

Emergency Remedy Series: Keep Calm! (Cold Calm, That Is.)



Ahhhhhh, fall.

Children are back in school, temperatures are cooling, leaves are turning, football referee's whistles are blowing,

pumpkins are appearing ... and cold season strikes.

There's always something to spoil the fun, isn't there?

During this cold season, my advice to you is just as the famous British signs say, "KEEP CALM!" And by that, I mean, [ColdCalm®](#) – the last entry in my Emergency Remedy Series.

Even though not technically an "emergency," sometimes a simple cold can feel like the worst thing that can possibly happen – interrupting plans and spreading through the family like wildfire. You need to be armed to fight back against the sneak attack of a cold virus.

Colds are infamous for striking when we travel as well. One of my team members just vacationed overseas for a couple of weeks. She told me the very first things she packed in her suitcase were underwear, socks, and ColdCalm® – in fact, lots and lots of ColdCalm®. She made sure she brought enough for everyone traveling with her.

She said, "As my first-grade teacher told me, 'Don't bring anything to class unless you brought enough for everyone!' I guess I never forgot that. Plus, I know I wouldn't be able to watch my friends suffer from sniffles and coughs, knowing I had brought a remedy that could help them. I'd have to share, so I had to bring plenty. (Although, I did worry the customs officials would think I was planning to open a homeopathy store!)"

As you can tell, she swears by ColdCalm®. Simply follow the instructions on the box, and I bet you will become a devotee as well.

And while you have the box in your hand, *read the ingredients!!!*

In general, we are accustomed to reading ingredients to look for something nefarious trying to sneak its way in.

However, in this case, we read the ingredients with a different goal in mind: to learn *more* about homeopathy! Boiron has listed each homeopathic remedy contained in ColdCalm®, along with the aspect of the common cold they address.

You can easily pinpoint which medicine successfully uprooted the cause behind your most prevalent symptom, and perhaps purchase that single remedy to have on hand for the next time you suffer from that specific symptom. What a tremendous way to learn more about homeopathy!

(And don't forget, if you order directly from [Boiron's website](#), you'll receive 20% off your order for using the discount code "joette" at checkout.)

So, "Keep Calm!" Keep ColdCalm® in your first aid kit so you know exactly where it is when you need it.

And, just as my team member did, remember to keep enough for those around you as well. ColdCalm® and combination remedies, in general, are an easily accessible, effective method you can employ to introduce your friends and loved ones to homeopathy.

Combination remedies are more readily available, conveniently packaged and, most importantly, they work!

What better way to pass on the good news of homeopathy?

Warmly,



P.S. As you read the ingredients list on the ColdCalm® box, why not take the opportunity to look up each listed remedy in a *materia medica*. I have written [*A Materia Medica: Practical Homeopathy® for Busy Families*](#) in my straightforward language to help you easily remember the keynotes of each of the most important remedies.

Students have enthusiastically adopted it as one of their favorite go-to resources in their homeopathy libraries. I hope you'll consider adding it to your library as well.

P.P.S. If you're looking for the previously published posts in my Emergency Remedy Series, here are the links for your convenience.

[*Aconitum napellus*](#) (Shocking events)

[*Arnica montana*](#) (Fatigue)

[*Rhus toxicodendron*](#) (Delayed onset neck pain and headache)

[*Pyrogenium*](#) (Sepsis)

[*Ledum, Apis, Arsenicum album*](#) (Bites and itching)

[*Aconitum napellus*](#) (Eye injuries)

[*Hypericum perforatum*](#) (injury to nerve-rich areas)

[*Arsenicum album*](#) (food poisoning)

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