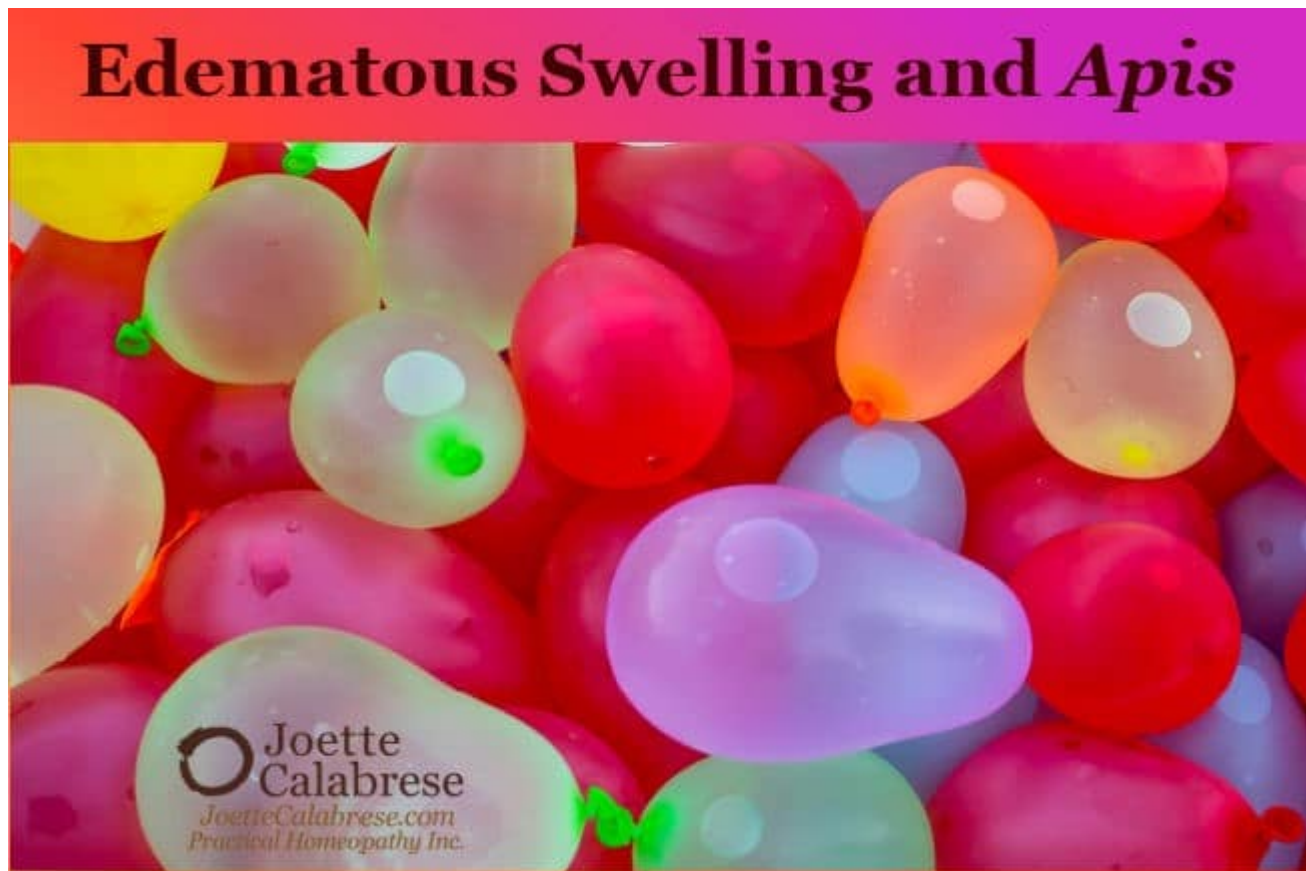


Edematous Swelling and *Apis*



There you are! Let's add another medicine to our well-curated homeopathic inventory, shall we?

A few weeks ago, I discussed the swelling of extremities from heat and humidity in my blog post, [Having a Swell Summer](#), focusing on the cell salt *Nat sulph* 6X. However, you may recall I mentioned that we also find *Apis mellifica* strongly suggested as a medicine for edema in the homeopathic repertory.

What's the difference? Well, *Nat sulph* is more for the overall body: hands, wrists, ankles and feet.

Conversely, *Apis* has been shown to address edematous swelling around the more tender tissues of the body: the eyes, lips, tongue, uvula and throat. We're talking about a distinct edematous swelling that almost mimics bags of water.



Imagine a water balloon under your eyes or surrounding your tender tissues.

Often, this kind of water-logged swelling can result from food allergies, chemical sensitivities, and even insect stings. In fact, *Apis* has been historically noted for reactions that show up on the skin – such as a rash, wheals or hives – especially when the itching is stinging and severe.

For acute conditions such as these, [*Apis mellifica* 30](#) is generally employed every 3-6 hours, depending on severity, until very much better. However, if the situation is a dangerous allergic reaction, *Apis* 30 has been reported to be utilized every few minutes while on the way to the hospital emergency room.

Before we go any further, I want to caution that *Apis mellifica* is one of the few homeopathic medicines that should not be used capriciously during pregnancy without the guidance of a professional homeopath or a well-trained understanding of the medicine.

[*Apis mellifica* 30](#) is also a valuable choice for urinary tract infections (UTIs), especially when accompanied by a scalding pain. Generally, it would be employed every 3-12

hours, again, depending on severity.

“But Joette, what about *Cantharis* for UTIs?” Good question. It shows you listened to my podcast, [“Ladies Only.”](#)



Indeed, *Cantharis* is most often our first choice with UTIs, so what are the differentials between the two? My friends, in any situation where we have two (or more) medicines that are both appropriate for a condition, that’s where a good *materia medica* comes in.

Whether you use my easy-to-read [Materia Medica: Practical Homeopathy® for Busy Families](#) or a more in-depth professional volume, such as [Dr. Robin Murphy’s Nature’s Materia Medica](#), this is what my students learn to do:

They crack open their book and read the entry of one of the medicines in question. Then, they read the entry for the other potential remedy.

But they’re not done yet.

They go back and reread them both again! Reading important information twice can help bring items you may have missed the first time to the fore.

Then, they choose the medicine that fits most closely with

all the symptom nuances.

I encourage you, dear readers, to do the same (when there is no specific protocol to follow). The more understanding you have about this process, the better your choices of homeopathic medicine will be. So, education is key.

Never. Stop. Learning.

To that end, have you already joined a [Gateway to Practical Homeopathy® study group?](#) Utilizing my easy-to-follow curriculum, you and like-minded friends can learn the basics of homeopathy and begin your journey to health freedom.

No, my friends. Not just garden variety health freedom but the kind that reduces and eventually eliminates fear altogether.

You know... Distress. Anxiety. Dependency on a scary and unreliable industry and its questionable medicaments. Apprehension. Dread. Horror.

All of that melts away when you know what to do in a health crisis.

Allow me to explain further.

Interestingly, many conditions – physical, emotional and mental – begin in the gut. So, an excellent way to continue your education is by diving into my course, [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#). You'll find I cover utilizing *Apis* for swelling and allergic reactions, plus so many more Practical Protocols for gut issues and the ailments they cause. With a little education, you *can* successfully care for yourself, your family, and your loved ones.

Nothing is more valuable than health autonomy. So, join me and the thousands of students who've preceded you in making homeopathy their preferred health paradigm.

And add [*Apis mellifica*](#) to your growing collection of carefully chosen homeopathic medicines. All the education in the world won't help if the precise medicine needed is not readily available to use.

If your inventory is beginning to get unwieldy, I have shared quite a few ingenious organizational methods in my Memos to Mighty Members over the years. Last week's Memo contained one of the most decorative and elaborate organizational systems yet. You'll be inspired when you join my [Mighty Members](#).

Pass on the good news of homeopathy! (It really is good news, isn't it?)

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', with a large loop at the bottom.

P.S. 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.



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