Melasma: When the Complexion Goes Rogue



A promise is a promise.

I made a promise in last week's blog, The Swiss Army Knife of Mothering: Practical Homeopathy®, to discuss how *Arnica montana* has been shown to be effective when utilized for melasma.

First, what is melasma?

Melasma is a condition marked by patchy, dark areas appearing on the face (cheeks, forehead, above the lip, etc.). It results from excess melanin (what gives the skin its natural color), often triggered by pharmaceutical side effects, sun exposure and, often, hormone fluctuations. In fact, it's commonly known as the "pregnancy mask" because of its association with hormonal changes.

This condition affects women more often than men, and it is also more prevalent in ethnicities with darker skin. It's not hazardous to one's health, but it can be cosmetically bothersome and affect self-confidence and mental well-being in some.



The Practical Homeopathy® Swiss Army Knife to the rescue

As discussed last week, *Arnica montana* is one of the most versatile tools on our Swiss Army Knife. (Have you overlooked some of its uses? Reread When in Doubt: Arnica for a quick refresher.)

Many times, we consider *Arnica* 30 or 200 for common conditions. However, in cases of melasma, I often consider *Arnica* 6C or 30C – in a water dose, sprayed directly on the face rather than taken orally.

The Joepathy water dose method

Joe De Livera (often known as Joepathy) convinced me to try the water dose method, and it's proven useful in my practice. I wrote extensively on it in the blog post, The Fountain of Youth? One Homeopath's View on *Arnica* and Longevity. While you're here on my site, I encourage you to read that blog as well, so you have a full understanding of how to use this method.

In a nutshell, we use a readily available commercial water bottle with a standard 16.9-ounce capacity. Pour about an inch or so out, so that it contains roughly 15 ounces of water. (That gives room to combine and succuss the homeopathic medicine.)

Place a dose of the chosen homeopathic medicine – in this case, of *Arnica* 6C or 30C – into the water bottle. (A dose should be determined according to the manufacturer's instructions on the tube.) Allow the pillules or tablets to dissolve by stirring or shaking (if a water bottle was used). Attach a spray cap or transfer to a spray bottle. Before administering each dose, shake the bottle ten times. (Shaking it is the succussion step.)

Generally, this is employed twice daily, until very much better. Note: This may require a tincture of time. Just as the melasma didn't form overnight, it generally won't disappear overnight either.

More than one way to carve a pumpkin

As you know, homeopathy is vast. One quick look at a repertory reveals that *Arnica* is not the only homeopathic medicine that can be considered for melasma. Indeed, there are many.

For those ready to take a deeper dive into skin issues, I teach a different method for addressing melasma in my course, Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy.

There's always more to learn, so stay curious, my friends.

Pass on the good news of Practical Homeopathy®. 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.

Warmly,

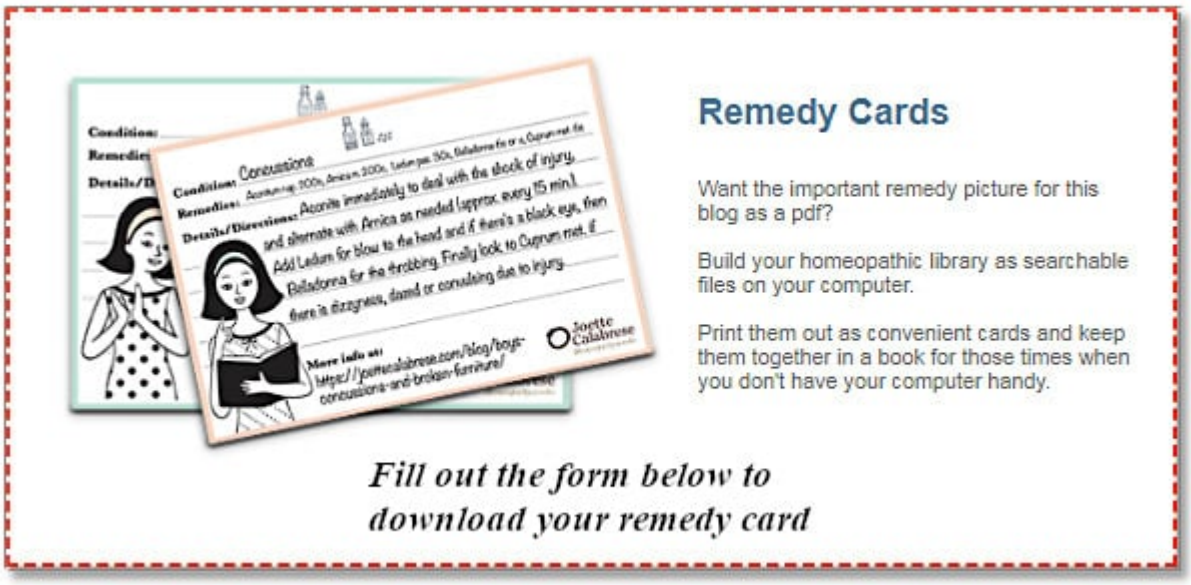


P.S. Remember: All my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

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Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

As you download your Remedy Card, remember:

The beauty of homeopathy is that there is often more than one way to butter a biscuit. I may teach additional medicines, alternative combinations, or even protocols with established variations to consider in The Academy of Practical Homeopathy®, Mastery, and my Protocol Courses. Stay curious and never stop learning.



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