

The Bevilacquas and Their Backaches



The white picket fence. The wrap-around porch. The attached garage. The horrendous pain in her back.

After a 15-hour car ride to her new home in the country, with a packed car and her four boys and little girl, Della had many good reasons to exit the vehicle.

“I can’t sit another second!” she cried as she launched herself from her seat.

Scrambling through the bags in her trunk, she grabbed her red 100 Remedy Kit and searched for the bottle that had already helped her through this type of pain a half dozen times before.

[Rhus tox 30](#) (or 200) to the rescue! Perfect for her stiff, achy back.

Della was much better in less than an hour after just two doses of Rhus tox. In fact, she was better enough to start unpacking boxes.

Thankfully, one of those boxes contained the family's supply of homeopathic remedies because that evening, she was happy to not have to go scrambling for it when her 8 year-old came looking for help.

"Mom, my back is sore again, like last time," he said, pressing his hands against his lower back. Della knew it was growing pains—which always came at night, particularly around times when the boys were eating a ton.

This time, Della knew which remedy to give her son. Della's Homeopathy Study Group friend, Laura, had told her what to use when about a month ago, he had woken up several nights in a row with the same pain.

The medicine was [Calc carb 30](#) (though 3 or 6 potency can also be used.)

With growing kids, Della was an expert when it came to such matters.

After a couple doses, her son was off to bed with no more complaints.

As you can imagine, by this point, Della was feeling pretty proud of her homeopathic prowess!

And so she should.

Homeopathy roots out issues in ways that herbs and essential oils frequently can't, but there is often a learning curve.

That's where study groups have made all the difference in

Della's busy life.

She's even gone on to take my online course [Good Gut, Bad Gut](#), which is designed to teach moms like her how to treat chronic GI conditions.

As for the rest of that week, things sailed by with nary a complaint.

Della's own back pains never returned, despite all of the lifting and straining (which would have otherwise put her out of commission for days.)

No surprise to Della, who has seen this happen several times in the past, these painful back issues dissolved with only a few doses of homeopathy!

However, while the kids were happily settling into their new rooms, creating the typical disasters in them per usual, things took a bit of a turn.

Guido, Della's husband, had taken on the heroic task of landscaping two of the house's jungle-wild flower beds and nine hours of work left him too stiff to even untie his own shoes. (Husbands, am I right?!)

Understanding Guido's tendency to overdo things, she again reached for the Rhus tox. But this time she used it in 1M; a method she learned from reading my blogs for when you really overdo it.

It has been a protocol of choice for many of Guido's ailments, including the time (a mere month ago) when his old foe, Tennis Elbow, reared its ugly head.

And it works every time! It is, by far, a less invasive approach (with NO side effects,) especially when compared to the months of cortisone shots he had once endured.

Let's just say Guido has learned to trust his wife as the

health authority in their household.

So, how are the Bevilacquas doing now?

Guido hasn't needed Rhus tox 1M in over three months, and he's been enjoying weekly tennis games at the rec center (along with a little light gardening...emphasis on light) for some time now!

That's right folks, no need to stock up on manufactured pharmaceuticals when homeopathy is known to root out whatever ails you!

Here's a list of the protocols for aching muscle pain to make your job easier:

- For annoying backache from too much sitting or lying down (often improved with stretching):

Rhus tox 30, every 15-20 minutes, until very much better.

- For aches and pains associated with growing in children: Calc carb 3/6, every 15-20 minutes, until very much better (usually within the first night, but sometimes bears repeating for several nights.)

- For more severe aches, pains and stiffness (including sports injuries) or injuries affecting the cartilage and ligaments:

Rhus tox 1M every few hours until very much better.

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