

Barefoot in the Park ... Ouch!



It happens every year, just like clockwork.

Well, come to think of it, it is *exactly* clockwork ... it's the end of summertime.

As these last days of summer transform into fall, all of us want to sneak in a few more outdoor activities while we still can. On a sunny, late-summer day, nothing feels better than walking around barefoot in the backyard, until one of your tender feet lands smack-dab on a stone or a root or a pinecone. Ouch! Stepping on something hard can saddle you with a painful stone bruise.

For soft tissue injuries, two remedies immediately come to mind: *Arnica montana* and *Bellis perennis*. I would put *Bellis perennis* a little higher on my list in this circumstance because while *Arnica* can sometimes be useful for soft tissue damage, *Bellis perennis* is always helpful.

So, how would I employ it if I were to suffer a stone bruise? To alleviate the ensuing pain, I would use [*Bellis*](#)

[perennis 30C](#) every few hours, until the pain diminished.

Now let me interrupt myself here because this brings up a basic tenet of homeopathy I've wanted to reiterate. And this is key – one of the real gifts of homeopathy. Even though I said I would be utilizing the medicine based on the level of pain, I would *NOT* merely treat the symptom.

No.

While pain is certainly classified as a symptom, more importantly, it is the *representation* of a pathology. If the pathology didn't exist, the symptom wouldn't exist. For instance, in our example of a stone bruise, the symptomatic pain informs me that *Bellis perennis* is required. By taking it, I will correct the underlying pathology – the injury to the soft tissue of my foot. When the pathology is uprooted, my pain will then disappear.

This is one major way in which homeopathy differs from allopathic pain relievers. In traditional medicine, to treat the symptom of pain, one could take aspirin, or Tylenol, or morphine until the cows come home. But, those wouldn't do anything to get to the *root* of the problem. They would only cover up the symptom.

In homeopathy, we go deeper than that. We *use* the symptom to determine the state of the pathology. So, when the pain goes away, it indicates that the pathology is no longer grand enough to cause the symptom anymore. We have not only relieved our pain, but we've also gone further than an allopathic "band-aid." We have successfully rectified the problem!

Homeopathy performs in this same manner with all conditions, not just stone bruises. It goes deeper than allopathic medicine when addressing the pain of otitis media, stiffness of arthritis, or itching of eczema (to name but a few).

That's why I love symptoms! They are gifts to us – helping us discern which remedy is appropriate. This is how I train people in my [Gateway to Homeopathy study groups](#) and [courses](#). If you want to become confident and competent in your use of homeopathy – and who wouldn't – I cannot adequately express how vital it is to be well-trained.

So, put your feet up (especially if you are nursing a stone bruise), and read as much information about homeopathy as you can get your hands on. Start with my blogs and podcasts right here on PracticalHomeopathy.com. They're completely free!

And just because summer is waning, don't put the *Bellis perennis* on the back shelf. Stone bruises can happen in the winter, too! There's nothing worse than stepping into your boots without realizing there's a tiny little stone in there just waiting to make you regret getting dressed! And, of course, if you have children, an errant Lego can make your foot miserable at any time of the year! Our feet deserve our respect – and, occasionally, a little *Bellis perennis*.

Remember to pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. While we're on the subject of your training, you may have noticed I'm removing potencies from my infographics. Here's why: When it comes to homeopathic medicines, I tread a fine line between my wanting to give all this information away and my understanding that proper utilization takes training!

I don't want homeopathy to get a bad reputation from folks saying it didn't work for them when the only reason it may have been ineffective was that they had the details incorrect.

It's essential to fully understand the principles of this medicine rather than just taking a shortcut with too much information in a simplistic infographic. *Homeopathy is a medicine!*

But not to worry! I will still give the complete remedy and potency in my [blogs](#), [podcasts](#), remedy cards, and [Facebook Live events](#). In those formats, I have more time to present the complete picture of a remedy so you are better informed in its proper use.

I assure you I'll never be stingy with this information, but it is my responsibility to be prudent in order to safeguard the future of homeopathy.

P.S. (Boy, a lot of postscripts recently, but this is important!)

Americans for Homeopathy Choice (AFHC) is a grassroots organization that was created to protect your access to homeopathy through continuing communication with the FDA.

They have the support of a special congressional delegation who will be meeting with the FDA soon, but they need your help in order to continue their legislative strategy in Washington, D.C.

They're hosting their semi-annual pledge drive fundraiser on Facebook this week. During this special event, you will hear from homeopaths and people who use homeopathy from all over the world!

Also, if you purchase my *Gateway to Homeopathy Study Group Curriculum* during this limited time, I will donate your

entire purchase price (minus the appropriate shipping and handling) to *Americans for Homeopathy Choice*.

Each of you who purchase will receive my booklet: *Homeopathy: A Brief History of an Expansive Medical Paradigm*. (The Congressional Ethics committee would not allow AFHC to give this informative booklet to congressional members.)

Plus, if you are among the first ten to purchase, I will **double** your donation by matching your purchase price as my own personal donation to AFHC. [Click here to learn more.](#)

I'm doing all I can to support *Americans for Homeopathy Choice* and ask you to do the same. [Click here for more information about the event's schedule,](#) and be sure to catch my talk on September 10, 2019, at 2PM EDT titled, "Secrets of a Prepared Homeopath."



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