

Cuprum vs. Spasms



I've written about *Cuprum metallicum* before. So, perhaps you remember its history of usefulness for [restless legs](#), [strabismus](#) or [colic](#). But today, I want to stress *Cuprum*'s ability to address spasms.

Muscle spasms? ✓☐

Spasms and cramps of any muscles (legs, hands, back, neck, etc.) may be addressed with [Cuprum metallicum 6](#), twice daily, until the condition is very much better.

Facial tics and twitches? ✓☐

Yes, even that annoying eye twitch that we all get from time to time. Generally, these conditions are self-limiting (meaning they'll go away of their own accord, given enough time). But as a neurological remedy, *Cuprum* has been shown

to address the spasmodic nature of facial tics and twitches. It may be a choice to employ *Cuprum* twice daily, until the condition is very much better.

Spasms in the abdomen? ✓□

The stomach muscles perform many tasks, from keeping your organs neatly in place to supporting your body in motion. But the various muscles in the abdomen can experience painful spasms sometimes, signaling a need to contemplate *Cuprum*.

In fact, while we often initially think of *Ipecac* for vomiting, *Cuprum* is great for vomiting accompanied by spasms of any sort.

Whether the act of vomiting itself is spasmodic or the abdomen and stomach muscles are spasming during the sickness, *Cuprum* may likely be a tighter fit than *Ipecac*. If the sufferer is even experiencing concomitant spasms in unrelated areas (legs, hands or back) while vomiting, those symptoms are a call to consider [*Cuprum metallicum 6*](#), as needed, until the condition is very much better.

Paroxysms of coughs? ✓□

Indeed, everyone has experienced a coughing jag. “Cough, cough, cough, cough – GASP – cough, cough, cough, cough.” You know the drill.

For spasmodic coughing fits that result in breathlessness or feel like an attack of suffocation, once again, homeopathy’s spasm medicine, [*Cuprum metallicum 6*](#), may be just the ticket to regaining equilibrium. It’s worth a thought!

So, we’ve discussed several usages of the 6th potency here. However, in my practice, clients with frozen shoulder have reported success by utilizing *Cuprum* in the 200th potency. Consequently, I’d say no well-curated homeopathic kit should

be without *Cuprum metallicum* in several potencies.

And my friends, in this coming week's Memo to Mighty Members, I will share a fantastic organizational system for homeopathic medicines. Organizational tips are just one of the things we share in our private enclave, along with additional information on medicines, current events, homeopathic research, recipes, success stories, and the list goes on. Don't miss out! Join my [Mighty Members](#) today!

And pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. Speaking of stomach spasms and vomiting, our guts are much more critical to our overall well-being than we realize. So many conditions – both physical and emotional – stem from gut dysfunction.

Many may not realize that homeopathy can be the needle-mover to bring the gut back to its optimal health ... undoing years of antibiotic use and poor eating habits.

I created my course [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#) to provide concrete solutions – solutions drawn from my almost 40 years of practice dealing with the gut and gut/psychology connections.

Intrigued? I encourage you to download this [free infographic](#) to show you that effective, polite homeopathic protocols (with reproducible results) *do* exist.

And if you need two more reasons to stay engaged on your journey to health autonomy, join my [Mighties](#) and qualify for an immediate 10% discount on all my courses or become a Gatewayer in a [Gateway to Practical Homeopathy Guided Study Group](#).

If you join in a Gateway group purchase, you'll receive a 30% discount! Once you are Gatewayer, all the details are provided. I can't think of a better way to spend the cool nights ahead in front of the fire.



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