

Baseballs and Black Eyes



Summer and baseball! Don't you just love this season?

Just about a year ago, I attended a Cleveland Indians baseball game and had the best time (as you can tell from my face in the photo). But we were sitting safely tucked away from where any errant baseballs could pose a hazard.

However, kids throwing the ball around the yard are not quite as safely removed from projectiles! I wonder if there

are any statistics on how many wayward balls have plonked their way into kids' eye orbits? I'm guessing quite a few.

Any blunt force trauma to the eye orbit – like a ball hitting the face – is almost assuredly going to cause some measure of bruising. But even without serious injury, no one enjoys sporting a black eye. So, what should we have on hand to help address the discomfort of bruising from a blow to the periorbital area?

This is not a Banerji Protocol, but in my Academy of Practical Homeopathy®, I teach students the efficacy of utilizing [*Ledum palustre* 200](#), twice a day until the black eye is very much better. If there is accompanying pain within the eyeball itself, then [*Symphytum officinale* 200](#), twice daily, may also be necessary.

This combination is most often a home run!

In my podcast, [My Sewing Machine Attacked Me](#), you'll find that I mention *Ledum* is great for a "shiner" anytime there's black and blue around the eye. And I also share a few more tips about eye injuries.

However, be aware that *Ledum* is not necessarily for EVERY ecchymosis. It is specific to bruising of the area around the eye. In next week's blog post, I'll address bruising in general – bruising in other parts of the body.

Until then, as they say in baseball practice, "Keep your eye on the ball!" (Just not literally, please. Ouch!)

And don't forget to pass on the good news of homeopathy.

Warmly,

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

P.S. Want to enjoy your own private portal from which to watch my Facebook Live presentations every Monday night at 8 p.m. Eastern – *without* having a Facebook account? Join [my Mighty Members](#) today!

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