



Memo to Mighty Members Tip #176

CONDITION: Snoring Continued

October 12, 2023

Last week, in our Memo to Mighty Members #175, we began discussing the condition of snoring. In my experience, [*Sanguinaria canadensis* 200C](#), twice a day, has proven successful. (Remember, when the condition is very much better, we halt the medicines. Homeopathy is not a supplement that we take forever. We use them as medicines — when needed.)

If you recall, one of your fellow Mighties 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.”

Last week, I taught to consider other conditions that may need to be addressed as the origin of the snoring.

However, if it’s just garden-variety snoring, then to find an alternative to *Sanguinaria*, we would begin by repertorizing.

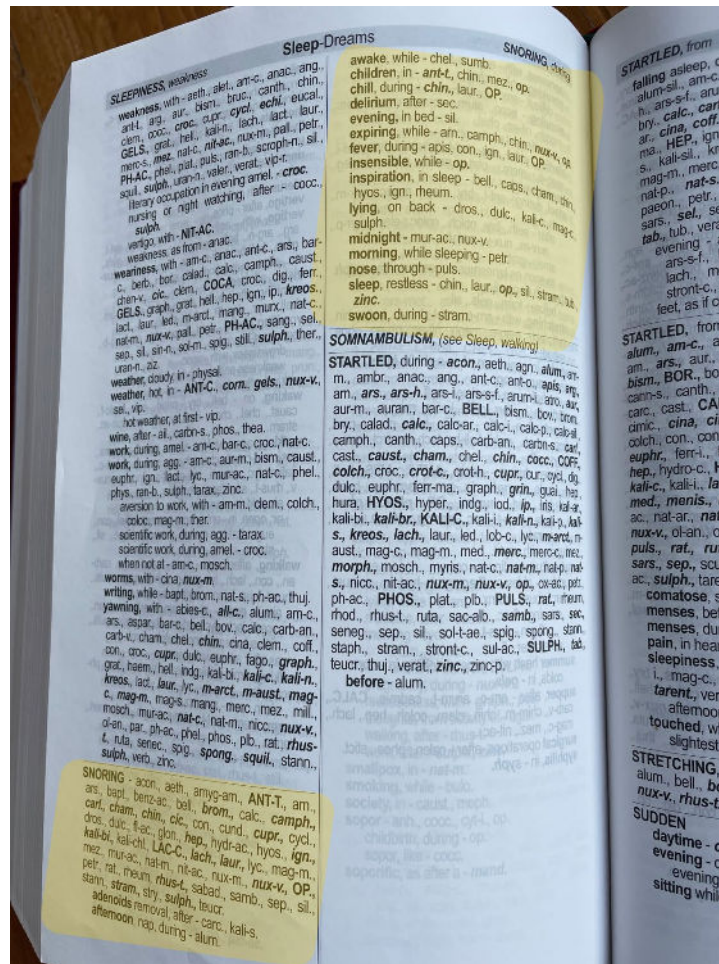
But how do we do that?

Well, I hate to state the obvious, but first, you must own a repertory! In my [Academy of Practical Homeopathy® and Mastery™](#), I teach from Dr. Robin Murphy's [MetaRepertory, Fourth Edition](#).

This is not a book for the weak; by that, I mean it's a HEAVY book! It's over 2,600 pages! You'll get a workout just by picking it up.

The MetaRepertory also takes some educated understanding to utilize fully. It's filled to the brim with information, but, oh, is it delicious! (Just ask my Mastery™ students who are becoming, well, Masters at harnessing the repertories power.)

So, on page 1902, we find an entry regarding snoring in the Sleep chapter. Here's a picture of what it looks like so you can follow along:



You might notice straightaway that *Sanguinaria* isn't even mentioned. This happens occasionally, as clinical experience may take some time before it is included in future revisions of repertories. That doesn't mean it's any less valuable — especially if the medicine suggestion

was derived from a trusted source (such as the French Protocols, Banerji Protocols™, JoePathy or another such expert).

But do you see the medicines listed in bold capital letters? Those are the medicines that have been shown over the years to be successful in the most cases. There are three of them: ANT-T (*Antimonium tartaricum*), LAC-C (*Lac caninum*) and OP (*Opium*). So those will be our starting place.

Plus, we also see quite a few differentials within the snoring rubric. Do they snore when they nap? When they are chilled? When they lie on their back? After midnight? Do you see those listed there (among others)? If one of those specifics is ringing bells for your snorer, pay special attention to the medicines listed under that more explicit rubric.

Then, we look up each of the medicines we've noted as potentially applicable to the case in our *materia medica*. We'll look up the most successful overall medicines and the more specific ones (if there are any).

Antimonium tartaricum is an excellent medicine for respiratory conditions, so we might start researching it first. In Dr. Robin Murphy's [Nature's Materia Medica](#), there are six pages — in small print — of detailed information about *Ant tart*, while *Lac caninum* yields five pages of information.

Run your finger down the page of each potentially appropriate medicine you noted in the repertory. Look for concomitant symptoms the snorer may also be experiencing until you find a tight fit.

For instance, if the sufferer snores late at night after overeating or overindulging in alcohol, then *Nux vomica* may be the ticket.

See how it works?

Each medicine has its own “picture” — its own patterns of efficacy. So, my friends, this is how we repertorize a condition when we don't have a protocol or our protocol isn't acting. Obviously, there's a lot more education and experience to become truly adept at repertorizing, such as the skills my Academy and Mastery students learn. But this introductory lesson should get you started.

After all, you're Mighty, and I intend to keep you going in that direction each week.

A handwritten signature in black ink, appearing to read "Joe Pathy". The signature is written in a cursive, flowing style with a large initial "J".

Joette Calabrese, HMC, PHom M

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

Links:*

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

Academy of Practical Homeopathy® and Mastery™ —
<https://academyofpracticalhomeopathy.com/>

MetaRepertory, Fourth Edition — <https://lotushealthinstitute.com/store/books/146-metarepertory-4th-ed.html>

Nature's *Materia Medica* — <https://lotushealthinstitute.com/store/books/177-natures-materia-medica-4th-edition.html>

*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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