Hyperhidrosis: Not Hot. Not Nervous. Still Sweating. Consider These 2 Homeopathic Medicines.



Here's an obscure fact: Researchers[1] say that up to 20% of people are averse to even the *word* "moist." So, what would be worse than shaking hands with someone whose hand is sweaty and moist?

Easy. It's actually *being* the person whose hand feels sweaty

and moist.

Imagine how difficult it must be to offer one's hand in friendship, only to realize that it might be considered off-putting.

Sweaty hands are a form of hyperhidrosis, defined as excessive perspiration that is not necessarily tied to thermoregulation (heat or stress). Five percent of the global population deals with this condition. Most often, hyperhidrosis affects the palms of the hands, the soles of the feet, and the underarms.

It's embarrassing, and it's equally uncontrollable for the sufferer.



A Hyperhidrosis case in point: *Calc carb* 30

In my practice, I met with a very young child who was embarrassed – and I mean, soooooo embarrassed – about having sweaty hands. Why? Well, in her kindergarten, the young students had to hold hands to walk from place to place. She was in a panic that someone would notice her hands were always wet.

My goodness, that's a high social mountain to climb for a tiny one in kindergarten. Heck, I'm sure sufferers of any age can

relate to that concern of being ridiculed or ostracized.

Conventional treatments run the gamut from destroying the sweat glands with electricity or microwaves, prescription topicals, prescription pharmaceuticals and even Botox injections.

However, we successfully addressed this youngster's condition with the first homeopathic medicine that comes to my mind when considering hyperhidrosis: *Calcarea carbonica* (*Calc carb*) 30, twice daily, until very much better.

This choice makes perfect sense. When one reads up on hyperhidrosis, there appears to be a component of calcium assimilation and depletion. Calcium management is right up *Calc carb*'s alley.

Now, the distinguishing factor for choosing *Calc carb* is that the hands feel clammy. Indeed, there's generally no odor … just a clammy, moist feel. (Oops. There's that word again. My apologies.)

Calc carb can also be a good consideration for hyperhidrosis on the head, neck, chest and feet. For instance, if a baby's scalp sweats while nursing, or they wake from a nap with soaking-wet hair, we would also consider *Calc carb* employed in the same manner. This alone is not cause for administering a homeopathic because it's not a pathology, but it offers a clue to consider *Calc carb* for other conditions.

This medicine was a perfect fit because *Calc carb* is also a great remedy for someone prone to frequent colds. So that clinched it: This child did, in fact, suffer from colds more often than most.

Indeed, the prudent use of *Calc carb* addressed both the child's clammy hands and their propensity to catch colds.

Social disaster averted, while overall health was bolstered.

Win-win.

Hyperhidrosis in the hands and/or feet: *Silicea* 6X

However, *Calc carb* is not our only consideration. If excessive perspiration also occurs on the feet, or if it has a sour odor, we might look more pointedly at *Silicea* 6X, two to three times a day, depending on severity, until very much better.

What do I mean by "very much better"? Well, it means the condition has diminished enough that it's no longer a bother or has disappeared completely. When the condition is no longer the uppermost thing on the sufferer's mind, it's time to halt the medicine and observe. Should the condition recur, simply resume the medicine schedule that previously worked until it abates again.

If, after giving the remedies their due (six to eight weeks for a chronic condition), there is no improvement whatsoever, then one might consider pivoting to another appropriate medicine.

To that end, I will discuss two more homeopathic medicines for hyperhidrosis in this week's Memo to Mighty Members.* We'll look at excessive perspiration during menopause, and also discuss a remedy for hyperhidrosis that specifically occurs in the armpits with an accompanying odor.

If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook.

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Warmly,



*You must be logged into your Mighty Member account for protected links to take you directly to the offering.

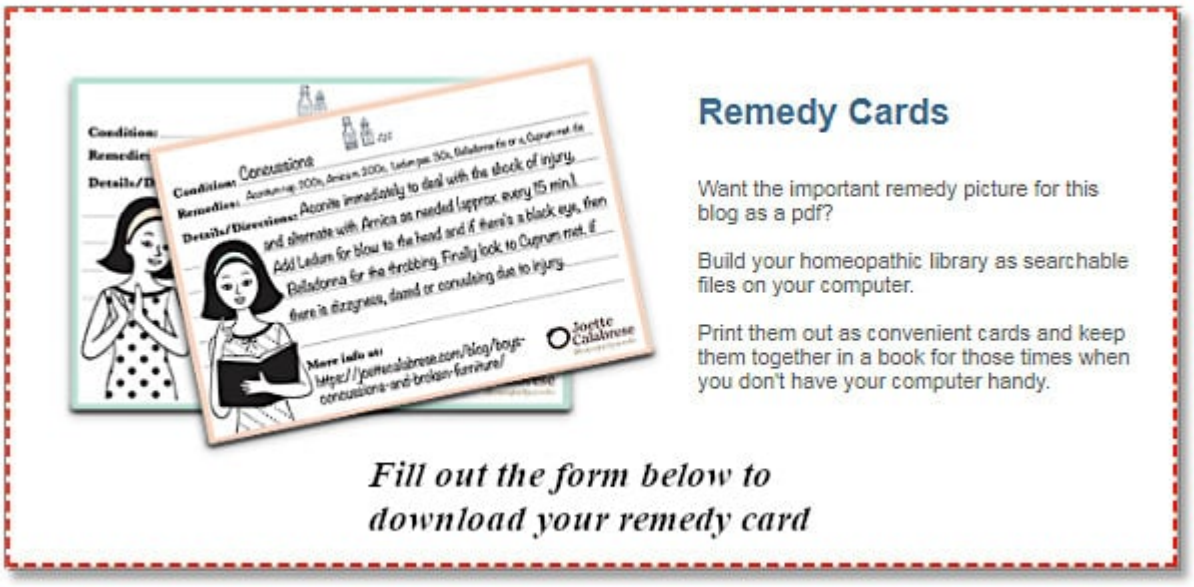
P.S. Join Joette's Mighty Members today, and you'll receive the next Memo to Mighty Members right in your inbox on Thursday to learn two more homeopathic medicines to consider for hyperhidrosis.

Plus, Members can search all the previous Memos on your exclusive website. Yes. That's 309 previous posts with information to help you "skill up" in using homeopathic medicines properly for you and your family.

Remember – all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

References:

1. Cheydleur, K., Oberlin College. (21 August 2015) "Why 'Moist' Makes us Cringe" https://www.oberlin.edu/news/why-moist-makes-us-cringe



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Please be sure your first name is correct.
Last Name *
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Confirm Email *
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Alpha-Gal Syndrome:

Homeopathic Considerations for a Carnivore’s Worst Nightmare

Alpha-gal syndrome is a tick-borne disease causing an allergic reaction to eating meat. Homeopathy can help!

Podcast 168 – Don’t Worry

Worry can be normal, but when it starts to affect our daily lives, we might consider a homeopathic medicine to calm that thought pattern.

The Curious Case of Connie’s Cognitive Crisis: Menopause and ADHD

Connie wasn’t herself. She felt like she was in a cognitive crisis, and everything was slipping. Was it menopause, ADHD or both?

Spring Has Sprung. Allergies Have Attacked.

Many folks suffer from seasonal allergies in spring. Symptoms can vary, so how do we choose the most appropriate homeopathic remedy?

Podcast 167 – Practical Professionals: Aconite for Shock, Fear, Anxiety and Panic

Have you ever had a shocking experience? One homeopathic medicine in particular is a true standout for shock, fear, anxiety or panic.

A Blessed Easter 2026

Wishing you a blessed Easter. Please enjoy my gift to you in today’s blog post: a beautiful hymn to commemorate this deeply meaningful day.

What Is Practical Homeopathy®? (Part 2)

What is Practical Homeopathy®? I'll explain my decades-long thought process and the resources that culminated in its development.

Podcast 166 – If This Were My Last Podcast, What Would My Message to You Be?

If this were my last podcast, what is the one message I would want to leave you? In other words, what's at the heart of everything I teach?

Expectations vs. Reality: Why Healing Isn't Always Instant – Even When We Wish It Were

True healing can take time, so our expectations need to be adjusted. Homeopathy doesn't force the body into submission; it gently nudges it.