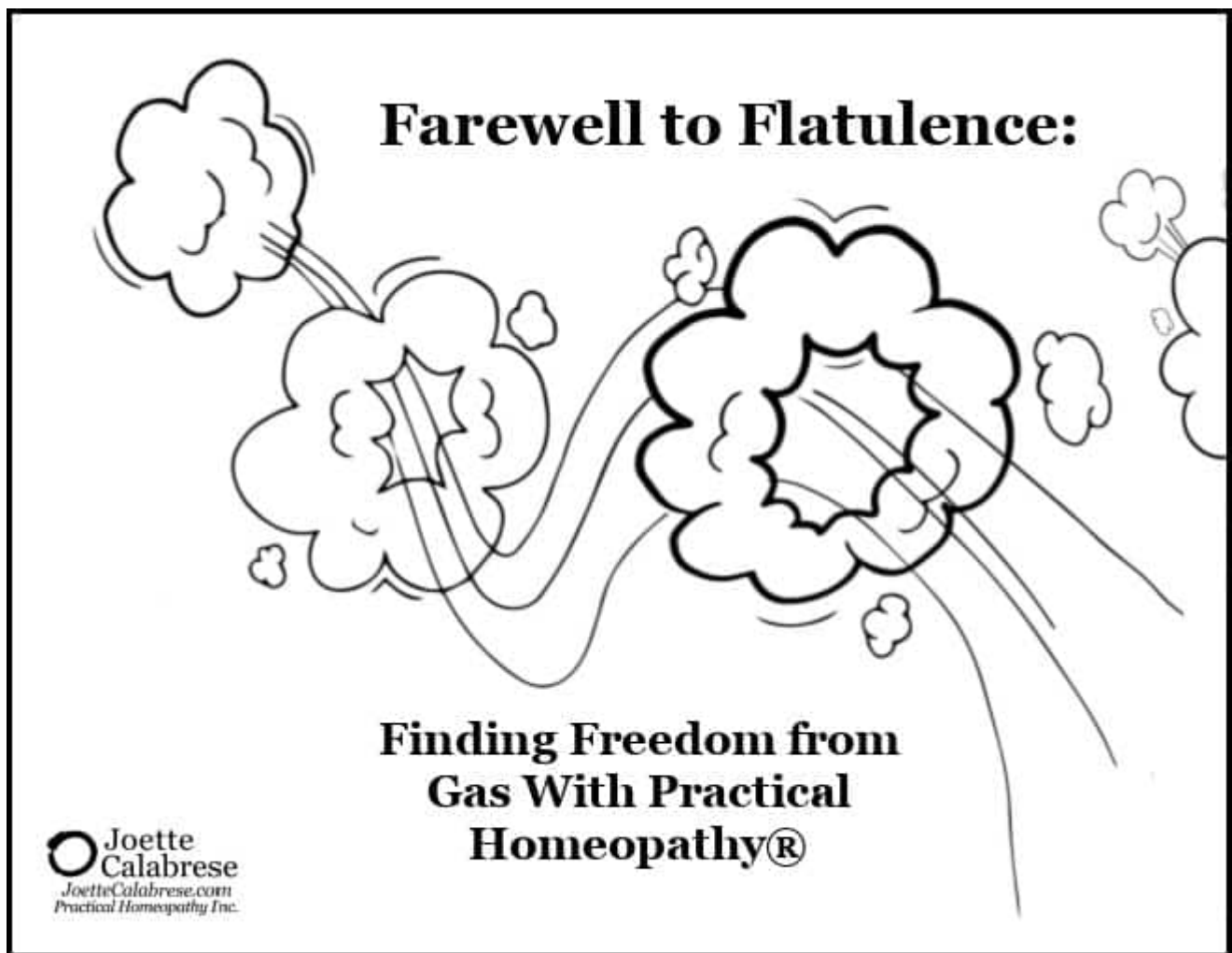


Farewell to Flatulence: Finding Freedom from Gas With Practical Homeopathy®



Some conditions cause us pain or suffering. Other conditions cause suffering all around us, frankly, while we get off almost Scot-free. Such, perhaps, is the case with flatulence.

How did I land on such an uncomfortable topic for this week's blog?

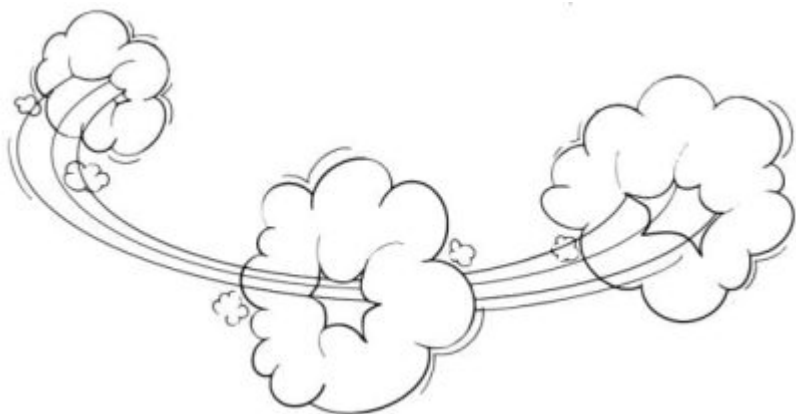
Bowel Incontinence

A Mighty Member recently requested more education on bowel

incontinence. However, I've written about that condition before. Perhaps it didn't stand out because the example I used was my family's dog.

That leads us to an excellent teaching moment. Remember: Homeopathy is not species-specific. Practical Homeopathy®, in which conditions are matched with the most clinically proven medicines, applies equally to all: young, old and in-between, human, pup or even an emu.

If bowel incontinence is an issue, read more about how homeopathy can help in [Buster and the Bow-Wow-Wowel Urgency](#).



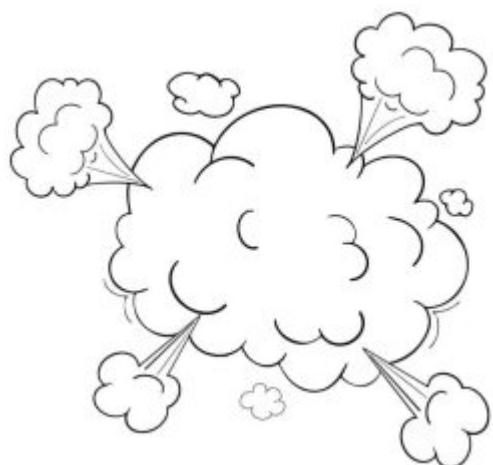
Flatulence

However, if flatulence is a concern, stay right here. You're in the right place.

Almost nothing is more embarrassing than an inopportune passage of gas – or flatus, as it is medically termed. Indeed, nothing can ruin your yoga class more quickly. Nothing can make a car ride seem quite so endless. And nothing can inspire kids' giggles and finger-pointing more than an awkward accident.

When we look up rectal flatus in a comprehensive repertory (such as [Robin Murphy's "MetaRepertory, Fourth Edition,"](#) which is what my [Academy](#) students use), we find roughly 400 or so remedies from which to choose. Goodness! That doesn't help us narrow it down quickly in an emergency.

So, let's break it down to one of the most common times when flatulence can be a problem: that is, after eating.



***Aloe 30* for flatus that occurs after eating**

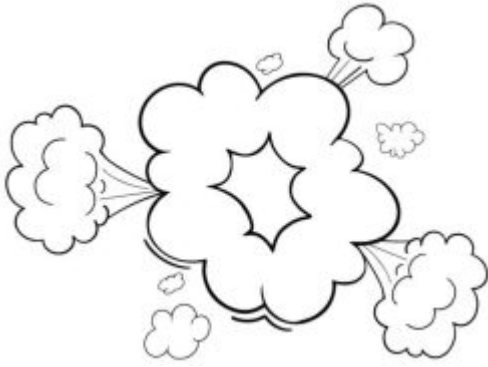
This is not a protocol, however, a historically proven homeopathic medicine for flatulence after eating – and the most emphasized medicine in the repertory for this specific rubric – is homeopathic [*Aloe 30*](#), twice daily.

Oh. What is a “rubric,” you ask? A rubric in a homeopathic repertory is simply a symptom that includes more details, such as triggers, timing, and different facets of the symptom. Rubrics in a homeopathic repertory can be quite specific.

For instance, if the flatus is loud, it confirms that *Aloe* would be the first medicine to consider. If it's offensive, then *Aloe* is even more likely the correct choice.

However, if after a few days *Aloe* hasn't resulted in any improvement whatsoever, it would be prudent to halt its use and return to the repertory to pivot to a different remedy. (After all, there are about 399 others to consider.)

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](#).



Do certain foods aggravate the condition?

Perhaps eating only certain foods causes flatus? If so, you might want to incorporate that information into your decision.

In the repertory, under rectal flatus, I don't see many specific foods listed. But that would not deter those of us who study homeopathy. We wouldn't stop there.

For instance, if passing gas occurs only after ingesting wheat, we would look up ailments from wheat in the repertory and then consolidate the two rubrics to find the tightest-fitting medicine.

Indeed, using the repertory confidently is what my students in [The Academy of Practical Homeopathy®](#) and Mastery learn – in depth – for situations in which we don't have a proven protocol.

Armed with this information, I'm hopeful the only thing you'll "pass" is the good news of Practical Homeopathy®!

Warmly,

P.S. Not quite ready to join my Academy? Get started on the pathway to health freedom through the [Gateway to Practical Homeopathy®: A Guided Study Group Curriculum](#). Join with other curious, like-minded students to discover the basics of homeopathy, along with many of the homeopathic medicines most commonly needed by individuals and families alike.

In only a few weeks, this foundational education will set you up for a lifetime of independence from the conveyor belt of conventional pharmaceuticals ... all for less than the cost of a nice restaurant dinner.

Join the over 20,000 Gateway students who have preceded you in creating health care autonomy for themselves and their loved ones.



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

3-8-26 Farewell to Flatulence: Finding Freedom from Gas With Practic

First Name *

Last Name *

Email *

Confirm Email *

Captcha

Submit

If you are human, leave this field blank.

Δ

