A Homeopathic Blog You Can Sink Your Sensitive Teeth Into

Sensitive teeth can be an ever-present reminder that our mouths are not at their best. Homeopathy can ameliorate dental discomfort.

Podcast 165 – Practical Professionals: It Doesn’t Get Better Than This! Inspirational Homeopathic Success Stories From My Mastermind Group

Meet members of my original Mastermind group, who share some of their homeopathic success stories. If they can do this, you can, too!

Farewell to Flatulence:

Finding Freedom from Gas With Practical Homeopathy®

Flatulence happens to everyone occasionally, yet we’re all embarrassed when it happens to us. Not to worry, my friend. Homeopathy can help.

Tattoo Removal Aftercare: Beauty Is More Than Skin Deep

Today, I answer a student whose loved one is giving up a tattoo for Lent. Her question? Can homeopathy assist in tattoo removal aftercare?

Podcast 164 – Meet 7 Unique, Accomplished, Inspiring Women from the Practical Homeopathy® Mastermind Group

Looking for inspiration as you learn homeopathy? Need a Practical Homeopath® for a consultation? This podcast is just what you need.

The Fountain of Youth? One Homeopath’s View on Arnica and Longevity

One of my colleagues successfully secured his own longevity with homeopathic Arnica. Let’s take a look at his technique.

A ‘CRASH’ Course in Croup

Croup and its accompanying croupy cough can be scary. Yet, an informed parent can approach the condition with calm – and homeopathy.

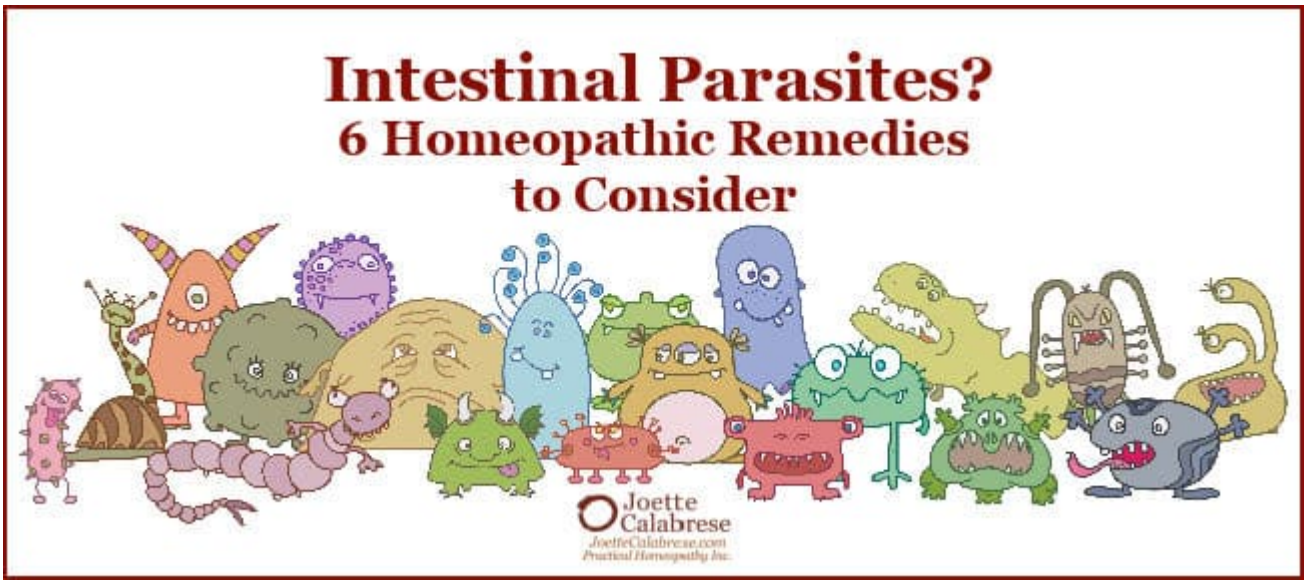
Podcast 163 – Moms with Moxie: When Health Fears Fade: Ordinary Mom, Extraordinary Results

Listen to incredible homeopathy success stories from a wife and homeschooling mom whose seen health fears fade after extraordinary results.

Homeopathy Hacks: 5 Ways to Remember to Take the Remedies

No homeopathic medicine will work unless you actually use it. Here are 5 ways to remember to take the remedies on schedule.

Intestinal Parasites? 6 Homeopathic Remedies to Consider



My recent Monday Night Live on parasites (January 19, 2026) was unfortunately disrupted by an intermittent internet connection. It's funny how much we've come to depend on miracles of modern technology, such as livestreaming. We tend

to forget how many factors must align precisely to achieve our desired outcome.

Because that video turned out to be a little catch-as-catch-can, I wanted to circle back to the topic of parasites because I'm getting lots of interest – lots of questions – about it lately. So, here's the blog post I promised, containing the information that was in that Monday Night Live.

What's the number one question?

Does homeopathy address intestinal parasites?

Absolutely, it does. There's no doubt about it.

However, let me be clear. Homeopathy is not like a vermicide drug that kills the parasites. That's not its function.

Homeopathy doesn't kill in this situation any more than it does in other conditions. That's not the way it works. Instead, I like to think of it this way:

Homeopathy *evicts* the parasites. It makes the body inhospitable. Then, they leave on their own. Well, they either leave or they don't propagate.

Consequently, sometimes we may be able to see, for example, pinworms "evicted" rectally.

This is simply one way we can observe that the medicine is acting.

Which parasites are we talking about?

Now, when I talk about parasites, I may not be talking about the ones some people may have in their minds. So, let me make it really clear.

Some people are worried about parasites that live in the brain. However, I'm talking about intestinal parasites:

pinworms (sometimes called threadworms), liver flukes, roundworms and other intestinal parasites that live in the gastrointestinal region.

But I'm going to warn you, my friend, that when you look up pinworms, the search results are horrifying if you're a mother. The precautions against your child acquiring pinworms will freak you out, so don't even get embroiled in that kind of thinking.

If you really look into it, you'll find that pinworm eggs are on shopping cart handles and the handles of doors going into stores. They're seemingly everywhere.

Obviously, we're going to use a certain amount of intelligent care. We do want to keep the nails and the fingers clean. When we've been in the grocery store, we don't put our fingers in our mouths. We go home and wash our hands. But we need not be paralyzed with fear.

We have a homeopathic medicine, should the need arise.

The standard internet advice on how to deal with pinworms is equally crazy making. Often, these resources require you to follow very specific, outlandish methods, such as scrubbing the heck out of the afflicted child's fingernails with a brush, boiling the sheets the child slept in, wiping down the floor where the child may have walked to go to the bathroom in the middle of the night, and keeping that child away from other children. I mean, it will drive you out of your mind.

Again, not to worry. Homeopathy offers a powerful – yet gentle – medicine that has rarely failed me in eliminating intestinal parasites in my clinical experience.

1. *Cina*

In my experience with clients and students over the years – and even with my own family – the answer to parasites is

almost always garden-variety *Cina*.

Cina (sometimes, shown as *Cina artemisia* or also known as *Cina maritima*) is the number one homeopathic medicine for intestinal parasites. I would even include it for liver flukes, which are not in the intestines but in the gastrointestinal area.

Additional keynotes for *Cina*, aside from the mere existence of the intestinal parasites are grinding of the teeth, itching of the nose, itching of the rectum, and there can also be a ravenous appetite.

However, all these keynotes do not need to be present. I want to remind you that you don't need to have every single keynote to choose this particular homeopathic medicine. You may not even need *any* additional keynotes. Indeed, all you have to know is that there are worms. That's it.

You can generally find pinworms yourself; you can actually see them. I won't go into that here; however, you might want to look it up.

Now, one can use *Cina* in a mother tincture, and it's quite effective. One could consider utilizing just a few drops of the mother tincture – two or three drops – diluted in water, twice daily, for three months or so.

However, an herbal mother tincture is generally suspended in alcohol. So, we would not give that to a baby, a pregnant woman or a recovering alcoholic. There's another way we can use *Cina* for our babies and pregnant women, and that's in potentized, pillule form. In my Good Gut, Bad Gut course, students learn to use *Cina* 6C twice daily, for approximately three months.

In my clinical experience, I have found that *Cina* is across-the-board amazing.

2. *Teucrium marum*

Okay. It's very rare that *Cina* will not successfully act. However, if after giving it enough time (roughly three months or so), it doesn't provide the desired results OR if the condition gets worse, let's talk about the next homeopathic medicine to consider, *Teucrium*.

Two of *Teucrium's* keynotes are rectal itching and chorea.

If you're not familiar with the term chorea, it means involuntary movements. In this condition, the chorea is almost like a shudder … like an involuntary shiver of the body. However, remember, not all of a medicine's keynotes need to appear.

Now, the worm-related rectal itching, indicating the need for *Teucrium,* is intense. It's not an itch like a rash. It's so intense; it's more like what I would describe as a pinch itch, if there is such a thing.

In my practice, some sufferers have utilized *Teucrium marum* 200C twice daily for several months. (And before you ask, CK is used somewhat interchangeably with C.)

3. *Spigelia*

Again, our first consideration for intestinal parasites is *Cina*. However, if *Cina* hasn't acted, nor has *Teucrium* (provided we allow them both their due time), a third consideration could be *Spigelia anthelmia* 200C, twice daily, for several months.

In all honesty, *Spigelia* doesn't stand out much differently in its keynotes for parasites than *Cina* or *Teucrium*. However, it is noted to be more specific for worms.

4. *Sulphur*

If one has used the previous medicines for at least three

months without resolution, then consider pivoting to *Sulphur* 30C, especially when there is itching accompanied by burning. If there's burning in the nose, burning rectally, burning in the stomach, burning in the bowels, then we know to consider *Sulphur* 30C, twice daily, for several months.

5. *Santonine*

I'm going to tell you about one more potential consideration called *Santonine* (also spelled *Santonin or Santoninum)*. This medicine is *only* utilized when *Cina* and the other previously mentioned medicines have failed. In my clinical experience, I've actually only needed to pivot to *Santonine* once. In that case, *Santonine* 30C was used twice daily for several months until resolution.

6. *Chelidonium majus*

Now, if the parasite in question has been diagnosed as liver flukes, one might consider adding an additional remedy to the use of *Cina*.

Chelidonium has historically been recognized for liver conditions, in general. So, adding it to the same schedule as *Cina* may address liver flukes even more effectively.

Chelidonium 6C would be used twice daily (separated by about 15 minutes from the *Cina*), for several months until resolution.

While the first homeopathic medicine I mentioned, *Cina,* will most likely address the parasitic condition effectively, keep these other options in your homeopathic quiver. Should *Cina* not act as well as desired, read up on them in your *materia medica* to determine which might be the best consideration.



My friends, despite the internet's scare tactics, parasites need not be the end of the world. We have homeopathy. To my way of thinking, the parasites should be the ones who are frightened. After all, we're serving them with an eviction notice!

Pass on the good news of Practical Homeopathy®.

Warmly,



P.S. 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.

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



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