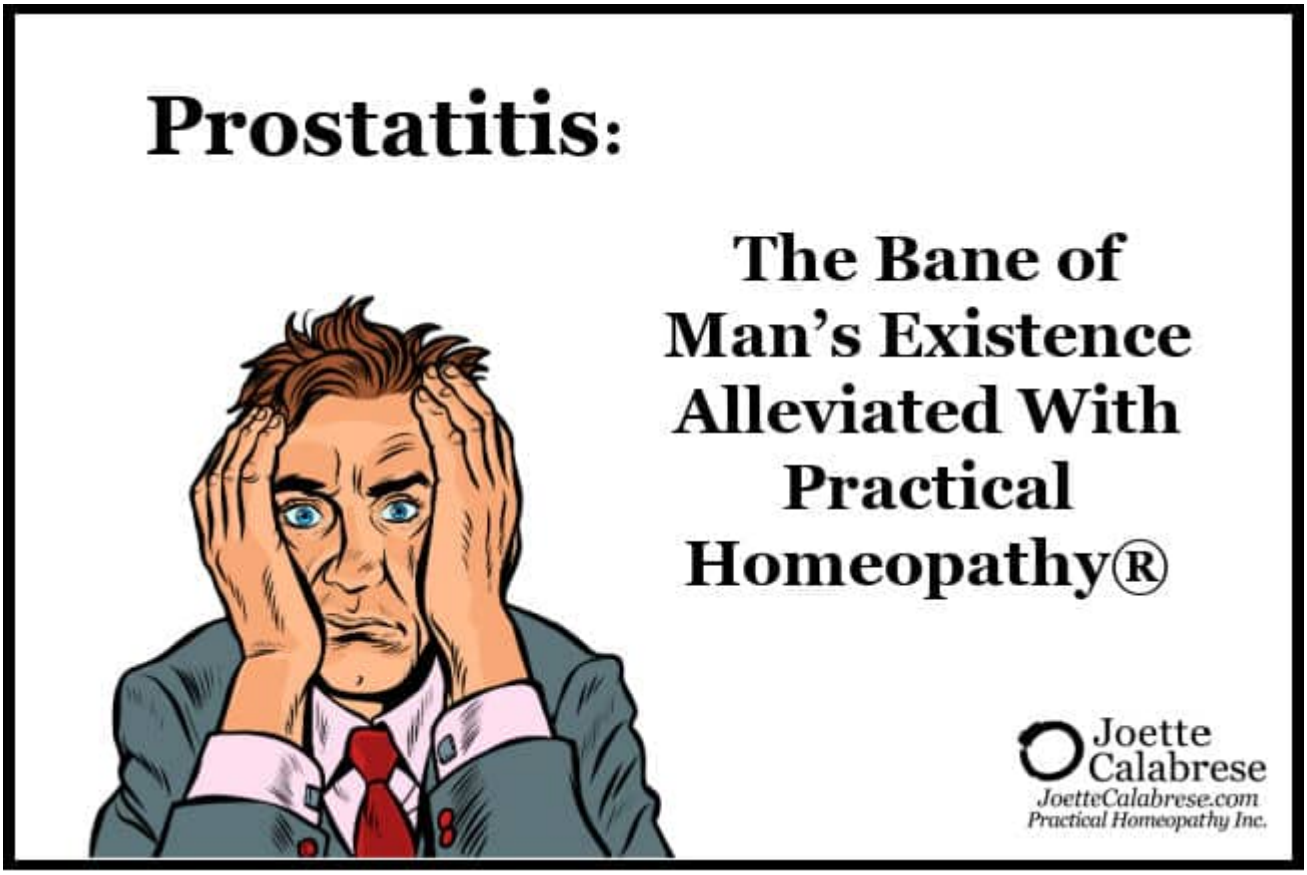
Prostatitis: The Bane of Man’s Existence Alleviated With Practical Homeopathy®



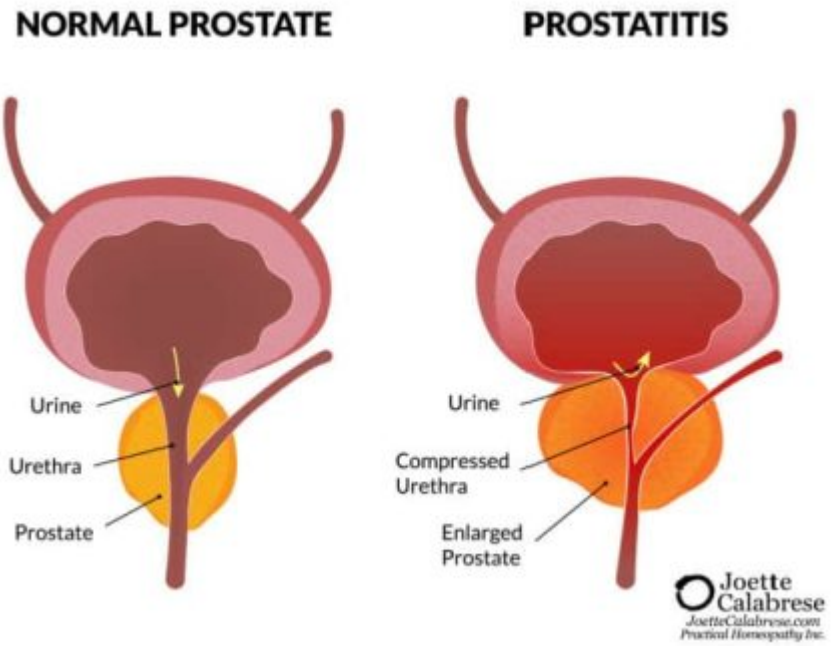
There once was a man named McGee,
Who discovered that he couldn’t pee.
His surgeon said, “Cut.”
His homeopath said, “But …
Let’s first use this great remedy.”

Dad-joke limericks aside, prostatitis is no laughing matter for men.

The symptoms can vary between sufferers. However, the main symptoms caused by an inflamed prostate are often urinary-related: inability to urinate, painful urination (dysuria),

urinary urgency at night (nocturia) or dribbling.

We've covered other urinary difficulties such as strictures and low flow in The Dad Bod: Urinary Tract Dysfunction. However, today, we'll take a look at how to approach the specific condition of prostatitis.



A Helpful Botanical for Prostatitis

When a man complains of prostatitis, my first thought is always *Sabal serrulata* Mother Tincture (MT), about 10 drops, once a day.

Now, we are referring to this medicine in Mother Tincture form. That means it is in the gross form – not potentized or succussed. Consequently, it is not to be considered a homeopathic medicine, but rather a botanical.

The botanical *Sabal serrulata* is also known by its common English name, saw palmetto. Most knowledgeable men have probably heard that this particular botanical supports prostate health.

However, homeopathic medicines are known to do more than

support. They address conditions and dysfunctions. So, let's also consider adding a homeopathic (or two) to the schedule.

Practical Homeopathy® for Prostatitis

First up is *Thuja occidentalis* 30C. Generally, it could be employed twice daily, until very much better.

Homeopathic *Thuja* is made from the tree called arborvitae, Latin for "tree of life," in reference to the many traditional healing properties provided by its leaves, bark and sap. That moniker essentially sums up the importance of this substance, doesn't it?

However, when potentized and succussed – in other words, made into a homeopathic medicine – its value is increased exponentially. While Thuja has other applications, it is well-known as a great medicine for urogenital issues, particularly in men with such conditions.

Practical Homeopathy® for Accompanying Urinary Urgency and Frequency

Yet another homeopathic consideration may come to mind if the prostatitis is marked by a sense of urgency and a frequent need to visit the bathroom. Many men experience this most specifically at night, disrupting their sleep and, often, that of their partner.

Cantharis 200, twice a day, until much improved, is my go-to medicine for urinary tract infections as well as that torturous feeling of urgency.

As always, we employ our homeopathic medicines until very much better. Then, we step back and observe. If the condition is very much better, we discontinue the medicine. If the symptoms return later, the medicine may be taken up again.

Don't forget homeopathy is medicine. It is not intended to be taken as a daily supplement – ad infinitum. When the symptoms

ease, the medicine is halted. If there is absolutely no change within a few days, one might consider pivoting to another well-chosen remedy. (I teach more on men's health in my Academy of Practical Homeopathy®.)

We Use Symptoms to Determine the Homeopathic Medicine Needed

My friends, as I've said before, symptoms are gifts. They are indeed precious gifts. We utilize them to choose the tightest-fitting homeopathic medicine for any condition. Since each case of prostatitis may vary, it's critical that you know how to observe and what to do with your observations. There is no substitute for education.

If you've not yet joined (or created) a Gateway to Practical Homeopathy® study group, it's the best way to jump-start your education. By completing *both* Gateway I and II, you'll better understand the uses for some of our most common homeopathic medicines for first aid and acute conditions, a few chronic illnesses, and learn more about the ever-useful cell salts (a particular category of homeopathic medicine).

In my next Memo to Mighty Members (which will be emailed to members this coming Thursday), I'll discuss another homeopathic medicine often considered when the PSA level is elevated.

If you haven't joined us yet, you should. My weekly Memos are tantamount to extra blog posts. I'm able to discuss subjects much more freely and personally in our private enclave than I am in a public forum.

You've already missed 272 of these useful Memos. However, the great news is that they're all archived with a searchable index on the Mighty Members site. Join today and start catching up.

Once you better grasp how to use homeopathy, you'll be

champing at the bit to pass on the good news of Practical Homeopathy®. Information like this is too exciting and wondrous to keep to ourselves!

Warmly,





P.S. If you were born between 1946 and 1964, you are a member of the Baby Boomer generation, just like me.

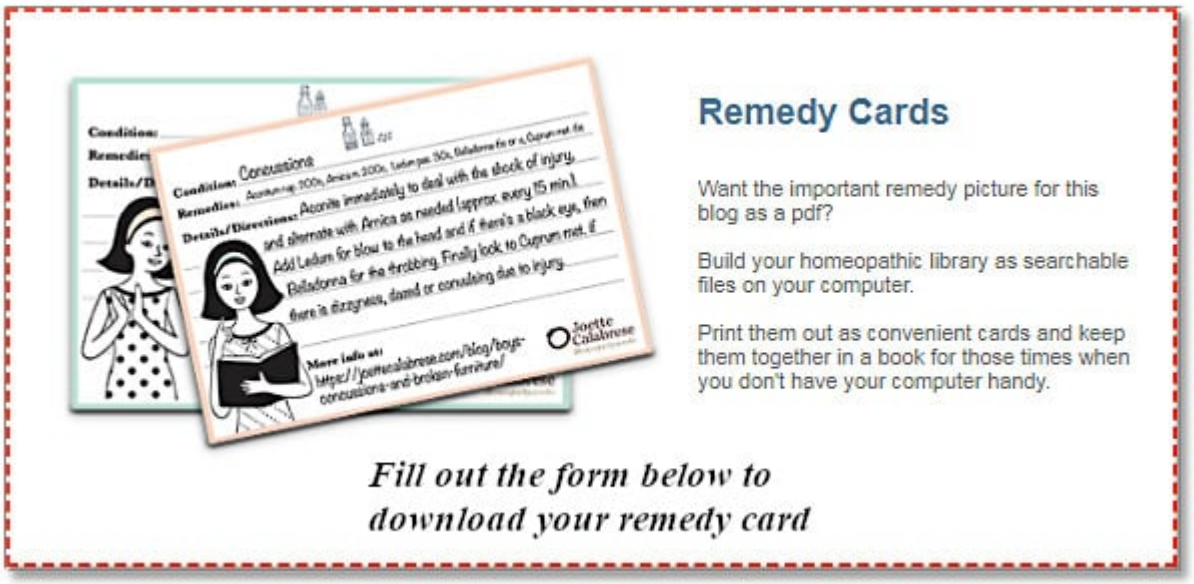
Whether you also proudly call yourself a Boomer or whether you know a Boomer, I encourage you to set time aside to listen to my upcoming virtual webinar on August 20 at 8 p.m. EDT, as I delve into the options that Practical Homeopathy® offers for conditions that plague those in the Boomer generation.

I call it “Boomeropathy.”

This webinar is presented by the National Center for Homeopathy (NCH) and sponsored by our good friends at Boiron USA. While the webinar is free, the solutions I’ll present, based on my own case work with clients in my practice, are priceless.

Register here: https://homeopathycenter.org/free-homeopathy-webinars/

My presentation will be recorded, but you'll need to register to learn where the replay will be hosted.



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