Podcast 178 – Types of Sore Throats and Their Associated Homeopathic Medicines

Let’s discuss specific homeopathic medicines that address specific types of sore throats so we can glide through the winter with sprezzatura.

Podcast 183 – Practical Professionals: Working with Adults With Autism

Join this week’s podcast guest, a Practical Homeopath®, as she discusses her success working with adults with autism.

Thanksgiving 2026: America Celebrates Our Truest Virtues

As we approach Thanksgiving, we celebrate two of America’s truest virtues – gratitude and family.

Your Health History: What Can Your Timeline Tell You?

By creating a timeline of our medical history, we can stop wondering why we are sick and understand how much our bodies have endured.

The Key to Homeopathic Abbreviations

Homeopathy shouldn’t be mysterious. So, hang on to this key to the homeopathic abbreviations often used in concert with the remedies.

Podcast 182 – Practical Practitioners: The Sky’s the Limit!

One of my Practical Practitioners lives in two worlds that don’t often meet: skydiving and Practical Homeopathy®. The sky’s the limit!

Melasma: When the Complexion Goes Rogue

Melasma, dark patches on the skin, isn’t necessarily a health concern, but it can be disconcerting. Homeopathy may be able to help.

The Swiss Army Knife of Mothering: Practical Homeopathy®



One would be hard-pressed to think of anything more convenient

and useful than a Swiss Army Knife. When you need it, it's there – trusty, reliable and empowering. Whether you need a sharp blade, a screwdriver, or even a corkscrew, you'll have it at your fingertips.

To my mind, Practical Homeopathy® is the Swiss Army Knife of mothering.

Practical Homeopathy® is also trusty, reliable and empowering. Even if you only know a handful of medicines, that's often enough to save your family from unexpected illness, injuries and inner turmoil.

After all, mothering requires being ready for anything, poised to jump in to protect and heal.

Ready for anything

Think of a mother's diaper bag. Sure, she's got the diapers in there, but she probably has a wealth of other things "just in case." She probably has some baby wipes and a changing pad. Maybe she has some toys. Maybe she's tucked away a few picture books. A hairbrush. Some extra cash.

However, one thing the practical mom never forgets to have with her at all times is the homeopathic remedies her little one (and the rest of the family) might need. That's her Swiss Army Knife.

Included in our Swiss Army Knife: *Arnica*

As you may have guessed, *Arnica montana 200C* would be the first tool attached. (Read more here in Powerful Arnica Montana Widespread Utilization of Our #1 Homeopathic Remedy Is Increasing.)

Imagine Mom on the playground with her children, when one of the kids falls off the swing set and bumps his noggin'. With quiet elegance – with sprezzatura – she just pops a few *Arnica*

200C pillules into her child's mouth. Calm is restored; bruises abated.

Another mother in the park notices and says, "What are you doing? What were those little pills?" That's how the conversation starts. (And that's how Mom populates her next Gateway to Practical Homeopathy® study group. Learn how in Podcast 146 – Absolutely Anyone Can Lead a Study Group.)



Come to think of it, *Arnica* should be called the Trojan Horse of homeopathy because many folks come – unsuspecting – to homeopathy through *Arnica*. It's almost as if we'd intentionally left *Arnica* at their doorstep, and they excitedly pulled it into their homes.

In fact, it's surprising how many people say they don't know anything about homeopathy, but then go on to say they love using Arnicare® topicals for bruising, etc. It's gratifying to watch their face register the realization that they have been using homeopathy all along … without even realizing it.

Once folks see the great results from *Arnica*, their interest in the other homeopathic medicines rises.

Arnica can also be used for jet lag, for sleeplessness, as part of a pre-surgical protocol, or after one has overdone it at the gym. Indeed, *Arnica* can be employed to address many conditions.

For instance, did you know *Arnica* can be utilized for melasma? No? Well, then, that will be my topic in next weekend's blog.

Also included in our Swiss Army Knife

Aconitum napellus (Aconite, for short) is another of our most important Swiss Army Knife tools.

I've told people recently that *Aconitum* is my favorite remedy, but please don't tell it I'm promoting *Arnica* right now because it might get jealous.

Aconite is a premier emergency medicine – one to always keep with you because you never know when an accident or emergency might arise. As you well know, emergencies don't make appointments. But if you're armed with *Aconitum napellus 200C*, you'll be ready for anything shocking.

Other tools at our fingertips are *Belladonna*, *Chamomilla*, *Bryonia*, *Rhus tox*, *Ledum*, *Apis*, ColdCalm®, and the list goes on. I've discussed many of them in my Emergency Remedy Series here on the free blog. Also, not surprisingly, many of them are included in Boiron's new Joette Calabrese Practical Homeopathy® Home Kit.

My friends, Practical Homeopathy® is indeed the Swiss Army Knife of mothering (without the corkscrew). As with any important tool, you need to know how to use it properly.

As you know, my main mission is education – your homeopathic education. If you're ready to dive into homeopathy, let me be your guide. Keep learning through my free blogs, my Learning Center, and, of course, The Academy of Practical Homeopathy®.

If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook.

Pass on the good news of Practical Homeopathy®!

Warmly,

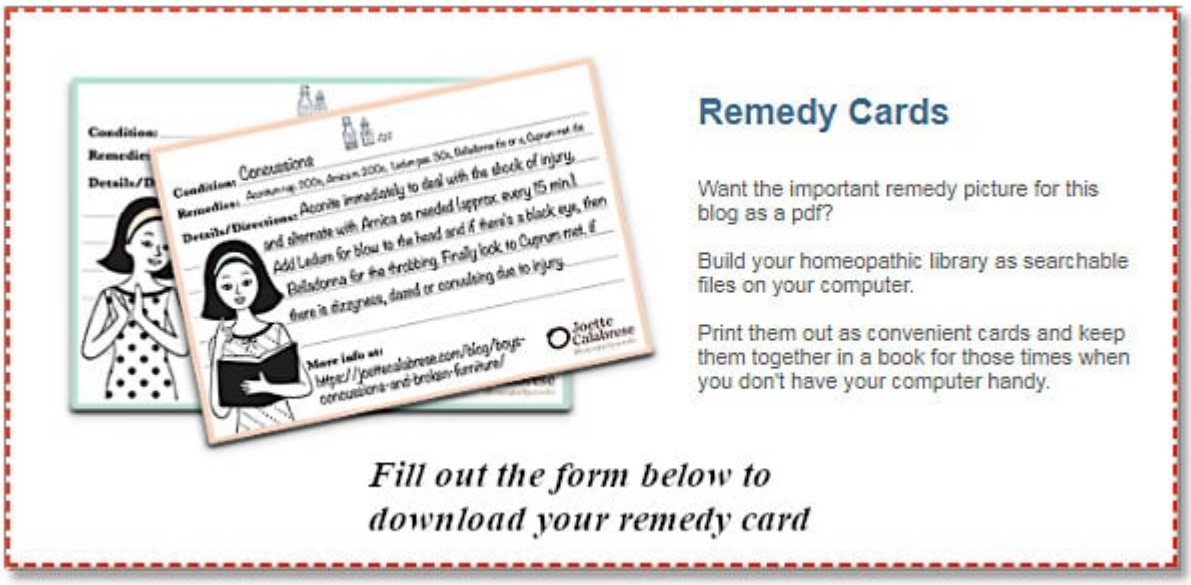


P.S. And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

Disclaimer: Joette is not a physician, and the relationship between Joette and her clients, students and followers is not that of prescriber and patient, but that of educator and learner. It is fully the learner's choice whether or not to take advantage of the information Joette presents. Homeopathy doesn't "treat" an illness; it addresses the entire person as a matter of wholeness that is an educational process, not a medical one. To be treated or diagnosed, Joette believes that the advice of a holistic physician is in order.
Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

As you download your Remedy Card, remember:

The beauty of homeopathy is that there is often more than one way to butter a biscuit. I may teach additional medicines, alternative combinations, or even protocols with established variations to consider in The Academy of Practical Homeopathy®, Mastery, and my Protocol Courses. Stay curious and never stop learning.



Podcast 181 – Moms with Moxie: Learn It, Use It, Pass It On!

Learn it! A mom of six is an aspirational example that, with Practical Homeopathy® education, you can be a successful healer, too.

The Inconvenience (and Misconceptions) of 'Tiny

Bladder Syndrome’

When that feeling of “tiny bladder syndrome” (overactive bladder) strikes, discover how Practical Homeopathy® can address it.

Dr. Constantine Hering: From Determined Skeptic to Dedicated Homeopath

Let’s recall the contributions of the Father of American Homeopathy, Dr. Constantine Hering, as we search for his gravestone in Philadelphia.