

1. Smoke: How to Antidote Poisonous Toxins With Homeopathy Series



At least we don't live in the mid-20th century. Exposure to second-hand cigarette smoke was practically unavoidable, especially in the 1940s through the 1970s. I remember.

Imagine being in a commercial aircraft – a tube of communal air – with people smoking all around you. I remember. <cough, cough>

Imagine being in a restaurant with cigarette smoke wafting over the back of your booth, right over your food as you ate. I remember. <gag, gag>

First things first.

This week, we continue my ongoing series, “How to Antidote Poisonous Toxins With Homeopathy.” If you missed the introductory post last week:



[First, read the introduction and background information I previously provided before proceeding to the rest of this series.](#)

Why? Understanding the methodology behind utilizing homeopathy to antidote a poison or toxin is equally important as knowing which condition-specific homeopathic medicine to consider. No shortcuts!

Cigarette smoke. Blech.

Even though we have more opportunities today for avoidance, any discussion of noxious inhalants must include the issue of cigarette smoke as number one on our list.

Some folks are highly sensitive to cigarette smoke. It can cause watery eyes, runny nose, chest congestion, difficulty breathing, coughing or trigger an asthma attack.

For those who find themselves in a smoke-filled environment (think Southeast Asia, the Balkans, France, Chile or even

grandpa's den), a dose of [Natrum muriaticum 6X](#) every few minutes, until very much better, will often protect from respiratory discomfort.



Smoke is smoke is smoke.

I've also written about *Nat mur* 6X for aggravations from smoke previously in [The Best 4th of July Remedy](#). Nearly every 4th of July when our children were young, we'd gather with hundreds of others to enjoy the local fireworks display. Because of the tight space for each blanket or chair on the vast lawn, inevitably, someone would be smoking upwind of us.

A few doses of *Nat mur* in a bottle of water sipped regularly did the job of making the smoke more tolerable for my entire family.

Lest we forget that, in homeopathy, there is often more than one way to skin an eggplant. I also mentioned alternative homeopathic medicines for those affected by large-scale, catastrophic fires in [Where There's Smoke There's Fire](#).

However, *Nat mur* 6X has been successful for my family in smoke-filled situations. It should be part of your well-

curated homeopathy kit for the next time you need to antidote this noxious toxin.

If you're trying to encourage a smoker to quit, you might refer them to [Get Ready, Get Set ... STOP Smoking!](#) While we have the confidence of knowing homeopathy is available to help antidote the effects of cigarette smoke, there's nothing more healthful for everyone involved than cutting off the toxin at the source!

Pass on the good news of Practical Homeopathy®!

Warmly,

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

P.S. While we're on this topic, I'll also give my [Mighty Members](#) another use for *Nat mur* 6X that might surprise you. It's an issue that impacts many families when they eat out.

What? You're not yet one of my Mighty Members? Do you realize you have missed out on almost 250 extra weekly blog posts? Yes, each week in my exclusive Memos to Mighty Members, I discuss something either more complex or more personal than I am willing to broach in a public forum. I also provide them with a searchable database of all the previous Memos as an ongoing reference. Plus, I often cover topics that my members specifically request.

There's so much more to a Mighty membership that I can't even describe it all here. Why not [check it out for yourself?](#)



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

*Fill out the form below to
download your remedy card*

02.23.25 1. Smoke: How to Antidote Poisonous Toxins With Homeopathy

First Name *

Last Name *

Email *

Confirm Email *

Captcha

Submit

If you are human, leave this field blank.

Δ