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



Connie was not herself. She didn’t quite know who she was … but she wasn’t the Connie she had been. Her cognitive ability was in steep decline, as was her motivation to do anything about it.

Keep in mind, Connie had been an overachiever. A worker. Devoted to organization. Heck, the canned goods in her pantry were alphabetized.

No more. Now, she felt stuck.

She should have bought stock in Post-It Notes, as she had to write down all her daily tasks to remember to do them … even simple tasks like taking her homeopathic medicine, emptying the dishwasher or showering. Any tiny disruption threw her whole day out of whack, with her mood rapidly following. Her memory was unreliable. Her ability to focus was almost non-existent.

To Connie, it was a cognitive crisis

She had difficulty staying on task, which had never been a problem before. Hours would pass – days even – and she couldn't get herself motivated to do the simple organizational things that used to be her pleasure.

Her pantry no longer looked like an aspirational Instagram. It now looked more like Fibber McGee and Molly's closet. (And if you get that reference, you're exactly the audience I am trying to reach with this story.)



Perimenopause and menopause

Connie knew perimenopause and menopause could wreak havoc on moods, energy, weight, skin, libido and other personal

factors. So, she took my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy.

Within months, a medicine she learned in that course – *Sepia* 200, every three days – had naturally nudged her body to correct the general symptoms of menopause, but the psychological component didn't budge. In fact, it got worse. So, she assumed her inability to function as before was not attributable to menopause.

She assumed wrong.

The hormonal link to ADHD

Connie's sister-in-law mentioned she had read something about a connection between hormone shifts in women and ADHD.

Shazam!

Suddenly, it all came together for Connie. That was it: a hormonal link to ADHD. Yes, it all made sense now. However, there was no way Connie would seek conventional intervention such as hormone replacement therapy or pharmaceuticals for ADHD.

Instead, Connie turned to another of my courses, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, where she learned the method used by the Drs. Banerji to address ADHD.

The second-line protocol stood out to her: *Hyoscyamus niger* 6C, twice daily and *Calc phos* 3X*, twice daily.

You see, Connie was already taking *Calc phos* twice daily in response to her diagnosis of osteopenia. Because of her training in my courses, she thought the more elegant solution would be to add *Hyoscyamus niger* 6C to her existing schedule of *Calc phos*, rather than introduce new medicines from the first-line protocol.

Hyoscyamus and *Calc phos*

Well, Connie's brain may not have been working as well as it used to, but in this case, it made a capital decision. After about a week of *Hyoscyamus* and *Calc phos*, Connie was feeling a shift. After two weeks, Connie started cleaning out drawers. After three weeks, she was making little home repairs as she used to. At one month, she was ready to brave the pantry!

Don't take her word for it, though. As Connie told me when reporting her success story, her husband even noticed something was different! Now, *that's* a strong observation of homeopathic success.

After the first month, she tried halting the protocol. The symptoms returned, so she resumed. She'll continue in this manner until the homeopathic remedies are no longer necessary, or, as I usually say, when she is very much better.

The natural hormonal shifts across the seasons of our lives can affect each of us in different ways. Luckily, Connie observed, read, studied and, most importantly, learned Practical Homeopathy®. You can, too.

Pass on the good news!

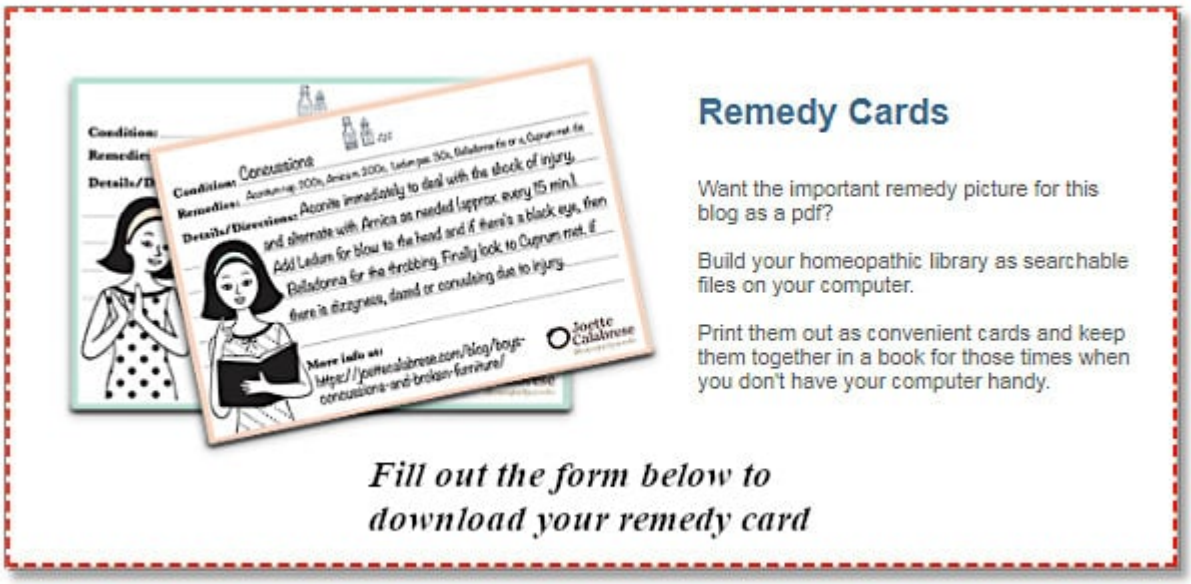
Warmly,



*If one is unable to procure *Calc phos* in a 3X, *Calc phos* 6X may be substituted. In fact, Connie used *Calc phos* 6X from Hylands.

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*.



04.19.26 The Curious Case of Connie's Cognitive Crisis: Menopause an
First Name *
Please be sure your first name is correct.
Last Name *
Please be sure your last name is correct.
Email *
Confirm Email *
Captcha
Submit
If you are human, leave this field blank.
Δ