

Tantrums, Teen Hormones and the Gut: Homeopathy Changes All Three



Lucy Jones is sixteen, but you'd swear she was half that age by her behavior sometimes. The dramatics always ramped up around the time of her menses, but her mother noticed that she was irritable and discontented at other times as well.

Most of the time, Lucy was a focused teen, who volunteered in student council and the church choir, all while earning high grades. Because of this generally well-balanced lifestyle, it took a while for her family to recognize that she was becoming increasingly more difficult to live with.

This notion came alive, however, at the time of her sweet

sixteen birthday party.

Lucy wanted to serve only ice cream at her party. No pizza, no chips, just ice cream, in decorative dishes with an assortment of fun toppings.

Although her family generally made ice cream from the raw cream that they got from their local farmer and sweetened it with raw honey, this time they didn't have enough cream to feed the invited crowd.

So, Diane, Lucy's mom, bought a commercial version for the party.

The night before the party, Lucy and her sisters had a small bowl of store-bought ice cream as a pre-party treat. After the family went to bed, Lucy was called by the ice cream in the freezer. So, she padded out of bed, rummaged up a fork, and when the family awoke in the morning, no one noticed the naked container, but they surely noted Lucy.

She was, shall we say, "hormonal." Screeching and demanding that everyone pay attention to her because her belly was upset, she whipped her long hair in a female frenzy, finally collapsing into a heap of adolescent blubberings.

At first, her parents were overcome, but when everything settled, they realized this behavior had occurred in the past, just not to the same degree.

When they recalled these fervent performances, they remembered an association with other ice cream episodes.

There was the time when Lucy vomited, followed by an evening of tears after the choir party. She had also eaten more than

a lady-like portion of ice cream.

And her parents wondered if her recent low-level discontent might be related to the larger cream share to which they had recently committed with their farmer.

Diane knew that if she took Lucy to a conventional doctor, the “solution” would likely be antidepressants or synthetic hormones or both.

Yeah, *right*!

She had a friend from church who had learned some homeopathy, and without revealing the full extent of Lucy’s histrionics, she asked her friend for some direction.

The friend thought that [Pulsatilla](#) might suit Lucy because it was a remedy that is chosen for girls, in particular, who have a craving for and detrimental reaction to dairy products. It is also used for adolescents who can be demanding and petulant around hormonal shifts.

This was perplexing to Diane, particularly as she thought that raw milk products were wholesome.

Well, of course, they are! But Lucy needed a little homeopathic nudge to allow her body to utilize dairy foods correctly.

Diane ordered [Pulsatilla 200,](#) and Lucy began taking one dose every three days for weeks. The improvement began within the first month when Lucy’s menses wasn’t painful for the first time in years. Her family also noted that she wasn’t prickly around the usual time.

She had obligingly committed to abstinence from ice cream for a few weeks but admitted that she had succumbed in the last days after cheerleader tryouts and had a hot fudge sundae after not making the squad.

The fact that no one in the family knew about it was a testimony to her increased ability to tolerate both dairy and disappointments.

Months later Lucy subversively bought a quart of maple walnut ice cream (her favorite) and ate it over a period of days, again, without consequence.

No belly aches, no tantrums.

It has been nearly a year since Lucy took her remedy, and except for one outburst after a school friend shunned her, she's been symptom-free, ice cream-saturated and rather content.

Pulsatilla 200 will mitigate sufferings, often regardless of previous dairy allergies, and free the sufferer from food abstinence.

One of my secret goals is to allow everyone to be able to eat at McDonald's. It means they can tolerate even additive-laden foods without consequence.

Top-quality food as daily fare plus a well-chosen homeopathic remedy equals well-adjusted children.

These are the promises of a hormonally and gut-balanced childhood that make parenting a wee bit easier during critical maturation years.

Pulsatilla isn't the only medicine to right the wrongs of dairy intolerances. Others might have been considered, such as [*Aethusa*](#), [*Bovista*](#), [*Lycopodium*](#) and [*Tuberculinum*](#). But the fact that Lucy was largely hormonal made the choice an easier one. Should you be interested in learning how to treat your family yourself for dairy intolerances, feel free to read more here [*Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind*](#).

It is no longer necessary to undertake years of classroom study and countless hours of clinical practice for you to master a health strategy that is both safe and effective in treating CHRONIC and ACUTE GUT ISSUES. I am swinging open the doors to reveal a proven system I have used in raising my kids ... literally taking your hand in mine to show you my methods and answer your questions. Find out more about my most popular course: ***Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind***: <http://courses.joettecalabrese.com/goodgutbadgut>