



Memo to Mighty Members Tip #170

CONDITION: Lipomas

August 31, 2023

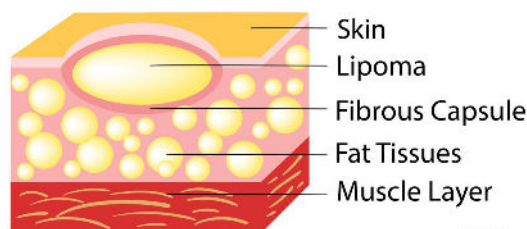
It's time to take a look at another condition that one of you Mighties has asked about: lipomas.

"In Joette's most recent email to us Mighties, she said that if there were any conditions we'd like discussed in the future to write to you.

For over 20 years I've dealt with multiple familial lipomas, a genetic condition. I started noticing them in my late 40s and they've only increased over time. They're mostly on my arms and thighs, and thankfully they are not painful. They can be surgically removed but a plastic surgeon I consulted told me that often when you remove one lipoma several smaller ones replace it. No thank you.

I'm sure there is a remedy or remedies that can address this issue. And if it's good for humans I bet it would work for animals. Many dog breeds develop lipomas."

Lipoma



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Now, before I get too deep into this discussion, let's all get on the same page by stating exactly what a lipoma is. To quote [the Mayo Clinic's website](#), "A lipoma is a slow-growing, fatty lump that's most often situated between your skin and the underlying muscle layer. ... A lipoma isn't cancer and usually is harmless.

As such, there is always the choice to do nothing.

However, if one finds the lipoma to be an incredibly annoying pathology that must be dealt with, homeopathy is at-the-ready.

Some time ago, I wrote [a blog post](#) about a lipoma on my dear departed Buster, the Bad Office Dog. I wasn't explicitly treating the lipoma. However, the lipoma reduced significantly as an unintended benefit of my employing *Arnica montana* 30 in his water bowl for lethargy related to his cardiac condition.

However, were I to specifically target a lipoma — whether in pooches or people — I would more likely turn to a Banerji Protocol™: [Hamamelis virginiana 200](#) mixed with [Arnica montana 30](#), twice daily until very much better.

If you have been a client or student of mine and, consequently, have an account with OHM, this protocol combination may be purchased from them already pre-mixed. But if you don't have access to OHM, it's also easy to purchase a tube of each medicine and simply mix one dose of each together in the mouth.

This protocol has been shown to be useful in other cases of cysts and duct issues under the skin, such as Syringoma. In fact, I cover this topic in my course, [Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy](#).

However, as I just mentioned in last week's blog post, remember that these are medicines and should not be given indefinitely. We generally use a medicine for a few weeks and then reassess.

We reassess by looking at what symptoms and conditions remain, if there's been an improvement and, if so, to what extent. According to our findings, we either halt the medicine (because its job is done) or carry on because there's still plenty more work to be completed.

One of the most important ways to determine if a medicine has done its work is to halt the medicine and see if the suffering returns. If it does return, we can either begin utilizing the medicine again — less frequently (such as every other day instead of twice daily) — or carry on for another few weeks while always observing.

Observation is critical to the successful use of homeopathy! A keen sense of observation is one of the best ways to stay Mighty!



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P.S. I generally give credit to contributions made to our conversations here in these memos — with permission, of course. However, out of the utmost concern for privacy, I have decided not to attribute authorship to any of these requests for discussions on conditions.

Links:*

Mayo Clinic on lipomas — <https://www.mayoclinic.org/diseases-conditions/lipoma/symptoms-causes/syc-20374470>

Buster's Birthday Blog — <https://joettecalabrese.com/blog/busters-birthday-blog/>

Hamamelis virginiana 200 — <https://www.boironusa.com/product/hamamelis-virginiana/>

Arnica montana 30 — <https://www.boironusa.com/product/arnica-montana/>

Skin, the Ugly Truth — <https://membership.joettecalabrese.com/#skin>

*We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.



If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

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