

## Remedy of the Month

### April

Aconite is an important remedy to know in homeopathy, because if it fits it can be almost miraculously healing. It is great in acute situations that come on very quickly and intensely. If there is pain, it is excruciating. High fever could be involved, usually including great thirst (often for cold drinks). The sick person (or laboring woman) will typically display classic Aconite symptoms of extreme anxiety and considerable restlessness, and might feel as if they are dying. Obviously, if there is any chance that this is true, please take Aconite and head to the ER. Could feel better on the way, but if cardiac symptoms are involved testing should be done.



Often the person needing Aconite has other fears, in addition to the fear of death, that can cause them great agitation. They are our claustrophobes, agoraphobes, the ones who tremble when thinking about earthquakes. They might have experienced a severe fright in the past, which can create this state, and may be prone to panic attacks, although this is not necessary if there are acute physical symptoms.

Additionally, exposure to cold, dry winds can sometimes create an Aconite state. As mentioned above, being in labor is another common time for women to experience the need for Aconite. It is common for the symptoms to flare in the middle of the night, especially around midnight.

Common conditions which might require Aconite are pneumonia with sudden onset, angina or acute myocardial infarction with numbness and/or pain radiating into the left arm, the early stages of croup, Bell's palsy, influenza, gastritis, ear infection, tonsillitis, conjunctivitis, vertigo, shock after accident or injury, colds, cystitis, or toothache (will still need to see a dentist, even if the Aconite helps).

Because Aconite is a remedy to use when the symptoms are intense, it is usually best to use a fairly high potency such as a 200C. And because that potency is not always available and situations which call for Aconite call for it NOW, I recommend having it on hand in your remedy kit.

Call Kate for a free phone consultation about homeopathy and whether it is the right modality for you: 303-998-2458.