

Incontinence: 2 Homeopathic Medicines That Free Sufferers From 'When You've Gotta Go; You've Gotta Go!'



Recently, I posted a reel on Instagram asking viewers if they knew there was a homeopathic remedy for incontinence. I meant it as a rhetorical question about homeopathy in general; however, scores of folks wrote in pleading for the specifics.

The unexpected reaction demonstrates how many individuals suffer from this condition. Incontinence is common yet not something we find ourselves discussing in polite company. Indeed, sufferers often bear their discomfort and insecurity in silence, thinking their issues are unique.

Well, let's look at two different homeopathic medicines that can address incontinence: one for women and one more tailored to men.

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Incontinence in women: lock and key syndrome

Often, incontinence in women may stem from a urinary tract infection. I've discussed medicines to use for UTIs in [Practical Homeopathy® for UTIs](#). So, if an infection accompanies the incontinence, read that blog post to determine your most tightly fitting choice of homeopathic medicine.

Today, let's delve into another version of incontinence that's perhaps even more frustrating because it may not appear to have a distinct etiology. Instead, this condition occurs due to a distinct trigger! Your front door.

This condition is called lock-and-key syndrome or latchkey syndrome, and it's uncanny how often I hear about this from students and clients, especially in menopausal women. Picture this:

After Shirley was out running errands all morning, she finally pulled into her driveway. Shirley grabbed a bunch of shopping bags and her purse. Everything was fine and dandy.

Then she got to her front door.

As soon as the key went into the lock, Shirley suddenly had "to go," and I mean, HAD to. As the key turned, slight leakage began. Even with all her concentration skills called into action, Shirley couldn't hold the urge. The leak became a stream, then became a torrent. She just couldn't hold it.

Shirley's never run that fast to the bathroom, but it was way too late. It was embarrassing, messy, inconvenient and frankly, unnecessary.

Cantharis 30, the go-to remedy for UTIs, is also an excellent choice for lock-and-key syndrome. In this case, [Cantharis 30](#) would generally be employed twice daily until very much better. (In other words, the sufferer would halt the use of the medicine once the condition no longer presents or only occurs rarely.)

Now, putting the key in the lock is not the only trigger that can cause this kind of "out of the blue" incontinence. Indeed, maybe the trigger is pulling into the driveway. Maybe it's going up the elevator to an apartment. Maybe it's finishing your last errand and beginning to think about home. There does seem to be a psychological component of the comfort of home that triggers the uncontrollable urge to tinkle.

But no matter the specific trigger, the homeopathic response would be the same.



Incontinence in men: dribbling

Incontinence in men is generally a little bit different. Instead of a full-blown release of urine (as in the case with women), men tend more to dribble – especially men of a certain age.

Case in point: While Dave's dribbling skills may have been valuable on the basketball court, dribbling in his trousers was definitely not desirable. The interesting aspect of incontinence in men is that often, once the afflicted gent gets to the bathroom, he often finds himself unable to urinate to completion. Indeed, Dave is sometimes unable to go at all, and sometimes, he can only produce just a "wee" amount (if you'll pardon the pun).

After reading my blog post, [Prostatitis: The Bane of Man's Existence Alleviated With Practical Homeopathy®](#), Dave decided to give [Sabal serrulata Mother Tincture \(MT\)](#) a try.

Luckily, he chose well.

Sabal serrulata would have also been my first thought for this type of incontinence, hallmarked by dribbling. The usual mode d'emploi for this herbal mother tincture made from saw palmetto is to utilize 10 drops once daily.

To his great satisfaction, Dave found that his urinary tract normalized after giving this valuable botanical remedy its due time to act. (As always, when he was very much better, he stopped using the medicine.)

Find other homeopathic medicines related to men's specific needs in my blog, [The Dad Bod: Urinary Tract Dysfunction](#).

More than one way to butter a biscuit

Again, as always, there are other medicines one could choose for incontinence. The two mentioned here are by no means the be-all, end-all – but they have certainly proven successful in my decades of clinical practice.

You may find different remedies or potencies mentioned in my courses or The Academy, but that's how those deeper dives are designed. In my free blogs, I can only give you the tip of the iceberg – the most commonly used homeopathic medicine at the most commonly considered potency.

However, when you take my courses, you'll start learning how to understand case management and homeopathy, allowing me to offer additional information that you will be better prepared to incorporate. And of course, much more detail and depth is found on the subject of case management in my academy, [The Academy of Practical Homeopathy®](#).

I teach more about women's incontinence in my course, [Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#). This course contains a plethora of women's conditions along with their appropriate

homeopathic matches.

Whether you're a woman yourself, have a daughter or take care of your aging mom, this course can be the Rosetta Stone to deciphering safe, effective methods to live a healthier, happier life. Wouldn't this course make a thoughtful and powerful Christmas gift for you or someone you know?

Just in time for the holidays, [gift cards may be purchased through the Learning Center](#), allowing the gift recipient to choose and register for their course. And remember, all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases.

Speaking of my Mighty Members, next week in the [Memo to Mighty Members*](#) (an extra blog post published each week exclusively for members only), I'll give one more homeopathic medicine for when incontinence is caused by feeling cold air. If you haven't [joined us](#) yet, what are you waiting for?

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, stylized loop at the beginning.

*You must be logged into your Mighty Member account for protected links to take you directly to the offering.

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