



## Memo to Mighty Members Tip #244

### DISCUSSION: What To Do if You Must Go to the ER

January 30, 2025

Many emergencies can be handled at home with homeopathic first aid. However, there are rare occasions when we must go to the ER, but we don't throw homeopathy out the window. Oh, nay, nay! Instead, we utilize well-chosen homeopathy on the way to the emergency room.

There are so many important remedies to have on hand. Gosh, it's like asking a mother to pick a favorite child! All of the homeopathic medicines are uniquely valuable. However, let's keep it simple today with just the top three (so you can add these medicines to a tiny "emergency" kit that travels with you.)

- [\*Aconitum napellus\* 200C](#)
- [\*Hypericum perforatum\* 200C](#)
- [\*Arnica montana\* 200C](#)

So, let's say someone is in an auto accident, and their leg is broken. They obviously must get to the emergency room to have their broken leg correctly reset. However, most likely, they will

immediately be in shock —either psychological shock from the unexpected event or physical shock from extreme pain.

If you've followed me for any time, I bet you already guessed that shock is generally a call for *Aconitum napellus* 200C (*Aconite*).

Additionally, the pain on the way to the ER is going to be excruciating. One may seriously consider adding *Hypericum perforatum* 200 for intense pain.

Now, I would not mix them together in the mouth. Instead, I generally stagger the administration of the medicines — *Aconite* for shock, then a few minutes later, *Hypericum* for pain.

Depending on the severity of the shock or pain, one might consider utilizing these medicines every 15 minutes or so until a shift toward improvement is observed.

What do we consider a shift to be? Well, you may notice that the sufferer starts to make better eye contact or speaks more coherently. Perhaps their shoulders relax or something in their demeanor changes to show they are more “with it” than immediately after the accident or injury.

As these satellite symptoms start to soften, that will be your indicator that you're onto the right medicine and the person is moving in the right direction. It will also serve as an indicator of the proper timing — the frequency —how often you use the medicine(s).

Again, every 15 minutes is a great way to start for the first hour. After that, you observe. Can this person hold off from taking the required medicine for an hour? If yes — if they're still moving in the right direction and the improvement is still ensuing — then you know every hour is the way to go.

What if the accident results in wounds that are bleeding heavily? Depending on the severity, that's also a time when we generally must go to the ER for stitches, but I wouldn't want to wait until I get there to start mitigating the injury.

What's our best homeopathic medicine for injuries? Yes, *Arnica montana* 200C. We would administer this medicine as we previously discussed: starting every 15 minutes and reducing the frequency as the sufferer's condition begins to shift.

*Arnica* can also be helpful with aching pain and pain associated with bleeding. However, it doesn't outshine *Hypericum* for intense pain. Once again, we rely on our observations. Is it an aching pain, or is it intense nerve pain? We choose accordingly.

Perhaps the shock has diminished, yet the pain persists. Our observation would signal us to discontinue the *Aconite* and focus strictly on the pain with our homeopathic medicines.

It's all about observation, my friend. We continue, discontinue or pivot based on what we observe in each moment. It's a very heady experience to follow the presentation of the condition and provide the correct medicine as needed. Watching suffering diminish is priceless.

Find out much more from my Monday Night Live episode "An Emergency" from July 18, 2022. You can search for it on your [Mighties website](#). (You must be logged in for the link to take you there directly.) You can also encourage non-members to watch it on [YouTube](#).



The emergency room is not necessarily the enemy of homeopathy, especially when a bone needs to be set, a wound needs to be stitched, or surgery is required to correct an internal injury. This is when conventional medicine shines! However, we still employ our homeopathic medicines as an adjunct to the treatment in the ER.

In fact, I knew of an ER physician in California who kept a tube of *Arnica* in his pocket for patients arriving in conditions like those we just discussed. Indeed, he demonstrated the perfect marriage of our polite, efficacious medicine and the valuable services the emergency room provides.

If prepared in advance, we can begin the body's return to homeostasis on the way to the ER. That's a definitive way to stay Mighty!

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P.S. If you've not seen it yet, I encourage you to check out my latest Mighty Musing. In it, I discuss the homeopathic medicine *Bryonia alba*, with a little help from Dr. William Gutman's

“The Little Homeopathic Physician.” Find it on your [Mighty Members dashboard](#). (Again, you must be logged in for the link to take you there directly.)

Links:\*

*Aconitum napellus* 200C — <https://www.boironusa.com/product/aconitum-napellus/>

*Hypericum perforatum* 200C — <https://www.boironusa.com/product/hypericum-perforatum/>

*Arnica montana* 200C — <https://www.boironusa.com/product/arnica-montana/>

Monday Night Live: 07-18-22 “An Emergency” —

Mighty Members site — <https://joetteslearningcenter.com/mighty-members-dashboard/#Live> (You must be logged in for the link to take you there directly.)

On YouTube — <https://www.youtube.com/watch?v=Nq-Gh5Ftw8g>

Mighty Musing: *Bryonia alba*, Dr. William Gutman’s “The Little Homeopathic Physician.” — <https://joetteslearningcenter.com/mighty-members-dashboard/#Musings> (You must be logged in for the link to take you there directly.)

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**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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