

Podcast 154 – Moms with Moxie: From Hopeless to Hopeful, Homeopathy Addresses Serious Conditions.

Facing serious conditions, this mom goes from hopeless to hopeful. “Homeopathy has given me hope in a place where I didn’t have any.”

The Combination Remedies That Save Us: Homeopathic Medicine Made Easy

The Combination Remedies That Save Us



I recently realized I have to eat my hat ... or rather, Samuel Hahnemann's beret.

In the early years of my practice, I was reluctant to consider combination remedies. Due to my classical training, the idea of combining several homeopathic medicines for a specific condition sounded almost heretical.

Why? I was taught that using multiple medicines together could potentially compromise the effectiveness of each individual medicine. I was taught to use one medicine, and one medicine only.

However, in the years that followed, my thinking changed.

I started using two or three medicines in the same schedule myself and observed better success rates. Then, I witnessed the tremendous power of certain *combined* medicines as described in the Banerji and French protocols. I'm also in a unique position to hear success stories from my students and

clients regarding their use of the combination remedies that noteworthy homeopathic pharmacies have created.

In other words, can you pass the butter? I have a hat to eat.

Rethinking My Position

Permission to speak freely? I was hesitant about leaning on combination remedies because I worried their use would bypass what I teach about choosing the tightest-fitting homeopathic medicine(s).

You see, some combination remedies can include 8, 10, or even 12 different medicines, all in different potencies. That is a lot of remedies all in one dose. My concern was that it could potentially undermine people's desire to learn more deeply how to use these medicines and understand the character of each medicine. If we're going to provide our own health care and be autonomous healers in our families, we must endeavor to grasp the totality of homeopathy – both its principles and its medicines.

BUT (and it's a big "but"), I keep hearing personally from my clients and students – and in large numbers – about how useful these remedies are. People report to me, "Oh my gosh, it works! It's so great." So, let's face it, I've got to be realistic about their use.

(And take another bite of my hat.)

Certain Combination Remedies Provide an Influential Introduction to Homeopathy

In fact, when certain, well-developed combination remedies are effective, they provide an undeniable service to sufferers. PLUS, I have come to realize that they are an effective introduction to the power of homeopathy. These convenient combinations, available at many common drug and grocery stores, serve as an entry point for those unfamiliar with

homeopathy, encouraging them to learn more.

I also should add that these combination remedies aren't just slapped together willy-nilly. Manufacturing pharmacies have thoroughly researched their formulations to provide the most effective medicines for the most commonly experienced symptoms in a given situation.



Let's Look at ColdCalm®

For instance, one of our frequently discussed homeopathic medicines for colds is [ColdCalm®](#) by Boiron. For many families, it's their proven go-to for effective and side-effect-free cold intervention. My son even successfully used it for his dog (as you can read in [this previous blog post](#)).

In addition to their goal of softening symptoms and reducing the duration of their cold, I also encourage cold sufferers to read the ingredients with an educational goal in mind. Reading the back of the box is a capital way to learn more about homeopathy.

Boiron has listed each homeopathic remedy contained in ColdCalm®, along with the aspect of the common cold they address.

It's virtually a *micro-materia medica* on the back of the box.

Sufferers can easily pinpoint which medicine successfully tackled the causes behind their most prevalent symptoms by familiarizing themselves with the specific keynotes of each remedy.

Drug Facts

Active ingredients** (in each tablet)	Purpose*
Allium cepa 3C HPUS (0.28 mg).....	Relieves sneezing and runny nose
Apis mellifica 6C HPUS (0.28 mg).....	Relieves nasal congestion
Belladonna 6C HPUS (0.28 mg).....	Relieves colds with a sudden onset
(contains less than 10 ⁻¹⁴ mg atropine alkaloids)	
Eupatorium perfoliatum 3C HPUS (0.28 mg).....	Relieves aches and pain associated with colds
Gelsemium sempervirens 6C HPUS (0.28 mg).....	Relieves headaches
(contains less than 10 ⁻¹⁴ mg gelsemine alkaloids)	associated with colds
Kali bichromicum 6C HPUS (0.28 mg).....	Relieves nasal discharge
(contains less than 10 ⁻¹³ mg chromium)	
Nux vomica 3C HPUS (0.28 mg).....	Relieves sneezing attacks
(contains less than 10 ⁻⁶ mg strychnine alkaloids)	
Phytolacca decandra 6C HPUS (0.28 mg).....	Relieves occasional minor sore throat associated with colds
Pulsatilla 6C HPUS (0.28 mg).....	Relieves colds with a loss of taste and smell

The letters "HPUS" indicate that the components in this product are officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses* temporarily relieves cold symptoms such as:

■ sneezing ■ runny nose ■ nasal congestion ■ occasional minor sore throat

Warnings

Ask a doctor before use ■ in children under 4 years of age ■ if sore throat is severe, accompanied or followed by fever, headache, rash, nausea, or vomiting.

Stop use and ask a doctor if ■ sore throat worsens or persists for more than 2 days

■ nasal congestion worsens or lasts more than 5 days in children under 12 years of age or 7 days in adults ■ new symptoms occur

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

***CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.**

**C, K, CK, and X are homeopathic dilutions: see BoironUSA.com/info for details.

They may, then, consider purchasing that single remedy to have on hand for the next time they experience that specific symptom alone.

Indeed, the combination remedies provide a tremendous way to learn more about homeopathy!

Side note: Don't forget, when you order directly from [Boiron's website](#), you'll receive 20% off your order by using my name as the discount code (joette) at checkout. For your peace of mind, let me clearly state that I don't receive any remuneration for your purchases. I believe that receiving affiliate payments would create a conflict of interest with my goals as an educator.

ColdCalm is not the only combination remedy Boiron manufactures. I hear feedback on other products such as [SleepCalm®](#), [StressCalm®](#), [AllergyCalm®](#) ... and the list goes on.

And Boiron is not the only respected homeopathic pharmacy offering combination remedies. Hyland's offers the highly regarded [BioPlasma®](#), a combination of all twelve cell salts. OHM Pharma (a non-retail homeopathic pharmacy exclusively available to professionals, students and clients) offers many as well. I also hear excellent reviews from my students on the complexes developed by [Newton Homeopathics](#). And I tend to agree.

(Last bite of my hat ...)

An important underlying message in this post is that science is never settled. We should always be open. We should always consider, reconsider and question what we believe and be our own devil's advocate. We must learn and grow. In fact, if you read the very first of my blog posts, you'll see I was quite classical in my approach. I leave all those posts there so that you can see my evolution as a homeopath (and they also show that in homeopathy, there's generally more than one way to butter a biscuit).

You know that I now espouse *Practical* Homeopathy®, and I must admit, these combination remedies are quite practical! So, I have faith in you, my friends. I know that while you will enjoy the ease and efficacy of the combination remedies, you will also continue to develop your understanding and skills in

properly utilizing homeopathic medicines.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. I encourage all devoted students of homeopathy to own a good *materia medica* as the perfect place to look up more information on the ingredients contained in combination remedies.

There are several available online for free, but most of them are written in a technical style. Their information may be difficult for new homeopathy users to absorb at a glance, especially in an emergency.

Glaucoma: The Danger of Increased Intraocular Pressure

Glaucoma can lead to damage to the optic nerve if left unaddressed; however, Practical Homeopathy® can help address eye health.

Podcast 153 – Homeopathic *Stramonium* for Violent Tendencies

Homeopathy addresses emotional conditions as adeptly as physical ones. Discover the efficacy of Stramonium for violent tendencies.

What Else? The Sweeping Ability of Homeopathy

Let's examine a few key aspects of case management, how assessment works and the sweeping ability of homeopathy.

Practical Homeopathy® for Folliculitis: Achieving Skin Health Without Antibiotics

Discover how homeopathy can ameliorate folliculitis, a condition for which conventional medical doctors often prescribe an antibiotic.

Podcast 152: I Can Predict Your Future

One of the most powerful tools in homeopathy isn't a remedy bottle, a repertory, or even a materia medica. It's our ability to observe.

Keratosis Pilaris: Chicken Skin Is Great for Chickens, Not So Great for Humans

Keratosis Pilaris

**Chicken Skin: Great for Chickens,
Not So Great for Humans**



You know what looks perfectly acceptable when it has chicken skin?

Chicken.

But chicken skin – also known as keratosis pilaris – on a human being is less than optimal.



Is keratosis pilaris dangerous? No. Not at all.

Is it unsightly? Perhaps ... depending on its location, which is generally on the upper arms, legs or buttocks.

Is it embarrassing?

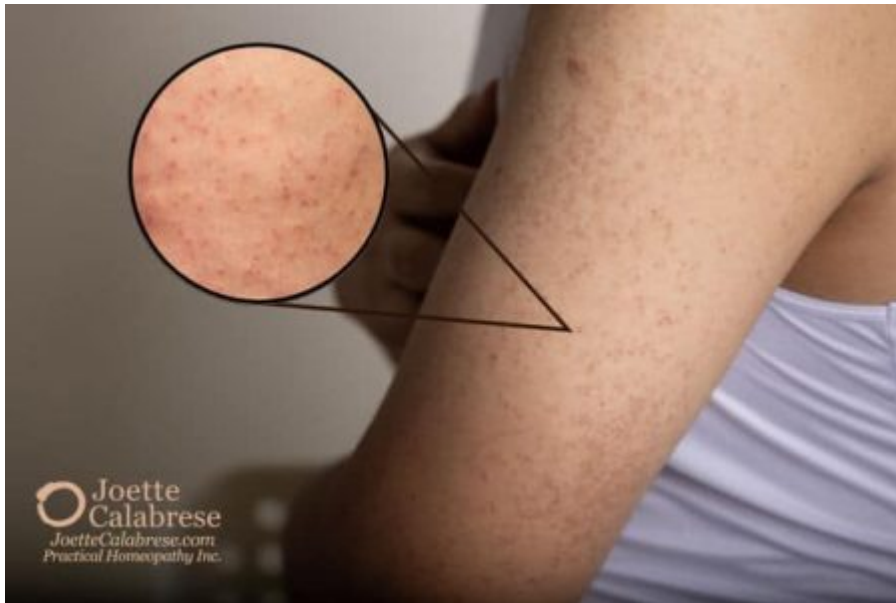
And how! I recently learned that the daughter of one of my students – let's call her Theresa – suffers from chicken skin on her upper arms. At her middle school tender age, she is more than embarrassed about the lumps and bumps on her arms. She's downright mortified.

Theresa won't wear sleeveless tops (a distinct disadvantage in Florida's scorching summer heat). She's afraid to wear a bathing suit, fearful that the "cool girl" clique will make fun of her. And she's dreading the day that a boy asks her out, as she knows that her bumpy arms will feel rough and unpleasant to the innocent touch of an arm around her shoulders.

What Is Keratosis Pilaris (Chicken Skin)?

The [Cleveland Clinic](#) reports that an astounding 50% to 80% of teenagers and 40% of adults experience chicken skin at one time or another.

Keratosis pilaris (KP) results when excess keratin clogs hair follicles in our skin, causing a build-up of tiny red, white or flesh-colored bumps.



A Two-Pronged Approach to Resolution: Diet

My first thought with skin conditions, such as this, is diet. Perhaps the sufferer does not eat much protein and animal fat. Let's face it, animal fats work wonders for healthy, supple skin. That's why I prefer to use tallow as my skin care regimen rather than the synthetic cream concoctions women spend hundreds of dollars on.

I discuss my usage of tallow in [Podcast 135](#) (also found on all your favorite podcast apps). I also wrote about the success another young lady had with her [atopic dermatitis](#) after switching to tallow as her moisturizer. The homeopathic medicine, naturally, had a significant impact on the condition, and eliminating synthetic creams and lotions played a supporting role in her recovery.

However, as good as animal fats are when applied topically, they also provide nutrients and necessary fats when consumed. In my clinical experience, I have observed a correlation between chicken skin and excessive consumption of carbohydrates and sweets in teenagers.

Are the carbs and sugary treats causative? I don't believe so. It would seem to me that they undermine a person's diet by filling them up, leaving little or no room for the healthier

animal proteins and fats that might assist their body's metabolism.

There has long been speculation that a vitamin A or B12 deficiency may contribute to the development of keratosis pilaris. Whether that is legitimate or not is a question for researchers, but a better diet would certainly eliminate that concern. (You know I don't particularly value synthetic vitamin supplementation.)



A Two-Pronged Approach to Resolution: Homeopathic *Thuja*

Of course, if the sufferer deems chicken skin to be an intolerable pathology, then homeopathy may be considered.

I automatically think of *Thuja occidentalis* for most kinds of keratosis. So, for this condition, one of my top considerations would be [*Thuja 30C*](#), twice a day, for a couple of weeks. Then observe.

If the condition is very much better, it's time to halt. If the condition is beginning to show improvement – no matter how slight – then continue with *Thuja*. However, if the condition has made no change whatsoever, then it's time to pivot to a different medicine.

Skin Conditions and Homeopathy

Again, there are several different medicines that may be employed for this condition. In fact, I discuss a different homeopathic remedy for keratosis pilaris in my course, ["Skin: The Ugly Truth – Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy."](#)

If skin issues are a concern for you or your family, this course is jam-packed with education, protocols, and remedy considerations for many varied conditions. Learn about homeopathy for specific skin problems such as eczema, psoriasis, melasma, rosacea, ringworm, vitiligo, urticaria, warts, fungal infections, herpes and diaper rash, just to name a few.

And remember, all of [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.

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, stylized loop at the beginning.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

Fill out the form below to download your remedy card

Happy Labor Day ... and a Happy Day of Labor (and Delivery)

A Labor Day look at labor and delivery. Homeopathy can assist a new mother to give birth without interfering with the natural process.

Podcast 151 – Chronic Fatigue Through the Lens of Practical Homeopathy®

What homeopathic medicines do we use for chronic fatigue? First, let's consider a few specific symptoms and what may have precipitated them.