

Expectations vs. Reality: Why Healing Isn't Always Instant – Even When We Wish It Were



No matter how much we wish we could snap our fingers, and our chronic illness or injury would magically disappear, that's not the way homeopathy works. However, the problem is not with homeopathy; it's with unrealistic expectations.

Homeopathy gently nudges the body toward homeostasis. The keyword there is *gently*. We're not bludgeoning our bodies into submission, nor are we suppressing the symptoms so that we immediately "appear" to be better as the condition sinks deeper into our systems.

Correctly chosen homeopathic medicines trigger a natural,

polite process in the body. True healing doesn't follow our arbitrary schedule.

I explained this last summer in a [Memo to Mighty Members](#) – a lesson in my Mighties' continuing education. However, after receiving several comments on the blogs regarding unmet expectations, I decided that all my readers need this information.

Back in 2022, I wrote a blog post regarding [sleep apnea](#). I recall being concerned that readers new to homeopathy might expect a seemingly “instant” resolution to their chronic conditions, as can sometimes (although not always) occur with acute conditions.

At the time, I wrote:

“He didn't expect perfection because perfection doesn't exist! If anyone expects a chronic condition to vanish entirely in a matter of days, then they're reading the wrong blog!

“Undoubtedly, acute conditions and infections can be uprooted in relatively short order with homeopathy. But chronic conditions take more time – and may, in fact, just fade into the background rather than be completely eradicated.

“Indeed, that's our goal – to diminish a chronic condition until it no longer detracts from our ability to live a full and productive life.”



We have to manage our expectations.

In these days of fast, well, *everything*, we mustn't expect homeopathy to behave in the same manner as allopathic pharmaceuticals. Drugs of commerce are usually designed to suppress symptoms, which may make it feel as though they are working quickly.

However, my friends, symptom suppression is not a cure. It does not mean that someone's cold is gone simply because a dose of commercial decongestant spray unstuffed their nose.

No.

It just means that a synthetic medicament dried out all the mucous membranes. The underlying cold still exists, and the drugs may even cause urinary retention. Why? This unnatural drying out of delicate mucous membranes can cause just the right setting for bacteria to grow in the bladder. Then, what do ya know, just when you're naturally getting over a cold ... BAM! A UTI follows.

Homeopathy does not merely suppress symptoms. Instead, homeopathy usually plucks the condition from the inside out. This brings comfort to the suffering while also shortening the duration of an acute condition or alleviating a chronic

condition over time.

Again, we must manage our expectations.

Recently, I met with a client whom I began working with years ago. (We'll call her Lucy to protect her privacy.) During our initial consultation, I had no idea how long I would be working with her, but I knew it wouldn't be easy or quick.

Lucy was in her seventies and had had severe psoriasis for pretty much her entire adult life. She'd taken steroids. She'd done everything she was "supposed" to do according to dermatologists, yet it had not improved. In fact, her psoriasis had only worsened, spreading to other parts of her body, accompanied by often maddening itching.

Her scalp was covered, as well as behind her ears and even inside her ears. Her hands, torso, and the tops of her legs were affected. She could never wear anything that wasn't covering her legs or her arms.

And the itching was horrible!

Plus, she had been on psychotropic drugs for deep, chronic depression and anxiety for the last 15 years of her life. When she came to me, Lucy saw her psoriasis as the biggest issue. However, I saw all the various drugs and the psychological problem as the biggest issue.

You see, when we suppress skin conditions in a very dramatic way, such as what the medical community had been directing Lucy to do for all these years, it's not uncommon to see it later manifest as depression.

In fact, it's so common, I expect to see it every time I take a case like this. When a sufferer gets so depressed that they have no hope, they're most likely not going to do what's best for themselves and spiral downward.

Was this a quickly resolved case? Absolutely not. And time and

again, Lucy questioned whether she should stay with the program.



We had to manage our expectations.

However, within the first year of utilizing homeopathic medicines, Lucy got off the psychotropic drugs.

Why? Because she had no more depression and anxiety.

As the depression ended, the psoriasis started to back off a little bit. Because she had recently moved, Lucy assumed that the change in climate was responsible for the slight improvement in her skin. However, when Lucy moved back again to her original home, she observed that she was still improving.

Now, Lucy realizes it was not the environmental change at all. It was the homeopathic remedies, slowly but surely, returning her body to homeostasis, emotionally and then physically.

So, my friends, this case was not a failure. However, had Lucy or I expected homeopathy to work instantaneously (or even in very short order), we might have felt it was a failure.

This took years! But because we had managed our expectations, we allowed homeopathy its due time to unwind the years of

suppression and damage done by drugs of commerce. In this case, patience paid off.

While homeopathy can be thunderstrikingly “miraculous” in some cases (and those are usually the cases we hear the most about), it may require more time in others. Managing our expectations makes us Mighty!

If you enjoy this content, please consider joining [Joette's Mighty Members](#). This is the kind of extra information they receive each week, along with extra time with me after Monday Night Lives, a semi-weekly video lesson and more.

Why miss out when it's so easy to join in? I look forward to counting you among my Mighties soon.

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, looping flourish at the end.

P.S. And remember – all my [Mighties](#) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.