Look What You Can Do for Free, Folks!



I never think to share the successes I see in my daily work because I don’t want to capitalize on my clients’ sufferings.

But this is different.

This remarkable student sent her photos and testimonial to me – unsolicited. Her success with conquering the effects of

Topical Steroid Withdrawal (TSW) might be considered nothing short of amazing – to those unfamiliar with homeopathy.

Her before-and-after photos vividly demonstrate the power that homeopathic medicines hold!

Most importantly, she did this all on her own – for free – simply by reading my blogs and listening to my podcasts.

You can accomplish similar victories, too!

You can read my blogs and listen to my podcasts in your spare time, anywhere, on your phone or tablet. I've given you everything you need to get started. But, perhaps, you just need a little inspiration.

So, let me introduce you to Heather. Here is her story, as she shared it with me:

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"I've had eczema most of my life and had used topical steroids for it on and off for all of those years. I had used everything from hydrocortisone to the strongest steroids they make.

In July of 2017, I realized they were no longer working, so I went off of them. At that time, I had never heard of topical steroid withdrawal, but I quickly found myself in the worst of it.

Internet research helped me figure out what I was dealing with. I tried so many things to help and found little that gave any relief.

It's a true drug withdrawal process, with inability to regulate body temperature (I shook for months on end and couldn't get warm), insomnia (I slept an average of 2-3 hours a night for over a year, and then about 5-6 for over another year), and horrific pain and itching.

In late November of 2019, I was surfing the internet to see if I could find anything else to try to help me. I ran across Joette's website and became immediately obsessed.

I've always loved using natural remedies for health when possible but had not found anything to that point that was successful. But I thought I had nothing to lose … if this worked, it was far less money than I had spent on other things!

These are the articles I found that helped me choose my remedies.

I started with Antimonium crudum 6C twice a day (from Itchy Skin).

Then I added Arsenicum album 200C twice a day (from Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch).

I then included Petroleum 200C every other day because of the deep cracks (from It Cracks Me Up! How to Cure Dry Skin without Over Thinking).

I began in early December and started to see small improvements in my skin texture quickly … within a week or two. It was more success than I had seen with anything else I tried.

I was so amazed, I thought "I have to learn more about homeopathy!" So, I signed up for Joette's Gateway to Homeopathy class and started learning with Kate, the group leader her in January.

My 'before' picture was taken in January of 2020. (I had already seen some significant improvement from December to mid-January when this pic was taken, but that was the only picture I took of my face the whole time I had been in withdrawal).

My 'after' picture was taken in early August so I've been

taking the remedies for 9 months so far.









I recently went off of Arsenicum album. I do feel the

remedies helped some with my itching, but the itching is so fierce with Topical Steroid Withdrawal, I never felt like it totally took it away. I still itch quite a bit, even on my healed skin. The great thing is my skin doesn't tear anymore when I scratch it.

I just read something in the last few days that stated the deep 'to the bone' itching that people experience with TSW is due to the damage that steroids cause to the nerve endings. It made me think of Hypericum.

I started using Hypericum 200C, and I truly feel like it helps my nerves relax enough that when I itch, it feels like a more 'normal' itch that is taken care of with a quick scratch rather than an itch that feels like I want to claw my skin off.

I'm not completely out of the withdrawal yet. My healing is happening from the top down. My face is pretty well healed, and I'm seeing substantial improvement now on the rest of my body.

The rest of my body is in various stages of healing, and I continue to see consistent improvement as I continue the homeopathic remedies. I'm so happy that I found Joette and am thankful for all I have learned." – Heather H.

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I love it when people do this – grab the torch from me and successfully carry it themselves!

Heather did her homework!

Even her idea of using *Hypericum* 200 for the "to the bone" itching caused by damaged nerve endings shows great study. That's not a protocol, but it certainly is a well-thought-out decision on her part.

But I want you to remember that there are many, many

homeopathic medicines for this condition. These happen to be precisely what Heather needed. So, remember, these are medicines and should be used carefully, and if the person is worse, the medicine chosen should be abandoned.

But folks, it comes down to this: no one is out there for you but *you*!

And I promise you; **you can do more than you think you can … even if there are missteps.**

Follow Heather's stellar example by learning everything you possibly can. As I've said before – and this case brilliantly illustrates –don't be deterred thinking that you have to spend a lot of money to accomplish your goals. I have shared countless protocols and resources with you – for free – on my blogs, podcasts, Facebook Lives and now in my private group, on my private server, Joette' Mighty Members.

At the risk of repeating myself, look what you can do for free, folks!

You be the hero. I'll be your guide.

And when you experience success, pass on the good news of homeopathy!

Warmly,



P.S. Now, if you want *more* than the free resources offer – or you simply desire to accelerate your learning –the best place to start is by joining a Gateway to Homeopathy study group (just as Heather has done). Learning alongside others provides not only camaraderie and lifelong friends, but also an opportunity to learn from others' wide-ranging conditions in a way you couldn't do alone.

However, if you are ready for a truly deep dive after your study group experience, that's when my courses come into play. My courses teach you how to be prepared to handle many conditions on your own – be ready for any eventuality.

For instance, before the pandemic hit this spring, how many of us truly imagined store shelves could suddenly empty of necessities? When the infrastructure fails, many people who are using topical steroid creams may not be able to get them anymore! Hopefully, you can share this blog post to instruct them on how to get through the withdrawal process using homeopathy.

But just think of how many other scenarios a failure of the infrastructure will affect! Learn how to take care of yourself – BY yourself – with The Survivalist Guide to Homeopathy. Be in full control of your family's health when the world turns upside down.

And if you think that The Survivalist Guide is only for emergencies, think again! It's an all-around complete guide for living homeopathically – especially when the inevitable "stuff" hits the fan, and it feels like a mini-apocalypse in your small corner of the world.

May I email you the infographic I designed for this course? Not only will you find it invaluable, but it will also give you a sneak peek into the bounty of information contained in this guide.

And remember – all of 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.

