I'm all my hair is, I just

Come in from the wind. Oh my goodness. Hi everyone. Good evening. So nice to see everyone. Wasn't sure I was going to make it tonight. I just drove up the driveway and ran in the windy southern winds and I'm here and it's so good to be here because I love to see you all. My name is Joette Calabrese and I'm here every Monday night to do one thing and one thing only. That is to teach you homeopathy and share information as well to keep you going in your homeopathy pathway. And so for those of you who don't know me, that's where I come from. And for those who do, it's so nice to see you all. Wonderful. It's the same friends time after time every Monday night whether we need it or not. Hi, Tara from Western Australia and Nan from Yorkville, Pennsylvania and hello from New York City.

So great. Jupiter, Florida. Hi Shelley. Great to see you all. So we are going to talk about one of the most beloved homeopathic medicines known to mankind tonight as Janique from Boiron often says, Arnica is the Trojan horse of homeopathy. And I'm going to ask my family to close my door. Please, can you close my door because it's allowed coming from the other room. Can you close my door please? And so it is the Trojan horse of homeopathy because it's kind of the gateway into using homeopathy. People who know nothing about homeopathy do often know how to use homeopathy, and so it's one of the first medicines we learn and it's Arnica montana, as I said, and it's one of these simple little medicines that is so effective, doesn't cost more than sometimes it costs as little as $7, sometimes as much as $12 a whopping $12.

And so would you mind closing? Thank you very much. And maybe even my fan. It's really hot in here too. And so that's what we're going to talk about tonight. First, I want to tell you my friends, I know that you know about this medicine, but there's so much more to learn and if you read a materia medica, if you read Robin Murphy's material medica or if you read Boericke or even accounts of how homeopathy is used in practices, I have a lot of old homeopathy books that I love to refer to that sometimes I just read for light reading and I love to be able to find new ways to use old medicines. Now, not all homeopaths feel that way. Some homeopaths are looking to find new medicines, but I feel as though our variety of medicines that we have available to us is so voluminous.

There are some say as many as 6,000 homeopathic medicines, and that may very well be, we really don't need to know more than just the top 100. And at the very top of the top is Arnica montana. Now people often ask me, what do you keep in your purse or what is your favorite homeopathic medicine? And I have to say that I often tell people that it's Aconitum. Aconitum is my favorite. Medicine doesn't mean that it outshines Arnica. It's just that Aconitum is so good for shock and a quick cold, an onset of a cold that comes on quickly, et cetera. Arnica is a little different. It can also be used for accidents. So they're almost rivals in their ability to take care of so many wonderful conditions. I actually think however that Arnica beats out Aconitum in terms of the sheer variety of conditions that it has been known to be used for.

Now, I wonder if that's because it has a greater ability, does it have a greater ability than other medicines or is it that it's more studied? It's been used for a longer period of time in history. It was known as an herb and used botanically for so long that you wonder whether or not it's possible that it could simply be that it has such an ability to be a ubiquitous on earth and it's found in so many places on earth that perhaps humanity has just learned to use it more readily. It's known for its, I have some notes here for its body and mind healing properties. Yes, mind too, my friends. Yes. This medicine is used for a shocking feeling after an accident. I'll go into a couple of other areas too. It is an herb and it's been harvested in mostly in mountainous areas, which of course makes perfect sense because when we know that one of Arnicas greatest uses is in its ability to deal with injuries, contusions, broken bones, hematomas, places that, sorry sufferings that might occur as a result of the location that the person needs it, such as in the mountains of say the Alps, the mountainous region of the Alps.

Also in pastures and lowland marshes of Europe and North America. It's an orangey yellow daisy like flower. I have also known it as a white flower. It has a pleasant spicy smell and the flowers can often be dried. And that's how it's used is the flowers. And it almost out of it almost went into extinction because people were picking so much of it. I believe that's the reason. But now there's much more careful stewardship of this plant probably because those who are using it such as the homeopathic pharmacies are making sure that it is being carefully cultivated and taken care of and protected.

So now of course it's used in general use and most people know this medicine. I'm going to show you some to give you some ideas of how it's used. And I've talked about this before, but you know what, you can never talk too much about certain medicines and especially this one. So first thing I want to tell you is about a product that is made with Arnica and it's called SINECCH. So ECCH tells us that it's discussing ecchymosis, which is the medical term for black and blue. And sin means without or no, so it's without black and blue. I can't seem to get this straight. Let's get this straight like this. Hold on. There we go. SINECCH is a wonderful product that is often recommended by plastic surgeons and it was developed, it's been developed by Hahnemann Pharmacy out in San Francisco way, and I know the folks who run that pharmacy who own that pharmacy and it's a very good pharmacy, but it was developed years ago.

I won't go into too far of a story on it because it is a very interesting story that it was presented to plastic surgeons many years ago by the original owner of Hahnemann Pharmacy and then repackaged and called SINECCH instead of just plain garden variety Arnica. It only goes to show that marketing means an awful lot. I've had people come to me and say, yeah, I'm having plastic surgery, or I've just had plastic surgery and my plastic surgeon suggested that I take SINECCH and he tells me it's homeopathic. Is it any good? And I say, is it any good? It is Arnica. Arnica is one of our best medicines after surgery because it deals with ecchymosis, black and blue and pooling of blood. So that is one of, that's where we can start with this because since a product was actually made and called a different product based on Arnica' s ability to reduce black and blue marks, especially on the face swelling, swelling and black and blue, it becomes the underpinnings for a lot of the description of what this medicine is capable of doing.

So Arnica montana, I want to hear what you've used it for. While you are jotting this down and commenting to me, I would like to tell you that it is, has the ability to protect against clots being formed? Oh, yes, indeed. When my father was taking aspirin daily because he had a cardiac condition many years ago, I replaced it with Arnica 3. I also used it in 6, but I replaced it with a 3C as I recall daily, and he took that instead of aspirin for at least a decade and it was very useful. He then no longer got the thinning skin as a result of aspirin. He no longer got aosis because of what aspirin causes and in general, it revived him and made him feel a little perkier. I would say there are many unusual uses for Arnica. It's used in cosmetics, it's used in ointments, it's used in hair tonics, anti-dandruff products, and it can even, sometimes it's even used in beverages and in flavors.

Now I'm not talking about necessarily that it's used homeopathically, but it can also be used homeopathically in those products as well. So bleeding, bruising, swelling after surgery. Arnica 200 has been a great medicine for, I use it in my surgical protocol that I teach in my pain course, but also in my survivalist course and for a surgical protocol. We use it the night before, the morning of, and then just after surgery has been performed and it not only brings down the angst of the patient, but it also helps with the bleeding. Internal bleeding protects against infection and helps with the stiffness that sometimes comes as a result of being put in unusual positions for surgery. Let's see what folks are saying. Just took some tonight for lower back aches, says Jill, before and after dental treatments. Thank you, Karen. Absolutely. That is one of my best medicines for dental procedures, especially when braces are put on children.

Although we do everything we can to avoid that, my friends, it can be done. We can do a lot of good without orthodontists, more good than you might imagine. I'm not saying you would never use an orthodontist, but be ever. So let's say caution cautious about using an orthodontist for a child, even though the teeth may not be coming in straight. There's a lot more on that and I talk about it here and there, so if you dig around, you'll find more information on that, but it is great for when braces are put on. It's for the pain and it's used accordingly. The 30 or 200 potency Arnica 200, 4 doses says Kerri to stop elderly father's unknown bleeding after 10 days in the hospital. He was discharged the next day. Kerri, I think I remember that story if you told me that before. I banged myself on. My friend's Jeep ran into the store to get some Arnica 200 and up with a lump, but no black and blue marks, yes, used for post knee replacement, for pain and to prevent blood clots. Yes, Rita, it is great for blood clotting as well as the pain from surgery, no doubt about it.

Arnica one and for kidney strokes in progress, 200 for recovery, period. This is what everybody's telling me. Hi, Joette. Yeah. Hi Joette. Hi Perry. Hi Mighty. Good for when you're hit by a Zamboni. Yes, I said it. Yes, yes. Za, those zambonis are crazy out there. You got to be careful. My friends, be very watchful of them. If you live in Buffalo or any area, Ontario or any place where it's cold, you have to be careful because they come zooming around those edges around the ice and you could get hit by one. Arnica saved my rooster. We came home and the two roosters had a fight and the favorite on was a heap in the yard. He thought our favorite one was a heap in the yard. We thought he was dead. My husband went over to him and said, he is still alive. I said, quick, let's give him Arnica.

He was like a limp. Dishcloth, looked like he was dead. I had my husband hold his beak open and we put Arnica down his throat and in the morning he was better. It was amazing. I know we've used it for wild birds that have hit against, they've run into our window in our doors here in Florida, and it's happened twice now. Picked up the bird, held it stunned, put the Arnica in its mouth and lo and behold, it was able to fly in about an hour, had an outdoor rink at the new Ben Hotel and a real Zamboni in West Palm Beach as Shelly used Arnica 30 today after my fall and busted up my right knee. Ouch. That's from authentic health. Let me tell you, friends, this is so fabulous because this is a testimony to homeopathy and one of its most important medicines that look at all of these comments.

My mom fell and broke a rib, took Arnica right away and never got swelling and bruising and used only homeopathy to heal, never stayed in the hospital and was better within three weeks. She's 72 son plays hockey Arnica 200 for blows to the head, blows to the head, my friends, if a child anybody hits their head, the first thing we think of is Arnica montana and a 200C given frequently, quite frequently on the way to the hospital if you feel it's necessary to do that. But you might find that that hematoma will soften down in very, very short order. The person becomes less frightened and less in a shocky state and the pain melts away. But I also want you to remind you, my friends, that homeopathy, or excuse me, Arnica montana is great for jet lag. I use it regularly and I encourage others in my family to use it who do a lot of flying.

Arnica 30, and I also use it for Arnica in a 30 for wounds. I don't put it directly on there, but when there's a wound, I don't use it on the wound itself. This is all done orally. Now, I also want to tell you about Joe Pathy, Joe Delora, a dear friend of mine who has been practicing homeopathy in Sri Lanka for, I'm going to guess that it's been close to 50 years. He's well into his 80s and he takes Arnica daily and has done so for decades. And he attributes his wellbeing, his ability to get around well and a good cardiac health to his use of Arnica montana. I've talked about that before and I don't want to get into the specifics of exactly how he does it, but he uses it in a liquid dose and I think he's very much onto something. So Arnica 30 for insomnia.

And this is really, I've told this story before. I think this is so much fun. I never thought of Arnica montana early on when I was first studying homeopathy that this was back in the late 80s. My mother remembered the name Arnica montana because she heard me and my friends talking about it. And so she thought, well, I don't know what it is, but you know what, I can't sleep at night. So she started to take Arnica montana 30, and she found that it removed the insomnia that she was experiencing and she took it on and off here and there for many years. And it was something I said, mom, Arnica for insomnia. I don't think it's really for injuries, but no, I've learned through the years. My mother was absolutely right. I use Arnica for so many things, says Martine, banging your toe or a finger, take Arnica 30 for protection of my heart instead of aspirin.

Yes, stops bleeding, cannot sleep at night. I take it sometimes. Absolutely. It's working for my hip pain, says Donna. Hi Donna, which has become 80% better since I've been using it consistently. And that's the key friends, we have to use this medicine sometimes for a chronic condition. We have to use it consistently. If we don't use it consistently, then it's easy to say, gee, I don't know if it was really working. So we use it and if we find that even with 80% improvement in the hip for Donna, if she finds that she's using it, let's say twice a day and it's still not on, it feels, oh, she overdid it. Maybe she cleaned the garage, she worked too hard, or she took a walk that was too long. Oh, take another dose, make it a three doses a day. So morning, noon and evening. That's another way to do it. And then wait for that tipping point until you can figure out exactly where it needs to go. In other words, how frequently must I take this in order to be relieved of most of my pains? And then you can back off instead of going three times a day, then you back off and go to twice daily until you can find out where what the frequency is that makes the most sense.

Yes, somebody's talking about using it for insulin and less spikes. Yes, my friends, yes, for blood sugar, for blood pressure, it is one of the best medicines for, here we go. Blood glucose levels says a Melissa 6C water spray to help regulate type one daughter's blood glucose levels, but not just type one, although that is the real difficult one is type two as well. Dolly, I've learned not to listen to doctors who try to warn us against using Arnica before or after surgery. They don't understand about the homeopathic preparation of the medicine and often confuse it in its gross form. You're absolutely right, Elizabeth, thank you for saying that. Holy goats, what doesn't it treat? Says Gina. I love that. Holy goats. I love that. May I borrow that? Holy goats? Yes. For sleep? Yeah, I'll keep going. So for insomnia, let's keep talking about these because there's so many conditions. Now how about this one? For those of you who don't know, I teach this in my skin course eczema, my friends, yes. Using Arnica montana for eczema. I've used it in a 6C and I've also used it in a 30C. In both of those times I've learned to use that through Joe Delora.

I have studied his work through the years and I believe that he's used it in both a 6C or and a 30C, not simultaneously for one period of time, use it in a 6 and others use it in a 30. And it's not only taken orally but sprayed on the eczema. Yes, my friends sprayed on the skin on the lesions. Absolutely. It's a beautiful thing. How about vitiligo? How about using it for vitiligo? That's the hyperpigmentation on the skin that many women have after menopause. How about cellulitis? Using it for cellulitis? Yes. My friends, we have other medicines that we use for cellulitis I might use, but to be able to use a absolutely I would consider that. How about this? How about Arnica montana for angina? Now for my father, I believe that it helped him a great deal for a long period of time. But then later on in life, we found that angina was best met with Cimicifuga. But I think that Arnica at that later in life, I think my father stopped using it for a while and that could be the reason why we needed to go on to Cimicifuga. How about the promotion of hair growth? How about that?

Using it as a spray, getting it in a mother tincture, not homeopathically prepared, but in a mother tincture and mixing it with water and spraying it in the area on the scalp and doing it regularly, not just once. And the same thing with the eczema. You don't just spray it once to say, okay, that's done. No, as when the eczema is itching, you're going to spray, leave it wet, let it dry on its own. Then when it dries, if the itching is gone, great. If the itching returns return to spraying it on again. And for the hair, for the scalp, it could be done twice a day and rubbing it into the scalp. How about for headaches? Arnica montana is great for headaches. It's really good for headaches, especially when the person is dehydrated or the person has had an injury. Let's say they had an ankle injury yet now they have a headache.

Sometimes there's those concomitant conditions that I would definitely use it in that case, but it's also a great medicine without having a concomitant condition. What about for circulation? Oh, thank you Taylor. It is one of our best for circulation. Is it not One of our best medicines for varicose veins? And then how about hemorrhoids? And we often mix it with Hamamelis for those conditions or for hemophiliac and a 30C used several times a day once, or excuse me, twice or three times a day or any internal hemorrhage, any internal hemorrhage. And how about bedsores? Listen to this. Listen to what this medicine is able to do. What is the dilution for the mother tincture spray for hair? I'm not going to go exactly into the dilution today. I got too many to go through. Karen, I'm sorry. Just play around with it. Let me know though. What you come up with, Jody? I take, okay, they're talking to each other. Let's see.

Yes, and so there is a point of view from many doctors are very afraid of it because what they do is they look up Arnica montana and they see that indeed, if it's used in the gross form, it can cause hemorrhaging. But in the homeopathic formula it does the opposite. It corrects hemorrhaging. How about after childbirth? Hemorrhaging after childbirth. One of our best, and since we're talking about mothers, how about it is we never, ever, ever, ever use Aconite in a mother tincture. Arnica? Yes. In a mother tincture, Aconite. Never, ever, ever. In a mother tincture. I can't stress that enough. My friends. What was Joe's recommendation for longevity? He took it daily. He took a sip of it every day. It could be used for burns. Yes. Vasculitis with Banerji protocol of Hamamelis mixed with Arnica rheumatism, gout. I, let's see what else I've got here. Erectile dysfunction when we use it in a 6C. Yes. Yes, sir. We don't necessarily use it at the moment of need, although that's not a bad idea to try that because it's all vascular.

Arnica is all about the vascular system, so why not? Right? But if erectile dysfunction is pretty persistent, why not just take it? Why not use it every day in a low potency 6C, for example, and see how things work out after a couple of months. Tonsillitis. Tonsillitis. We use Arnica in a 30. Listen to this. Listen to this. Hypertension is in a 30. How about alcoholism? How about trying Arnica 30 for alcoholism? Yes, and in that case, we're not going to use it only when the person is craving to have a drink, but rather on a day. Because if someone's an alcoholic, they may need to use it every single day. Yes. How do we make the tincture now? A tincture. You have to purchase it as a mother tincture. Yes. Spider veins as well. That's right. I don't know if I told you, but the melasma is used. We use it in a 30 C and it can be sprayed on the face or put in a wet dose and put on the face. It can also be taken orally, but I would put it directly on the face. Some people say it improves eyesight. What do you think? Cataracts. Ah, we're talking about women's issues. Menstrual pain. One of our best medicines for menstrual pain.

How about after a hangover? Now most people think of Nux vomica, but no Arnica Montana can often be used in the 30th, 30C. Take a couple doses after a hangover though, you should not be getting hangovers. My friends don't abuse your body, but sometimes people report to me that it feels like they have a hangover, but they've not had alcohol. They just feel beat up and achy and feel as though they're feeling pretty uncomfortable. Tara says to Diane, I use it for the pain, but it did not fix. I'm going too fast. Fix the burn. Cantharis does better for that, but Arnica was better for the pain. Very good. Yes. Yes. You once told me, said Donna, to use it and a 6C for yes, for diabetes. Type two. Is that twice per day? Yes it is. Yes it is. Yes. Great for childbirth.

It's not a bad. I took Arnica as soon as I went into labor with my second and third laborers or my second and third children, and it keeps the mom from hemorrhaging, makes the moves it along a little faster. The pain is lessened, the bruising pain from the baby hard or pushing up against, let's say the tailbone or something like that where there could be even an injury of some sort of hematoma, even for the baby. It helps with the baby's head and not being injured that way. Redness on cheeks and rosacea. You know what? I've never used it in that fashion, but I am thinking about that. You're giving me some room for thought undergoing surgery. I want to make sure I've covered, there's so much more. I mean, we could spend really a week on this. Truly. This is the medicine. This is the miracle remedy.

Joe Pathy has written about it. Joe de Lavera. So if you're interested in that, that's great information. Yes. Arnica is good for a very hard, long, tiring day, says Alice. Very well put Alice. Yes. Leslie says, my son is scheduled for jaw surgery, upper and lower to prepare to give surgery protocol and have it on hand for swelling, pain and bruising. They say upper jaw causes a lot of bleeding due to sinus being irritated. So hoping it will help to not bleed. And for the surgeon to be amazed, I think the surgeon will be amazed. Make sure you're not giving it too early. You're giving it the night before and the morning of and then afterwards as needed. Don't start days in advance. Yes. Yes, Lisa, that's rib pain. You're absolutely right. Costochondritis. My mom is in love with Arnica, says Elizabeth, what dosage for Osgood?

Well, Osgood Schlater is, I mean it could be a 30 or 200. I would use either one of those, definitely like a fire hose. This was a beautiful antique brass fire hose fitting that was given to me by some of my students my first year of the academy, the first year who graduated and I have, and I've been aiming it at my students this way for a very long time. And so tonight I'm aiming it at you because my friends, I hope that you see how sweeping just one medicine can be. I hope that you realize that this medicine is what you've been looking for your entire life. This is the medicine you thought you were getting. And what I mean by that is every time you went to the doctor for a urinary tract infection, you thought, well, this is going to cure it.

And then lo and behold, now it wasn't cured. No, it came back again. And more antibiotics. And more antibiotics. And you thought that by going to the rheumatologist that you were going to be just fine with Humira? No, it didn't really quite work out like that or that you were given the drugs that are specific for angina or for, I mean, I could keep going eczema, et cetera, et cetera. It is the homeopathic. Tylenol says Allison, and then people are talking about giving it to their cat, their dog. I've given it to goats, I've given it to chickens. Like what was discussed earlier. I gave it to Buster when he needed it, given it to all of my children. And so I think what we're going into now is we're ready to go into Mighty's Perry. Yes, we are. We're going into mighty. So for those of you who are mighty members, stay on. Well, more questions, more comments. I'm looking forward to it. Bye everyone. And stay on for mighty. Alrighty. You're welcome. Sunlight.

So you want to own own Arnica and a 3. A 6, perhaps even a 12. We don't use 12 so often, but it's always good to have on hand A 30, a 200, 1M in Xs in the lower potencies and Cs in the lower potencies. Yes. Didn't you also give it to a stressed tree? Yes, I have Alice. I gave it to a tree that had its branches cut. I'd give it on a regular basis. Anytime I have a tree in my front yard and when the branches break a storm, I automatically do it. And when I have trimmed, when I'm working on my pruning of my bushes to help them grow taller and less bushy and give them some shape, I give them Arnica montana so that it really helps them grow vigorously. I put a little bit in some, I put maybe five tablets in some water, wait for it to dissolve and after I've watered the bushes, then I add each one gets a good swallow of the Arnica water and I do it when I first do it.

And if it's an important plant such as my big old maple tree in my yard up north, then I will do it every day. But in other situations, I might only give it once a week or so. What would you think about taking it for dry macular degeneration to keep it from turning wet, which is a bleed? I think I would try Arnica for many, many conditions such as that. We have other medicines that are specific for macular degenerations, but I would not shy away from using Arnica for just about anything. What potency for the tree? Well, when it is a tree, oops. When it's a tree that's that's had a major cut, a major surgical cut, not just little, I always give it a 200 or when the branches, a large branch has fallen from the tree. I give it a 200 just like you would for an injury to a human.

No, I don't give it gallons of water. I just give it a little bit of water and I pour the water around the base of the tree. Now my big old tree is very, very substantial and so I put a little bit on each of the little segments around the base of the tree. Let's see. Is it good for asthma? Yes. Esther? I have seen it used for asthma in a pinch, if you don't know what to do, yes, I would give Arnica 30 in a case of asthma and I would give it maybe every 15 minutes for an hour and see if it helps.

Oh, it says, congratulations, you received a hundred messages today. Okay, that's not the thing I need to pay any attention to long air flights or other travel jet lag. You're right Alice. Let's see. Costochondritis, we said that already. Jaw surgery. Arnica good for very Yes. Such great comments you folks are making. I love it. I love to watch your, I hear your brains clicking. I hear all the pieces snapping into place. I love to see your curiosity. Listen, friends, what good is life when it's mediocre? It needs to be full and rich and given to great curiosity, and I can't emphasize this enough, this is our job on earth. This is what we're supposed to do to help each other. If you're a mother, this is what you're supposed to be doing. Taking care of your family. I don't have to tell you this, you're already doing it.

If you are a mother of pets or wildlife taking care of wildlife creatures or if you're a mother farm wife, this is our job. If you're a man, you need to know how to do this. We have firefighters who have gone through the academy. We have first responders gone through our academy. Men who know how to use these medicines because it's very important to know how to do it. Can Arnica help with binocular vision disorder? I don't know about that, Gina, but I always tell people, if you've got something is so inexpensive that has no side effects, that has a potential for great ability, I would certainly give it a try. And then if it helps, please come back and tell us, share it with us. Okay. Can I use Arnica to for my face? Yes. That's just what I was talking about. Absolutely. Let's see what else we've got here.

Good says Pat, because I've been using it once a day for my macular degeneration. Thank you, pat. You promise you're going to come back and tell us about what's going on. Okay. Keep a record of it. Know when you started. I'm sure you've done that. And don't skip any time if you possibly can. Yes. Arnica has specific potencies for specific conditions. Yes, absolutely. What potency for pruning? I'll use whatever I can grab my hands on. I can grab into my hand 30 or 200, but when it's the big tree that's really important. Then I use the 200. It's not that it's less important when I use a 30. It's just that the big trees suffering is greater.

My three-year-old granddaughter just had some, they thought she was having an appendicitis. Yeah. Yeah. It is one of the medicines for the gut in general. I put it in my goat's water after she kitted. Yes. To keep down the possibility of hemorrhaging. Yep. Awesome tech. Let's see what else we've got here. I put it in water bowl and then he drank it. She's talking. Elizabeth's talking about one of her creatures, one of her critters. Let's see what else we've got. It cured my cat's abscess on his head. Yes. So abscesses and boils. You're absolutely right. Let's see if I've got something else here that I don't want to miss anything here. I've got lots of notes, but you're coming up with great points. Anytime something feels achy or painful, that's also a good indication. We don't have to have the name of the condition. We can just simply know that it is what the suffering is.

What kind of symptoms are presenting. Let's see what else we've got. Eczema, cellulitis, promoting hair, angina, chronic headache, hemorrhage, pimples, acne, blepharitis, rosacea and styes. I don't think of it for styes. I really need to because styes are so similar to pimples and acne and boils and those kinds of carbuncles conditions. So yeah, forced eye and bedsores. It prevents the formation of bedsores. So I would spray it on the area before a bedsore actually forms before it becomes ulcerous. Dark circles under the eyes. My friends 6C, Joe pathy, Joe Delora says it removes them in a week. Anybody here with dark circles under their eyes? Well, if you have use it and report back to us in a week or so.

Dr. Roger Morrison says, cough from weeping in bold print. Yes, Lisa, thank you. Isn't that unusual? A cough that occurs from weeping? The person is weeping and it goes into a cough. Arnica montana. It's so much fun. Tonsillitis, erectile dysfunction. Diabetes. I've said that. Hypertension in a 30 C. Hypertension 30C and alcoholism in a 30 C. Okay, my friends, have we finished? Let's see if we have any other outstanding questions. We got so many. Yes. Dark circles. Dark circles. Heidi says, yes, Dee yes, says vernice. Beautiful. Do it, my friends do it. Let's see what happens. Let's see what comes of this. Come back and report. Give us, it says a week. He says a week. And just to give it extra time. Try two weeks. Yes. I use Arnica gel instead of a concealer. To remove dark circle says, Melissa, you use Arnica gel instead of a concealer to remove dark circles. Melissa, that's brilliant.

Yes. And Donna says, you should not put Arnica on an open wound. That's why I said before the ulcer forms in a bedsore. You don't put Arnica on an open on an actual ulcer. It's before the ulcer forms. You do not put Arnica on an open wound by friends. So the gel or the spray, you don't do that. Love that for your dog. Melissa. Great idea. Let's see how long to take for Arnica 6 for a week. Twice. Yeah. Most of these, especially when they're low potencies friends, I always use them twice daily. That's the Banerji method that has gotten so deeply in my thinking. It's embedded now.

We offered in water dose in addition to fresh water for a 19-year-old Maltese poodle. He goes to it when he needs it. Melissa, you're absolutely right about that. Buster used to know when he needed a remedy, he would come over to me. He was glued to my husband, but when he didn't feel well, he'd come trotting in over to my desk, sit there and stare. And I knew that he needed his remedy, whatever it was at the time, depended on what condition he was suffering from at the moment. And so I would stand up and he would follow me over, trot over until I got to my kit. And there I would open up the kit. He would stand right there, watch me sit right there and watch me. And then I'd give him the medicine. And then after he got it in his mouth, he'd trot away and go back to my husband.

Yes, I think Arnica is the one remedy that even novices to homeopathy can use to great effect. It's a great way to teach people what to do. Sleeping better. 30th potency. Okay, I think we've got it. Eczema can be open and we can or cannot spray it on that. I would keep it not where it's open. Open. I would use it in the lesions that are or and the eruptions that are more pustular and dry and flaky. And when there is a place that is actually an open wound in the Eczematous area, then I would not spray it there. Where to get mother tincture of. Try Helios in England. If you're a student of mine, you can get it from OHM Pharma in Texas. Either a student or a client of mine. So you can try them as well. So either one of those two places. Okay, my friends, I think we're going to call it a night. Look at this, it's 8:45 and it's been great. You are the best. Come back to me and give me more. Tell me what's happened with the dark circles and the other conditions that were brought up tonight. Love you all. God bless you, and I will see you next time. Bye now.