

Head Injury: There's More Than 1 Way to Look at a Picture

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If you've followed me for any time at all, you know my mission is to demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all. That's *Practical Homeopathy®*, my friends.

However, homeopathy is such a deep and robust medical paradigm that there is often more than one way to look at a picture. I mean, let's face it: If the homeopathic remedy choices were minimal, our repertories wouldn't be over 2,500 pages long (and small print at that)!

Common remedy considerations for a head injury

Such is the case with head injuries. Of course, if it's severe, we're going to seek professional care. But for a bump on the noggin' when my kids were little, I had always used *Arnica montana*. (You can read more about its use for this purpose in [Powerful *Arnica montana*: Widespread Utilization of Our #1 Homeopathic Medicine is Increasing.](#)) I still think that's appropriate.

In certain situations, I might also consider *Nat sulph*, just as a matter of course right after the incident (because no specific symptoms are presenting yet, as it just occurred). Once symptoms set in, if there were vomiting or bleeding or another specific symptom on the way to the hospital, then I would use the remedies specific for that condition.

Having said that, however, the Banerjis often used *Cuprum metallicum* for head injuries – another way to look at the picture.

I had not used *Cuprum* in this fashion in the past unless *Cuprum* symptoms were noted. While I knew it was a remedy that could be considered, the fact that the Banerjis used it almost immediately was an interesting way to look at it.

Indeed, outside of a tried-and-true protocol, there is more than one way to turn the kaleidoscope.

Contradictions or simply options?

Someone recently commented on a blog post that I had given contradictory information. My friends, this is not contradictory; I'm giving you options. If you think there is only one remedy for a condition such as a head injury – it can *only* be *Arnica* or can *only* be *Nat sulph* – you'd be missing out on the wealth of assistance homeopathy provides.

Wouldn't it be a shame if the particular medicine chosen was inappropriate at that moment in time, and you didn't know

there were other very important options?

There is more than one way to look at a picture in the allopathic world as well. If someone unfamiliar with homeopathy had a headache, they could take aspirin. They could take Tylenol. They could take Advil. They could take Aleve. They could take Excedrin Migraine. There are many choices.

I want so much to simplify homeopathy as best I can, but I do want my students to be fully aware that we are dealing with pathologies. There are circumstances in which we make choices. There are circumstances in which we pivot.

In my effort to make homeopathy as easy and *practical* as possible, we cannot expect every choice to be extremely simple. Sometimes, we have to put a little work into our choices by scouring our *materia medica* on several potential homeopathic medicines before we decide.

***Cuprum metallicum* for a head injury**

So, *without* contradicting what I've said in the past, for head injuries there is another option: [*Cuprum metallicum* 200](#), initially used as an SOS as needed according to severity, while on the way to the hospital. (Only you can determine whether or not you're comfortable doing without the hospital. That's your decision. I'm not there with you, and I'm not an MD.)

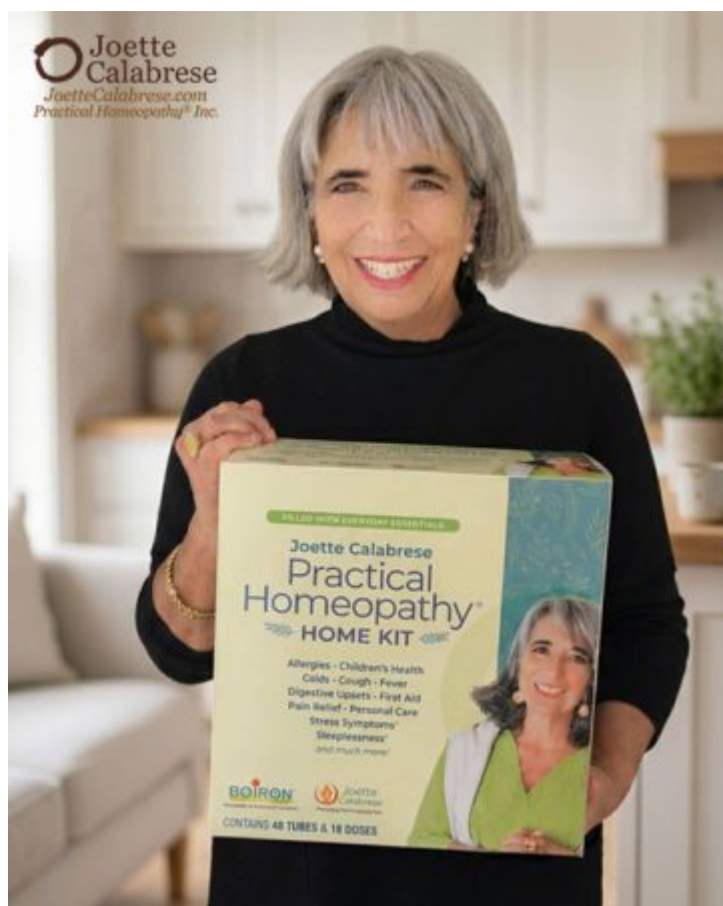
I've discussed *Cuprum metallicum* 6 for spasms in a previous blog post, [*Cuprum vs. Spasms*](#). So, is it a contradiction that I'm now discussing *Cuprum* 200 here? No. It's a different way to look at the picture of *Cuprum*.

For spasms, the sixth potency is historically shown to be effective. For head injuries, the Banerjis often used 200.

Could a sufferer also use *Cuprum* 200 for spasms? Well, I suppose they could, if they deem it's appropriate. But for the

best results, it's generally best to stick to the potencies noted by clinical experience.

Own the medicines your family may need



I'm happy to tell you that *Cuprum metallicum* 200 is included in Boiron's newly released [Joette Calabrese Practical Homeopathy® Home Kit](https://www.joettecalabrese.com/practical-homeopathy-home-kit).

Obviously, we couldn't include every remedy in every potency, so by working closely with Boiron – world leader in homeopathic medicines – we were able to create a special homeopathic kit for everyday family care.

This isn't just "another kit." It's the one I designed from my experience as a busy mom, grandmother, and homeopath. It contains the medicines I turn to most often, organized so you can find what you need quickly when it matters. Because at the heart of Practical Homeopathy® is one powerful idea: Be prepared for any eventuality.

One last note: Before you rush to the comment section to ask why the *Cuprum* in my kit is a 200CK (rather than just a 200C), let me refer you to the blog post [C, CH or CK? The Answer Revealed](#). You'll find the answer right there.

If you enjoy this content, please share it. Also check out my [podcasts](#), [Monday Night Lives](#), and connect with me on [YouTube](#), [Instagram](#) and [Facebook](#). Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to be 'J. Allen', with a large, stylized loop at the beginning.

P.S. Tired of dreading the dentist's chair – that knot in your stomach when the dental appointment looms? Or watching a little one struggle through teething pain and feeling that you have no gentle options?

I invite you to an evening I'm calling "Beyond the Drill and Quick Fixes: The Homeopathic Smile Revolution."

In this special National Center for Homeopathy webinar, I'll share the Practical Homeopathy® protocols I've used for years – clear, reproducible methods that give families real tools beyond conventional approaches.



Join me on **Wednesday, August 19, 2026, at 7:00 p.m. EDT / 4:00 p.m. PDT** for an evening of real-world protocols, simple strategies, and a Q&A where your questions are welcome. Perfect for mothers, grandmothers, and anyone seeking clean, effective ways to support dental health.

Register here for this special event, sponsored by Boiron, a trusted name in homeopathic medicines: <https://homeopathycenter.org/free-homeopathy-webinars/>

This live webinar is FREE and open to everyone, but you must register now and arrive early, as space is limited for the live presentation. If you can't make it live, a recording will be made available on the NCH website to watch later, but you must register to receive that information.

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the advice of a holistic physician is in order.
Claims based on traditional homeopathic practice, not accepted
medical evidence. Not FDA evaluated.