Night-Watching: A Medicine for the Exhausted Mom

They say that moms have eyes in the back of their heads!

It’s true. No matter what a child gets into, chances are their moms are keeping closer tabs than the child thinks.

Why? Because moms worry. It’s their job; it’s in their DNA.

This can be said especially when a child is sick. Moms will stay up all night, watching their child closely for escalating symptoms or a glimmer of hope that the illness is abating.

But who's watching after Mom?

Homeopathy, of course!

We just need to choose the correct medicine to provide the necessary support.

Now, just because I'm addressing this to moms doesn't mean one has to have a child. "Mothering" takes many forms. You may have a sick husband or a sick pet! That's mothering!

You may have an elderly parent with whom roles have switched. Now, you're mothering them instead of the other way around.

Heck, you might be caught in the "middle-age squeeze" – what I like to call the years when one might be caring for both a parent AND a child! Indeed, that's mothering on the grandest of scales.

(You may even be a dad yet find yourself in a "mothering" role.)

If a mom has been up all night tending to someone's needs, she might drag the next day due to sleeplessness. The feeling of being physically beat is a good fit for *Arnica montana* 200, twice daily until revived.

Losing sleep can make even the strongest among us more prone to getting sick. Consequently, employing *Arnica* after a missed night of shut-eye will make us feel better the next day and bolster us just enough to avoid falling prey to illness.

Win-win!

But if *Arnica* has been well-used – say for a week – and Mom is still dragging, then it's time to reassess.

If intense worry is a part of the overall picture, then we

should strongly consider *Cocculus indicus* 30, twice daily until very much better.

A keynote of *Cocculus* is "night-watching" – an old-fashioned term for, as Jay Yasgur's Homeopathic Dictionary puts it, "staying up at night to care for a loved one who is ill."

Night-watching implies a certain level of stress and worry in addition to the physical act of staying awake overnight.

Picture the bedside vigil – that's night-watching. That's *Cocculus indicus* 30.

So, although I am teaching two medicines, we need to choose the one that best fits.

As you have probably gathered, the differential between the two is worry. If it's strictly physical exhaustion from sleeplessness, it's *Arnica* 200. On the other hand, if there is a strong component of worry, then it's *Cocculus* 30.

Mothering – of children, parents, spouses or pets – is a full-time job. So, even though today is Mother's Day, there is truly no holiday from the responsibility and the mental anxiety of mothering and nurturing.

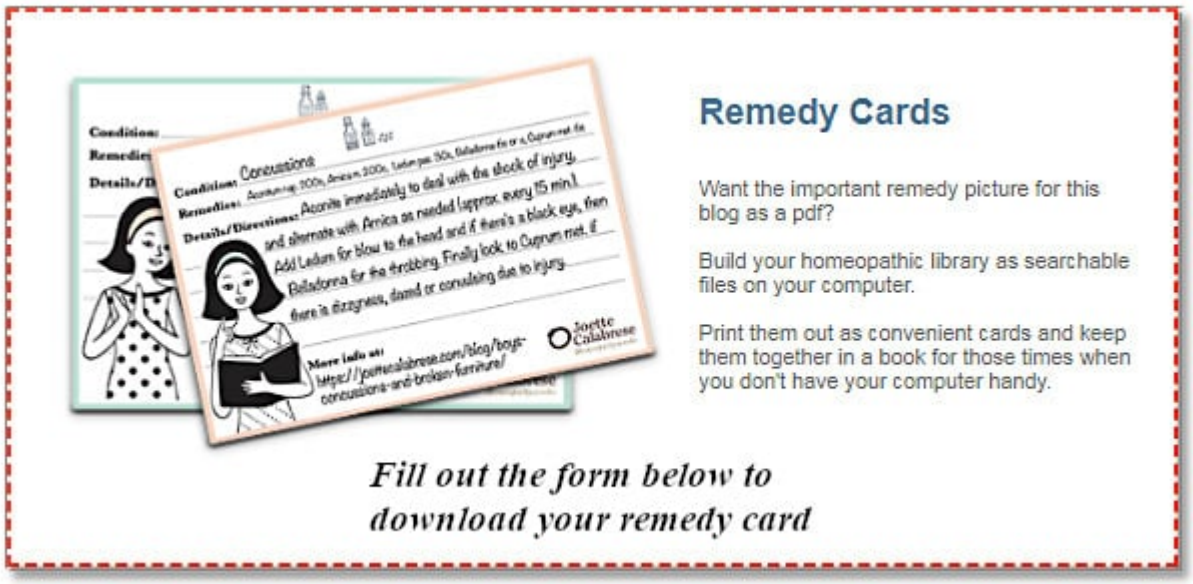
But when the going gets tough – too tough for even the toughest of moms – remember homeopathy is there to help you soldier on and remain the steadfast rock of your family.

Happy Mother's Day to you, my friend!

Warmly,

P.S. If you're still shopping for a Mother's Day gift for your own mom (or if your kids are still asking *you* for hints), consider the gift of homeopathy. [Click here to peruse my Learning Center.](#) Choose a course with the highest impact on your family or use my course selector to help you narrow it down.

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.



Lack of sleep 5-8-22
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