~~Three~~ 4 Cs for Pain, Part 4: *Colocynthis*



Over the last three weeks, I have taught three homeopathic medicines – all beginning with the letter C – that are excellent choices to consider when addressing various pain complaints. So, I bet you thought we had finished our series on the Three Cs of Pain.

Well, you haven't gone crazy; we were finished. But I'd like to share one more C-medicine for pain: *Colocynthis*.

Anyway, who's counting? Let's make it FOUR Cs for pain, shall we? You deserve a bonus!

We previously discussed:

- *Chamomilla*
- *Cimicifuga racemosa*

- *Coffea cruda*

Homeopathically prepared *Colocynthis* carries its own collection of Cs. It has historically been shown to address constrictions, contractions and cramp-like pain.

For instance, one might consider *Colocynthis* for tummy pain causing the sufferer to double over from agonizing abdominal cramping. This includes colic in babies when consistent pressure to the area is the only comfort.

In much the same way, *Colocynthis* would also be a consideration for menstrual cramps – especially those that prompt the sufferer to draw up in a ball.



Painful muscle twitching or cramps, including excruciating charley horses, should also elicit the idea of *Colocynthis*.

What's more, *Colocynthis* is also noteworthy as an excellent choice for the harrowing pain from neuralgias in general, especially around the head and face (for instance, trigeminal neuralgia).

While certainly not fun to endure, we love symptoms because they help us narrow down our choice of homeopathic medicine. However, in the absence of a tried-and-true Practical Homeopathy® protocol, we must do a bit of research to find the tightest fit possible of homeopathic medicine to the

symptoms presenting.

That's why I encourage all sufferers to read more about a particular medicine in their *materia medica* before deciding on which they will choose to employ.

If *Colocynthis* is found to be a good match, it is generally used in the 30th potency, twice daily. However, if the pain is really severe, one may choose to utilize one dose every 15 minutes for the first hour, and then every few hours after that, until very much better. (A dose comprises the number of pillules indicated by the manufacturing pharmacy on the medicine's label.)

So, there you have them: FOUR Cs of Pain for the price of three (still free).

Be sure to go back to each of these blog posts in the series and download the free Remedy Cards. You can print them out and start developing your own Remedy Card rolodex. The next time pain strikes, you'll be prepared … provided it's a pain I've written about here in the free blog.

Unfortunately, though, there's not enough time or space to give you a truly thorough education on *all* of the homeopathic medicines that have been clinically shown to address pain and uproot the causes behind it.

However, I want you to be more thoroughly prepared for any eventuality. For that level of instruction, I suggest my course, "Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain for Good."

Pain is inevitable in the human experience. So, shouldn't we be forearmed with the competence and confidence to utilize this natural, gentle, time-tested medicine with reproducible results?

If we develop a homeopathic mind, we will benefit from the knowledge that the body is still capable of doing something marvelous, even in a state of pain.

Through the symptoms of pain, the body is communicating an intelligent message.

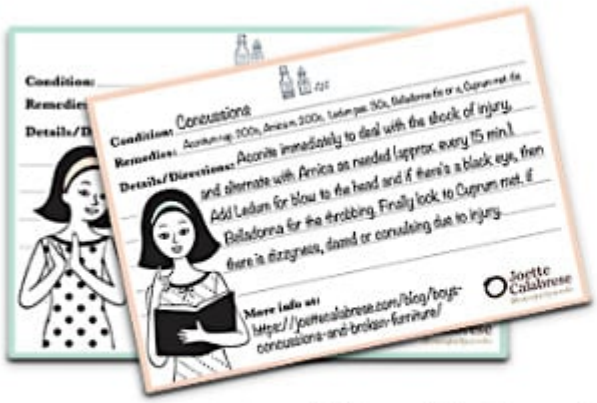
If heeded and met with homeopathy rather than suppressed with synthetic pharmaceuticals of commerce, that message will ultimately lead to healing.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. And remember – all my Mighties [(Joette's Mighty Members)] qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



Remedy Cards

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6-8-24 3-4 Cs for Pain, Part 4: Colocynthis

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