



Memo to Mighty Members Tip #196

REMEDY: Cold and Shock

February 29, 2024

I cannot tell a lie. I just can't seem to get away from thinking about the standard of medical care given to George Washington leading up to his death.

If you've not yet had an opportunity to listen to my latest Mighty Musing from Presidents' Day (February 19), go to your [Mighty Members' page](#) and scroll down to the Musing's section. I also devoted last week's Memo to Mighty Members #195 to the topic.

But today, I'd quickly like to follow up on one medicine we discussed in the Memo, homeopathic [Aconitum napellus](#).

Aconite is a premier medicine for shock — emotional and physical. It also has historically been shown to address exposure to dry, cold wind. This is why I had earlier mentioned that *Aconitum napellus* — rather than bloodletting — might have restored George Washington's energy and helped with the chest congestion he suffered from exposure to the elements.

I am reminded of an instructive story I told in my homeschool curriculum, [The Ultimate Cool Kids' Guide to Homeopathy](#). At the time, my family lived in an area where the winters were harsh, and the snow in the winter would get exceptionally deep. On one particularly frigid day — near zero degrees, if I recall — a neighbor and her two daughters heard a tiny little mew muffled in the deep snow by the side of the road near their house.

Upon examination, they found a newborn kitten — practically frozen stiff. They quickly brought this wee kitty into their home and wrapped it in a blanket. They were convinced it was in the throes of death as the pitiful little creature lay convulsing — in shock — with lifeless eyes.

But the mom — assisted by a mutual friend of ours who was even more well-versed in homeopathy than she — went to her medicine cabinet, grabbed *Aconitum napellus* and put a dose of the medicine into the kitten's mouth. (I don't recall whether they used *Aconite* 30 or 200. Either potency would be worth considering. But I have a feeling they probably used *Aconite* 200 because of the severity of the kitten's condition.)

They were expecting the worst, but in relatively short order, the kitten was no longer convulsing and regained consciousness. Encouraged by the improvement, the mom and daughters continued to give *Aconite* to the kitten every few hours. Soon, it was drinking warm milk out of a bottle. And a couple of days later, it was drinking milk out of a bowl! It survived!



Why was this medicine so helpful for my neighbor's frozen kitten? This situation bears several keynote of *Aconite*: shock, ailments from exposure to cold and wind (including seizures), and near-death experiences from extreme situations.

If memory serves, this little cat lived a very long time — minus one of its nine lives, I'd bet. A good name for this kitten would've been *Aconite*! Don't you agree?

So, there's a writer-downer, my friends. *Aconitum napellus* is an excellent medicine to help us stay Mighty despite experiencing shock — whether from an accident or exposure to the elements.

Oh, how I wish that *Aconite* could have been given to George Washington.

Warmly,



Joette Calabrese, HMC, PHom M

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

Links:*

Mighty Members' page — <http://joettesmightymembers.com/>

Aconitum napellus — <https://boironusa.com/product/aconitum-napellus/>

The Ultimate Cool Kids' Guide to Homeopathy — <https://membership.joettecalabrese.com/the-ultimate-cool-kids-guide-to-homeopathy-info-page/>

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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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