

Podcast 177 – Moms with Moxie: Raising 11 Children With Practical Homeopathy®



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Kate:

This is the Practical Homeopathy® Podcast, episode number 177.

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: Raising 11 Children With Practical Homeopathy®

Kate: (00:58)

Welcome to the Practical Homeopathy® Podcast. I'm Kate, and I'm thrilled you've joined us today for this podcast. I think you're going to find this particularly interesting because it will have you on the edge of your seat and give you some ideas that you can use in some scary situations.

So, today I have the pleasure of introducing you to Mary. Mary has homeschooled 11 children, and she is now thoroughly enjoying her 10 grandchildren. She has a deep love of learning and an affection for classical literature.

So, today in this podcast, Mary will be sharing her extensive experience with acute trauma cases – as you would expect with having 11 children, right? Mary has handled snake bites, scorpion stings, brown recluse spider bites and a wide range of sports injuries, always with a calm presence with homeopathy coming to the aid.

And it all started with autism. So, Mary, welcome to the podcast.

Mary:

Hi, Kate.

Kate:

I'm so glad you've joined us, Mary. Thank you for doing this. You have many interesting things to share. So, let's get started with how you came to homeopathy.

It all started with autism

Mary: (02:11)

All right. It all started with our twin daughters acquiring autism after they had their infant shots. And I found out our family was sensitive to pharmaceuticals, so we had to find a way to take care of our family's health.

I first started learning about herbs and added essential oils in, but I became really curious about homeopathy. It just worked so well. It was very efficient.

First time I used it was for my son, and he was getting injured in wrestling. So I went to the store, and someone helped me find something for that. And she pointed out homeopathy, and she gave me two vials of homeopathy. And I brought it home, and it must have worked because he ended up asking me for more.

Kate:

Wow!

Mary:

Yeah, right? A high school boy asking for more homeopathy.

Kate:

Yeah.

Mary:

Yeah. So, I thought, "Oh, maybe it's time to learn this."

Kate:

Maybe.

The mystery of the little tubes

Mary: (03:06)

It was a mystery to me ... all the little tubes. That was around 2006.

And so, we went to a classical homeopath to get some help, and she was a sweetheart. She was really good at it because she taught it, but I wanted to learn more. She helped me with some acute situations, but I thought there was more I wanted to learn.

And then another friend showed me Joette's website. The first course I took was [Allergic?!](#) because my food allergies had gotten so bad I needed to do something.

And I fell in love with Practical Homeopathy® because it was a way I could learn it and get pretty well caught up in learning it quickly. It was usable, and my food allergies started to go away.

So then, of course, I was using it with the whole family for their allergies also. We just saw it; we made some really great gains in the allergy area.

Then came the Gateway community

Mary: (03:56)

In 2020, I started leading [Gateway to Practical Homeopathy® study groups](#), and I continued to do that because I really love it. And I have some of the same people from that time keep taking it over and over again, and we keep learning.

Kate:

Do you find that you've really built a community that way by doing those?

Mary:

Absolutely.

Kate:

Yeah.

Mary:

It's been really sweet. Even the people that don't keep doing the groups, I still hear from ... how they're doing. My husband and I are thinking about doing a trip to where we can see a whole bunch of people from my ...

Kate:

From your study groups? Oh, how exciting.

Mary:

Yeah. And go out east and do that. Yeah, that would be very fun.

On to The Academy and Mastery

Kate: (04:36)

So, you were leading these Gateway study groups, and then I know you've gone into [The Academy of Practical Homeopathy®](#) and graduated, and now you're in the Mastery program. So, tell me what led you to do that.

Mary:

So, after I took the Allergic?! course, I started taking Joette's courses – one or two a year. I think I took six courses. One of our daughters ended up in the hospital with ITP, which is idiopathic thrombocytopenia. And I couldn't crack the case.

APH ... I knew it was available, and I was talking to my husband about it because I wanted to learn more. I wanted to be able to take care of our family even better than I had been taking care of them with homeopathy.

Kate:

Yeah, you wanted to have more knowledge.

Mary:

Yes, I really needed more. And the amazing thing was there are points in The Academy ... things that I learned that helped me to take care of my daughter.

At first, it seemed like she'd have to stay on this medicine the rest of her life, and now she does not have to be on those medicines for the rest of her life. And homeopathy took care of her issue, and it's because of The Academy.

Kate:

Wow.

And now you have a whole 'nother group of study group friends that you've gotten throughout the years of being in The Academy and Mastery, right?

Mary:

Yes. I'm so excited that three of the people in my study groups are in this year's Academy. I'm so excited for them.

Kate:

Oh!

Mary:

So much fun learning. So, yeah.

Using homeopathy for snake bites and autism

Kate: (06:21)

So, Mary, you've had so many experiences. It's hard to know what to ask you about first.

But maybe let's dive right into snake bites because you've had several instances of those, unfortunately, in your family. So, talk to me about how you handled those situations.

Mary:

We've had snake bites, spider bites and scorpion stings. And I have used [The Survivalist Guide](#) as a start on how to take care of those. And it's been really, really helpful here in Texas.

Kate:

Yeah. So, your daughter was actually hospitalized, and you didn't know it was a snake bite at first, right?

Mary:

Correct. Yeah. She was hospitalized with what they said it was idiopathic thrombocytopenia, and her platelet counts was down way too far.

And so, they worked on it in their paradigm, but the medicine would make her autism worse. She was just sitting on the couch staring. So, I knew I had to do something else because I didn't want her going backwards in her development.

So, I got in The Academy, some of the things in the Organon

lessons and learning about the remedies helped me to figure out what remedy would help her to get over this. And now it's not a problem for her. She doesn't need to be on the medicines.

Kate:

And I think you said earlier that they said she would have to be on this medicine for the rest of her life.

Mary:

Yes, they did. And that's why I was like, "No, no, no, no. I can't have my child going backwards."

We worked a long time with her for her autism, and she made so many great improvements that I couldn't watch that.

Kate:

And so, we had said earlier in the podcast that this all started with autism. So, talk to me about how you've helped your daughters with autism.

Mary:

We have used homeopathy for that, and it's actually the same remedy that I used for Katherine with the ITP. And I've been seeing them continue to improve and learn more.

We just visited family last week for a wedding, and people were commenting on how good the girls were doing that they were shocked. How they can cook and clean, do laundry. They'll remind me of things that need to be done.

And their reading level is great. We also did a neurodevelopmental program with them for years, so that gets some of the credit, but homeopathy is helping them to continue to develop well.

Maintaining a calm presence through it all ... even the scary bites and stings

Kate: (08:55)

Yeah. You're amazing working with two autistic daughters – and all 11 of your children actually – and homeschooling, and all that you've done. It's really incredible.

And what strikes me about these situations – and we're going to talk about a few more of them – is that you seem to handle this with such a calm presence. I mean, you're talking about snake bites, scorpions, all these things. And to me, that sounds terrifying, you know?

How do you do it? How do you handle these situations so calmly?

Mary:

I really give that credit to God for keeping me calm during these situations. I just have the presence of mind to know what to do, but that is because I have been learning it. Learning about the remedies. Learning what they're for, and not being afraid to use them. And I think that's kind of a key.

We've had a brown recluse bite and used *Lachesis*. Grandson had a black widow-relative bite, and I helped them out with their remedies for that.

Kate:

Scorpion bite.

Mary:

Oh, yeah, the scorpion sting. And we used the scorpion remedy for that one.

And like *Ledum*, which is great for puncture wounds. So *Ledum's*

always up there with all those bites.

You can always give *Ledum*. *Ledum* for ticks, *Ledum* for snake bites, puncture wounds, dog bites, because we've had a dog bite too. I forgot.

Kate:

Oh, my goodness.

Mary:

Yeah, we had a dog bite.

Kate:

So, it sounds like *Ledum* has had a big presence in your family's life.

Mary:

Yeah. We've also used it for old puncture wounds too ... ones that are older. And they've helped the family ... that have helped with that a lot.

Success Story: Dog poisoned with xylitol

Kate: (10:42)

So, let's move on to your dog, because I hear there was a situation where it was very serious.

Mary:

Yes. Jax, the dog, got into some xylitol gum. It was quite a bit.

He came downstairs, and he started throwing up and having diarrhea at the same time. And then he collapsed.

And my daughter called me and said, "Mom, Jax ... he's dying. I don't know what to do."

So, we used *Aconitum* and then dosed *Arsenicum* – and she was dosing it frequently. And after an hour, he was able to get up and go outside.

And normally xylitol gum will kill a dog, and he was on his way.

So, Joette was laughing about him being the gum-chewing dog.

Kate:

Well, I mean, I guess it wasn't funny at the time, but ...

Mary:

It wasn't funny, but he's still around, and he still tries to get into things. But we don't have xylitol gum in the house anymore.

Success Story: Gallstones

Kate: (11:42)

Yeah. That's amazing.

Okay. How about gallstones?

Mary:

Gallstones. So, this was my big win with my husband because he wasn't quite sure those little sugar pills were doing anything.

And he had a stone that must have been horrible because he just asked me to take him to urgent care.

So, he went to urgent care, they gave him some morphine. And I think that helped relax him, and the stone passed.

I had some remedies ready, but I didn't have the whole Banerji Protocol yet.

So, he appreciated the relief, but then he did not like the effects of morphine. And so, the next time he was ready to go with the homeopathy. I had it ready to go for him, and we used it, and the events became fewer.

The time where it was hurting became less, and now he doesn't get them anymore. And the option that the doctor had given him was to take out his gallbladder, and he didn't want to do that.

So, that was his big win. That made him see that homeopathy is really terrific and can work well. I mean, he saw it with some of the children, but sometimes it helps to have your own experience with it to know that it works well.

Success Stories: Injuries

Kate: (12:56)

Right. All right. Let's move on to sprains and concussions and talk about some of those things.

Mary:

Sure. So, our son. He sprained his ankle playing baseball, and he's limping back to the car. He takes his shoe off. His ankle quickly swells up.

I had my remedies in the car ready to go. So, we started dosing on *Arnica* and *Ruta*. And by the time we got back home, it was pretty sore. It wasn't as swollen. And the next day he could put on those athletic sandals to go to practice to just watch.

Kate:

Wow.

Mary:

Yeah. Three days later from the sprain, he was able to get his

shoe on. I mean, he could do it the day before, but he was able to get his shoes on and go practice gently.

So, by the next week, there was no problem with his ankle whatsoever after taking the remedies.

And because he grew up in our family, he knows how to take the remedies. He knows how to take them well, and he does it on his own now, which is really amazing.

Kate:

Awesome. So, your husband's on board; your son is on board.

Mary:

Yes.

Kate:

Yeah. And then concussions.

Mary:

Okay, concussions. I was in a car accident during APH and hit my head twice. Car hit me going 40 or 50 miles an hour.

Kate:

Oh, wow.

Mary:

The remedies were just amazing. I took *Arnica* to start healing the brain right away.

There were remedies that I took for memory. There were remedies I took for depression because a friend warned me. She said, "Mary, you might get depressed after a concussion at some point." So, I knew in APH what I could take for that also.

I think I healed up pretty well considering my age. Every once in a while, my neck might hurt, and then I take something for that.

But for the concussion part, I think I'm pretty well healed up.

And our daughter has gotten concussions from judo, from hitting her head. We've used it for her.

And then my husband, he had an event where he gets vasovagal syncope. So, he passes out if he laughs too hard ...

Kate:

Oh, wow!

Mary:

... because he has had asthma before. I think it shuts him down because it thinks something is dangerous.

So, when I was in Chicago visiting our daughters, and he was here, he was laughing at a video and stood up because he couldn't breathe and fell back and hit his head on the bookshelf. And he woke up in a pool of blood.

And one of the twins with autism knew where to find the remedy I told her to get. She got *Arnica*, and she gave him the *Arnica*.

The bleeding was slowed down quite a bit. And then, my other daughter came home, and she gave him *Aconitum*.

And it was amazing talking to him on the phone because it just ... all of a sudden, I could tell his head cleared. He could think about what he needed to get done. He needed to get to the doctor to get the wound closed.

So, it ended up being an eight-staple wound on his head. And our girls took care of him with homeopathy.

They stayed with him in the hospital to make sure he had an advocate there. And it all turned out really well.

This happened on a Friday, and he was able to go to work with a clear head on Monday.

Kate:

My goodness.

Mary:

Yes. I know, right?

Kate:

Such quick recovery in your family.

Mary:

Yeah, it's been really good. I mean, he needed a little bit going forward for a little while, but really not very long. So, it's so cool. Such a great medicine.

Success story: A burn from boiling water

Kate: (16:36)

Yeah. So, what else have you done?

Mary:

Recently, my daughter was boiling noodles for spaghetti, and her hand slipped on one of the handles, and it dumped on her stomach. And she had this huge burn spot.

So, I went over and grabbed the *Cantharis* and *Hypericum* and *Aconitum* and gave her the *Aconitum* for the fear, to help clear her head.

And myself, I gave myself some, too, because it helps for the person taking care of them too –to have that *Aconitum*. It just

helps you think clearly.

So, I alternated *Hypericum* and *Cantharis*, and I touched her stomach, and it was warm. After I would give her the *Cantharis*, it was cool. It was amazing to find that out, that part of *Cantharis*, that it will cool the burn.

She didn't end up having a big blister. There was just a little scab in the middle where it had been the worst. And then, it would've been good to keep dosing *Cantharis*.

After we were done with the *Cantharis* and the *Hypericum*, I used *Calendula* and comfrey salve to finish the healing. And then the skin just was lightening up.

It's very small now, which is quite amazing considering it was boiling water. I mean, it made the kitchen tiles hot to walk on.

She still cooks and boils noodles.

Closing advice

Kate: (18:00)

Mary, you have shared so many things with us, and I know that you have so much more that you could go into. But I want to ask now that you end this podcast with some words of wisdom that you have for the listeners, because really I'm amazed at all you've accomplished, both with your family and with homeopathy.

So, what advice do you have to share with those who are listening today?

Mary:

I would say to learn about homeopathy as much as you can. You can never stop learning about it. And the benefit to your family and your friends is enormous.

So, there are so many options with Joette to learn at the level that *you* are. You could start with study groups. She's got [Mighties](#). She's got [Mighty Members Plus](#). She's got [courses](#) to take.

And eventually, if you wanted to go to [The Academy](#), I'd highly recommend it. It's fantastic. And Mastery is super wonderful.

And if you need any help, there's plenty of Practical Homeopaths™ now available to help you on your walk through learning homeopathy and getting help for ... You know, sometimes we just need a little help – it's a little more than we can handle – and we can get advice from other people too.

Kate:

So, what Mary was referring to was [FindAPracticalHomeopath.com](#). You can go there and find those people who are leading study groups or seeing clients that have graduated from the Academy/Mastery programs.

So, Mary, I really appreciate you taking the time to share with us from your many years of experience. It's been a pleasure having you, and I'm excited to see what your future holds. And hopefully you won't have any more emergencies that you'll need homeopathy, but we know that that is what happens in life.

So, I'm so glad for this medicine, and I know you are as well.

Mary:

Yes, I am so thankful for it. It's God's medicine, right?

Kate:

Yeah.

Mary:

It's a special blessing He's given to us, and we can take

advantage of it and learn it and use it.

Kate:

Yeah. And I like what you said to me earlier, Mary, that people should just start now. That's your advice. So, I think that's wise, wise words.

So, thanks for joining us on the podcast today, and we'll see you next time.

Mary:

Okay. Thanks, Kate.

Joette:

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.

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