

Palliative Care



For those of you in my generation, a significant concern is caring for our aging parents. If you've followed me for any length of time, you probably know that both of my parents have already passed. But I cared for them both. My mother even lived with my husband and me during her final years.

I've discussed caring for the elderly in several formats: a [podcast](#) and a [blog post](#), and I've touched on it in several Facebook Live sessions.

However, there is one topic I haven't covered, which was recently brought to my attention by a student:

"I would love to hear a talk on palliative care for the dying. I sat at the bedside of 3 of our parents as they passed. I didn't know about homeopathy at the time, but in learning and studying, I would love to know what might be some remedies to stockpile ... Things to help ease the

transition and calm minds and hearts."

Palliative care at the end of life is a broad topic, so let's focus on the student's central question about calming minds.

First, let me say that the emotional turmoil experienced by the dying may seem unique. But in homeopathic terms, it really is no different than the anxiety experienced by someone who has undergone a shock by witnessing a catastrophic event, the restlessness a child suffers when they can't sleep at night or the fearfulness of a family pet when their master is away.

Anxiety, restlessness and fear are addressed in the same manner – no matter the cause.

Individuals tend to think their situation is different from others' issues because of the "whys" behind their current suffering. During the years I have taught homeopathy, this seems to be a common misconception among students. Perhaps it's because they don't hear many other people talking about it (whatever "it" is). That isolation leads them to believe their condition is unusual, requiring a more specific homeopathic medicine than others might choose.

But let me assure you, the symptoms are the symptoms. Whatever symptoms present, they are the symptoms we address – regardless of the causation.

Anxiety, restlessness and fearfulness can occur because of a variety of underlying conditions or situations. These symptoms are not unique to the end of life, but they certainly feel more crucial as you try to calm the sufferer's mind as the inevitable transition approaches.

[Aconitum 200](#) or [Arsenicum 200](#) are generally good choices to consider. If a person is in a total panic, either one may be used every 15 minutes for the first hour. Then, endeavor to

reduce the frequency to every few hours, as needed.

For instance, if the anxiety, restlessness or fear returns three hours after the last dose, we would know every three hours is the proper frequency. But we keep trying to open it up. Perhaps next time, the disconcerting emotions don't return for five hours. Then that becomes the correct frequency.

However, whatever the chosen frequency of the medication is, we always stop when the condition is very much better. Often, in my experience, I haven't needed to use more than one or two doses to resolve the issue!

This demonstrates one of the more gorgeous characteristics of homeopathy. It encourages us to keep our finger on the pulse of what's happening to the ones we love through careful observation.

That's a far cry from conventional medicine, in which a handful of pills are consumed at specific intervals without a second thought! Give me thoughtful homeopathy over impersonal conventional medicine any day!

The desire to smooth our loved one's transition at the end of life is a natural human instinct. In its polite and gentle manner, homeopathy helps us ease the sufferer's mind and provide a safer, calmer environment during this emotionally charged yet precious time.

Next week, I will write about a homeopathic medicine for the caregiver. So, stay tuned, and pass on the good news of homeopathy!

Warmly,



P.S. I plan to elaborate (albeit tangentially) on this topic in next week's Memo to Mighty Members. If you're not yet a member, I encourage you to join! Don't miss out on additional educational offerings and more candid conversations with me – not to mention the camaraderie with other members.

Plus, due to the recent difficulty we've experienced with presenting our live events on Facebook, you'll also enjoy being able to more efficiently view and interact with me on Monday nights through the Mighty Members' site – without the frustration of Facebook.

And remember – all of 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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