

The Tragic Floods in Texas: How Practical Homeopathy® Can Help.



When natural disasters strike, individuals, families, entire communities and even loved ones in distant locales can be left reeling. The tragic news out of Texas after the recent floods has been gut-wrenching.

As the victims' families grieve incalculable loss, they must also work to rebuild their homes and infrastructures. It's almost too much to imagine.

Practical Homeopathy® offers medicines that can both help bolster survivors and address common conditions experienced after flooding of this magnitude.

Emotional Shock after the Texas Floods

Sadly, this is not the first natural disaster I have written about, and no doubt, it won't be the last. Such is our journey through life on this planet.

However, in the throes of recovery, most folks don't have time to scour the internet for information through search engines. So, my friends, let me provide as much information as possible, along with links to related blog posts that are worthy of sharing with those affected.

Some natural disasters (such as hurricanes) are more slow-moving, impending disasters. However, a flash flood is fast – BAM! One moment, everything is fine; the next moment presents an instantaneous life-altering event.

Quick-onset emotional shocks, such as were undoubtedly experienced in this recent event, can be a call for [*Aconitum napellus* 200C](#), twice daily, for a few days.

Even survivors who were not directly affected by the rising water can suffer from this type of emotional shock. When our friends and community are upended in tragedy, we can be deeply affected. *Aconite* is helpful for direct and indirect shock.

Grief, Loss and Overwhelm

The sheer number of families suffering losses of life is staggering. The grief felt in these communities must be palpable.

As always for grief, we consider [*Ignatia amara* 200C](#), twice daily, until very much better.

Ignatia 200 may also be of use for those feeling completely overwhelmed, which is likely the case for many right now.

More Emotional Relief With Practical Homeopathy®

I discussed emotional recovery more extensively after last

summer's destructive hurricanes. Refer to my blog, [Practical Homeopathy® for Angst and Anxiety in the Aftermath of Hurricane Helene](#), for more information on slower-onset anxiety and depression.



Don't Forget the Pets and Livestock

As I've said before, there is no speciesism in homeopathy. If a sufferer in your family is a dog, cat, horse, cow, chicken, camel or platypus, homeopathy works.

Pets are sensitive to their environments and our emotions. If they are experiencing emotional trauma after this event, by all means, consider addressing their conditions in the same way you might address a human sufferer (whether elderly, middle-aged, teen or toddler).

Skin Disorders From Dirty Flood Waters

Flood waters are notoriously contaminated. Runoff from fertilizers, oil from roads, chemical leaks, household waste and sewage are just some of the dangers floods may present. Detritus from collapsed bridges and homes may also send wood, metal and nails down rivers of water at alarming speeds.

Should one experience breaks in the skin, the dirty water produces a unique opportunity for cuts and scrapes to develop

into something more serious. [Calendula MT](#) (mother tincture) is a highly desirable topical solution for those skin issues.

If topical *Calendula* MT is unavailable, one may alternatively consider homeopathically potentized [Calendula in a 30 or 200](#), generally utilized twice daily, until very much better.

Should a skin infection develop (such as a boil or other nasty infection), then [Hepar sulphuris calcareum \(Hepar sulph\) 30 or 200](#) may be appropriate twice daily or more frequently (according to severity), until very much better.

Other Waterborne Infections

Contaminated flood waters can also result in infections in the [ears \(otitis media\)](#) or the [eyes \(conjunctivitis\)](#). Click on these links to read more specifics on those conditions.

Resulting Complications From Floods

As we all know, standing water is an engraved invitation to mosquitoes, themselves bearers of additional discomfort and even disease. If you are concerned about the possibility of mosquito infestations in your vicinity, I encourage you to read [Stop Biting Me! Preventing Annoying Mosquito Bites with Homeopathy](#).



The Cleanup: Mold and Allergies

Should your home have been affected by the water, no doubt you are actively engaged in mitigating the potential for further damage. However, during that process, one can be exposed to mold and mildew. For some, mold is an annoyance. For others, it can create a significant health problem. My previous post, [Water Damage and the Worry of Mold](#), highlights several homeopathic medicines that can help.

My friends, disasters can be ravaging. I hope you will pass on the good news of homeopathy to anyone you know who is suffering. Our thoughts and prayers are with them!

Warmly,



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