Feeling the Heat?

If you're one of the millions who faced power outages this week due to severe storms, I'm sure you are feeling the heat. Soaring temperatures and high humidity can be a cause for concern, especially for the elderly and children. If at all possible, use your common sense and get to a cooler location.

Heat stroke is extremely serious and requires emergency treatment. Luckily, it can be prevented. Staying hydrated is of utmost importance. Try my refreshing homeopathic electrolyte drink. It's especially good when profuse sweating depletes electrolytes faster than you can replace them.

As we've learned, homeopathy helps to gently bring the body's system back into balance. When we experience symptoms from being overheated, it is a signal that the body's internal cooling system is overtaxed and can't function properly. Therefore, we should consider a homeopathic remedy to gently stimulate the system back into alignment.

Try one of the three remedies described below. If symptoms are severe, administer a dose in the 30th potency every 15 minutes until improved.

Glonoine: Pay attention to the eyes and the expression. If *Glonoine* is needed, the eyes will be glazed over with a blank,

fixed look. The pupils will probably be contracted as well. Cold sweats may be present. The body may be cold, but the head will probably be hot. A racing or barely perceptible pulse is also of note. Exhaustion may be so severe that speech is impossible.

Belladonna: This remedy has some similarities to *Glonoine* such as a cold body and hot heat and a blank stare, but the pupils will normally be dilated when *Belladona* is required. A red face is possible with *Glonoine*, but paleness may also occur. However, *Belladonna* is always associated with a burning red color. As a memory trick when I was learning homeopathy, I kept a card on *Belladonna* in my **red** robe. Any of the following symptoms can also point you toward the use of *Belladonna*: involuntary stool or urination, twitching limbs, bending the head backwards, and extremely deep sleep.

Aconite: Remember that we think of *Aconite* for symptoms that come on extremely quickly. This remedy is also associated with agitation, restlessness, and anxiety so if these states are present, *Aconite* may help. Additional clues can be contracted pupils, a strong pulse, and a feeling of heat throughout the whole body, not concentrated in the head like *Glonoine* and *Belladonna.*

Once you have chosen the remedy that best fits the total symptom picture, stick with it for a least three doses. If not even a slight improvement is noted after that, try giving the second most likely remedy.

You shouldn’t hesitate to seek medical treatment for heat exhaustion or heat stroke, but I have heard many reports from my students of times when they were able to turn around in the ER parking lot because the remedy they took on the way to the hospital worked so quickly!

Happy summer and stay cool!