

Spasmodic Dysphonia: Robert F. Kennedy Jr.'s Rare Voice Condition. Can Homeopathy Help?



I present my message with my voice, whether talking to clients, teaching my students, creating videos, podcasts or holding live events. I cannot imagine the frustration of discovering my voice has become strained or strangled, as though my vocal cords were in a vice.

But that's what happens in cases of spasmodic dysphonia.

Spasmodic Dysphonia in the News

I was recently asked about this disorder by a student who was curious as to whether there were specific homeopathic

medicines that might help Robert F. Kennedy Jr., the most famous sufferer of this condition.

However, I have encountered this condition twice in my clinical experience. One case did not improve because, in my estimation, I still needed to gain a greater level of experience to address it adequately.

However, the second case I tackled was successfully resolved.

Spasmodic dysphonia is a twenty-five-cent term for uncontrollable spasms in the muscles that open and close the vocal cords, causing the vocal folds to either slam shut or open involuntarily.

We don't think of our ability to speak as dependent on muscles, but that's exactly what creates and controls our unique voices. Spasms in those muscles controlling the vocal cords can render our speech unintelligible.

Even though the condition is not life-threatening, how life-altering it must be!

Is the Etiology of Spasmodic Dysphonia Important?

No clear-cut, across-the-board cause has been attached to spasmodic dysphonia as of yet, but there are several areas of suspicion. It might be genetic, or a prior illness may trigger it. Even though the vocal cords themselves are often healthy, it is currently considered to be a neurological disease (related to the brain). Because of this neurological component, some clinicians believe the condition to be related to emotions – especially grief and sense of injustice – while others attribute it to trauma.

However, Robert F. Kennedy Jr. is quoted as saying, "For years, people asked me if I had any trauma at that time. My life was a series of traumas ... so there was nothing in

particular that stood out.”

But as you’ll recall from reading my blog, in my brand of homeopathy – Practical Homeopathy® – we often do not need to know the etiology of a condition. We utilize the name of the condition and the symptoms.

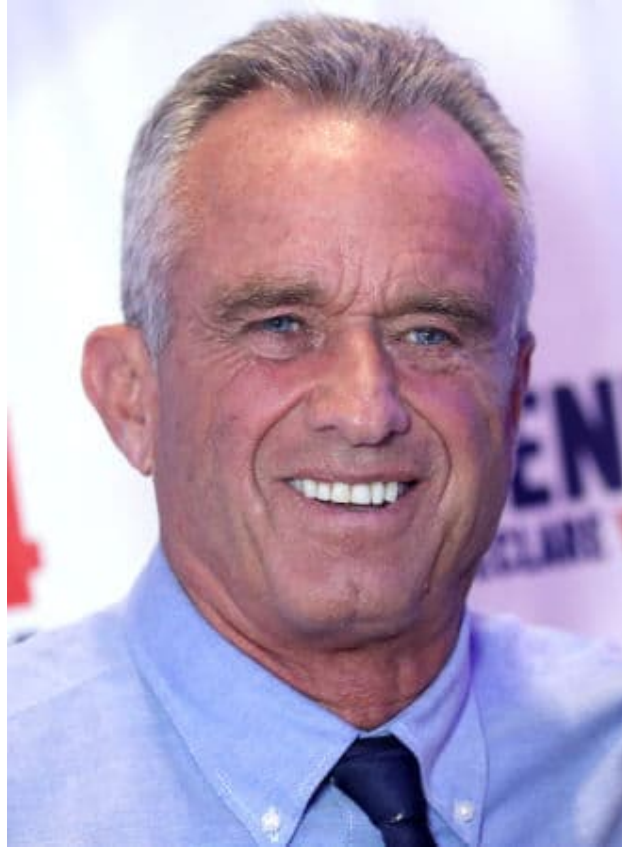


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Of course, I cannot speak directly to Robert F. Kennedy Jr.’s unique situation, given that I have very limited knowledge of his particular case. But *without having taken this case* and with only the little bit of information I have garnered from his public descriptions and my observation of his presentation, I did a little research for my own edification.

Repertorizing the Condition

To arrive at a well-considered homeopathic medicine, we always research the condition and associated symptoms in a homeopathic repertory, such as Dr. Robin Murphy's "[MetaRepertory, Fourth Edition](#)," a primary reference book I use as I teach [The Academy of Practical Homeopathy®](#) and Mastery™.

As I repertorized spasmodic dysphonia for this blog post, the medicine that most stood out to me was *Causticum*.

Why? Well, RFK Jr. has been fighting the powers that be for decades. He began with environmental causes and now is leading the charge in his latest health crusade (ahem ... It starts with a "v," and I think you know what I mean).

Causticum is not only related to aphonia (which is the complete loss of voice, and thereby, includes dysphonia, as well), it is also closely associated with those who have a strong sense of duty, are sincere, idealistic, intense, incensed and concerned about the environment. They fear something bad will happen and – here it is – they'll harbor great anger over injustices towards themselves or others.¹

Now, I may be reading too much into this, but these seem like his dominant personality traits.

Causticum also applies to hoarseness and paralysis of the esophagus (throat muscle dysfunction).

If I had this condition, what would I do? I would utilize [Causticum 200C](#) every third day over a period of weeks, and then observe to see if any – and I do mean *any* – improvement was noted. If even a slight improvement ensued, I would continue with this schedule. If no improvement whatsoever was noted, then I would re-repertorize to pivot to another medicine or consider a different potency or frequency.

This is how Practical Homeopathy® works.

From an interview in the LA Times²: “ ‘I feel sorry for the people who have to listen to me,’ Kennedy said in a phone interview with The Times, his voice as strained as it sounds in his public appearances. ‘My voice doesn’t really get tired. It just sounds terrible. But the injury is neurological, so actually the more I use the voice the stronger it tends to get.’ ”

His is certainly one voice that should remain strong!

To that end, I have a not-so-secret wish that he will stumble upon this blog post and consider the potential of homeopathy. As we know, homeopathy often shortens the duration of acute illnesses or injuries and reduces suffering in chronic conditions. It gives the body a natural, gentle, polite nudge, helping it return as much as possible to homeostasis.

How marvelous it would be to have a political leader in the United States who could attest to the efficacy of homeopathy as leaders in many European countries, India and South America can and do.

But until that day, it’s up to us to pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

¹ [“Desktop Guide to Keynotes and Confirmatory Symptoms” by Dr. Roger Morrison](#)

<https://www.latimes.com/politics/story/2024-04-08/rfk-jr-voice-condition-spasmodic-dysphonia>

P.S. Homeopathy should not be erudite or elusive – at least not my brand of homeopathy, Practical Homeopathy®. But it does take some study to utilize at home on your own.

If you haven't yet joined a study group, click here to learn more about my [Gateway to Practical Homeopathy®](#) study group curriculum. Once you join a study group, you will meet your new best friends who think like you. As of this writing, we're almost 20,000 strong!

I can assure you that joining a study group will boost your confidence in using homeopathy, and the friends you'll make will be there to support you when you need them most. Together, we will bring homeopathy to every family across the globe. Health autonomy is true freedom. Take the first step through the gateway.



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