

# We Can Do This ... Mother-to-Mother, Family-to-Family



*What I'm offering you is not a definitive answer on how to treat viruses. Many of my colleagues from around the world with whom I'm in contact have different solutions to viruses and colds based on symptoms – which is, indeed, the best way to approach this matter.*

*There are likely many viruses that are circling the world, each with its own set of symptoms. This may or may not be the reason that there is not one, singular genus epidemicus.*

*At this juncture, this is a list of medicines*

*that I've had the most success with as I've honed my selection based on cases and personal experience – as well as reports from you.*

*This may or may not act, and it may act in some areas of the world and not in others. As I (we) learn more, I'll keep you updated.*

*I'm not a physician; I'm a teacher. You are not a patient, but a student. This is not a substitute for medical care.*

My family (my husband, my three sons and I) had all been sick. We don't know what it was. We stayed at home and weren't tested. But it really didn't matter. We were able to handle whatever it was we had – on our own, with homeopathy.

Quickly. Effectively.

Without side effects. Inexpensively. Many of my clients, students and followers have been in touch with me and are reporting that they've been able to do the same thing.

Regardless of which microorganism was behind our illness, homeopathic medicines worked well for us. Now, I can't say this information won't change as the microorganisms move their way through society. But as of this writing, this is what I have consistently seen to be successful for both my family and many of my clients.

At the first onset of a virus with typical cold symptoms, the Banerji Protocol for cold and cough of [Aconitum 200](#) mixed together in the mouth with [Bryonia 30](#) has proved to be very powerful. We used it every 15 minutes or so for the first 3-4 doses and then backed off to every 3-4 hours. As

we began feeling better, the frequency slowed to every 5-6 hours (and so on).

Why is this such a winning combination? *Aconitum* (Aconite) is for quick onset (as well as addressing pneumonia), and *Bryonia* is good for flu, colds and lung infections. After a few days, [Gelsemium 30](#) alone may be used in the same fashion.

If the illness starts with aches and fever, I use [Eupatorium 30](#) in the same fashion.

My illness began with crushing fatigue, so I used [Gelsemium 30](#) (also taken in the same manner).

My husband found success against his virus with [Thuja 30](#). *Thuja* is an excellent fit because it is specific for viruses. It's also the Banerji's current recommendation – as of this writing – for prophylactic use.

When the illness includes fretting, angst and gut issues, my choice is [Arsenicum album 200](#) (again, taken in the same manner).

Similarly, [Nux vomica 30 or 200](#) has shown success – especially among men –when the illness includes gut issues, constipation and abundant concern about business.

We may have started with these, but I observed as the stages of each particular illness progressed, I changed remedies to fit the presenting symptoms.

In my husband's and my case, we were feeling better and then something of a relapse occurred.

My lungs were feeling cottony – almost like bronchitis. I chose [Antimonium tart 200](#), which addressed my condition elegantly.

It's not a common choice, but it worked for me. *Ant tart* can

also be used in conditions including loss of taste and smell – such as one of my sons experienced.

You must read your *materia medicas* to understand the action of each remedy better so you, too, can make well-advised choices for your family as the illness evolves.

And remember in **regard to potency: use what you've got until you get what you need!!!**

**We can do this ... mother-to-mother, family-to-family, linked across the world. Be the rock star in your family and community and pass on the good news of homeopathy!**

Warmly and with optimism,

*Joette*



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