

Podcast 176 – Diarrhea: Specific Symptoms Indicate Specific Homeopathic Medicines



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Kate:

This is the Practical Homeopathy® Podcast, episode number 176, with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique

brand of homeopathy, *PRACTICAL* Homeopathy®.

Introduction: Diarrhea: Specific Symptoms Indicate Specific Homeopathic Medicines

Kate: (01:00)

Hi everyone, and welcome to the Practical Homeopathy® Podcast. I'm Kate.

Today, Joette will be tackling a topic that's equal parts common and uncomfortable. Yes, it's diarrhea. But don't worry, we're keeping things light and practical.

Joette, are you ready to help our listeners feel empowered instead of panicked the next time the tummy rumbles?

Joette:

Yes, Kate. Yeah, let's turn those bathroom dashes into a thing of the past with a little – I don't know – I guess I'd call it "homeopathic know-how."

Homeopathy: the little nudge the body needs

Kate: (01:33)

Agreed. Okay, so how about we start with the fundamentals? For anybody who might be new to this podcast, can you explain a few of the basics about homeopathy and why it's such a game changer for issues like diarrhea?

Joette:

Yeah, absolutely. Let's get started.

So, homeopathy is based on the principle "like cures like." We use highly diluted, potentized – which means it's highly diluted – medicines from natural substances that in larger amounts might cause similar symptoms.

But in these tiny, micro or nanodoses, they very gently nudge or stimulate the body's own ability to heal itself.

And these medicines ... they have been helping families for over 200 years. There are no side effects, just smart support that works with the body.

It's actually our first stop for all sorts of woes, including belly troubles. Think of it as giving your system the precise little nudge or whisper it needs to remember its own ability. It's beautiful, isn't it?

Kate:

Yes. Oh, I love it.

Okay. It also empowers us, I would say, to handle things at home, and so helps alleviate that fear that we don't have something to help.

Intense diarrhea? *Veratrum album*

Kate: (02:57)

So, we're going to get practical right now. What are the top medicines for diarrhea, and how do we match them to the various kinds of diarrhea that one might experience?

Joette:

Okay, first, let's talk about *Veratrum album* – two words: *Veratrum* and then the word *album* – for the more intense cases. Doesn't *have* to be intense, but we know that if it is intense, we are going to be thinking about this.

So, there might be severe, voluminous diarrhea, even with vomiting or nausea, cold sweats, clammy skin and weakness. There's kind of a real weakness. It's an in-depth weakness. It's the big debilitating picture.

And often I've paired it with *Cuprum metallicum* – two words,

Cuprum metallicum – in a Banerji-style approach for cramps.

So, *Veratrum album* steps in like, I guess I'd call it a "steady hand," helping restore balance and strength. Used judiciously and hydrate well and watch what I'd call the "bounce back."

Kate:

It's pretty incredible. I've used *Veratrum album* many a time in our family for this condition, and it is a game changer. Absolutely.

Burning diarrhea from food poisoning? *Arsenicum album*

Joette: (04:12)

Yeah. Then we have another remedy that I like to consider, and that's *Arsenicum album*. So, we have *Veratrum album* and *Arsenicum album*.

And so, *Arsenicum* is my hero for diarrhea that feels like food poisoning or something that didn't sit right.

So, think frequent, watery stools with burning – often there's burning. It can be at the site, or it could be in the belly. It could be burning anywhere in the body.

Plus, a sense of restlessness and anxiety. And sometimes the person can be chilly, and they want warmth. And often, they're thirsty, but not for thirst in large, long drinks, but rather for small sips.

So, *Arsenicum album*. When used every hour or so at first – and then spacing out as it improves – it can calm this kind of a storm beautifully. I've seen it rescue many on a vacation or a questionable dinner out, for example.

Kate:

Good to know, especially for those travel tummy surprises.

So, I keep *Arsenicum album* in my bathroom – just in case – and emergency homeopathic kit for any issues with food that might not be sitting quite right.

What's next?

Gurgling, explosive diarrhea? *Podophyllum*

Joette: (05:25)

Another homeopathic medicine that's really great is *Podophyllum*.

And just so you know, for those of you who are new, these are all Latin terms because this is science, and so we are using the Latin words. It is phonetic. So, *Po-do-phyl-lum. Podophyllum*.

And this is perfect for explosive episodes. Profuse, watery. Sometimes the stool is yellowish or greenish with lots of gurgling and rumbling beforehand.

Now, when we are looking at *Podophyllum*, we're thinking that it's often painless, but urgent. It can be quite striking, especially in the morning. It's great for kids or after too much fruit, which is a questionable behavior anyway.

Podophyllum 200 turns Niagara Falls back into a gentle stream. So, if your toilet's suddenly a waterpark, this one's your friend. Really makes it memorable.

Kate:

Waterpark? Think *Podophyllum*.

Joette:

Right, right.

Kate:

Okay. So, we need to keep that in our kit as well. Any other remedies we should consider?

Great loss of fluids? *China*

Joette: (06:32)

Yes. We want to also keep in mind that the homeopathic medicine *China* ... sometimes it's known as cinchona bark, but it's *China*. They're two names for the same remedy. *China* 200, which I think can be really great for a loss of fluids.

So, I want you to know that this is not just for a loss of fluids through diarrhea. It can be a loss of fluids through perspiration that's associated, for example, with some of the other medicines – with *Veratrum album*, for example. Or loss of fluids even if there's a lot of coughing and mucus is lost.

We think of *China* for loss of fluids. And let me also say parenthetically, *China's* a great remedy for loss of blood from an accident or even heavy menses.

So, remember *China* or *Cinchona* in a 200 is really great for this condition.

How to use homeopathic medicines

Kate: (07:20)

So, we have to keep these medicines on hand.

Could you give us a quick reminder on how to use these homeopathic medicines for those who may be new to homeopathy?

Joette:

Well, the first place to start is to match the symptoms to the homeopathic remedy. Because as you can see, each of these remedies have specific characteristics, just like the person

who's suffering has specific symptoms.

So, we start with a 30C, often for most acute cases and repeat as needed based on the improvement.

Remember in homeopathy, less is more.

And we stop when the symptoms ease up. And we always combine these remedies with rest, the correct amount of fluids and common sense.

Don't expect to have an appetite. People often say, "But I haven't eaten in three days." Well, that's because the body is not ready to do that. So, we follow what the body's telling us to do.

And "I can't get out of bed." Stay in bed then. Your body's telling you, you need to do that.

So, if it's severe, of course we're going to seek professional care.

But homeopathy works with the body, not against it. And we can often take care of a lot of these conditions on our own without any medical intervention.

Kate:

Such wisdom as always, Joette.

So, remember, as she said, if you are experiencing severe symptoms and it's a medical emergency, we always recommend that you do go to the hospital or to your physician and get help.

But this is why we love our homeopathics ... that oftentimes, we can avoid those things. So, we have our medicines with us, and we're ready if the diarrhea or the waterpark begins.

Closing advice

Kate: (09:04)

Any final thoughts or encouragement for the audience before we wrap up?

Joette:

I think of one of the most important concepts that I have not made clear here, I don't believe – so, I want to make a point of it: And that is we needn't know whether it's amoebic, whether it's viral, whether it's bad food, whether it's from the weather change. That can be useful in determining which medicine to consider, but we don't really need to know what the microorganism, for example, is that's causing this.

If we have that information, okay, we can consider that. But long before there were microscopes or anything in order to determine which microorganism might be causing this, we were able to – “we” meaning homeopaths – were able to determine which homeopathic medicine to use.

Because again, it's based on “like cures like,” not “specific microorganism causes this or that, hence it must be dealt with differently.”

So now let's get back to the subject at hand again, and that is that diarrhea might try to crash the party, but with Practical Homeopathy® and a very well-stocked kit, you'll be equipped to send it packing.

Stock those remedies. Study the symptom pictures. I mean, just study them right then and there while this is going on. And don't take wild guesses. Really look at the differentials between the remedies that we just discussed today and keep empowering your family.

Kate:

Absolutely. So, just to summarize this episode today, we've covered the basics of homeopathy that like cures like in potentized form, and it gently supports your body's own healing.

And we highlighted three powerhouse remedies:

Veratrum album for severe depleting storms, you might call them. The *Arsenicum album* for burning, anxious and food-related upsets, and *Podophyllum* for the gushing, gurgling episodes.

Joette, thank you so much for sharing with the listeners today. And listeners, if you've enjoyed this podcast, please share it with a friend and check out Joette's other offerings on joettecalabrese.com or practicalhomeopathy.com.

Join our community. We have so many amazing people. They're all learning together.

Joette:

Thanks, Kate. Until next time, stay prepared. Keep your remedies ahead and keep your powders dry.

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my [podcasts](#), but also my [blog posts](#) and [Monday Night Lives](#).

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of [The Academy of Practical Homeopathy®](#), Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

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.