



Memo to Mighty Members Tip #175

CONDITION: Snoring

October 5, 2023

Good morning! How did you sleep?

Everybody needs a good night's sleep, but these days, more and more folks are sleep-deprived.

There are almost as many reasons for an interrupted night's sleep as there are sheep to count! It could be a side effect from drugs. (Hello, steroids, I'm looking at you!) It could be alcohol use. Or perhaps it's from stress, pain, too much screen time, anticipatory anxiety, light or noise.

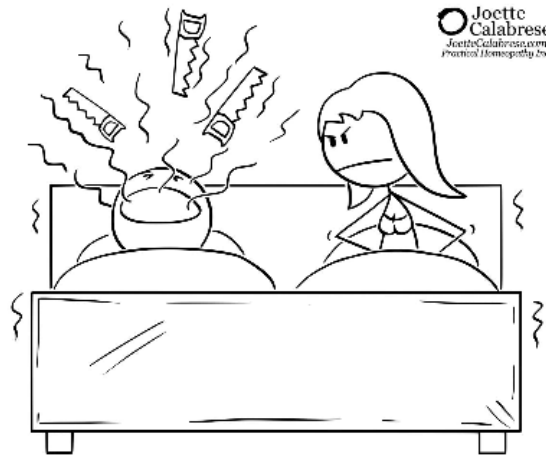
Ah, yes ... noise. There's not a lot homeopathy can do about the train that goes by in the middle of the night, but there certainly are many ways it can address the buzz saw of snoring.

Whether you are doing the snoring yourself or your spouse is the culprit, snoring has to be one of the leading causes of sleep loss.

Did you know that it has been reported that as many as 50% of adults snore? Wow! That's a lot of disturbed sleep. Think what homeopathy could do to revive our tired society!

In last Sunday's blog post, [When You Feel Like You're Freaking](#), I promised to discuss the condition of snoring because I received a query from one of you about this condition. Your fellow Mighty had read my blog, [Sleep Apnea](#), but my preferred medicine for snoring, [Sanguinaria canadensis 200C](#), twice a day, didn't act.

So, she asked, "[The *materia medica*] indicates *Ant Tart* [*Antimonium tartaricum*], and *Nux Vom* [*Nux vomica*] has the element of snoring too, but I would LOVE a teaching on this condition."



I want to examine this question in two parts. First, when we don't have a protocol or the protocol we have is not acting, it's time to take the case more deeply — look closely at what is going on.

It's not as though we're looking for the cause, per se. As you know, in homeopathy, the etiology may not even matter. We use the symptoms and the name of the condition to choose our medicine.

So, if the medicine for snoring doesn't act, then that's a clue that we need to look deeper to find the condition that actually requires our attention (instead of just settling on garden-variety snoring).

I love that there are protocols to hang our hat on. But when our hats can't be hung, it's time to dive into the repertory or take a specific course.

Let's look at just a few underlying conditions that could be at work when snoring presents:

Obesity. Extra weight can often affect the soft tissues of the throat and cause snoring. So, indeed, our preferred medicine might not be able to act on the snoring fully. [Good Gut, Bad Gut](#) often helps pinpoint the gut dysfunctions that can lead to obesity, so that would be a good starting point.

Enlarged tonsils and adenoids. Perhaps the snorer has experienced frequent colds and flu, causing inflammation. Then, we'd focus our attention on the resolution of those conditions, perhaps with [Antibiotic Alternative](#).

Allergies. Is it allergy season? Are they sleeping on down pillows? The allergy protocols contained in my [Allergic?!](#) course would be the perfect place to start.

But should it be just garden-variety snoring (and not the tip of the iceberg of a different condition such as those mentioned above), we'll talk in my next Memo to Mighty Members about how to repertorize this condition yourself.

Learning how to repertorize is invaluable when there is no protocol or our protocol isn't acting!

And don't forget, in this week's Mighty Musing video, I'm reading and commenting on Reason the Twenty-Sixth from [Fifty Reasons for Being a Homeopath](#). We can learn a great deal from the experience of the masters of homeopathy. So, follow along with me as we learn at the feet of Dr. James Compton Burnett.

Stay Mighty, my friends!



Joette Calabrese, HMC, PHom M

Founder and Director of The Academy of Practical Homeopathy® and Mastery™

P.S. To protect privacy, I don't associate the name of the Mighty Member with their requests for information about specific conditions. But if you have a condition you're curious about, please submit it in an email to Tracey@PracticalHomeopathy.com. I can't discuss every condition — often because of complexity — but I'll cover all of them suitable for this venue.

Links:*

When You Feel Like You're Freaking — <https://joettecalabrese.com/blog/when-you-feel-like-youre-freaking/>

Sleep Apnea — <https://joettecalabrese.com/blog/sleep-apnea/>

Sanguinaria canadensis 200C — <https://boironusa.com/product/sanguinariacanadensis/>

Good Gut, Bad Gut — <https://membership.joettecalabrese.com/#ggbg>

Antibiotic Alternative — <https://membership.joettecalabrese.com/#antibiotic>

Allergic?! — <https://membership.joettecalabrese.com/#allergic>

Fifty Reasons for Being a Homeopath archival book (My video is in the Mighty Musings area of your Mighty Member page) —

<https://archive.org/details/fiftyreasonsforb00burn/page/80/mode/2up>

*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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