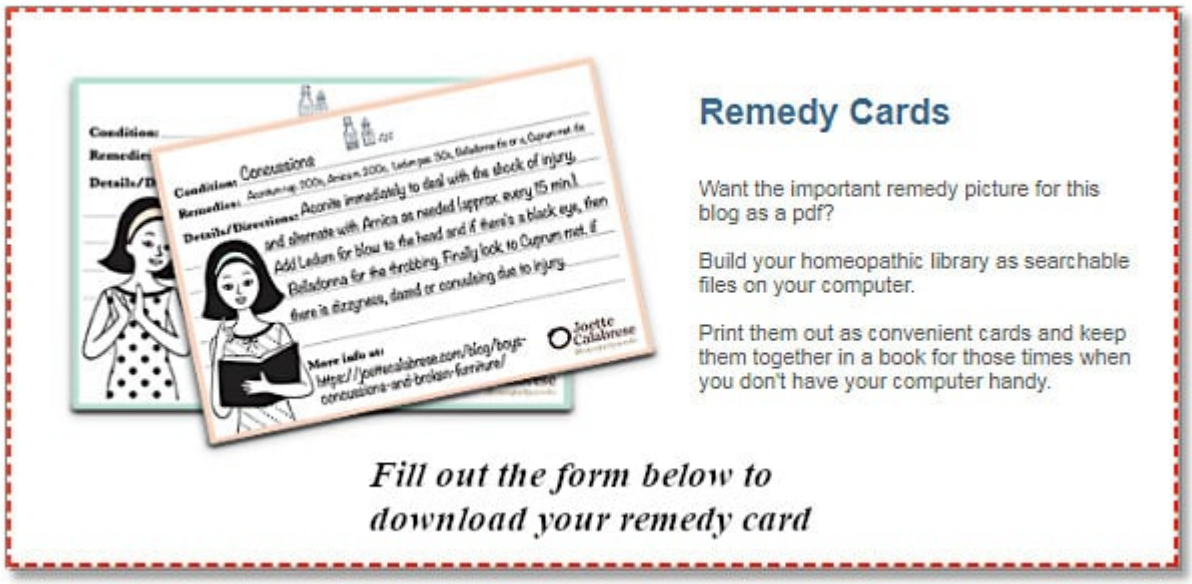
Warmly,



P.S. My course, "The Antibiotic Alternative: Balance Your Bugs Without the Drugs," covers *Spongia* and a multitude of other homeopathic medicines for respiratory conditions (as well as other conditions for which antibiotics are often recklessly called upon).

This course has preserved the gut flora of many of my students' families from the ravages of antibiotics and helped them avoid years of subsequent illnesses and sensitivities that the unnecessary use of antibiotics can trigger. Perhaps it is the right course for your family as well.

And remember, all 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.



3/17/24 Awakening from Croupy Cough? Spongia

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