

I Was an Itchy Little Girl



I was an itchy baby and little girl: Eczema.

I caught every throat, ear and eye infection known to little kids: Strep, otitis media, tonsillitis, conjunctivitis.

I was a sickly teen: Chronic GI pain, gut dysbiosis, antibiotic dependency.

I was a fatigued, breathless young adult: Chronic fatigue, asthma.

My allergies weren't merely an inconvenience like many assume them to be.

No. They were a lifestyle. They disrupted every aspect of my existence.

And they did so for **decades**.

Last week in this blog, I wrote about how [Nux vomica 200](#) (*Apply the discount coupon code "Joette" at check-out for an additional 20% off!*) helped get me started on the road to recovery from my lifelong allergies, food intolerances and chemical sensitivities. But I want to share more...

When allergies are all-consuming, they are often best met with a homeopathic medicine that represents not just how the outside world has made an impression (too many meds, pesticides, foods, etc.), but also how the organism was made.

In that case, allow me to start at the beginning. I believe that in that (blessed) moment when the sperm meets the egg, the DNA is transferred and made into a human.

Excuse me if that doesn't suit your thinking, but it is my strongly held opinion as a Catholic and homeopath that at this very moment, everything the mother and the father have to offer creates a whole new life.

Homeopathic literature is replete with the ultimate explanation of how DNA is affected by what each parent brings to the table. It's called the *Theory of Miasms* and is based on Dr. Samuel Hahnemann's treatise on the subject, **The Chronic Diseases**, which was published in 1828.

The subject of miasms and chronic disease (allergies, for example) is one that could set you studying in fascination for many years.

Here it is in a nutshell:

Dr. Hahnemann found that chronic diseases arise from a deep inner susceptibility that he called **miasm** and that it was related to specific, often contagious diseases that the parents, grandparents and even further back were exposed to

or overtly contracted.

When assessing a case to determine the acute reaction in an effort to choose the proper homeopathic for its presentation (such as [Ant crud 6](#) for eczema), it is as important to truly understand and unearth the essence of the person's suffering. A classically trained homeopath is compelled to look to the miasm.

The miasm that most closely described me was *Tubercular Miasm*. The "picture" of this miasm is precisely what I presented from the moment I was born. There are a number of homeopathics that can be used to help uproot this DNA taint, but the one that hit the jackpot for me was a remedy that also happens to bear the name of the miasm itself: *Tuberculinum bovinum*. It is one of the main medicines in the category called the Tubercular Miasm.

Once I began studying homeopathy in greater depth, it became evident that I must, at some point, take this medicine.

Here's how I did it:

I took *Tuberculinum bovinum* 200C one dose, for one day only, every month for several months.

And oh, what a difference it made in me!

Wool and chocolate and wheat and dairy and barometric changes and even some of my chemical sensitivities softened.

That was about 27 years ago, and it changed me from being a "person suffering from a serious health condition" to someone who could live a somewhat normal life.

I no longer have a need for *Nux vomica* (as discussed in [last week's blog](#) because the bulk of my old allergic state has melted away, but I count on this monumental miasmatic medicine to keep any mild returning evidence of my family miasm at bay.

As such, I generally take [*Tuberculinum bovinum 200C*](#) (one dose only) around my birthday and half birthday every year now and have done so for decades.

Please don't assume that because you or your loved ones suffer from allergies all you need to take is *Tuberculinum* to be cured. It's a bit more involved than that.

In fact, I'm sure my colleagues might criticize me for even *thinking* that I could teach such a complex subject as this in this forum, but I love bucking the system...even the one I hold so dearly. I want to distill the complex into the simpler, every day, so that families can successfully become enabled themselves.

If this intrigues you (don't get me started on how much this subject excites me) and allergies are your middle name, you might just be interested in learning how your family miasms have affected your health and what you can do about it.

I will be spending a good amount of time on this subject in my upcoming online course ***Allergic!?***

If this subject doesn't resonate with you right now, no worries! Don't go away. I'm concentrating on allergies for a while because I'm spending so much time writing and refining this next course on them. But I promise, I'll get off this topic soon!

Just humor me for now, since this is all I've been thinking of lately.

Meanwhile, with fall coming into play and the inevitable acute sufferings of ragweed allergies sure to follow, [check out](#) this simple combination remedy by Boiron.

I just remembered I did another video for Boiron specifically titled Allergies and it's here on my [YouTube Channel](#).

I hope it helps you and your family.

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/> and download a free infographic, and start learning what remedies could help uproot your allergies.