



## **Memo to Mighty Members Tip #194**

### **FOLLOW-UP: *Camphor***

**February 15, 2024**

I recently discussed [Homeopathic \*Camphor\*: The Universal Antidote](#) in a public blog post. As a follow-up for you, my Mighty friend, I wanted to answer a question one of your colleagues sent in. She asked for “More teaching on *Camphor*, and when it is appropriate to skip it (or shorten the window of use like after surgery in ICU) and go on to use needed remedies like for fever, sepsis, treating the injury.”

Excellent question. Now, keep in mind the public blog was only a short lesson meant to inspire folks to learn more about my methods of case management.

But you’re one of my Mighties, so I want to give you a bit more explanation.

[Camphor](#) (*Camphora*) — one dose, one day — is most commonly used when opening a fresh, chronic case. Its purpose is to clear away (antidote) any potential extrinsic medicinal components that could be causing or complicating the case. Then, 24 hours later, we would begin with our well-chosen homeopathic medicines.



Each situation is different as each person is different. However, the one constant is that the Practical Homeopath® is always looking for the hierarchy of the greatest concerns.

For instance, if someone is vomiting relentlessly — an acute condition — expecting them to take a dose of *Camphor* and then wait 24 hours before addressing their vomiting would be cruel! No, we would need to start right in with the homeopathic needed to relieve their suffering.

Another example would be someone in a great deal of pain after surgery. That pain is their primary concern in the hierarchy. I wouldn't even think of asking them to writhe in pain for 24 hours to allow *Camphor* to act. No! We would jump right in with the appropriate homeopathic medicine for their pain.

The same goes for someone with, say, a high fever, or a psychotic reaction to general anesthesia after surgery, or torturous hives covering their body. See the pattern?

Indeed, *Camphor* is not generally used for acute conditions because we want to focus on the greatest concern in the hierarchy immediately.

Plus, we do not overuse *Camphor*. It has a very specific purpose, so we use it judiciously.

For example, last week, Michael developed an acute cough. We simply dove right in and worked with the cough — no *Camphor* required. If Michael were to sprain his ankle this week, we'd immediately jump on the most tightly fitting medicine for a sprained ankle. Again, no *Camphor* is necessary.

However, Paula came to me with anxiety and sleeplessness — both chronic conditions. Could she have just immediately employed *Ignatia amara* 200? Sure. However, clinical experience has proven it's best to open chronic cases with *Camphor* — one dose, one day — and then begin the appropriate medicine schedule the following day.

So, because Paula was a new client with chronic conditions that we'd most likely be working on for weeks or months, that's exactly what we did. We utilized one dose of *Camphor* to give her the best chance at a successful homeopathic resolution.

My friends, this is case management. If it seems confusing at first blush, it's simply because you may not have studied chronic conditions in-depth yet. A better understanding of *Camphor* — when it's necessary and when not — can be derived from [my protocol courses](#) and is covered in more detail in [The Academy of Practical Homeopathy®](#).

More education will help you become even Mightier!



**Joette Calabrese, HMC, PHom M**

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

Links:\*

Homeopathic *Camphor*: The Universal Antidote —

<https://joettecalabrese.com/blog/homeopathic-camphor-the-universal-antidote/>

*Camphora* 200 — <https://boironusa.com/product/camphora/>

Protocol courses — <http://joetteslearningcenter.com/>

The Academy of Practical Homeopathy® — <https://academyofpracticalhomeopathy.com/>

\*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](mailto: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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