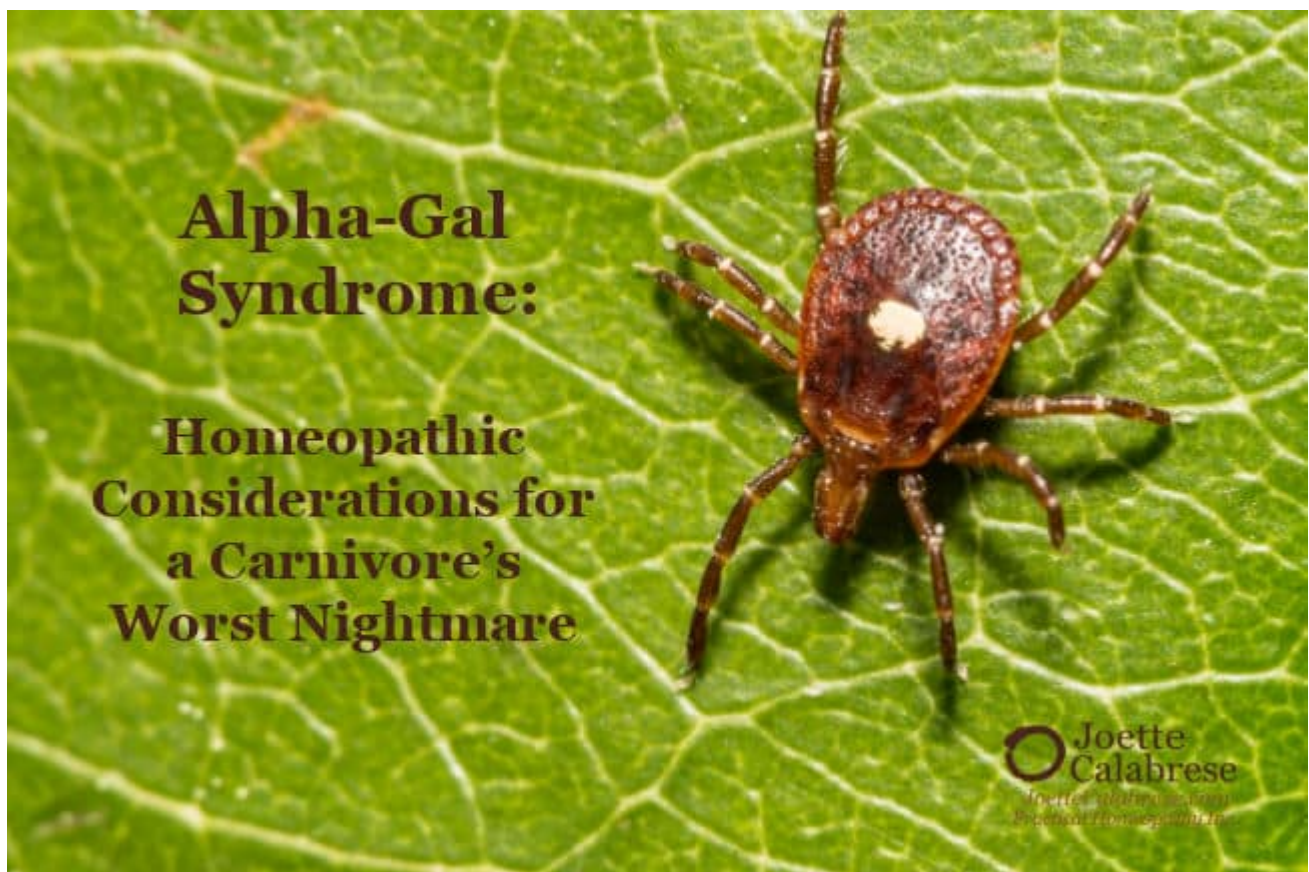


Alpha-Gal Syndrome: Homeopathic Considerations for a Carnivore's Worst Nightmare



As though tick bites didn't cause enough trouble, now cases of Alpha-gal syndrome (AGS) are on the rise.

What is Alpha-gal syndrome?

Haven't heard of it yet? Well, the press is starting to jump on board,^{1,2} so you'll probably be hearing more about it this summer.

The Alpha-gal syndrome is caused by the bite of the Lone Star

tick. It's basically an acquired allergic reaction that causes a food intolerance to products made from mammals, such as beef, lamb, pork, venison, and even milk and gelatin.

For the curious among you – and as you know, I'm hoping all my readers remain curious – the seemingly odd name of this syndrome derives from the molecule involved in this allergic reaction: galactose-alpha-1,3-galactose. But let's not get stuck in the weeds of molecular science.

Symptoms can include bloating, vomiting, stomach pain, shortness of breath, wheezing, itching, hives, and swelling of the lips or face.

All because of a hamburger. Sounds miserable, doesn't it?

So, what's a carnivore to do?

The currently accepted conventional treatment for alpha-gal is simply avoidance of all mammalian food products. I, for one, would be sunk if I couldn't eat meat, as it is a staple of my Weston A. Price carnivore diet.

Adding insult to injury, if a triggering meat product is ingested, conventional procedure suggests that emergency room treatment with epinephrine may be required. Yet, once the sufferer hops on the medical conveyor belt, who knows what else will be thrust upon them.

Homeopathy for Alpha-gal syndrome: a two-pronged approach

The first time I consulted on an alpha-gal case was so long ago that I had never heard of it. In fact, there was very little public information on the condition, but that did not deter us. In Practical Homeopathy®, we can often rely on symptoms alone to determine the appropriate homeopathic medicines.

The way we successfully approached this condition was two-

pronged, and I would still use a two-pronged approach today.

First, we would go after the cause. A tick bite was the original trigger, and now there are ailments from meat. So, we would first address the tick bite. Then, the second prong is the condition itself, and what's presenting. What symptoms are being experienced? What are the most prominent and bothersome symptoms?

Alpha-gal is a tick-borne disease

So, first and foremost, because it's a tick-borne disease, we would address the underlying cause with [*Ledum palustre* 200C](#). I detail *Ledum*'s use for Lyme disease in [Lyme, Lyme, Lyme: Just Making Sure You Know What to Do](#), and also in [Protocol for Lyme Disease Using Homeopathy](#). In that protocol, *Ledum* is generally taken twice daily for a week. After that, *Ledum* is only employed twice weekly for the next month, then once per week for another month.

Important: If this is an older bite that went unnoticed until the alpha-gal condition erupted, we would *not* begin with several doses on the first day treatment begins. Instead, *Ledum* 200 may be considered twice daily for one week to start. After that, twice weekly for a month, and then reduced to one dose a week for another month (while considering the remedies detailed below to ameliorate the specific symptoms).

These distinctions are important, my friends. An older bite does *not* require multiple doses in a single day.

This is where more education can come into play. The length of time one might continue using *Ledum* often depends on severity.

A fuller understanding of the foundational aspects of homeopathy can help one make an informed, individualized decision. [The Academy of Practical Homeopathy®](#) offers a profound, well-rounded education in these essential homeopathic principles, case management, and much more, for

those who value the ultimate in health freedom.

This lesson reflects what I offer in my other forums. There's so much to teach you and so little time. Two of my Protocol Courses contain information covering some of the symptoms of alpha-gal: [Good Gut, Bad Gut](#) and [Allergic?! Of course, these courses are included in The Academy, but they can also be purchased individually if one is not quite ready to commit to my year-long Academy.](#)



Specific homeopathic medicines for ailments from meat and the resulting symptoms

Next, we would consider the more precise etiology of the condition: an allergic reaction to ingesting meat. When I head to my copy of [Robin Murphy's MetaRepertory](#) and look up "ailments from meat" or "meat aggravates," a few of the most powerful remedies to be considered are *Arsenicum album*, *Carbo vegetabilis*, and *Nux vomica*. There are others, but let's look at the primary symptoms of alpha-gal to determine which we might choose.

If there's vomiting and nausea (or other *Arsenicum album* symptoms), that would shore up our choice of [Arsenicum album 30C](#), twice daily, until very much better. It perfectly matches both the etiology *and* the predominant symptoms.

If there is stomach pain, we might alternatively consider [Nux vomica 30](#), twice daily, until very much better. *Nux* covers both the etiology of "ailments from meat" and the symptom of stomach pain. Again, we consider the keynotes of this medicine

to build our commitment to its use.

If, however, the predominant symptoms are shortness of breath and wheezing, we might instead turn to [Carbo veg 30C or 200C](#) (depending on severity), twice daily, until very much better.

Now, if there are hives and itching or swelling of the lips, face, tongue, throat, eyes, etc., that's a call for [Apis mellifica 30C](#). While it's not a primary consideration for a food intolerance to meat, it is a primary consideration in allergic reactions that cause hives or swelling. The frequency would depend on the severity. (See [Edematous Swelling and Apis](#) and [Hives. Apis or Urtica urens?](#) for more information.)

This condition can be a bit more complex than the more general conditions that I usually discuss here on the blog. Because we don't have a specific protocol, I am not offering a definitive Remedy Card for Alpha-gal syndrome. This condition can present differently in different sufferers, so this article and the other articles I linked to are general guidelines to get one started in the right direction.

Should the assistance of a professional Practical Homeopath™ be required, you may locate one at [FindAPracticalHomeopath.com](#). These homeopaths have graduated from The Academy, and some have also graduated from Mastery. Some are even members of my continuing Mastermind group. Choose the one who seems right for you.

An alpha-gal success story

Plus, in this week's upcoming Memo to Mighty Members, I will share an Alpha-gal syndrome success story submitted by one of my students. They approached the condition with well-thought-out, albeit slightly different medicines, proving once again that in homeopathy, there is more than one way to darn a sock.

If you are not yet one of my [Mighty Members](#), what are you waiting for? The extra, weekly blog post I create for my

Mighties is just one of the benefits. Mighties also receive semi-monthly videos, additional private time with me after each Monday Night Live for questions, an archive of all past Monday Night Lives with a searchable index, a private discussion forum away from the prying eyes of public social media, discounts on Protocol Courses, and so much more. I can't imagine a more valuable subscription.

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to read "Dr. Smith", with a large, stylized loop at the beginning.

Reference:

1. <https://www.npr.org/2025/11/15/nx-s1-5609908/red-meat-allergy-ticks-death-alpha-gal-syndrome>
2. <https://www.scientificamerican.com/article/man-with-tick-borne-meat-allergy-alpha-gal-dies-after-eating-burger/>