Nix the Halloween Stuff and Do This Instead

What can you do to protect your children from the harmful effects of the cavalcade of candy and other sweets, otherwise known as Halloween?

Podcast 155 – Quashing the Pain of Fibromyalgia With Homeopathy: *Rhus tox*

Fibromyalgia is often difficult to manage using conventional methods. Instead, homeopathic Rhus tox offers a powerful yet gentle approach.

Morning Sickness: 6 Powerful Homeopathic Medicines to Tackle First Trimester Nausea

Pregnancy can be blighted with unpleasant morning sickness and even severe, prolonged nausea. These six homeopathic medicines can help.

Surgical Protocols: Practical Homeopathy® Helps Create More Positive Outcomes

Homeopathic surgical protocols have stood the test of time, helping sufferers to withstand the surgery itself better and recover more robustly.

Podcast 154 – Moms with Moxie: From Hopeless to Hopeful, Homeopathy Addresses Serious Conditions.

Facing serious conditions, this mom goes from hopeless to hopeful. “Homeopathy has given me hope in a place where I didn’t have any.”

The Combination Remedies That

Save Us: Homeopathic Medicine Made Easy



I recently realized I have to eat my hat … or rather, Samuel Hahnemann's beret.

In the early years of my practice, I was reluctant to consider combination remedies. Due to my classical training, the idea of combining several homeopathic medicines for a specific condition sounded almost heretical.

Why? I was taught that using multiple medicines together could potentially compromise the effectiveness of each individual medicine. I was taught to use one medicine, and one medicine only.

However, in the years that followed, my thinking changed.

I started using two or three medicines in the same schedule myself and observed better success rates. Then, I witnessed the tremendous power of certain *combined* medicines as described in the Banerji and French protocols. I'm also in a unique position to hear success stories from my students and clients regarding their use of the combination remedies that noteworthy homeopathic pharmacies have created.

In other words, can you pass the butter? I have a hat to eat.

Rethinking My Position

Permission to speak freely? I was hesitant about leaning on combination remedies because I worried their use would bypass what I teach about choosing the tightest-fitting homeopathic medicine(s).

You see, some combination remedies can include 8, 10, or even 12 different medicines, all in different potencies. That is a lot of remedies all in one dose. My concern was that it could potentially undermine people's desire to learn more deeply how to use these medicines and understand the character of each medicine. If we're going to provide our own health care and be autonomous healers in our families, we must endeavor to grasp the totality of homeopathy – both its principles and its medicines.

BUT (and it's a big "but"), I keep hearing personally from my clients and students – and in large numbers – about how useful these remedies are. People report to me, "Oh my gosh, it works! It's so great." So, let's face it, I've got to be realistic about their use.

(And take another bite of my hat.)

Certain Combination Remedies Provide an Influential Introduction to Homeopathy

In fact, when certain, well-developed combination remedies are

effective, they provide an undeniable service to sufferers. PLUS, I have come to realize that they are an effective introduction to the power of homeopathy. These convenient combinations, available at many common drug and grocery stores, serve as an entry point for those unfamiliar with homeopathy, encouraging them to learn more.

I also should add that these combination remedies aren't just slapped together willy-nilly. Manufacturing pharmacies have thoroughly researched their formulations to provide the most effective medicines for the most commonly experienced symptoms in a given situation.



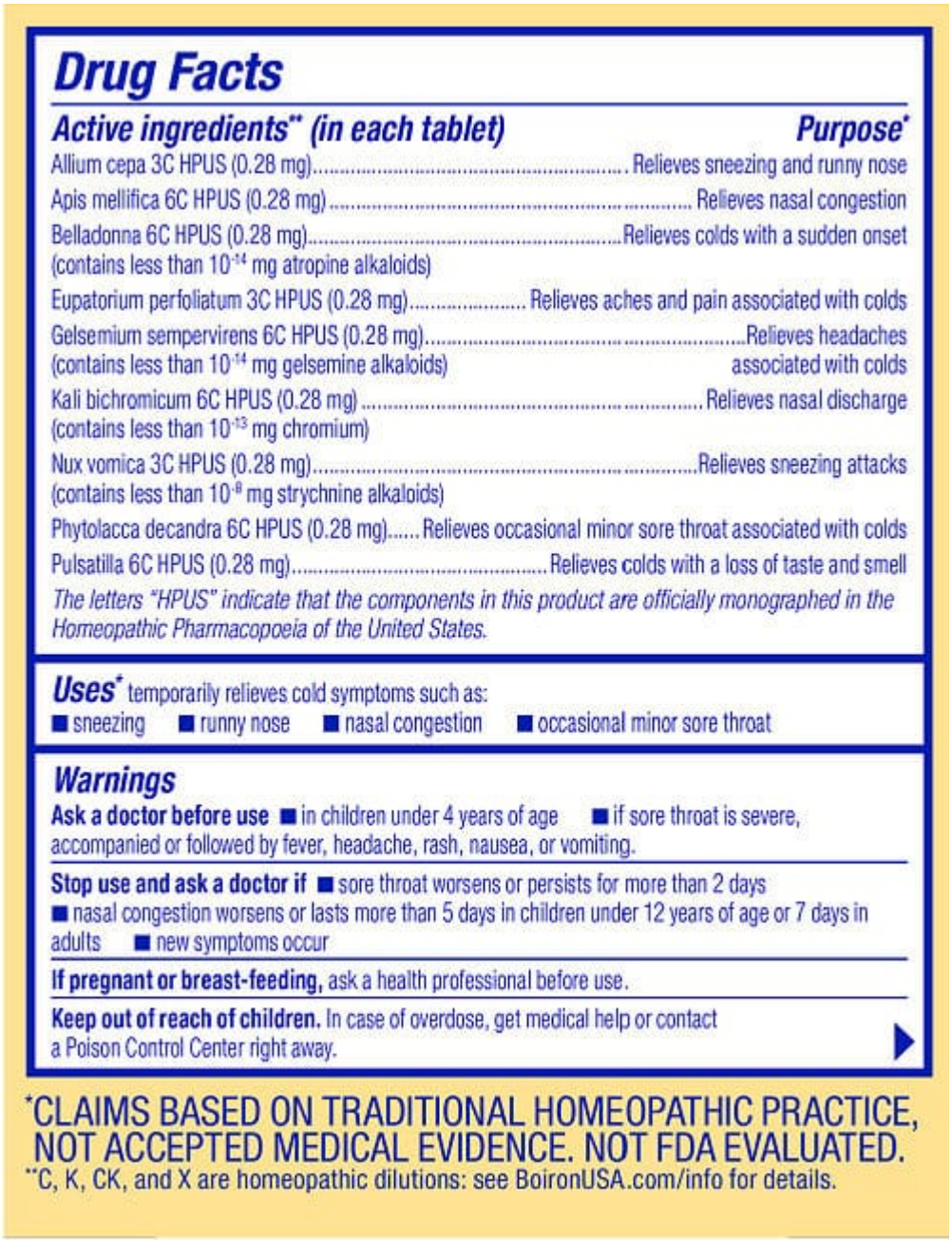
Let's Look at ColdCalm®

For instance, one of our frequently discussed homeopathic medicines for colds is ColdCalm® by Boiron. For many families, it's their proven go-to for effective and side-effect-free cold intervention. My son even successfully used it for his dog (as you can read in this previous blog post).

In addition to their goal of softening symptoms and reducing the duration of their cold, I also encourage cold sufferers to read the ingredients with an educational goal in mind. Reading the back of the box is a capital way to learn more about homeopathy.

Boiron has listed each homeopathic remedy contained in ColdCalm®, along with the aspect of the common cold they address.

It's virtually a micro-*materia medica* on the back of the box. Sufferers can easily pinpoint which medicine successfully tackled the causes behind their most prevalent symptoms by familiarizing themselves with the specific keynotes of each remedy.



Drug Facts

Active ingredients** (in each tablet)	Purpose*
Allium cepa 3C HPUS (0.28 mg)	Relieves sneezing and runny nose
Apis mellifica 6C HPUS (0.28 mg)	Relieves nasal congestion
Belladonna 6C HPUS (0.28 mg) (contains less than 10^{-14} mg atropine alkaloids)	Relieves colds with a sudden onset
Eupatorium perfoliatum 3C HPUS (0.28 mg)	Relieves aches and pain associated with colds
Gelsemium sempervirens 6C HPUS (0.28 mg) (contains less than 10^{-14} mg gelsemine alkaloids)	Relieves headaches associated with colds
Kali bichromicum 6C HPUS (0.28 mg) (contains less than 10^{-13} mg chromium)	Relieves nasal discharge
Nux vomica 3C HPUS (0.28 mg) (contains less than 10^{-8} mg strychnine alkaloids)	Relieves sneezing attacks
Phytolacca decandra 6C HPUS (0.28 mg)	Relieves occasional minor sore throat associated with colds
Pulsatilla 6C HPUS (0.28 mg)	Relieves colds with a loss of taste and smell

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses* temporarily relieves cold symptoms such as:
■ sneezing ■ runny nose ■ nasal congestion ■ occasional minor sore throat

Warnings

Ask a doctor before use ■ in children under 4 years of age ■ if sore throat is severe, accompanied or followed by fever, headache, rash, nausea, or vomiting.

Stop use and ask a doctor if ■ sore throat worsens or persists for more than 2 days ■ nasal congestion worsens or lasts more than 5 days in children under 12 years of age or 7 days in adults ■ new symptoms occur

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

**C, K, CK, and X are homeopathic dilutions: see BoironUSA.com/info for details.

They may, then, consider purchasing that single remedy to have on hand for the next time they experience that specific

symptom alone.

Indeed, the combination remedies provide a tremendous way to learn more about homeopathy!

Side note: Don't forget, when you order directly from Boiron's website, you'll receive 20% off your order by using my name as the discount code (joette) at checkout. For your peace of mind, let me clearly state that I don't receive any remuneration for your purchases. I believe that receiving affiliate payments would create a conflict of interest with my goals as an educator.

ColdCalm is not the only combination remedy Boiron manufactures. I hear feedback on other products such as SleepCalm®, StressCalm®, AllergyCalm® … and the list goes on.

And Boiron is not the only respected homeopathic pharmacy offering combination remedies. Hyland's offers the highly regarded BioPlasma®, a combination of all twelve cell salts. OHM Pharma (a non-retail homeopathic pharmacy exclusively available to professionals, students and clients) offers many as well. I also hear excellent reviews from my students on the complexes developed by Newton Homeopathics. And I tend to agree.

(Last bite of my hat …)

An important underlying message in this post is that science is never settled. We should always be open. We should always consider, reconsider and question what we believe and be our own devil's advocate. We must learn and grow. In fact, if you read the very first of my blog posts, you'll see I was quite classical in my approach. I leave all those posts there so that you can see my evolution as a homeopath (and they also show that in homeopathy, there's generally more than one way to butter a biscuit).

You know that I now espouse *Practical* Homeopathy®, and I must

admit, these combination remedies are quite practical! So, I have faith in you, my friends. I know that while you will enjoy the ease and efficacy of the combination remedies, you will also continue to develop your understanding and skills in properly utilizing homeopathic medicines.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. I encourage all devoted students of homeopathy to own a good *materia medica* as the perfect place to look up more information on the ingredients contained in combination remedies.

There are several available online for free, but most of them are written in a technical style. Their information may be difficult for new homeopathy users to absorb at a glance, especially in an emergency.

Glaucoma: The Danger of Increased Intraocular Pressure

Glaucoma can lead to damage to the optic nerve if left unaddressed; however, Practical Homeopathy® can help address

eye health.

Podcast 153 – Homeopathic *Stramonium* for Violent Tendencies

Homeopathy addresses emotional conditions as adeptly as physical ones. Discover the efficacy of Stramonium for violent tendencies.

What Else? The Sweeping Ability of Homeopathy

Let’s examine a few key aspects of case management, how assessment works and the sweeping ability of homeopathy.

Practical Homeopathy® for Folliculitis: Achieving Skin

Health Without Antibiotics

Discover how homeopathy can ameliorate folliculitis, a condition for which conventional medical doctors often prescribe an antibiotic.