

A Breast Biopsy Story: 'To Everything There Is a Season'



Whether you have drawn your philosophy from the Bible or from The Byrds' 1965 song, the message is the same.

Both Ecclesiastes 3:1-8 and "Turn, Turn, Turn" reflect:

"To everything there is a season,
A time for every purpose under heaven:
A time to be born,
And a time to die;
A time to plant,
And a time to pluck what is planted;
A time to kill,

And a time to heal; ...”

And there is a time for conventional medical procedures.

A student and friend (we’ll call her Tammy) recently contacted me about discovering a lump in her breast.

Now, we can’t tell whether a lump is benign or malignant by the way it feels to the touch. We don’t have X-ray vision, so we can’t examine the tissue beneath the skin. When we feel something is wrong – a pathology exists – a diagnosis is warranted.

My friend, that’s where conventional medicine can shine: diagnostics.

A wise conventional doctor in California (the same one who carried *Arnica montana* in his scrubs’ pocket) once said, “Simply seeing a doctor for a diagnosis doesn’t mean you’re committing to following all their subsequent recommendations. Getting a diagnosis is often the only way to get the facts you need to make informed decisions.”

Indeed, there’s a season for everything.

Choose your doctors well

I was lucky when I was younger. If I had a medical issue, I was able to go to my cousins who were doctors. They’re gone now, but if I had something wrong, I counted on their honest and candid opinions. With me, they didn’t have to worry about protecting themselves legally as most doctors must in our litigious society.

If something similar were wrong with me now, I would choose a nice, old, gray-haired OB-GYN who has palpated so many breasts that they would say, “I don’t know. It doesn’t seem like we should get overly upset about this. On the other hand, when these show up, it’s a good idea to have them checked.”

That's what we're looking for: a doctor who has the experience and ability to communicate without fearmongering. I like the old gray-haired doctors who are almost on their way out the door. They've seen it all, and they don't overreact.

Homeopathy works in tandem with conventional medicine

So, without surrendering her healthcare autonomy, Tammy approached her doctor with one goal: to find out what she was dealing with.

After a diagnostic mammogram and a follow-up ultrasound, the medical team still couldn't completely rule out a malignancy. Tammy agreed that the only way to identify the lump – for sure – was to submit to a needle core biopsy.

Test after test after test. That's a lot for a breast to go through in short order.

So, what did Tammy do homeopathically to bolster her body's ability to recover quickly from the procedures?

We spoke the week after the biopsy. Tammy wanted to confirm she had chosen the correct homeopathic medicines she learned about through her reading on my free blog.

***Arnica montana* 200**

Tammy reported to me, "After the biopsy, I took *Arnica* ... just because, well, it's *Arnica*."

Good choice. *Arnica* is known to reduce post-op swelling and bruising. That's why so many plastic surgeons have given the product [SinEcch™](#) (a brand of *Arnica*) to their patients for years. (I wrote more about this in [Is Homeopathy Safe with Allopathic Medicines?](#))

***Staphysagria* 200**

Tammy also chose *Staphysagria* 200 because there was a small incision.

Yes, as the name implies, the biopsy is performed with a needle, but a small incision is initially made to allow the large needle to be easily inserted.

Tammy learned the premier homeopathic medicine for pain from a clean-cut incision in my blog post, [Surgery? S is for Staphysagria](#).

Good choice again. (I'll cover one more reason that *Staphysagria* was a good consideration in next week's Memo to Mighty Members #330.)

***Bellis perennis* 200**

Tammy added one more homeopathic medicine to her schedule after the biopsy because the affected breast was understandably sore and, as she put it, "cranky."

Immediately after the procedure, she utilized [Bellis perennis 200](#) every few hours, reducing the frequency as improvement ensued until, on the third day, she only felt the need to use it twice.



Why *Bellis perennis*? It's right there on the Boiron tube: "Relieves post-traumatic breast pain*."

It's also detailed in my blog post, [Breast Pain: When Even Hugs Hurt](#).

Ding, ding, ding, ding!! Tammy, this was a stellar choice.

She agreed. Tammy reported that after using these three homeopathic medicines, she experienced no pain at all. Nothing. Zero. Zilch. Plus, there was barely any bruising, and the incision healed in no time.

Tammy proved once again that when conventional medical procedures are needed, homeopathy can be an effective adjunct.

Oh, and I suppose this is what those in the news business call “burying the lede,” but the good news is that Tammy’s biopsy came back clear. No malignancy.

Indeed, “to everything there is a season.”

Tammy’s education made all the difference

If just a little education – from reading my free blogs and listening to my free podcasts and Monday Night Lives – could help Tammy choose the remedies her body needed, imagine what is possible with a *lot* of education.

My topic-specific [Protocol Courses](#) are a great step for those with just a few health concerns.

Even better, [The Academy of Practical Homeopathy®](#) provides study of the repertory and *materia medica*, a deep understanding of case management, teaches how to pivot if the first choice doesn’t act, and provides protocols, protocols, protocols.

As a graduate of The Academy – a Practical Homeopath® – you’ll be ready for almost anything.

Pass on the good news of Practical Homeopathy®!

Warmly,

Joette

P.S. 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](#).



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Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.