# How I Use My Kits

What’s black and white and red all over?

A Top 100 Homeopathic Medicine Kit, of course!

You hear me talk about homeopathy kits all the time. If you already have one (or more), you understand how invaluable they can be. But you may also be interested in how I use mine.

I make a little tweak to my red kit that works well for my family, which you might find helpful as well.

But before I get to that, first let me explain a little more about the kits to those who may not know about them yet.

Kits of homeopathic medicines are available from many retailers and manufacturing pharmacies.

Let's face it: Having all the knowledge of homeopathy in the world won't help you if you don't have what you need when you need it. Sort of like an umbrella, right? You need your umbrella when you don't have it with you!

Well, these kits allow you to have, at-the-ready, a majority of the most commonly needed medicines – at a significantly reduced price as compared to buying the remedies individually.

The kits available from several retailers come in different varieties. But briefly, the most commonly referred to kit in my blog is the Washington Homeopathic Top 100 Kit. It provides 91 remedies in 30C potency and nine remedies in 200C potency. They also carry a kit of 50 essential remedies in a 200C potency.

Lastly, I have curated a kit to correspond to the remedies you will learn in my course, *The Survivalist Guide to Homeopathy*. (Please note – in order to purchase this kit and know how to properly use these specific medicines, you must have first participated in the course.)

So, that's the "what?" Now, let's talk about the "how?"

Here's the little tip I mentioned earlier that helps me personalize my kit. If you own both Washington Homeopathy's Top 100 kit and the 200C remedies kit, you might want to do the same thing.

The bottom row of the red Top 100 kit houses nine 200C remedies. I removed them. (Don't worry – they will not go to waste! Those same medicines are also included in the 200C kit, so you can use these vials as replacements in that kit when needed.)

In their stead, I placed nine *other* remedies – medicines specific to my family's needs. For instance, if you have a family member with allergies, choose the specific remedy

that corresponds to their allergic condition, and place *that* medicine vial in your Top 100 kit.

Do this for each of the nine slots by choosing the specific medicines for the nine conditions your family deals with most often. This way, you will have everything you need – unique to you and your family – consolidated in one place.

If you're in a hurry to evacuate your home in an emergency, or if you're just traveling on vacation, you can grab your kits and go with confidence! You'll have the most commonly used medicines for any unexpected maladies, *plus* you'll also have your family's most needed ones – all in compact, portable containers.

I always bring my kits with me when I'm traveling long distances. Because we've been told for years that homeopathic medicines are fragile – adversely affected by x-rays or heat – people often ask me how I take them through airport security.

While I do try to be careful with them, I must admit, in my experience, I have never had to worry. Even after having been exposed to x-rays or extreme heat, my medicines have always continued to work!

That said, yes, I bring my kit on board with me in my carry on and I *do* ask security to hand examine them (rather than put them through the x-ray machine). Why? Well, it may only be one or two people at a time, but I like getting the word out about these remarkable medicines. And invariably, this interaction through security can start a conversation.

For instance, at the airport in Dubai, I once informed a security guard that these were homeopathic medicines. She said, "Tell me more."

I assumed she meant "more" from a security standpoint.

But no.

She wanted to know more about homeopathy and how it worked for her family. We had a quick discussion, and I gave her my business card. She later contacted me to confirm she was buying the right kit! That one cursory conversation led to a new convert to homeopathy.

*That* is exactly what I mean when I say, "Pass on the good news of homeopathy!"

So, while I do prefer to have my homeopathic remedies hand-checked through security, I can assure you that many times I forget, or one slips through by hiding in my make-up bag or purse.

In the past, I have marked the outside of the exposed tube to distinguish it from the others. The next time a situation called for that specific medicine – provided it was not a serious or emergency situation in which there was no margin for error – I utilized the marked remedy. That way, I could specifically experiment with its efficacy. As I mentioned before, it still acted each time.

(I have also proven that remedies are hardier than we've been told when it comes to heat as well. In case you missed Podcast 59: Myth Busters, you might enjoy hearing my story of an *Arnica* tube that successfully survived not only the clothes washer but also the dryer! It still makes me laugh. If you haven't heard the story in my podcast before, it's a great example of accidental myth-busting!)

But back to kits: one other way I use them is as gifts. What more caring, practical and precious gift can you give someone interested in homeopathy?

Plus, it's exciting to receive a kit. If you're like me and love the process of organizing your remedies, you'll be captivated by the tidy little rows of ½ dram bottles all

neatly labeled and ready for any eventuality. As a gift, it's quite a treat.

I've given them as gifts for baby showers, housewarming celebrations, anniversaries, birthdays and even Christmas! I usually give one of my books along with them (as additional education and instruction on how to use the remedies included in the kit). My *Gateway to Homeopathy: A Guided Study Group Curriculum* is a perfect choice to accompany a kit. Or, should they already have that, *A Materia Medica: Practical Homeopathy® for Busy Families* would be another great choice.

While you definitely should purchase individual tubes of the remedies you use most often, a kit allows you to maintain an inventory of medicines you might not own until you know you need them.

What better source of confidence can you have in the middle of the night (which seems to be when so many unexpected things happen) or while you're away from home?

Once you determine you have the correct remedy for the condition, you can purchase a larger tube at your nearby store or order it online. But at least you'll have enough to get you through the first few days of an emergency.

As always, pass on the good news of homeopathy!

Warmly,

P.S. Great news! Pandora is now streaming my podcasts! Search in your Pandora mobile app for “Joette Calabrese,” and you’ll find all of our podcast episodes – back to the very first one! (You can also still listen to my podcasts through my website or iTunes, Google Play, Blueberry, Stitcher, iHeartRadio, and TuneIn radio.)