Marie and Maggie, Buffalo, NY

While babysitting my precious 1 ½ year old niece, I decided to take her on a walk. It wasn't until we were well underway, however, until I realized that I had been a little too ambitious. The wind was biting and whipped her blonde hair out from under her snug cap. By the time we reached home, we were both thoroughly chilled and snuggled up with a blanket, milk and cookies.
But I wasn't convinced that we could get off so easily. I didn't want to wait until she got sick to give her a remedy, so I quickly chose Aconitum 30, the way Joette taught me. I remembered, among some other factors, that it was good for illness that came on after being exposed to cold winds. I thought it would be worth a try.

So, prophylactically, my brave little niece took her dose. When my sister came home, I confessed having taken her little one on a chilly walk and that I'd given her a remedy, in the hopes that she wouldn't be left with a sick baby.

What happened was quite the contrary and this is where my sister's account picks up….

That night I went to give my daughter a bath, but dreaded it as it was always a source of anxiety for both of us. I had taken a chance when she was a baby and brought her into the shower with me once, but it did more harm than good. She had been scared of the bath ever since, and for the seven months that followed, she would scream, tense up, and sob the entire time.

She would stand but never sit in the water, and she couldn't handle any water being poured on her at all – heaven forbid I attempt to wash her hair. She would hold onto my arms and ask to be all done. It was so stressful.

That night, I began the bath very slowly as usual, but my

daughter’s behavior shocked me. She actually helped undress herself and climbed into the tub! She immediately sat her little self down and began playing with toys. Within a few minutes, she was using a cup to pour water over her head!

I believed the dose of Aconitum was the reason she so peacefully overcame her fear of the bath. I was right. When I read my sister’s Materia medica, anxiety is eliminated by the use of Aconitum! I am so thankful for homeopathy!