# Dangerous World? Not If You Know Homeopathy

#### 10 Toxins and How to Antidote Them

Cigarette smoke...cough, cough! Carbon monoxide...gag! Paint fumes, drugs...ugh! It makes you want to ditch modern society and move to an island in the Pacific. It's a scary world out there.

Or is it? Well, it is unless you know the antidotes. The remedy. The way to heal a reaction to such contaminants. Then, the outside world just doesn't seem so hostile.

Let me tell you how empowering it feels to have the ability to restore someone you love from a sickness, sometimes even a life-threatening one, caused by a poison.

# Really?

Is this possible? Such potent toxins can actually be antidoted so readily, permanently and without side effects? Yes. In fact, up until the late 1940s, there were more than 100 homeopathic hospitals in the United States, and these are precisely the kinds of solutions homeopathic physicians employed. Their emergency rooms were stocked with hundreds of homeopathic remedies ready for the event of poisonings. This historical fact is well documented.

The reason these smart little pills are no longer found in hospitals or in any modern medical settings in the United States is because there was a nasty divide between conventional (allopathic) and homeopathic medicine. And you can probably guess why. Yes, the burgeoning pharmaceutical industry booted homeopathy out of its place of prominence in medicine. A very organized, well-funded and diabolical campaign was undertaken to rid the United States of homeopathic physicians, hospitals, clinics and pharmacies.

Today, we are left with the fallout from that strategic battle for dominance. We're left to fend for ourselves and to learn anew what the homeopathic physicians and nurses and even many everyday folks of the last century knew. No matter. We'll take it up from here. We'll become resourceful ourselves and learn as much as we can to protect our families. This primer might just whet your appetite. Consider learning the myriad of applications in which homeopathy may be utilized.

Below, we'll examine some of the most important poison remedies I recommend you have on hand in your home. Also, allow me to make it clear that with any severe poisoning, you immediately get underway to a hospital. This doesn't mean that you can't accomplish a great deal in the car on the way. A number of my students have reported that they turned around in the parking lot of the hospital after administering the correct

remedy a few times. Homeopathic remedies *will not* interfere with any allopathic medicine or methods. What a great strategy to have at your fingertips!

#### The How-Tos

When administering a homeopathic remedy for an acute situation, particularly if the problem has life-threatening ramifications, the best protocol is to repeat the remedy every few minutes to every half hour. As you witness improvement, spread out the number of doses. When the illness is completely resolved, stop administering. Improvement doesn't necessarily mean complete recovery within minutes. It can mean the sufferer falls asleep (that's where healing often occurs) or it can be represented in a change in behavior. So if someone is anxious and vomiting, and the anxiety is relieved, then that's a move in the right direction, and an indication that the remedy is correct.

Once you know the remedy is correct, you can continue administering it. You might also note, for example, that the vomiting occurs less frequently and/or less dramatically. These are all indicators that the remedy is well chosen.

I know, I know, we love to see dramatic results when remedies are used, but there are plenty of situations in which there is instead only slow, steady improvement. This, too, is valuable. Whether it produces a rapid recovery or one that is not as dramatic, homeopathy has a reputation for addressing illness in all its complexities. It can stand proud as the medicine that antidotes and leaves the person in a more advantageous position than even *before* the poisoning. It does this by righting what was wrong in the first place! Can you think of any other medicine that can deliver such results? Me neither.

Though this list is by no means exhaustive, it includes the common poisons and the corresponding remedies that have been shown to aid the sufferer in short order:

- 1) Bee venom: Ledum palustre
- 2) Pesticides: Arsenicum album
- 3) Paint fumes: Arsenicum album
- 4) Food poisoning: Arsenicum album
- 5) Medication overdose: Nux vomica
- 6) Alcohol overdose: Nux vomica
- 7) Sugar overdose: Nux vomica
- 8) Carbon monoxide: Carbo vegetabilis
- 9) Cigarette smoke: Natrum muriaticum
- 10) Poison ivy: Anacardium

#### Bee Venom: Think Ledum

Quick! Get the *Ledum*! When my then 8-year-old son was stung on his foot by a yellow jacket, his reaction became a frightening and macabre distortion of his otherwise cherubic face. His lips looked as though they might split from the swelling, and his eyes were sunken behind swollen lids. His was clearly an anaphylactic reaction. Quite a serious matter.

We live in the country, a formidable distance from a hospital, so I was thankful I had the homeopathic remedy *Ledum* 200c. *Ledum palustre* is one of the few homeopathic remedies that are pathology-specific. That is, it will work for most folks who have suffered a bee sting, most of the time. Other homeopathic remedies are more person-specific. This means the remedy must be chosen for the specific person's reaction. In this case, *Ledum* worked just as



it should because it is a wonder remedy for most bee stings.

Within minutes of taking *Ledum*, our son's shoulders relaxed, his lips lost some of their swelling, and he fell asleep in his father's arms. When he woke 10 minutes later, I repeated the dosage and continued every quarter hour over a period of 5 or so hours. Several more doses followed during the night, and by the next morning, there was little evidence of the sting but for the swelling on his foot.

A necessary note: the reason I administered the remedy every 15 minutes is because of the life-threatening nature of the pathology. Lesser illnesses require less frequent dosing.

This inquisitive son was subsequently stung by another yellow jacket not more than a month later, on his hand. We swung into action once again. This time, only his hand swelled, though quite large. But at least this time, the reaction was local rather than systemic.

I'm almost embarrassed to report that at the end of the summer, he once again got into some yellow jackets. (Some kids don't learn without experiencing things first hand...repeatedly.) This time the sting was on his upper arm. And when we administered *Ledum* 200c, it merely acted to remove the pain. That's because there was barely a reaction at all. His body had learned to adjust to the toxin and was able to address it in a more appropriate way.

This is the way with homeopathy. Like a sloop in a storm, the healthy body has the ability to right itself. This is done by gently stimulating the mechanism that we all have to restore genuine health.

Since that summer, I'm happy to report that though our nature boy has been stung a few more times, each reaction has been small and within the range of normal. Key to this story is the reminder that homeopathic remedies are safe. That is, they don't cover up or mask symptoms. They come with no warnings that they might be addictive or shouldn't be taken during pregnancy or are dangerous to children. They are just safe, effective and inexpensive homeopathic remedies.

As my mother remarked not long after the last bee sting caper, "I'd say he's cured." I agree.

#### Pesticides and Paint: Think Arsenicum

Allow me to give you another example of homeopathy's ability to relieve the issue at hand and, more importantly, to uproot the propensity for the illness in the first place.

One of my students had a kitten that played on a neighbor's lawn. The grass had recently been treated with toxic lawn chemicals. Within hours, the kitty was restless and bumping into furniture, taking sips of milk followed by diarrhea, and finally collapsed on the floor. He was shivering with cold. It appeared as though he was in a coma. This is a classic indication of pesticide poisoning and also for the use of *Arsenicum album*.

The keynotes of this remedy are restlessness alternating with extreme fatigue and/or collapse, particularly after a bout of diarrhea. There's also coldness and disorientation, particularly after exposure to a toxic substance.

My student remembered the indicators of this vital remedy, and the cat began improving within minutes of administering the little pills. The vet reported that most kittens don't survive pesticide poisoning when the symptoms are as severe as this. She told the owner that at best it would take weeks before the cat would recover, if at all. My student reported to our class that it took only six hours before the patient was up to his kittenish play!

Arsenicum album is a remedy that wears many hats. It will uproot sensitivity to other chemicals as well. Its immediate action can be seen within a few hours. And then its long-term action can often be witnessed weeks and months later.

I found *Arsenicum* useful for a chemically sensitive woman in her 50s who became weak, cold and anxious anytime she was exposed to the scent of fresh paint. For her, fresh paint could be detected many months after applied, for she had developed extreme sensitivities.

Martha could identify paint fumes long past the time others could. A few doses of *Arsenicum album* once every 2 weeks, and the previously weakened Martha grew stronger and less sensitive over a period of many months. Today, she might not consider

a new career in house painting, but she no longer reacts if she happens to come across a freshly painted room.

## Food or Water Poisoning: Think Arsenicum

But as powerful an ally as *Arsenicum* is for chemical toxins, it is equally so for more organic toxins. For this reason, I advise my clients and students that they should never vacation in Mexico without *Arsenicum album* 30. It's the quintessential remedy for diarrhea, food poisoning and even severe dysentery, as long as the person's symptoms are the same or close to the key notes of the remedy. The key notes of *Arsenicum album* are: coldness, anxiety and restlessness, alternating with or resulting in extreme fatigue. There can also be burning in the gastrointestinal tract and copious diarrhea.

By the way, it's good to be able to differentiate between the two top remedies associated with this pathology. *Nux vomica* is the one to which symptoms should be compared. If there's a great deal of vomiting with food poisoning, *Nux vomica* may also be considered. (See the section below for more on *Nux*.) Regardless of the remedy you choose, stay with it for at least 4 doses. If there's no improvement, even the tiniest, then it's prudent to move to the next most likely remedy. If there is improvement, then continue administering the remedy until the illness is over. Meanwhile, there's no concern for side effects. Homeopathy is gentle, safe, non-addicting and, most importantly, effective.

## Overdose: Think Nux Vomica

Let's look at a premier remedy for many different kinds of poisonings. *Nux vomica* is a capital remedy for food poisoning, alcohol overuse and, most importantly, drug overdose. That is, not only street drugs but also prescribed and over-the-counter drugs. Most drugs are toxic, even when used according to directions. That's what side effects are: toxic responses to an unnatural, poisonous substance.

Certainly we can justify such poisonings when there is no choice. For example, when surgery is truly required, of course we hope general or local anesthesia will be employed. However, after the surgery, if the patient experiences headaches, nausea and constipation or loose stools, this is a call for *Nux vomica*. A few doses, hours or days after surgery, will remove the effects of the anesthesia and put the person fully on the way to recovery.

*Nux vomica* can even be put to work when a child has had too much sugar, such as after Halloween or a sleep-over. A few doses of *Nux vomica* 30, and the child will settle into sleep more readily, and any nausea, indigestion or other gastrointestinal disturbances will melt away. By the way, so will the nasty behavior that ensues after a day or so of such excess.