

Chemicals, Allergens, Drugs! Oh My!

<https://vimeo.com/183234225>

If you are Glinda the Good Witch from *The Wizard of Oz*, then living in a bubble (or at least traveling in one) probably seems glamorous and fun. But most of us are not Glinda, and when *I* recall what it was like living in a figurative bubble due to my severe allergies and chemical sensitivities... well it was neither glamorous, nor fun.

When my serious and debilitating chemical sensitivities first developed as an adult, I was a member on several civic boards. Unfortunately, I had to give that part of my life up because I could no longer physically attend any of the meetings. This was the 80s mind you, and the presence of aftershave & perfume (*everyone* wore some form of it) was too much for my body to endure.

Do you remember what else was happening in the 80s? Smoking in public establishments was still legal, which meant I had to stop going to restaurants because my body reacted terribly to that as well.

I had just finished renovating a tiny house that I put my heart and soul into but couldn't live in due to the construction chemical residue and paint smells. I was forced to sell that house and move in with my parents. I had to sell my car (I couldn't handle the "new car" smell), quit my job, and drop all my positions on the civic boards I once so proudly served on; I basically became an entirely different person.

When I'd look in the mirror, I wouldn't recognize myself. I had dark circles under my eyes, I gained weight, I was

fatigued, depressed, worn out and almost hopeless.

But (thankfully) not totally hopeless. I got to work looking for an answer. Diet helped a little, herbs took a layer of the illness off, but homeopathy is what freed me from the oppressive bubble I had found myself living in.

For me specifically, it was [Nux vomica 200](#) (*Apply the discount coupon code – “Joette”– at check-out for an additional 20% off!*). As I recall, I took it one day every week for about 8 weeks. Was I instantaneously better after taking the remedy? No... there was a process to my healing, with a number of discernible shifts throughout my journey. I'd take a few steps forward, pause and turn around to look back and appreciate how far I'd come. Within two months I saw around 50% improvement, and that gave me confidence that there was hope.

A yellow brick road to follow, if you will!

Traveling along that road, I couldn't initially abandon my bubble completely. Sometimes I'd leave it behind for a day and then have to climb back in.

People think that the human body is like a machine, with a steady and constant progression toward either worse or better when actually, health ebbs and flows. Significant life changes such as puberty, pregnancy, and menopause all have their effect.

Stress, diet, acute illness, etc.; these things *all* affect how long you may have to stay in that bubble and how long you can stay out of it before needing to retreat back to safety.

My goal is for you to be able to step out more frequently. To help you remember, it's just a bubble...not a concrete bunker.

Do you recall those magic markers that help us determine whether we're making progress on the road to healing? (Review them again here: <http://joettecalabrese.com/blog/expect-using-homeopathy-part-1/>

<http://joettecalabrese.com/blog/homeopathy/expect-using-homeopathy-part-2/>

<http://joettecalabrese.com/blog/expect-using-homeopathy-part-3/>)

In short, as health is restored using homeopathy, the three magic markers are:

1. Symptoms present with less severity.
2. Symptoms present for a shorter duration.
3. Symptoms present less frequently.

If you start seeing any of these three markers, then you know your remedies are acting. When two are met, that's better and when all three are being realized, that's better still.

For example, if your bubble is more necessary during spring and fall, what you want to see is that you need to climb into that bubble for shorter periods during those seasons.

Or let's say you're still in there for the same amount of time, but when you do occasionally step out, your symptoms are less intense.

Or maybe you get to the point where you need your bubble in the spring, but hardly at all in the fall.

The greatest question we often fear when employing homeopathy is: *Am I improving?* With careful observation and notes, we can often reassure ourselves that the answer to that is **YES!**

The reason *Nux vomica* worked so well for me was because I had taken so many drugs in the past: codeine, antibiotics, birth control pills, allergy drugs, allergy shots, steroids – you name it, I took it! (I was dutiful back then.)

Furthermore, *Nux vomica* is a powerful remedy for someone who is *Type A*: living life to excess, driven, workaholic, etc.

That fit me to a T!

The fact that I had taken a lot of meds and suffered from GI conditions just completed the big picture.

Now I'm not telling everyone they should take that particular remedy, but if the picture fits, it could certainly be a good choice. Remember: it is *essential* to look at the whole picture.

Nowadays, using a Banerji protocol, I would open the case with [Camphor 200](#), one dose for one day only, as a response to too many meds. (Learn more here: <http://joettecalabrese.com/blog/homeopathy/stop-it-how-to-antidote-a-bad-drug-reaction/>). This is the Banerjis' top choice for undoing the negative effects of conventional drugs.

During my recovery from chemical sensitivities/environmental illnesses, I also took the nosode [Tuberculinum 200](#). I chose this medicine because of my childhood history that included frequent sore throats, ear infections, eczema, allergies and food intolerances.

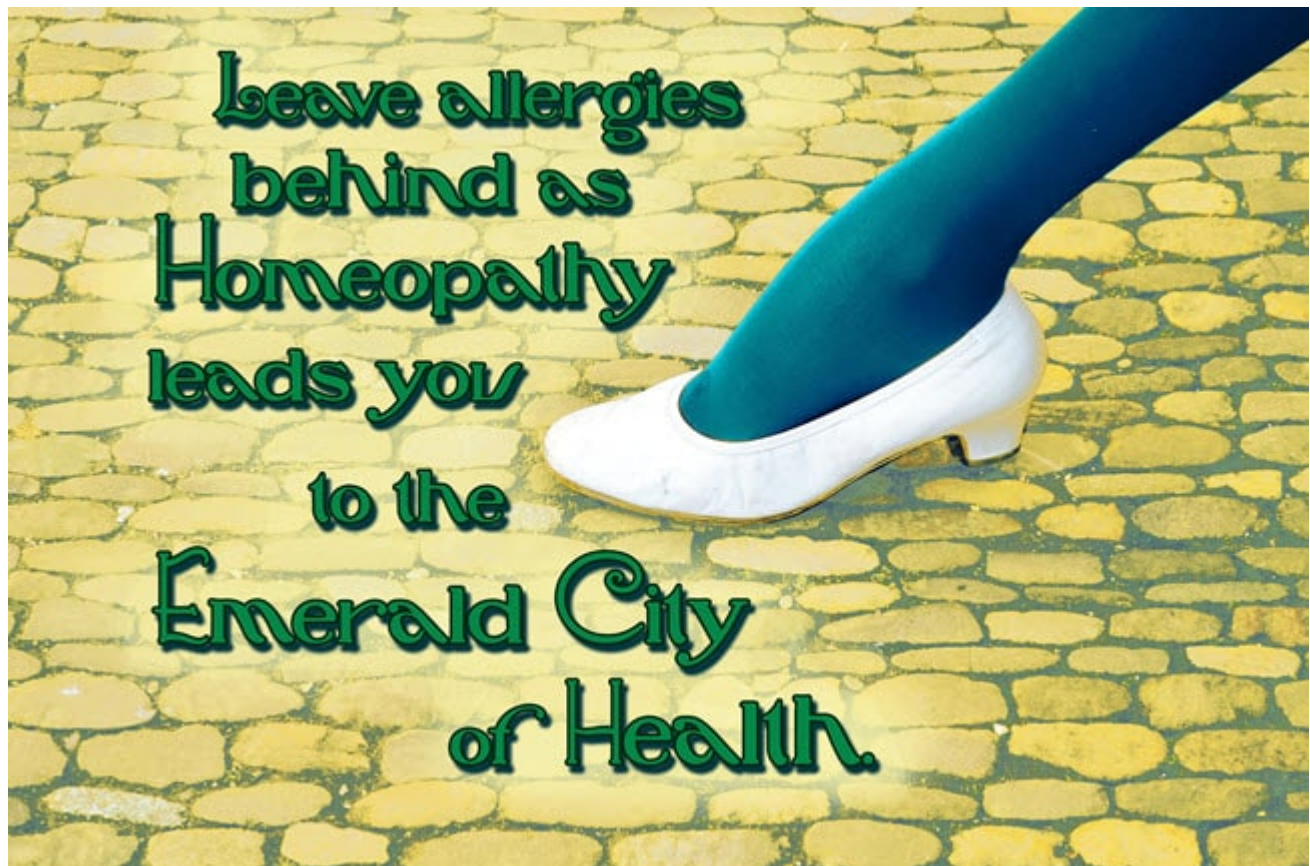
When you see someone with that history, *Tuberculinum* can undo it on a miasmatic (some would say genetic) level. This is a topic we'll really be going into in my course, "Allergic?!"

Interested?

[Click here](#) to learn more.

So this is my story of how, back in the 80s, I started a journey down a long and winding road. At the beginning of that journey, I was stuck in a bubble. By the end of it, I was able to let that bubble float away and continue forward with my feet on firm ground.

Homeopathy was my yellow brick road back to the Emerald City of health!



"If you have allergies, remember that modern medicine has written you off. The CDC itself will tell you: "There is no cure for allergies. Strict avoidance of the allergen is the only way to prevent a reaction." I lived decades living in a bubble, dealing with my allergies. Things improved when I stopped taking prescription drugs and changed my diet, but I was not cured. So I kept searching until I found the thing that changed my life forever: homeopathy. Want to learn the same homeopathic steps I took to clear myself of allergies? Learn them today with my newest course: Allergic: <http://allergies.joettecalabrese.com/allergic>

[gic/](#) and download a free infographic, and start learning what remedies could help uproot your allergies. “



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