

Baby New Year and Colic



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When Baby New Year (or any baby, for that matter) presents with painful colic, nothing is happy. Not the new year, not the baby, not the parents and probably not even the neighbors!

But not to worry! As usual, homeopathy stands ready to “remedy” the situation.

Over the years, I’ve written about colic in [Screaming Baby: Homeopathy Melts Colic Away](#), [The Secret Life of a Colicky Baby](#) and [Nip Colic in the Gut](#). However, today, I want to teach you another homeopathic medicine you should have on hand – indeed, one of the best for colicky babies: [Natrum phosphoricum 6X](#).

While many parents have difficulty giving babies homeopathic medicines in hard pillule form, *Nat phos* is often manufactured in a soft tablet form that instantly dissolves

when placed in the baby's mouth. (As always, follow the manufacturer's instructions on the bottle for dosage amount.)

I call *Nat phos* a "diaper bag remedy." Why? Because the diaper bag goes wherever the baby goes. If the baby is at home, so is their diaper bag. If the baby is out and about, the diaper bag is always in tow. So, you'll never have to search far to find your little supply of *Nat phos*.



But don't stop there. *Nat phos* is also for grown-ups, so you'll also want to add it to your well-curated homeopathic medicine kit.

Nat phos, along with additional homeopathics, is listed on my [free First Aid Chart](#) for food poisoning.

I've shared how *Nat phos* eliminated [my father's dependency on antacids](#) (much to the dismay of Tums).

[Holiday dinners](#) can also be an occasion to keep the *Nat phos* handy. (Hello, football food on New Year's Day. Yes, you, chicken wings, chips and salsa, and beer. We're looking at you here!)

Indeed, *Nat phos* is a premier medicine for acidity – most

notably, sour acidity. For instance, it has been shown to correct excessive lactic acid from too much sugar consumption as well as blisters on the tip of the tongue or canker sores in the mouth, especially when accompanied by burping and indigestion.

If a sufferer's skin tends to turn jewelry green, that may serve as an indication that *Nat phos* should be considered. (I don't know that I'd specifically choose to address jewelry's green patina with homeopathy – this is medicine, after all. But it certainly makes a sturdy third leg to our stool as we choose a medicine for the adverse health effects of acidity.)

So, keep [*Nat phos*](#) nearby – for either Baby New Year or Father Time. As you know, homeopathy is for everyone!

Wishing you and yours a happy, healthy New Year!

A handwritten signature in cursive script, appearing to read 'Jette', with a large loop at the bottom.

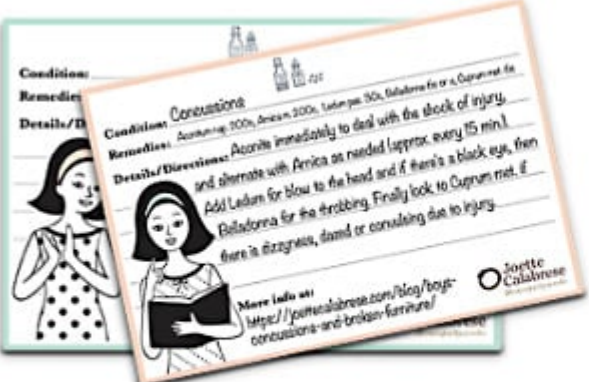
P.S. My friends, we have spent the last year assembling a well-rounded homeopathy kit to keep at home, ready for any eventuality. Even though our calendars will shift to a new year tomorrow, I still have a few more to go. So, let's keep it going into 2024, shall we?

Here is the current list of must-have medicines as it stands today (along with the links to the blog posts teaching them).

1. [ColdCalm®](#)
2. [Ruta graveolens](#)
3. [Symphytum officinale](#)

4. [Arnica montana](#)
5. [Hypericum perforatum](#)
6. [Oscillococcinum®](#)
7. [Arsenicum album](#)
8. [Aconitum napellus](#)
9. [Hepar sulphuris calcareum](#)
10. [SleepCalm®](#)
11. [Pulsatilla nigricans](#)
12. [Ignatia amara](#)
13. [Rhus toxicodendron](#)
14. [Helleborus niger](#)
15. [Euphrasia officinalis](#)
16. [Lycopodium](#)
17. [Nux vomica](#)
18. [Sepia](#)
19. [Cantharis vesicatoria](#)
20. [Cyclease® Menopause](#)
21. [Sulphur](#)
22. [Bryonia alba](#)
23. [Berberis vulgaris](#)
24. [Ledum palustre](#)
25. [Belladonna](#)
26. [Gelsemium sempervirens](#)
27. [Hyoscyamus niger](#)
28. [Coffea cruda](#)
29. [Calendula](#)
30. [Cina maritima](#)
31. [REPEAT – Pulsatilla nigricans](#)
32. [Natrum sulphuricum](#)
33. [Ammonium carbonicum](#)
34. [Cuprum metallicum](#)
35. [Apis mellifica](#)
36. [REPEAT – Aconitum napellus](#)
37. [REPEAT – Pulsatilla nigricans](#)
38. [Caulophyllum](#)
39. [Silicea](#)

40. [Veratrum album](#)
41. [Staphysagria](#)
42. [Urtica urens](#)
43. [Sanguinaria canadensis](#)
44. [Kali phosphoricum](#)
45. [Natrum muriaticum](#)
46. [Natrum phosphoricum](#)



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12/31/23 Baby New Year and Colic

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Coping with Grief at Christmas



It's Christmas Eve, my friends. Tonight, for many, it means family and a traditional meal. Others will be volunteering to feed the less fortunate. Some will be heading to Midnight Mass. Yet others will be "all snug in their beds, while visions of sugar plums dance in their heads."

It is the night before Christmas, after all.

But many will be immersed in one sort of grief or another over lost loved ones.

My mother passed away on Christmas Eve, so it's a bittersweet time for my family and me. I desire as much of

my family around me as possible. So, tonight my husband, brother, a dear cousin and I will be driving from Calabrese household to Calabrese household, joining in as many festivities as possible in one night.

Cousins. Cousins. Cousins.

I'll never get enough of them, particularly at this time of year.

On the other hand, some people may prefer to be alone. These folks generally find it difficult to be in groups. Although they're absorbed in their sorrow, they don't want to discuss it. They don't want to be consoled.

They prefer to suffer in silence.

For those who suffer in this way, along with it they may have feelings that get easily hurt because pain is already so close to the surface, and it doesn't take much to rip off the scab.

Yet they can't cry.

Sometimes, they may put on mournful music to force that emotional release that crying brings. But they certainly don't want witnesses.

They are stuck in a deep, chronic sadness that, over time, has disconnected them from others who care.

We've established that *Ignatia amara* is a premier homeopathic medicine for grief. (See

[Homeopathy Cured Grief and Sadness Without Chemicals.](#))

However, *Ignatia* is sometimes considered for more recent grief.

In homeopathy, it has been said that *Natrum muriaticum* is the "chronic" of *Ignatia*. In other words, when the grief has

been more longstanding and is now a deeply buried, quiet chronic sadness – a silent grief – *Nat mur* ought to come to mind.

The person needing *Nat mur* is most often responsible, serious, measured, and proper. Yet underneath, they are devastated and heading deeper into depression.

Generally employed in the 200th potency every three days, *Natrum muriaticum* has been shown to right the crumbling ship and hearken those drowning in grief to rejoin the living. (And then, we would stop the medicine – unless and until it is needed again if the symptoms return.)

My dear friends, during Christmas, emotions are naturally heightened. Our departed loved ones somehow feel closer yet even more distant – simultaneously. It's only natural that each of us will have our melancholy moments. But if someone is suffering in silence, preferring to remain alone and cut off, perhaps [*Nat mur 200*](#), every three days, for a few doses may be precisely what they need to rise from the ashes.

And what a beautiful gift that would be to give them this Christmas.



From my family to yours, I wish you a blessed Christmas Eve.

Warmly,

P.S. I should mention that *Nat mur* is also one of our best remedies for migraines. So, if the sufferer is experiencing deep, chronic grief *and* migraines, then this medicine might be a very tight fit.

You can learn more nuances of mental and emotional conditions in my course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](https://www.joettecalabrese.com/courses/mindful-homeopathy-practical-protocols-for-mental-and-emotional-conditions).

But on Christmas Eve, I'd simply like to give you a gift. I've created a helpful infographic for free download to help illustrate that hope is available for these conditions with Practical Homeopathy®. Just click here: <https://joettecalabrese.com/mindful-graphic>.



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What Is Homeopathy? Your Holiday “Elevator Pitch”

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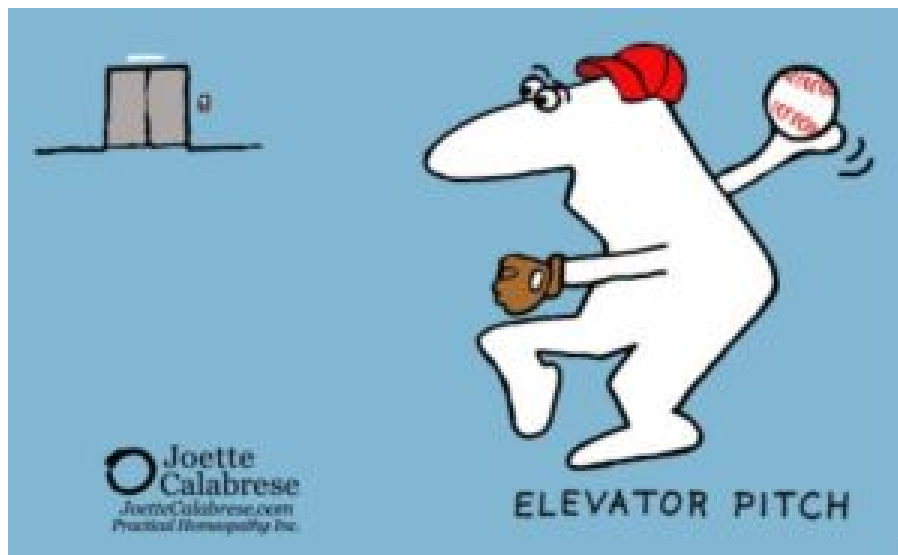
We tend to socialize more during the holidays, wouldn't you say? Thanksgiving, Passover, Christmas, New Year's and all the other end-of-year occasions are a focal point for family and friends to get together. And you know what that means? Small talk, conversation, sharing and answering the usual twenty questions.

“How's your grandmother?” “Are the kids enjoying school?”
“Think it's going to snow?” “What the heck is homeopathy?”

Wait. What?

By now, you know I always say, “Pass on the good news of homeopathy.” But do you have a short answer at the ready when you have the opportunity to share your knowledge?

No? Well, let's work on that, shall we?



Succinct answers about broad topics are often called “elevator pitches.” (No, you don’t need a baseball. It’s not that kind of pitch.)

In many social situations, you may only have a short, finite amount of time to share a compelling answer. So, an elevator pitch is so named because it should be no longer than a short ride in an elevator – a quick, concise speech given to create interest in a particular subject.

Keep in mind, this isn’t a presidential debate. You’re not necessarily trying to win approval or gain converts. This is a friendly conversation, not an opening salvo. Your sole motivation is simply to ignite their curiosity.

My go-to elevator speech goes a little something like this:

“You know when you go to your doctor because you keep having sinus infections over and over again, or those urinary tract infections keep coming, or that eczema is now worse than ever? Now, you can’t have gluten, and you can’t have dairy. Well, homeopathy is the medicine that uproots all that. Homeopathy is the medicine we *really* were supposed to be getting all along. If you’re interested, you can go to my website where I talk about it and give lots of information for free.”

Again, you're not trying to come across as pushy or defensive. You're simply encouraging their interest.

Perhaps it will take a few weeks for them to absorb your comments before they reach out to ask more. Or their next words might be, "So, do you know a homeopathic medicine for _____?" (They'll fill in the blank with their main concern: gout, arthritis, eczema, whatever.)

Congratulations! You apparently gave a great elevator speech. They're interested. That is your cue to reply with a bit more of your knowledge, but, more importantly, point them in the right direction to gain their own knowledge.

Indeed, no one likes to be preached to, especially in a social situation. But almost everyone can appreciate an opportunity to learn more when they're ready. Our intention through our elevator speech should be to empower our friend or loved one to solve their own problems.

I devote a lesson in The Academy of Practical Homeopathy® to crafting an expert elevator speech. Obviously, I can't cover everything in this venue, but here are a few insights into creating something you'll feel comfortable with. Careful attention to these six questions can help you create multiple elevator speeches that are appropriate as you encounter diverse individuals with their own situations, ailments and concerns.

- What is the problem?
- Who has the problem?
- Who am I, the problem solver?
- How can I gain the trust of the person who has the problem?
- How has the solution to the problem helped me?
- And finally, what is the solution to the problem?

Focusing on another's problem (pain or suffering) will help you gain their trust. You'll immediately be viewed as "on their side." That will open the door for them to ask you further questions as they become more curious.

People also respond well to personal stories. An excellent and straightforward guide you can use for sharing your experience with homeopathy is what's called the "Pixar Pitch." A Pixar Pitch is essentially a simple formula developed by Daniel H. Pink from his observation of Pixar films. It's a compelling way to advocate for homeopathy.

Here is the 6-sentence outline. It is up to you to fill in the blanks. But in the brackets, I have included hints to help you think about how to fill them in:

- "Once upon a time _____. [The setting]
- Every day _____. [The problem and possible reason for it]
- One day _____. [The plot twist or turn of events]
- Because of that _____. [The consequence of that turn of events]
- Because of that _____. [The resulting action taken because of the turn of events and its consequence]
- Until finally _____." [The solution]

Now, I'm not saying you should begin your stories with "Once upon a time ..." That would be a little silly. But you get the idea. This structure is designed to help you organize your homeopathy story in a compelling way. Here's my example:

- **Once upon a time**, as a young child, I developed

eczema; my mother loved me so much that she didn't want me to suffer, so I grew up using steroid creams and drugs in hopes of getting rid of the eczema.

- **Every day**, I got worse. The steroid cream wasn't working as well as it used to, and I had developed other health problems, chemical sensitivities, allergies, could only eat about eight foods, and was very sick.
- **One day**, I decided to stop taking drugs of commerce and turned to alternative medicine – taking loads of vitamins and supplements, and using herbs and essential oils, etc.
- **Because of that**, I remained sick, and my life was severely limited, so I searched for something else to make me healthy.
- **Because of that** research, I discovered homeopathy.
- **Until finally**, a professional homeopath gave me *Nux vomica*, which began to heal me, and my whole sickly, limited life *finally* opened up because I regained my health through homeopathy.

You see? A well-placed story can be the most interesting and effective way to help people see the fruits and successes of homeopathy. Stories are how people connect, especially when you tell a story that relates to an aspect of another person's life.

But don't forget to read the room. Watch your listener's face and body language. Observe how deeply interested they might be at that particular moment. Then, tailor what you say to their level of interest.

Again, focus your intention on simply awakening their fascination. Let them know you're happy to talk to them about it further at any time. You'll be surprised at how many folks will reach out to you later – when they're not

holding a glass of eggnog.

So, let me close this blog post as I usually do with “Pass on the good news of homeopathy!” Hopefully, you now have a slightly better idea of how to accomplish that.

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, flowing loop at the bottom.

P.S. The holiday season can often be an emotional time. For that reason, I am relaunching my course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#).

I've created an infographic to remind you there is a homeopathic solution for the many faces of Mindful Homeopathy. [Click here to download it](#) for free.

Perhaps this course might make a good gift for someone on your list. If so, you may purchase a [gift card from my Learning Center](#), allowing them to set up their account.

And remember – all 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.

'Twas the Night Before Christmas



When I was a little girl, Christmas Eve was the one night a year when my parents weren't strict. My huge Italian family came together at my aunt and uncle's house to celebrate. After midnight mass, all the cousins – my brother and I included –were allowed to stay up for what seemed like all night long!

All. Night. Long.

I could barely keep my eyes open, but I was having such fun with my older cousins. So, by gosh, I was going to stay up

with the big girls if it killed me!

'Twas the night before Christmas, after all.

Looking back from an adult perspective, I can only imagine how fractious we kids must've been the next day. If only my parents had known about *Kali phosphoricum*.

[Kali phos 6](#) (generally employed twice in a day) has been shown to assist when children's schedules are broken. It is also a strong candidate for children who are clearly overstimulated by family parties, Christmas events, and similar events throughout the year. *Kali phos* has even been noted for addressing night terrors. (See [Terror in the Night](#) for other considerations.)

But perhaps you put the children to bed early on Christmas Eve. [Kali phos 6](#) may still be helpful. Insomnia often presents in the little ones due to their anticipation of the activities and gifts forthcoming in the morning.

Let's face it; this is an intense time of year, even for adults.

In Christmas carols, we sing of peace on earth, goodwill to men. However, if you've listened to the news lately or tried to run an errand in a crowded shopping center, you may have noticed TV's ablaze with fear, fear, fear; a distinct *absence* of peace and goodwill.

Before you know it, the weight of creating a picture-perfect holiday season can result in financial worries, burdensome to-do lists, and feelings of fatigue, irritability or dread. Sleep issues can follow (either the inability to fall asleep or wakefulness throughout the night). And there you have it, a perfect storm.

Feeling overwhelmed can make the slightest task seem like heavy labor. But *Kali phos 6*, twice daily until very much

better, may be just the ticket.

Plus, read [Back to School Means Kali phos](#) to learn how this significant cell salt can aid college students with mental stress. And download my free [First Aid Chart](#) to learn just a few of *Kali phos*'s other uses, such as for motion sickness, food poisoning and poisoning from other substances such as carbon monoxide, paints or pesticides.

So, order [Kali phos 6](#) "before you dot another i" to borrow a phrase from Ebenezer Scrooge. It's a must-have homeopathic medicine to add to your carefully curated homeopathy kit, helpful year-round and especially during the Christmas season.



Now, I've got to run. I'm up North, and there's snow to shovel! 'Tis the season! Busy, busy, busy.

Warmly,

A handwritten signature in cursive script that reads "Joette".

P.S. If you didn't know, mental and emotional conditions can

be handled with homeopathy in the same polite, effective manner as physical conditions. All it takes is a little education, and you can become the hero in your home.

I am relaunching my course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#). The holidays are almost upon us, so, there's no time like the present if you wish to delve into this area of homeopathic medicine. This course will open your eyes to the possibility of a happier new year on its way.

And remember, all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases.

P.P.S. Exciting news, my friends. You asked, and we are answering! My podcasts are returning! Stay tuned for more information soon.



Remedy Cards

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What Do Sniffles and Shoulders Have in Common? *Sanguinaria*



Homeopathy is grand.

If you don't believe me, pick up a *materia medica* and start reading. The depth and breadth of these medicines are endlessly fascinating.

If you don't already own a *materia medica*, you might consider one I wrote specifically with you in mind. Mine is not as daunting as a professional *materia medica*, which often comprises a couple thousand pages of thin Bible paper. Indeed, [A Materia Medica: Practical Homeopathy® for Busy Families](https://www.joettecalabrese.com/products/a-materia-medica-practical-homeopathy-for-busy-families) contains the most commonly utilized homeopathic medicines, and it's written in plain English. (Well, Western New York English ... my language.)

It's a jam-packed spiral-bound book designed to familiarize you with medicines your family might require – quickly, easily and affordably. It occurs to me that it might make an excellent Christmas gift!

Once you fall into the pages of a *materia medica*, your appreciation of these medicines will intensify.

For instance, let's look at *Sanguinaria canadensis*. This medicine, prepared from the bloodroot herb, is chiefly known for affecting the mucus membranes of the head and respiratory system. In fact, I've written about it extensively in the past for [sinus headaches](#), [sinus infections](#), [allergies](#), [loss of taste and smell](#), and even [sleep apnea](#).

In addition to those acute conditions, it has also been shown to address chronic hay fever, nasal polyps and rhinitis (a chronic runny nose).

It's no wonder we're adding *Sanguinaria* to our list of must-have medicines to include in a well-curated homeopathy kit.

But today, I'd like to detail yet another potential condition for which *Sanguinaria* may be considered: right-sided shoulder pain.

See what I mean? Isn't homeopathy grand?

Meet Vanessa, who's had pain and achy tendons in her right shoulder. Even putting her hair in a ponytail caused her to wince. She's suffered from this ailment for about 15 years, thinking there was nothing to do except buck up and soldier through the pain.

Then she heard about homeopathy – specifically, Practical Homeopathy® – and she became my client.

After we unsuccessfully tried more commonly used [protocols for shoulder pain](#), Vanessa finally got a specific diagnosis:

a torn rotator cuff.

So, I returned to my repertory “armed” – if you’ll pardon the pun – with new information. When there isn’t a specific protocol or the protocol doesn’t act, returning to the repertory is what everyone should do. *Sanguinaria* caught my eye. Then, I turned to the [*materia medica*](#) of one of the great masters of homeopathy, Dr. William Boericke. Upon further study, there it was: “Rheumatism of right shoulder ... Rheumatic pains in places least covered by flesh; not in joints.”

Indeed, her pain was not within the joint itself – not stemming from the bones. Vanessa was experiencing muscle and tendon pain in her right shoulder in a place “least covered by flesh.” (I love that phrase. It’s so impeccably descriptive. I encourage all of my students to read the masters. Their command of language as they share their knowledge is enlightening and intellectually delicious.)



Vanessa began a schedule of [*Sanguinaria canadensis 200*](#), twice daily. Would you be surprised to learn that her 15-year-old malady has softened to a mere occasional annoyance rather than a constant ache? She can put a ponytail in her hair without pain – not even a tweak.

More bold movements – such as lifting something heavy with an outstretched arm – will still induce a wince. So, Vanessa will continue with *Sanguinaria* until it has completed its work. However, she knows full well to stop this medicine when its work is complete.

I've said it before, but it bears repeating: **Homeopathy is not a supplement that one takes forever.** Indeed, we stop utilizing a medicine when the condition improves. If it recurs, we begin the medicine again.

Conversely, we also stop the medicine if no improvement is observed (after giving the medicine ample time to act, of course).

What I'm saying is, for all its grandness, homeopathy is not to be misused willy-nilly.

But if you were to ask Vanessa if she believes in the power of homeopathy, I bet she'd raise her hand – her right hand – because she can do that now without pain.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in dark ink on a plain background.

P.S. Continue your journey in homeopathy with like-minded people by joining my [Mighty Members](#). You'll receive additional posts from me each week on more in-depth topics I'm uncomfortable discussing in a public forum.

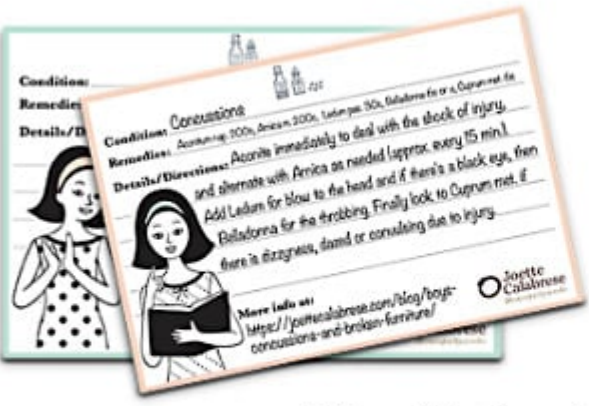
You'll also receive daily quotes for motivation and special videos in which I share my take on my favorite books as well as lessons learned from my personal life and travels. You can share your thoughts with fellow members in our own private discussion group and watch my Monday Night Live events on our site – far away from the prying eyes of social media. Plus, [Mighty Members](#) can search the Monday Night Live

events to find the exact topic they're looking for! It's such a time saver.

There are valuable free gifts created exclusively for my Mighties, and more features are in the planning stages. And remember – all Mighty Members qualify for a 10% discount on course purchases.

Learn more at [Joette's Mighty Members](#).

What's stopping you? Join us today!



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**Thankful for Practical
Homeopathy®**

Thankful for Practical Homeopathy®



I have a thought to share as we cook down the last of the turkey bones in a big stock pot and say goodbye to the Thanksgiving weekend here in the United States.

I am thankful for Practical Homeopathy®.

Some time ago, I spoke with a naturopath who teaches pathophysiology with a homeopathic bent. She asserted that homeopathy should only be practiced by individuals with a medical degree, not by moms who think they can treat disease at home. That's an oft-heard general consensus among naturopaths.

I'll concede that there are cases that are too complex to be fully managed at home by a novice. Some cases require going beyond these protocols, requiring more expertise, a deeper knowledge of pathology and perhaps even a medical background.

On the other hand, I am continually shocked at how often I hear success stories from mothers and others. “My teen’s longstanding acne has cleared.” “My eczema is better.” “My irritable bowel syndrome has resolved.” “My suicidal thoughts have melted away.”

So, we have to weigh this tempest in a teapot on a scale reflective of the Benjamin Franklin decision method ... with pros and cons.

For every case that a novice to homeopathy could potentially mishandle, can they do harm, or is there a chance they could do some real, lasting good?

Indeed, homeopathy does not induce dangerous side effects (as do pharmaceutical drugs). It also costs significantly less than the pricey, patented drugs of commerce. For those two reasons alone, I believe the scale tips toward the ever-present potential *benefits* of homeopathy.

I am thankful for Practical Homeopathy®.

Before I learned protocols (French Protocols, Banerji Protocols and others), I was deeply entrenched – nay, I should say *stuck* – in the prevailing belief that homeopathy required decades deep of practiced expertise in order to affect change.

But I believe we’re now at a crossroads as families demand the choice to treat their own sufferings. However, as far as medical professionals go, I don’t suggest we throw the baby out with the bathwater. With this method of homeopathy, we could drain away a great deal of unnecessary bath water and enact true change in the world of health care.

Practical Homeopathy® and the protocols provide mothers, grandmothers and others with optimal opportunities to independently address their families’ health needs. The Banerjis themselves estimated their protocols produced an

80% success rate. So, as long as users understand that nothing in life is 100%, employing homeopathy is well worth it, in my estimation.

I am thankful for Practical Homeopathy®.

In my practice, this method has successfully shaved off so much of the customary time required for conditions to soften and resolve. Before Practical Homeopathy®, afflictions didn't improve as quickly as they do now. Practical protocols allow sufferers to return faster to living a more normal life.

Practical Homeopathy® also allows me to teach homeopathy because it's straightforward and accessible. Classical is often too esoteric, enigmatic and dogmatic – all the “-ics.” No mother would choose to study classical homeopathy for three years but still come away unsure of what to do for her family.

The proof is in the numbers. Individuals teaching in classical schools have told me they are struggling to get students to sign up, maybe only garnering ten or so enrollees a year. Conversely, I have hundreds of students clamoring to join [The Academy of Practical Homeopathy®](#) each year.

My friends, I completely understand why some experts say *certain* conditions may require a professional homeopath or medically trained health professional with a homeopathic leaning. But at the very least, my blog readers can get rid of the [joint pain in a sufferer's knees](#), [relieve sinus headaches](#), uproot [otitis media](#) and [UTIs](#), or [soften the ravages of grief](#) (to name but a few conditions).

Meanwhile, those who progress in their education – from my free blogs, through [Gateway study groups](#), on to [protocol courses](#) and into the immersive experience of [The Academy of Practical Homeopathy®](#) – can do much, much more.

So, in case you missed it the first three times, **I am *thankful* for Practical Homeopathy®.**

Aren't you?

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a large loop at the end.

P.S. If you are ready to begin your journey into Practical Homeopathy®, I know no better place to start than joining a [Gateway to Practical Homeopathy® study group](#). Learning with others is how I started. Take my word for it. A study group will expedite your understanding of homeopathy and ignite your passion. Plus, you'll gain lifelong, like-minded friends to call on when times are tough.

If you are ready for a truly deep dive after your study group experience, that's when my courses come into play. I encourage you to use my [course selector tool](#) to select the best course for you and your family's needs!

And by all means, hang out with my [Mighty Members](#). They'll be happy to share which courses have benefited them most. Plus, as a Mighty, you'll qualify for a 10% discount on course purchases.

A Look at *Urtica urens*



Let's get back to our task of curating a well-stocked homeopathy kit, shall we? Although, it's not really a task, per se. Many enjoy collecting and organizing the masterpieces we call homeopathic medicines. It gives moms and others a sense of order and preparedness. Plus, it's just fun!

Today, we're going to take a look at *Urtica urens*. Now, to help you remember the nature of the conditions that are often a call to consider homeopathic *Urtica urens*, let me remind you of the gross substance from which it is made: stinging nettle.



Have you ever experienced a brush with stinging nettle? Contact can result in a red, itchy rash, swelling, irritated skin, and occasionally even blisters. So, when symptoms involve a nettle rash or a stinging sensation, allow your mind to hearken to this sweeping medicine.

Does that first word of *Urtica urens* sound familiar? Yep, you've heard that root word used as urticaria – a skin rash with raised, red bumps. (We discussed this more extensively in [Hives. Apis or Urtica urens?](#))

We've also mentioned its reported efficacy in cases of heat rash or prickly heat. (See [Sickening Summer: Heat Rash.](#))

It's also a capital choice for sunburns with a stinging or prickly feeling, which we discussed in [Sunburn and Dehydration? Homeopathy Offers the Cure.](#)

Additionally, *Urtica urens* is worth consideration for other types of burns – not just for sunburns. Chemical burns have been shown to respond favorably when [Urtica urens 30](#) is employed.

One might utilize this medicine as frequently as necessary, depending on the severity of the burns. For instance, if the burns are mild, perhaps one would only require the medicine every few hours or twice daily. However, if the burns are extremely serious and one is headed to the emergency room, one might take advantage of *Urtica urens* every few minutes!

But today, let's talk about shellfish. As we add *Urtica urens* to our well-curated homeopathy kit, let me tell you a story about a highly effective situation in which this medicine abated an allergic reaction to shellfish.

Doug, a family friend, has always been conscientious about his shellfish allergy. He cautiously avoided all the various provocateurs, such as crabs, lobsters, shrimp – you know, the usual suspects. So, before he ordered the soup at a highly reviewed new restaurant, he made certain to mention to his server that he couldn't have shellfish.

"Oh, there's no shellfish in the soup!" the waiter assured him.

But almost immediately after he ingested the first few delicious spoonfuls of soup, Doug knew he was in trouble.

You see, Doug is a dentist. He knows all about the mouth. So, when his tongue and lips instantly started to swell and sting, he knew he had been exposed to his arch nemesis – shellfish.

In hindsight, the waiter had accurately reported there were no shellfish actually looking up at him from the soup bowl. However, he had no idea that the underlying stock was based on shellfish. The stock was a classic bouillabaisse, created with shrimp shells.

Yikes!

But luckily, Doug knew what to do. He immediately employed [*Urtica urens* 30](#), every few minutes. Gradually, the swelling and stinging softened, and Doug's allergic reaction, thankfully, did not progress into full-blown anaphylactic shock. In fact, Doug didn't even need to head to the hospital as he normally might have. He was deftly able to handle the situation on his own – on the spot in the restaurant – through the health freedom provided by his

knowledge of homeopathy.

Is there anything more inspirational than a true story of homeopathic success like this? I think not!

My friends, with the knowledge you are acquiring by reading my blogs and collecting these essential medicines to have on hand, you will share the same health freedom Doug enjoys. Preparedness is 95% of the game. When one's tongue is already swelling and stinging, it's too late to learn the necessary medicine and order it.

So, I encourage you to print out the blog posts and the Remedy Cards for every condition that applies to you, your family and your loved ones. Or better yet, join my [Mighty Members](#), where we've done all the work for you.

Members can download booklet collections of the Remedy Cards organized by year. Mighties who join with an annual subscription can also download my Remedy Reference Guides, which are downloadable eBooks containing each year's collection of blog posts ... all the way back to 2013.

Had Doug not known of the efficacy of *Urtica urens*, his lovely evening out may have culminated in a visit to the hospital. Instead, he was able to avert the crisis and pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a large loop at the bottom.

P.S. As a reminder, all homeopathic medicines should be discontinued when the symptoms and condition are very much

better. We don't take homeopathics as though they were supplements. These are medicines. They should be treated with respect and only used when needed.

Plus, I should add that *Urtica urens* isn't the only homeopathic medicine to consider for allergic reactions. I've devoted an entire course to the various conditions, symptoms and medicines for allergies of all kinds.

Take a quick look at the course syllabus for [Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back](#). You'll be surprised how many conditions this course will enable you to handle just as adroitly as Doug.

Can you imagine the satisfaction of becoming the hero in your family by calming your loved ones' allergies?

I can. And so can Doug. We've both been there. So, join us. And remember, all my Mighties ([Joette's Mighty Members](#)) also qualify for a 10% discount on course purchases.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

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For Veterans: A Thank You and a Homeopathic Medicine

 **Joette
Calabrese**
*JoetteCalabrese.com
Practical Homeopathy Inc.*



HAPPY VETERANS DAY

A Thank You and a Homeopathic Medicine

I want to say thank you to all the veterans among us. And I don't mean just a quick, little "thanks." I mean, THANK YOU. All caps. Full stop.

Your work in the armed forces gave me the freedom to pursue my mission of bringing homeopathy to families across our great nation and the globe! In other words, the health freedom my readers, students and clients receive is a direct result of your sacrifices in keeping our country free. I can speak my mind because of you.

So, I'll say it again, thank you.

Being in the military is far from easy, and it's certainly not for everybody. Some people are made for it. Others? Not so much. Some people who enlist are simply too young to

realize what they're getting themselves into.

Indeed, in the service, you must suppress your own feelings in deference to those of your superiors. You must keep your personal opinions to yourself and do what you're told. Lives depend on that level of discipline and subjugation.

And let's face it, when you join the military, the government owns your body. You must go where they want you to go, eat what they want you to eat, and allow them to inject what they want to inject.

So, for some, suppressing their individual free will results in feeling as though they have given up their sovereignty. Some folks can develop deep-seated frustrations over the inner contradiction of desperately wanting to comply yet still yearning for independence.

But keep in mind, in and of themselves, those *feelings* are not a pathology. Most soldiers manage the dichotomy effectively and efficiently.

However, suppose those feelings give way to physical or emotional conditions – a pathology, such as headaches or inability to sleep. In that case, we can turn to a homeopathic medicine that has proven reliable to right the ship. Employing [*Staphysagria* 200](#) twice a week has been shown to gently and politely make the needed correction so the suffering service person can perform at the top of their game again.

But remember, homeopathy is not a supplement or a vitamin; it's medicine. That means it should be taken only when it *needs* to be taken, not willy-nilly because it "sort of" fits. Please read your *materia medica* before deciding to use homeopathy – not only in this situation but in all cases.

I've discussed *Staphysagria* on many occasions for similar conditions: [apathy after a profound embarrassment](#), such as

being fired from a job, [anguish from demoralization](#) and [upset from stifling emotions](#).

But this sweeping medicine deserves a place front and center in our well-curated homeopathy kits. It has also been shown to help folks who are a [magnet for mosquito bites](#), for [the pain of surgical incisions](#), [a specific type of dental pain](#), [chronic styes](#), and [male urethral stricture](#).

If you don't already own this impressive medicine, get cracking! You never know when you or someone dear to you may need [Staphysagria 30 or 200](#).

If you are a veteran suffering from pathologies related to the emotional difficulty of your years in service, again, I urge you to read up on *Staphysagria* in a homeopathic *materia medica*. Whether your conditions arise from relinquishing your sovereignty, feeling bullied by harsh reprimands, or just feeling beaten down by your duties or your superiors, *Staphysagria* may meet your needs.

If you don't have the depth of knowledge to get the hang of the detailed, professional *materia medica*, you may benefit from [A Materia Medica: Practical Homeopathy® for Busy Families](#).



I wrote my *materia medica* with the layperson in mind. It contains a summation of over 150 homeopathic medicines written in easy-to-understand language with keynotes and stories from my practice.

Again, veterans, my team, and I appreciate your service. We honor your dedication and accomplishment. And if you find *Staphysagria* to be helpful, by all means, pass on the good news of homeopathy to others from your unit!

Warmly and with gratitude,



P.S. And remember – all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases.



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I Don't Care.



Naysayers abound.

I don't care.

In general, the cynics comprise a small, vocal minority who don't interact intimately with my life. So, why should their opinions matter to me?

I do what I do, and that's that.

Of course, there may be times when well-meaning naysayers are closely associated, such as friends or family. For instance, when my boys were young, there was a time when my in-laws were concerned. They asked my parents, "Why don't

Joette and Perry take their kids to a doctor?"

It scared them. And we understood why they were scared. Visits to the pediatrician for all things child-raising were all they knew.

But my father said to them, "Well, you got to do it the way you wanted to. We got to do it the way we wanted to. Now, they get to raise their kids the way they want to!"

I was appreciative of my father's saying that. Indeed, even though they may not have agreed with us, we did have the right to do it our way.

By the way, just because someone is well-intended doesn't mean you listen to them.

I was the one who was up at three in the morning with a child who had an ear infection, and I had to rock him for the next two hours and figure out which homeopathic would rid him of his suffering. I'm the one who practically lost my mind trying to find foods agreeable to my child's gut because of food intolerances until I figured out how to get rid of this problem with my medicines. It was my job. I was on the front line, so the decisions were mine and my husband's. The ball was in my court.

However, I certainly didn't flaunt our medical decisions belligerently. In fact, I tried to be sensitive to their concerns. These were their grandchildren, after all. They had a stake in their well-being.

In this case, I tried to reassure them that I had thoroughly done my homework and had this covered.

Look, I wasn't perfect. I got some things wrong. My mother-in-law was worried when I was vegan for a time and was raising our first son on those foods. Looking back, I think she had a very solid point. And I did come around. I figured

it out.

Some people don't feel confident about handling their children's health care, so it's understandable that they would depend on a professional. But I didn't feel that way. My confidence came from my competence. I felt as though I had it covered because it became the focus of my life. It was nearly all I could think of for years.

And that's still happening!

Back in the 80s, there was no one teaching families how to do this. That's actually what stimulated my call to what I presently do today.

And by the way, I got the feeling later on that my in-laws were pretty proud of how well the kids were doing.

So, my friends, you've got to do your homework. You don't just gain confidence and become cocksure of yourself without effort.

That's what allowed me the ability to ignore naysayers. I didn't care, and neither should you.

Now, in my world, the pushback I sometimes get is from peers.

But I don't need my peers to think I'm cool. I don't need accreditation from organizations whose beliefs are not parallel with mine. I don't care about professional organizations. At best, they're superfluous; at worst, they're dictatorial.

I don't care.

Moms are my focus. *Families* are my focus. You know, *la familia!* I am here to help families take care of their own. I'm working to teach people how to use Practical Homeopathy®. I aim to inspire them to consider and then

commit to a different way.

And it should be that way for you, too.

Again, we have to do what we think is right. We are not here to satisfy our peers, friends, relatives, neighbors or acquaintances.

Ask yourself: Are they paying your bills? Are they raising your kids? Are they easing your suffering? Who cares what they think?

I don't care, and neither should you. To drive this home again, let me use one more idea ... music

Choose your own melody and sing it with aplomb. Choose your own rhythm and keep it tapping in your head. And if you choose to allow harmony from the outside to accompany you, make darned certain that it's deserving of taking up real estate in your brain.

When you try to fit into somebody else's agenda or allow them into yours, you're missing your own completely.

Meanwhile, just make sure you have done your homework. And that means stepping outside the common, insipid ideas that abound. In case you haven't noticed, if you're using homeopathy, you're already different and, I might add, a cut above. You're on to something most people don't yet know how to pronounce.

Simply keep up your curiosity and studies.

I can assure you that living by this method is a truly effective way to get control of your life **and** pass on the good news of homeopathy!

Warmly,

Joette

P.S. Speaking of doing your homework, be prepared for any eventuality by developing the confidence and competence to treat your loved ones safely with Practical Homeopathy®.

Imagine knowing precisely how to treat your teen's stomachache, your aunt's eczema, or your toddler's sniffles when a new cat or dog joins the family.

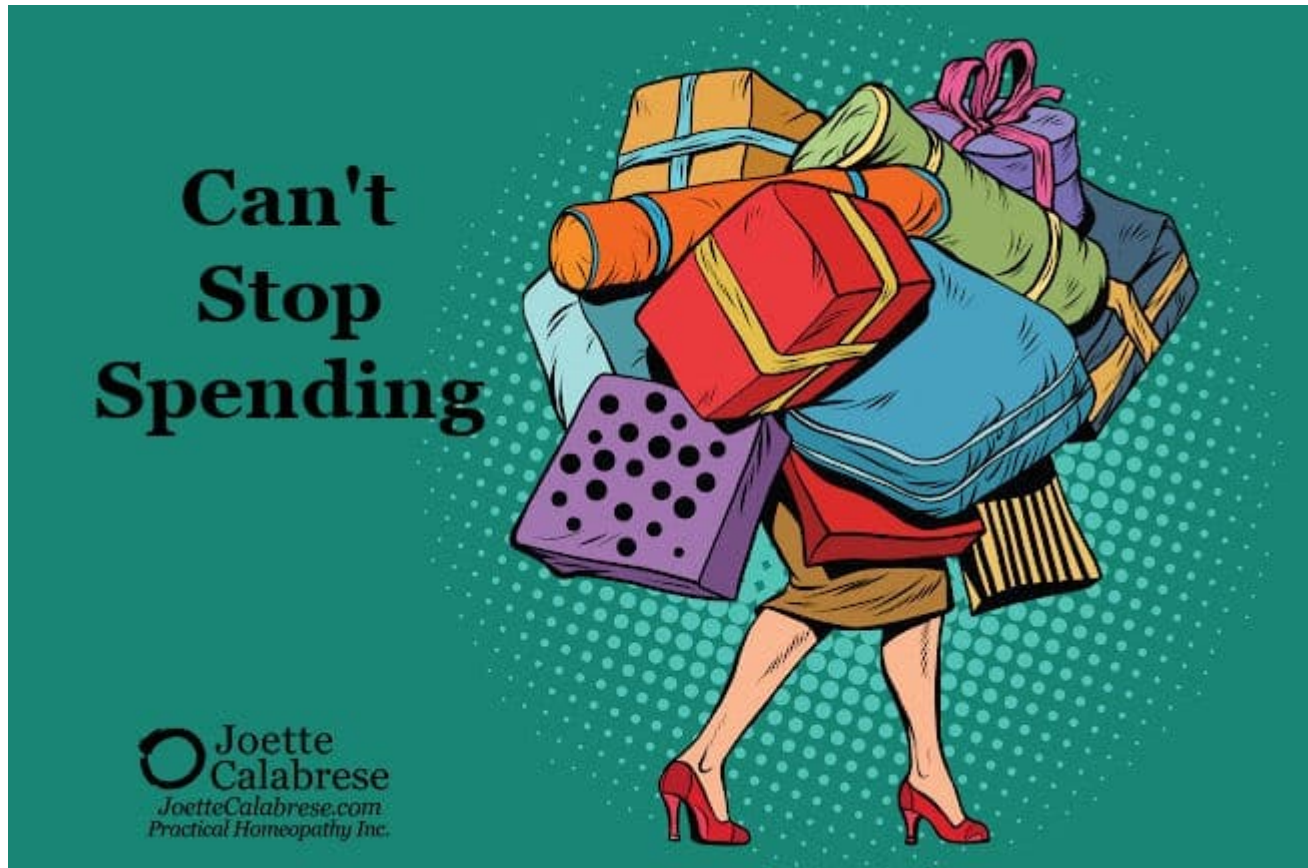
This is one of the greatest gifts the study of homeopathy offers. It squarely places the ability to cure where it belongs ... in the hands of mothers and fathers.



Because so many suffer from allergies during this fall season, I am reintroducing my course, ["Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back."](#)

Take back your God-given right to be the healer in your family.

Can't Stop Spending



Randi couldn't stop.

Every time she drove by the mall, she had to run in and do a little shopping. A "little" shopping would inevitably turn into a lot of shopping. Clothes hung in her closet with tags still on them, yet she would buy more.

And at night, she'd fall asleep to QVC ... sometimes not even remembering that she'd bought an item until it arrived in the mail.

She bought cute tchotchkes at every yard sale and flea market. Her spare bedroom was filled with bags.

Like I said before, Randi couldn't stop. She was overwhelmed by an uncontrollable spending mania – almost a psychosis of

avarice.

And the shopping wasn't even fun anymore. Randi was saddled with hefty bills and an unsettling feeling of buyer's remorse.

But luckily, Randi's cousin studied homeopathy – Practical Homeopathy®, to be precise. She knew that [Veratrum album 30](#), twice daily, was often considered in cases of addiction (such as Randi's obvious spending compulsion).

Indeed, homeopathic medicines are not only efficacious in addressing physical injuries, acute illness and chronic disease, but they have also been shown to facilitate corrections to mental conditions. In fact, over two hundred years ago, Dr. Samuel Hahnemann, the Father of Homeopathy, praised the sweeping ability of *Veratrum album* as having the potential to “promote a cure of almost one-third of the insane in lunatic asylums.”

That's quite an endorsement.

Veratrum is well known for its application to excessive or extreme conditions. For instance, it may be considered for *extremely* ill-behaved children, *extreme* behavior, such as anger or violence, and excessive spending or hoarding (which often go hand in hand). *Veratrum* would also be considered for folks who display inappropriate affection. They just go too far. As the kids these days would say, the person in need of *Veratrum* is “extra.”

When they get sick, they don't just get “sick.” They collapse as though someone has pulled a plug. If they experience dysmenorrhea, it's extreme. They don't suffer from just any old cramps; theirs are really, really, really painful. (That's an excessive number of “reallys” for one sentence to illustrate my point. And as a further aside I work at trying to eliminate the word “really” as often as possible. I really do.)

Whatever the *Veratrum* candidate experiences, they take it to the fullest!

Even spending.

So, armed with this information from her cousin, Randi made yet one more impulse purchase. She ordered [*Veratrum album* 30](#) from Boiron (and used the discount code “Joette” to save 20%). Finally, Randi bought something she needed and something that worked. It took some time, but the homeopathic medicine gently and politely righted the ship. Randi gained control of her spending mania and regained control of her life.

Even if you don't have a cousin like Randi, *Veratrum* is also indicated for severe diarrhea in both humans and animals. I've written about both in my posts, [Disasters, Diarrhea, Dysentery](#) and [This Little Piglet Had Homeopathy](#). It is also a consideration when faced with [retching and relentless nausea accompanied by severe weakness](#). So, *Veratrum album* should be in every well-stocked homeopathy kit.

And let me call your attention to my recent Monday Night Live series on other manias and addictions. I've devoted several weeks of live conversation to the homeopathic responses to various addictive behaviors. You can find those videos archived on [my Facebook page](#).

However, Facebook's organization can be a bit challenging to navigate. So, why not join [my Mighty Members](#) and use our brand-new search capability? You can find all my addiction discussions with a simple search term (illustrated below). It'll save you lots of time and frustration.

Search: [Reset](#)



JoetteCalabrese.com
Practical Homeopathy Inc.

Title
05 13 19 Addictions and Insomnia
09 18 23 Addictions
08 21 23 Addiction to Marijuana
08 14 23 Addictions Continued
08 29 23 Addiction and Cigarette Smoking
09 04 23 Alcoholism
08 07 23 Addictions
09 25 23 Addictions
02 22 21 Calm down. Take it easy. And get off the psychotropic bandwagon.
12 27 21 Anxiety that's over the top, particularly related to one's health.

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2

Friends, never stop learning! The more you learn, the more you can help yourself, your family and your loved ones. Imagine the deep sense of fulfillment Randi's cousin felt when she passed on the good news of homeopathy! You, too, can change someone's life for the better!

Warmly,



P.S. Is that a stuffy nose I hear? Eyes itching after you've been outside? Yep. It's fall allergy season. There are safe and effective Practical Homeopathy® protocols that offer reproducible results – not symptom cover-ups, but real medicine that uproots underlying conditions.

Learn these medicines and use them with confidence. Your family will appreciate it and thank you. And if you teach them well ... for generations.

Learn from my course, “Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back.”

[Click here to download a free infographic](#) I’ve created for you. And while you are there, watch my short informative video and read the course syllabus.

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