

Lumps and Bumps: Homeopathy for Thyroid Nodules (Warts and Moles, too)



The road of life may hold a few lumps and bumps along the way. Unfortunately, I can't help you there. But if lumps appear in the thyroid gland or bumps emerge on the skin, I've got a secret weapon.

Before I go further, I want to add a caveat. In Practical Homeopathy®, we address pathologies, not minor annoyances. Benign thyroid nodules are lumps caused by abnormal growth of thyroid cells. These benign nodules are super-common and generally don't need to be treated. So, simply receiving a diagnosis does not necessarily require immediate action, as

there is no reason to assume that they will become dangerous.

However, occasionally, thyroid nodules can become obstructive or uncomfortable. If they present in such a manner that it becomes difficult to swallow or induces frequent coughing, then that would be the time to employ a homeopathic medicine.

As I've said before, there's more than one way to skin a cat in homeopathy. So, while several other medicines and protocols may be beneficial, I strictly want to talk about *Thuja* today.

A helpful reminder to think of for *Thuja* is that it's a good "lumpy" remedy. So, *Thuja* would also be considered for warts, nevi (moles), skin tags, oral granuloma, uterine cysts and nasal polyps, as well as for thyroid nodules.

So, what is *Thuja*?

Well, believe it or not, it's made from the plain ol' arborvitae plant, which grows like a weed in many locales! Almost any stereotypical photograph of Italy shows arborvitae plants lining the winding roads. (Now you know why I chose this photo for the blog post!)

My husband and I generally plant them wherever we live because they're inexpensive, grow fast, provide excellent privacy and require no maintenance. Plus, I can make my own botanical *Thuja* from it! (Stay tuned, my Mighties. I will tell you how I make my own botanical remedy in this coming week's [Memo to Mighty Members # 101](#).)

However, for the previously mentioned conditions, I have successfully employed homeopathically prepared [Thuja 30](#), twice daily until very much better.

Now, in some clients' estimations, it took a long period of

time for the remedy to act fully. It can, indeed, take a while when using homeopathy for a chronic condition. However, a lengthy time frame does not mean that we are not moving along steadily toward our goal.

But whereas those clients' particular thyroid conditions may have required many months, this is not necessarily true for *all* conditions and individuals. Other individuals have seen a vast improvement in 6–8 weeks!

One student of mine was shocked to discover a dramatic reduction of her thyroid nodules after taking *Thuja* 30, twice daily, for two months for another condition! That's how sweeping this polychrest medicine is!

And just between you and me, there's one other significant use for *Thuja* 30 – addressing vaccinosis (conditions resulting from vaccination). In a medical climate where so many various vaccinations are thrust upon our families – from birth until death – *Thuja* is a vital medicine to have in your collection.

Indeed, with this one medicine in our arsenal, we can address so many different conditions! So, perhaps purchase a few extra tubes for your loved ones and pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. Addressing your family's conditions requires confidence. And confidence comes from competence!

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