

# 3 Homeopathic Remedies for Mastitis

Many students and clients call me regarding this oft-debilitating infection that can interfere with the nutrition of the baby and the well-being of the mom.



The efficacy of homeopathy for mastitis is well documented in medical *materia medicas* and repertories. As long as the correct remedy is chosen, it works every time and has done so for more than 200 years.

In fact, when a woman had mastitis in 1798, she likely chose one of the remedies below, just like today's modern mom.

Yes, the very same remedies that worked then, work today. Not unlike traditional foods, real medicine transcends centuries. No chemical tinkering, no shenanigans from the pharmaceutical industry. Just simple, safe and efficacious. Here are three main remedies to consider for mastitis.

1. ***Belladonna* 30**
2. ***Phytolacca* 30**
3. ***Hepar sulph* 6**

[Belladonna](#) is the remedy to think of when the breast is very red, hot, deeply **painful** (particularly when mom is jarred) and swollen. It can even be shiny from swelling. It may be accompanied by fever as well. This is what we call a *Belladonna* picture.

If this fits the description, *Belladonna* 30 is taken every 3-5 hours (4 pills or whatever is considered a dose on the bottle). As with most homeopathic remedies for acute situations, the remedy is stopped as soon as **significant**

improvement is seen.

If no improvement is noted after 5 doses, it's time to consider another remedy. If the symptoms are not as angry and extreme, then *Phytolacca* 30 is likely the right choice. [\*Phytolacca\*](#) would be used in the same fashion as above.



That [\*is\*](#), every 3-4 hours until improvement.

Again, it should be noted that once the remedy has acted fully, it should be stopped.

Regardless of the symptoms, [\*Hepar sulph 6\*](#) has a history of aiding the healing of mastitis if integrated into the schedule of either of the two other remedies twice daily.

That means it would be taken every 3-4 hours but on the off hours from the other single chosen remedy.

Not only has this method been shown to address even the most painful of breast infections, but it may also uproot the propensity for another infection to ensue.

But, if one does, you're set, because you have your strategy in place.

Homeopathic remedies used in this fashion are safe for mom and baby, inexpensive, easy to take and keeps moms off antibiotics and other undesirables.

## Your Takeaway

You can treat yourself. The ability to heal yourself and your family is a tradition that is as old as motherhood itself.

I hold that the ultimate female privilege is to become a mother, and our built-in sense of duty should be accepted as powerful and palpable.

Join me in linking arms across the globe. One mother bonded to another in defense of our motherly right to raise our families in the fashion *we* deem decent.

No foods of commerce, no drugs of commerce, parent-driven child-rearing.

That means just plain horse sense and homeopathy.

Please share this with mothers and grandmothers.

Image Credits: *Phytolacca* 30  
<http://www.boironusa.com> Photograph: one of my wonderful staff member's new baby.