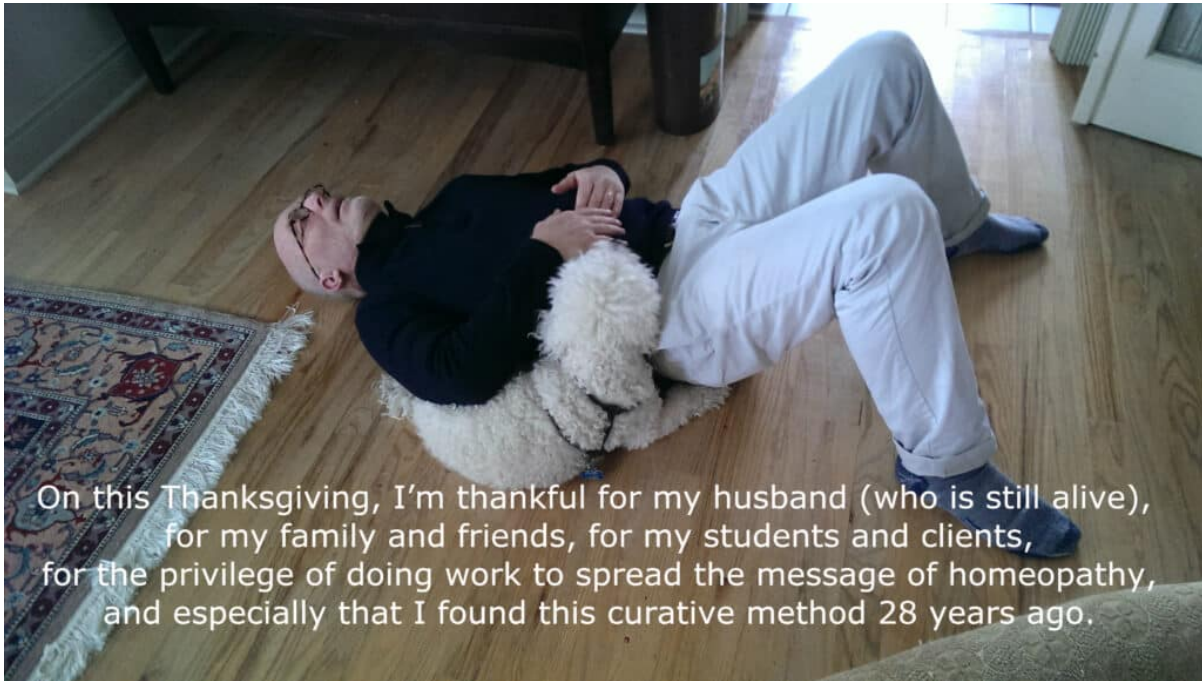


Bad Turkey!



On this Thanksgiving, I'm thankful for my husband (who is still alive), for my family and friends, for my students and clients, for the privilege of doing work to spread the message of homeopathy, and especially that I found this curative method 28 years ago.

Thanksgiving evokes happy memories of turkey, stuffing, cranberries and pie. But I recall an incident with turkey a few years ago that had me quite alarmed. Fortunately, homeopathy, as usual, saved the day.

I foolishly left some leftover turkey out on the counter for two days. (Not something I normally do! But I wanted to separate it from the daily trash, and I simply hadn't gotten to it.)

And, to my horror, my husband, Perry, ate it.

"Yum!" he said after he finished the bowl.

"You ate that?!!" I didn't want to alarm him, but I was certain this wasn't good.

Not surprisingly, within half a day or so, he came down with a severe case of food poisoning.

Symptoms of food poisoning usually start within hours of eating the bad food and include nausea, vomiting, watery diarrhea, fever, abdominal pain and cramps. More serious incidents may cause extreme pain, dehydration, severe weakness, dizziness or lightheadedness, blurry vision, muscle weakness and tingling in the arms.

Perry's bout with food poisoning was so severe that I found him lying flat on the floor. I couldn't tell what he was experiencing because he wouldn't (or couldn't) move or speak to me. I wasn't even sure if he was conscious. He later told me he thought he was going in and out of consciousness because of the pain.

Fearing I had killed my husband, I threw a few blankets over him and ran for my homeopathy kit, then quickly administered a dose of [*Arsenicum album* 30](#). *Arsenicum* is the premier remedy for food poisoning, particularly from bad meat, and if the symptoms include copious diarrhea, burning in the intestinal tract, feeling cold all over, extreme fatigue, restlessness and anxiety you've got the right medicine. He didn't have all of these symptoms, but bad meat and collapse were enough information.

I administered *Arsenicum album* 30 every 15 minutes (I could have used 200 but I was rather new at homeopathy then and didn't have the confidence yet) until he became more responsive and finally got up off the floor into bed. He continued to take *Arsenicum* every hour or so until the pain, weakness and consciousness improved. I administered it through the night. Some vomiting and diarrhea followed, but at least he wasn't unconscious. By the next day, he was back to about half capacity, albeit much weakened. That day I continued with *Arsenicum* and added [*Calc phos* 6X](#) mixed

with [Ferr phos 6X](#) every 6 hours to ensure convalescence.

Without homeopathy, Perry probably would have, at best, spent time in the hospital instead of enjoying time with the family that week.

Looking back, there are a number of things I might have done differently. I should have assumed that he was doomed after he finished the bowl and given him *Arsenicum* right off – to head it off at the pass. After all, it is the premiere medicine for the effects of bad meat.

And I should also have considered dehydration and the attending cell salts [Natrum muriaticum 6](#) and [Kali phosphoricum 6](#). They could have been given every three hours to combat this potential.

Keep your family close, turkey fresh (and in the refrigerator where it belongs) and remedy kit well-stocked.

And may this holiday bring you many blessings and peace!