

‘Tis the Season for Food Intolerance and Food Allergy: These 2 Remarkable Homeopathic Medicines Work Best in Tandem



It's December. More than any other month of the year, we find ourselves eating in unfamiliar surroundings. There are holiday parties at work, Christmas potlucks at church and school functions for the kids, not to mention lunches and dinners with friends and family and more restaurant dinners as some of us travel.

While all of these activities sound lighthearted and fun, meals in unfamiliar surroundings can hide ingredients we may generally try to avoid because of food intolerance or a food allergy. Not every buffet is clearly marked with a caution

sign.

So much to think about.

'Tis the season for food intolerance and food allergy.



However, with homeopathy, we can be ready for the surprise ingestion of an errant ingredient.

Sue was allergic to shrimp. She knew it. Actually, everybody knew it ... except for her distant cousin from Des Moines who brought spring rolls to the Christmas family reunion.

And whaddya know, there were tiny pieces of shrimp in those spring rolls that Sue didn't see until she noticed a rising histamine response. Her lips began to swell, her eyes began to itch, and she knew she was in trouble.

Did Sue panic? No. Not at all.

Sue was a student of Practical Homeopathy®. Sue calmly walked over to her purse and pulled out the [*Apis mellifica* 30](#) she carried for just such occasions.

Sue took a dose of *Apis*, but she didn't stop there.

She also decided to bring in [Bovista 200](#), alternating it with the *Apis*. By “alternating,” we mean that a few minutes after she took the first dose of *Apis* 30, she then employed a dose of *Bovista* 200. A few minutes later, she went back to the *Apis*; a few minutes after that, back to the *Bovista*. (Sue’s reaction was severe, so she chose the tighter frequency of alternating every few minutes.)

Sue proceeded in this fashion for about half an hour, when the swelling and itching began to subside. A couple more doses, and she was very much better, so she stopped. (Much to the relief of poor Cousin Betsy, who was contemplating an emergency bus ticket back to Des Moines – and taking her spring rolls with her.)

Folks, sometimes two remedies are better than one.

Keep in mind, this is not necessarily what we might deem a protocol (proven over time by the masters of old). However, the efficacy of this combination through years of clinical experience has proven useful time and again.

Apis is excellent for swelling in mucosal membranes (lips, tongue, eyes, nasal passages). Consequently, it was Sue’s top choice for her acute swelling from the shrimp. *Bovista* was added to deal with the fact that Sue is prone to this underlying histamine reaction.

So, while one medicine (*Apis*) was working at the top layer of the condition, the other medicine (*Bovista*) was working on the underlying layer.

It’s like an orchestra. I’m sure you’ve heard me say this before, but it bears repeating. The string section upholds the melody and the harmony of a musical piece ... the underpinnings. Then, certain accent instruments are brought in to add specific notes as needed.

Think of *Bovista* as the string section ... the underpinning of

the musical piece. Then we can add *Apis* for an “as needed” specific moment in time. *Apis* is, let’s say, the piccolo.

Indeed, we sometimes need both! (Seriously, what would the Star-Spangled Banner be without a piccolo?)

In certain conditions, we need the entire orchestra at our disposal. As a student of Practical Homeopathy®, Sue knew that well. She employed both her string section and her piccolo, and in short order she was enjoying the party again – without an EPIPen, oral antihistamines, or any of their unpleasant side effects.

Homeopathy works to alleviate food intolerance and food allergy.

My friends, this is just the tip of the iceberg. However, I hope this brief summation of Sue’s experience will help you prepare for the season of unfamiliar food.

If you truly want to rid yourself of food intolerance and food allergies for good, then run – don’t walk – toward my course [Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back.](#)

In this course, we delve deeply into the time-tested, clinically proven homeopathic medicines for all kinds of allergic reactions. Armed with this knowledge, you can be the hero in your family. In fact, [download my free course infographic](#), which offers a few protocols for the more common allergies families experience.



Perhaps this course would make a good Christmas gift for you or someone you love. [Gift cards may be purchased through the Learning Center](#), allowing the gift recipient to choose and register for their course.

And remember, all my Mighties [\(Joette's Mighty Members\)](#) qualify for a 10% discount on course purchases.

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](#).

Pass on the good news of Practical Homeopathy®!

Warmly,

P.S. In my next Memo to Mighty Members on Thursday, I will discuss *Bovista* again as part of another combination of two medicines that are appropriate for a different type of allergic reaction. Don't miss it.

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I discussed food intolerance some time ago in my blog post, [Beat Food Intolerances: Act Like Your Grandparents](#). You may benefit from reading my philosophy on this age-old ailment that has become even more ubiquitous in the modern era.

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