



Memo to Mighty Members Tip #256

CONDITION: Enlarged Adenoids (and Tonsils)

April 24, 2025

I often receive requests to discuss conditions that aren't common in the general population. Of course, if you or your family are suffering, the prevalence of the condition matters not. However, I must consider the broader scope of my readers before I cover conditions with lower incidence in my blogs and Memos.

This week, I will answer a question on a commonplace childhood occurrence: enlarged adenoids (and tonsils). Your fellow Mighty asked:

"My son's 9 now. He was fine until he turned 5. Then suddenly I started noticing that he sleeps with his mouth open and head thrown back. When he is sleeping on his side, instead of his head facing the wall in front of him, he throws his head back towards the wall above his head. He opens his mouth and breathes through it the entire night. He started snoring too."

“Over so many years, I see that his face structure has changed. I had asked the pediatrician but then they started talking about removing the adenoids. I don’t want to do that. I know most of the time, he has enlarged tonsils too. He seems to have a cold almost all the time, back to back. Very rarely is he with no cold symptoms. All this started around 5 years old.

*“[Last week,] Doctor said...He is not sick and chest is clear, but his tonsils are still big and his nasal passages inflamed. Give him Flonase and Allegra/Zyrtec to make sure his inflammation is not because of allergies. This could be causing the inflammation and hence mouth breathing. Then take him to ENT if he still has the enlarged tonsils. They will tell you to remove them and the adenoids.”***



Ah, yes. Doesn’t that sound familiar? It’s the same routine advice doctors gave in the 20th Century, which made tonsillectomy and adenoidectomy the most frequently performed surgery in the U.S.¹

Someone — I wish I could recall who it was to give proper attribution — said, “The problem with tonsils and adenoids is that they reside too close to the surgeon’s scalpel.”

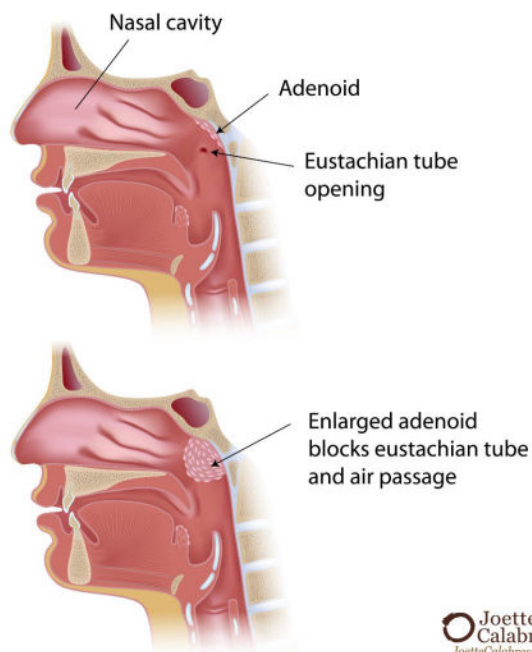
“Remove ‘em! Yank ‘em out,” says the surgeon. “Why not?”

Instead, I ask WHY? (You can read more about my feelings on this topic in [I Want My Body Parts Back](#). Our Creator knew what he was doing when he designed our bodies. Who are we to carve parts out of them willy-nilly when homeopathic medicines can naturally, gently and effectively address health conditions?

Perhaps it’s because homeopathy is not patented, so there’s no potential obscene upcharge for Big Pharma. It’s inexpensive, cutting out the need for the for-profit insurance companies. And, it doesn’t force the sufferer to remain a willing passenger on the medical conveyor belt forevermore.

But I digress.

Adenoid Hypertrophy



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As this Mighty Member mentioned, adenoid and tonsil conditions generally go hand in hand (unless one has already been removed, in which case they'll most likely opt to remove the remaining organ).

Instead, consider a dose of [*Baryta carbonica* 30](#), every three days or so, until very much better. Now, this is not a specific protocol. However, through clinical experience, this is considered the homeopathic approach to this common condition.

Of course, as a Mighty Member, you know that observation is key when using homeopathic medicine. However, how are you supposed to observe the adenoids of your youngster when they're hidden behind the nasal passages?

Instead, in this case, we would watch for behavioral indications of improvement. For example, the child no longer sleeps with their head thrown back, or the snoring diminishes over time. Although it's not the direct observation of the enlarged organ, it's still an observation.

If you have a vexing condition you would like to see discussed, please write to the email address in the footer. It's one of the perks of being a Mighty!

Before leaving you today, I wanted to call your attention to the Mighty Musing published earlier this week. Join me as I read from Dr. William Gutman's "The Little Homeopathic Physician," detailing *Ferrum phos*. This particular remedy discussion is well-timed. As you may recall, last week's Memo to Mighty Members referred to *Ferrum phos* for use in cases of anemia. So, let's dig into that medicine a bit more with the help of Dr. Gutman.

You can find the Mighty Musings on your Mighty Member page. If you are logged in, you can simply [click here](#).



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Links:*

¹<https://pubmed.ncbi.nlm.nih.gov/17426070/-:~:text=Between 1915 and the 1960s,procedure in the United States.>

I Want My Body Parts Back — <https://joettecalabrese.com/blog/i-want-my-body-parts-back/>

Baryta carbonica 30 — <https://www.boironusa.com/product/barytacarbonica/>

*Mighty Musings — <https://joetteslearningcenter.com/mighty-members-dashboard/#Musings>

*You must be logged into your Mighty Member account for protected links to take you directly to the offering. We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.

**Lightly edited for clarity.



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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