Mom, I'm Really Sick!

I write this while my husband is driving on our way back from spending the night at our son's home. My son had phoned me asking me to help him because he had a raging fever, severe head and back pain and weak breathing. He's not often sick, so when he does this, I know he means business.

I love that he called *me.* Not a doctor. Not a hospital. Not even a free clinic on campus.

He called his mom.

Perhaps some might not appreciate an interruption in the night, but I thrive on it. And most importantly, I have the confidence that I'll know what to do.

My guess is that if you're reading this, you are the same kind of mother.

So, I quickly gathered my manila file of notes on him that I have kept since his birth and a couple of my homeopathy books, a ball canning jar of my bone broth from the freezer and off we went into the night.

When I got there, he told me the pain in his head was a 12 on a scale of 1 to 10.

This is what I did: I grabbed the little red kit that I'd given him when he moved into his own apartment.

- I started with *Belladonna 30* for pain and fever. I gave this to him every 2 hours or so. I chose it despite the fever was likely only about 102 (not really high enough for *Belladonna* to act) but because it was accompanied by severe head pain.

- Shortly after administering the first dose of *Belladonna*, the pain changed location from across his forehead to the left side of his head behind his eye. This is when I abandoned Belladonna and replaced it with *Spigelia 30*. This is a super remedy for severe head pain. More on this remedy and my thinking later.
- I hoped that the back pain would lessen with *Belladonna*, even though one dose is often not enough. When he didn't report that his back was any different, I added *Hypericum 200*. I gave him this every 2 hours.
- Although his head and back pain were excruciating, I was actually more concerned with his breathing. This is why I included *Kali carb 200*, but after a few doses, decided that *Ant tart 200* was a better choice. I added this when he described that it felt like an elephant was sitting on his lungs.

By this time, the sun was just showing itself. I had been administering remedies since 11 p.m. This was about the time I fell asleep in the chair by his bed. The reason I could, was because, after six hours, my son was enough improved that he too fell asleep, and the worst of his illness was over.

Before leaving, I directed him to continue with *Ant tart 200*, every 4-6 hours and another dose of *Kali Carb 200*, and if needed, return to the other remedies if the symptoms for which they were chosen returned.

The next day, I waited for him to call me – allowing him to sleep all day. I reminded him to drink the water I left by his bedside and bone stock I left on his stove.

I plan to check on him tonight to see if his symptoms have changed, but I assume that we have a good strategy laid out. And he should be back to work in two days.

If my son had gone to a doctor, he would have been on expensive antibiotics. I'm not referring to the monetary cost but the long-term price of the demolition these bad boys cause in their wake. In the short run, they might have killed the bugs, but only if it was a bacterial infection.

Instead, antibiotics would likely have produced gut dysbiosis that would define my son's well-being for years to come. Such a method might have drudged up eczema (a familial shortcoming) that would have plagued him for years.

Long-term suffering for a short-term gain. Mothers don't like the sound of that.

I decided before my son was born that I would not allow what happened to me, happen to him.

I've kept my promise to myself and him … and concurrently to my entire family.

The remedies and why

Spigelia 200 is a most powerful medicine. It is chosen for head pain that is nearly unbearable. (Remember this part.) It is often left-sided, focused around and behind the eye orbit but can radiate to the top of the head and elsewhere.

For my son, it was focused across, on top of, and at the back of his head until I gave him *Belladonna 30*. Then it moved to his left eye orbit and the occipital area. What does this mean? It means *Belladonna* was not the best choice

but brought out the specific symptoms of *Spigelia* so that I was forced to pay attention to *Spigelia.*



Yes, the symptoms that present from having chosen the "wrong" remedy show you the way to the correct one.

Spigelia would have been a better choice to start with, but I didn't recognize it. I actually should have thought of it first because the head pain was so severe, but alas, sometimes we miss these things. I believe the fever threw me off and sent me towards *Belladonna*. I should not have been

swayed by the little fever because, as I mentioned, *Belladonna* is best chosen for *high* fever. You know, 104+ for an adult and 105+ for a child. More here.

This, my friends, is what it's like to mother our children with homeopathy.

Simple. Inexpensive. Polite. Sophisticated. Abbreviated. No side effects. No detrimental long-term effects. And most importantly, ***curative.***

Can you think of any other medicine that offers this and then cures the likes of my son's illness?

Yea, me neither.

P.S. He just emailed me and said, "Thanks, Mom! I'm going to work today."

I can't think of a better lead into our Mother's Day celebration than these words.