‘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 Ebeneezer 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,

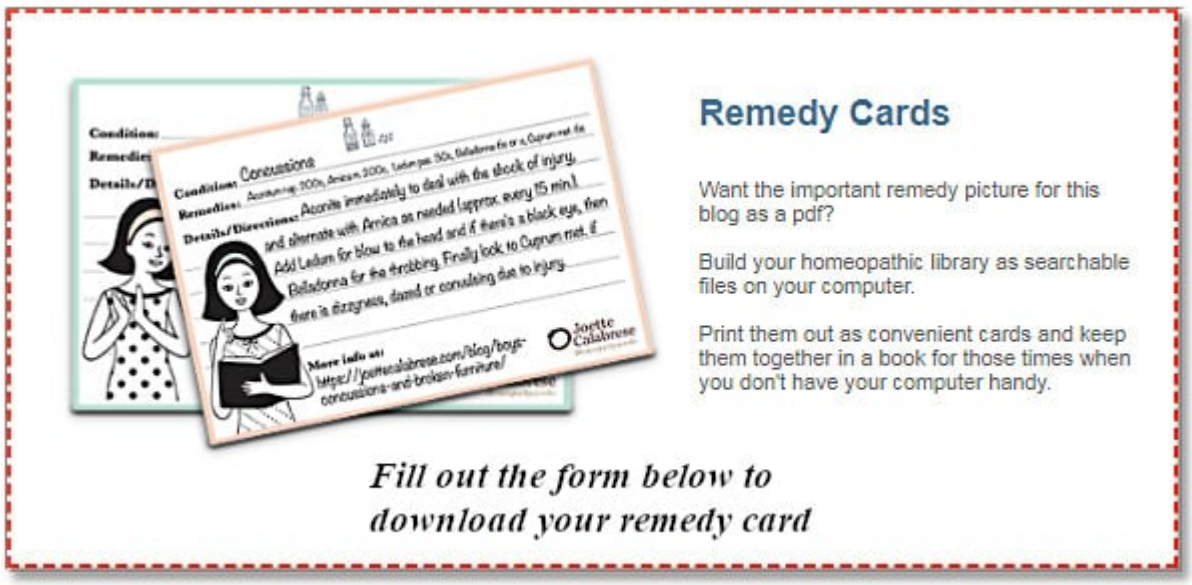


P.S. If you didn't know, mental and emotional conditions can be handled with homeopathy in the same polite, effective manner as physical conditions. All it takes is a little education, and you can become the hero in your home.

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.



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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 media*, which often comprises a couple thousand pages of thin Bible paper. Indeed, 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,



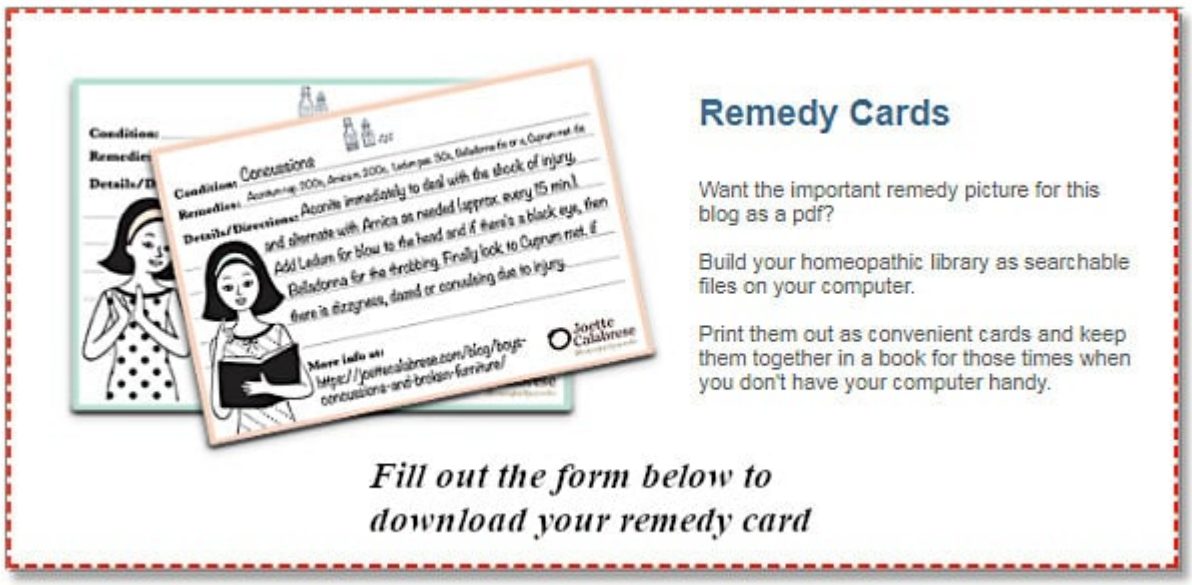
P.S. Continue your journey in homeopathy with like-minded people by joining my Mighty Members. You'll receive additional posts from me each week on more in-depth topics I'm uncomfortable discussing in a public forum.

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!



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,



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,



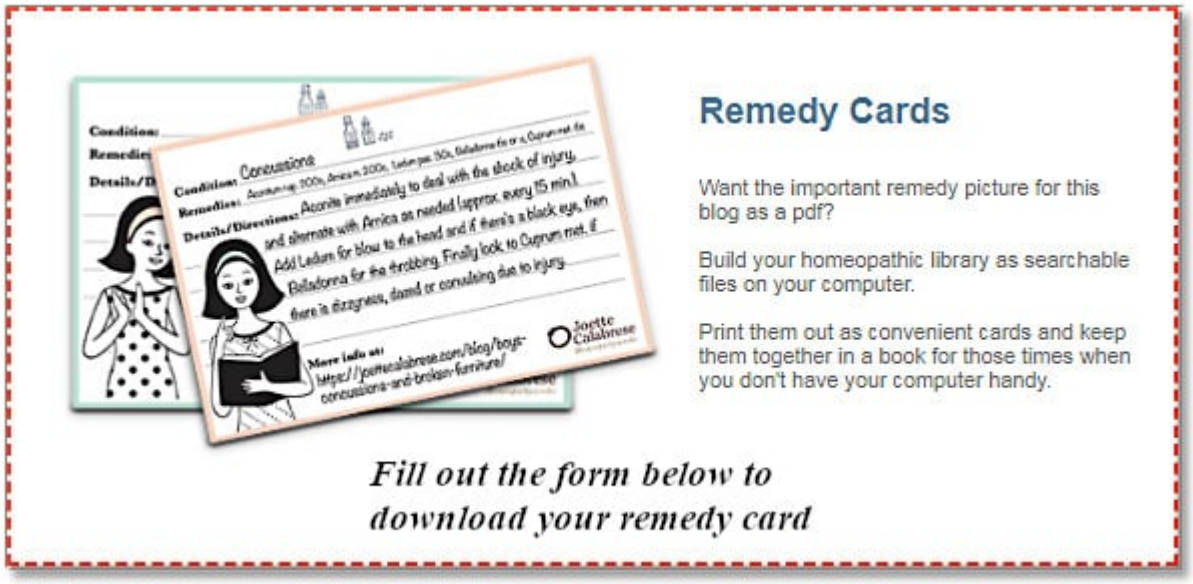
P.S. As a reminder, all homeopathic medicines should be discontinued when the symptoms and condition are very much better. We don't take homeopathics as though they were supplements. These are medicines. They should be treated with respect and only used when needed.

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.



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.



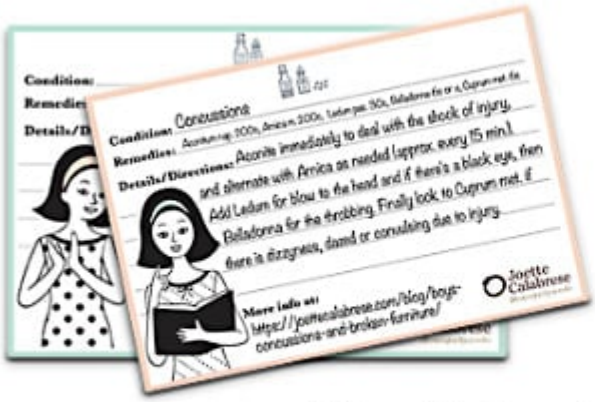
I wrote my *materia medica* with the layperson in mind. It contains a summation of over 150 homeopathic medicines written in easy-to-understand language with keynotes and stories from my practice.

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.



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.

Fill out the form below to download your remedy card

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,



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.

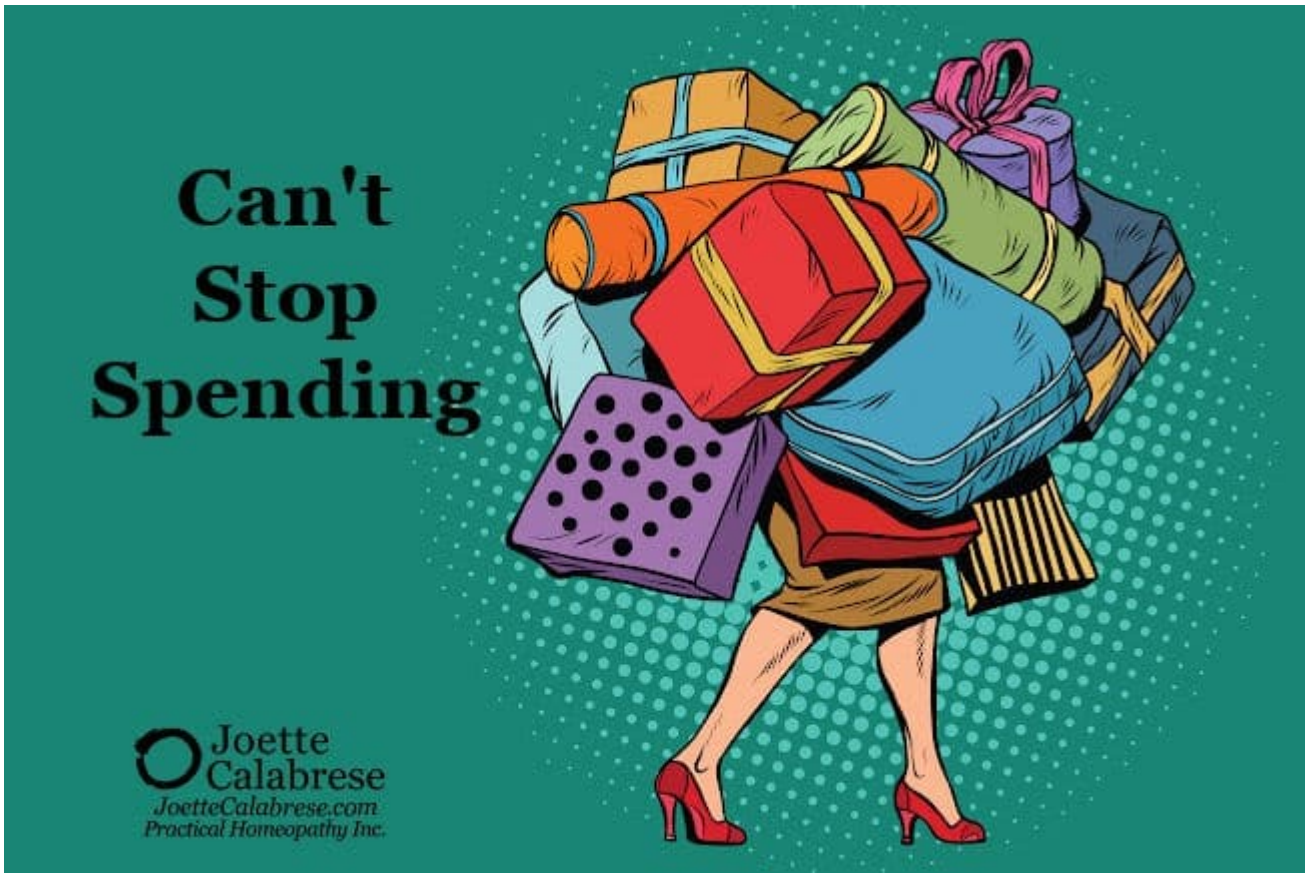
This is one of the greatest gifts the study of homeopathy offers. It squarely places the ability to cure where it belongs … in the hands of mothers and fathers.



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.



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,



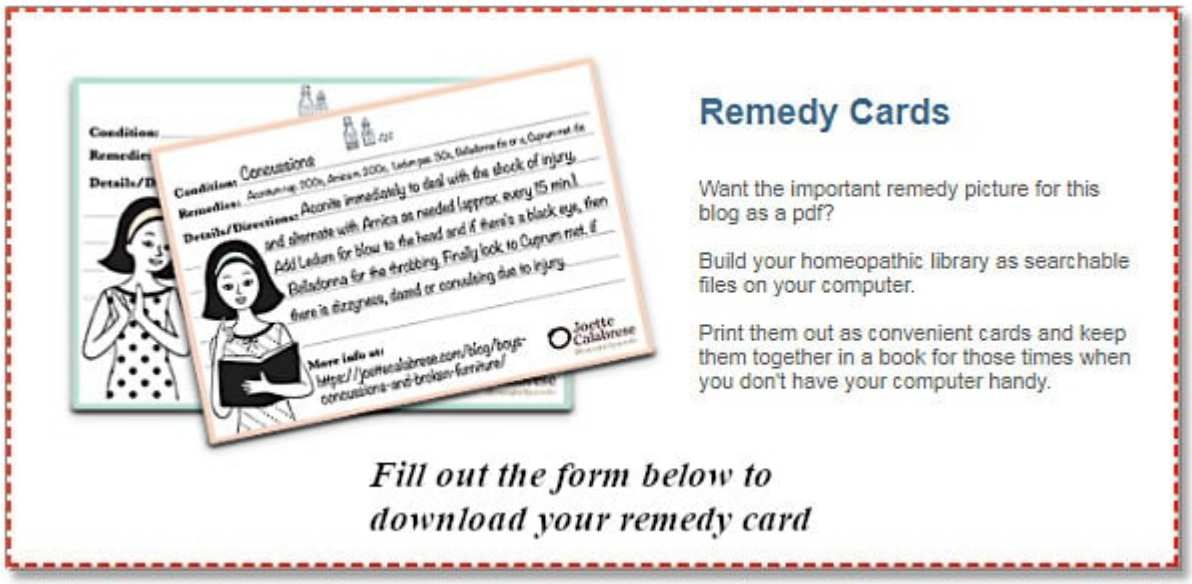
P.S. Is that a stuffy nose I hear? Eyes itching after you've been outside? Yep. It's fall allergy season. There are safe and effective Practical Homeopathy® protocols that offer reproducible results – not symptom cover-ups, but real medicine that uproots underlying conditions.

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.

Don’t forget, all my Mighties (Joette’s Mighty Members) qualify for a 10% discount on course purchases.



Hirsutism? Not by the Hair on Our Chinny Chin Chins!



Today, we're going to do something a little different. No doubt you've noticed I often mention that I write additional blog posts for my Mighty Members each week – posts that are a bit more open and candid because they are housed on my own private servers for members only.

But I recently realized you have no way of knowing exactly what that means (unless, of course, you've already joined us). So, today, I'm sharing an actual Memo to Mighty Members that I sent my Mighties almost a year ago.

I know many of you will appreciate the topic because it's a

highly requested condition. So, I'm laying aside my reticence in posting about this publicly – just this once. But please read carefully so that you'll understand more of the nuances of using homeopathic medicines for chronic conditions.



Memo to Mighty Members Tip #130

CONDITION: Hirsutism

(Originally published December 1, 2022)

Welcome, my Mighty friend, to a new series in my Memos to Mighty Members designed just for you.

Often, I just don't feel comfortable addressing certain conditions in the public blog because they either are a bit too complicated, not common enough to engage a broad audience or could invite criticism or censorship. It seems odd to fear censorship on my own website, but these are the times in which we live.

So, I'm beginning a new series of Memos. Every so often, I plan to address a condition you have requested here – in our private sandbox – where I feel free to chat unencumbered by prying eyes.

This week? The condition is hirsutism. That's the 25-cent word for, as the Mayo Clinic's website states, "a condition in women that results in excessive growth of dark or coarse hair in a male-like pattern – face, chest and back."

It can result from other syndromes or conditions, hormone disruption, or a pharmaceutical side effect.

As an aside, let me sneak this thought in here: the use of steroids earlier in life may be the cause for hirsutism. Yes, steroids do that, too.

And, of course, conventional medicine might prescribe yet another drug to combat it – a drug that no doubt would usher in its own side effects. But why step on that conveyor belt when homeopathy can address the condition without tumbling down a rabbit hole of adverse reactions?

However, that brings to mind one of the reasons I didn't want to discuss this condition in a blog post. Somehow, the general public often believes that homeopathy works quickly without requiring careful observation. Sure, sometimes, that can be the case with acute conditions.

But, my Mighty reader, you know that homeopathy often takes a very long time to uproot chronic conditions. AND we must conscientiously observe to ensure that we are utilizing the correct medicine in the proper potency with the optimum frequency.

Protocols take the guesswork out of choosing a remedy, potency and frequency. But even then, we may have employed an ill-chosen protocol because we didn't have the proper diagnosis. The result can be an aggravation or proving.

In a nutshell, an *aggravation* can be defined as “getting worse before it gets better.”

But a *proving* is when an incorrect medicine is utilized, and consequently, the sufferer begins to display new symptoms that they’ve never had before.

For instance, Vanessa had severe headaches. The assumption was made that her headaches stemmed from her demanding work schedule, so she began taking *Kali phosphoricum* for tension headaches from overwork.

Lo and behold, she almost immediately developed vertigo – a new symptom she had never experienced before.

One look in her *materia medica* under the entry for *Kali phosphoricum*, and, indeed, vertigo was listed as a condition associated with that medicine! Vanessa realized she was experiencing a proving. She’d apparently chosen the incorrect medicine for her headaches.

But did Vanessa panic? No, not in the least. She took one dose of *Camphor* 200 – to antidote the errant homeopathic – and she was fine!

However, if she hadn’t known what to do, Vanessa may have continued taking the incorrect homeopathic medicine for her headaches and caused herself continued annoyance.

Now, obviously, a proving is not a *dangerous* side effect, such as pharmaceutical drugs often carry. But it does point out that even the safest, most natural things can cause trouble if we’re not prudent and observant. Heck, we can drink too much water and develop hyponatremia!

That’s why I worry when posting homeopathic solutions to chronic issues on the blog. The general public may not be as fastidious as you are – or, should I say, not quite as “mighty.”

But let's get back to our topic. Hirsutism is a chronic condition. It generally doesn't come on overnight, and it typically won't go away overnight. In fact, in my experience, it takes a looooooong time to see a change. So, during that time, sufferers must be cautious that they are properly continuing the right homeopathic medicine and carefully observing for a potential proving.

How will one know if a proving is occurring? By doing just what Vanessa did. If a new symptom presents, one should look up the currently employed homeopathic medicine in a *materia medica* and see if the new presenting symptom is related.

My favorite homeopathic for hirsutism is *Silicea* 12X, twice daily. (If one has trouble finding 12X, then *Silicea* 12C may be substituted.) Again, this condition will generally take a long time to resolve. But with patience – and diligent observation – *Silicea* can be a very successful answer to the unwanted hair growth associated with hirsutism.

However, *Silicea* is but one choice. As always in homeopathy, there is more than one way to skin a cat. That's why we need to observe, observe, observe to be sure we have chosen correctly.

For instance, in the book "The Banerji Protocols," on page 86, there's an entry for hirsutism containing additional protocols. In fact, if (and ONLY IF) the hirsutism results from polycystic ovarian disease (one of the most common syndromes causing hirsutism), the Drs. Banerji utilize *Conium maculatum* 3C, twice daily, in addition to *Silicea*.

So, while this chronic hair growth may seem simple at first glance, you can see now that it's actually more complex than one might think. It requires careful consideration to choose the precise homeopathic medicine.

But I have faith in you, my Mighty friend. I have faith you won't use *any* homeopathic medicine willy-nilly. Instead,

you'll research your choices in the way that I've taught you (through a conventional diagnosis, a protocol, or a repertory and a *materia medica*) and be observant for any potential proving that may require a pivot!

Your investment in your education is well worth it! If one has the time and the patience, homeopathy has a history of eventually uprooting (pardon the pun) the excess hair of hirsutism – without risking the dangerous side effects from a pharmaceutical prescription.

And there's nothing MIGHTIER than that!

P.S. Should you want to learn more about provings and aggravations, I encourage you to listen to Podcast 49: Shedding Light on Provings and Aggravations or to the archived recording of my Facebook Live, Provings and Aggravations, Take 2.



Let's add *Silicea* (*Silica*) to our list of must-have homeopathic medicines. It's also been shown to be as effective in removing foreign items from the body – items that are not meant to be there, such as splinters and glass (see When the Bough Breaks). It has also been used historically for Bunions, and may be considered for Dermatoporosis: Aging, Fragile Skin.

My friends, why not become one of my Mighty Members? You don't know what you're missing. I send out a blog memo just like this one every week. Plus, I do special videos a couple of times a month. Right now, I'm reading chapters from one of my favorite homeopathy books and giving my take on what we've read. Mighties also receive inspirational daily quotes from luminaries throughout history and me, of course.

And struggle no more with locating that specific video on

Facebook you're eager to rewatch. (You know how frustrating that can be.) My tech team recently added a searchable database of my Monday Night Live events! Plus, you can watch the next live event right there within your Mighty Member site without having to belong to a public social media site – including a private chat for members only that I can read while I'm recording to catch your questions.

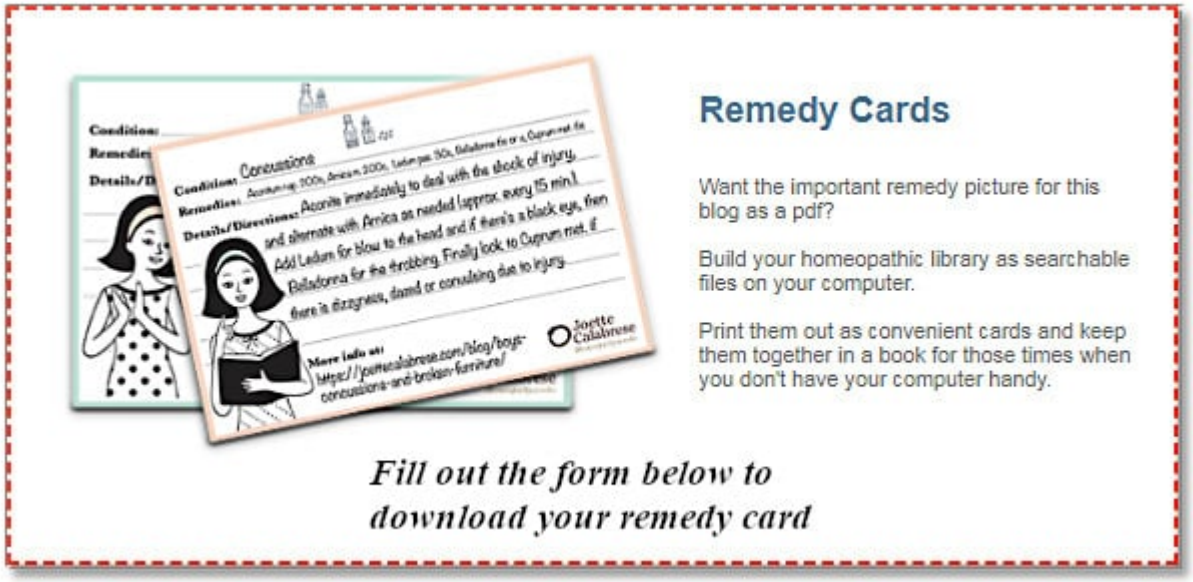
And while we're on the subject, by utilizing my members-only Social Center, you can also enjoy safe threaded discussions away from the censorship and prying eyes of social media. Hold conversations with new like-minded friends in this environment that could only be safer if we utilized two Dixie cups and a string!

Still not tempted? (Really?) Well, if you join Joette's Mighty Members with a monthly membership, I'll give you access to a convenient, downloadable PDF of the Remedy Cards from prior years' blog posts. Better yet, with an annual membership, you'll also receive my Remedy Reference Guides – annual eBooks containing all the blog posts from the previous year to quickly search by condition or remedy to find the information your family needs. Download them so you'll be prepared even if the internet goes down.

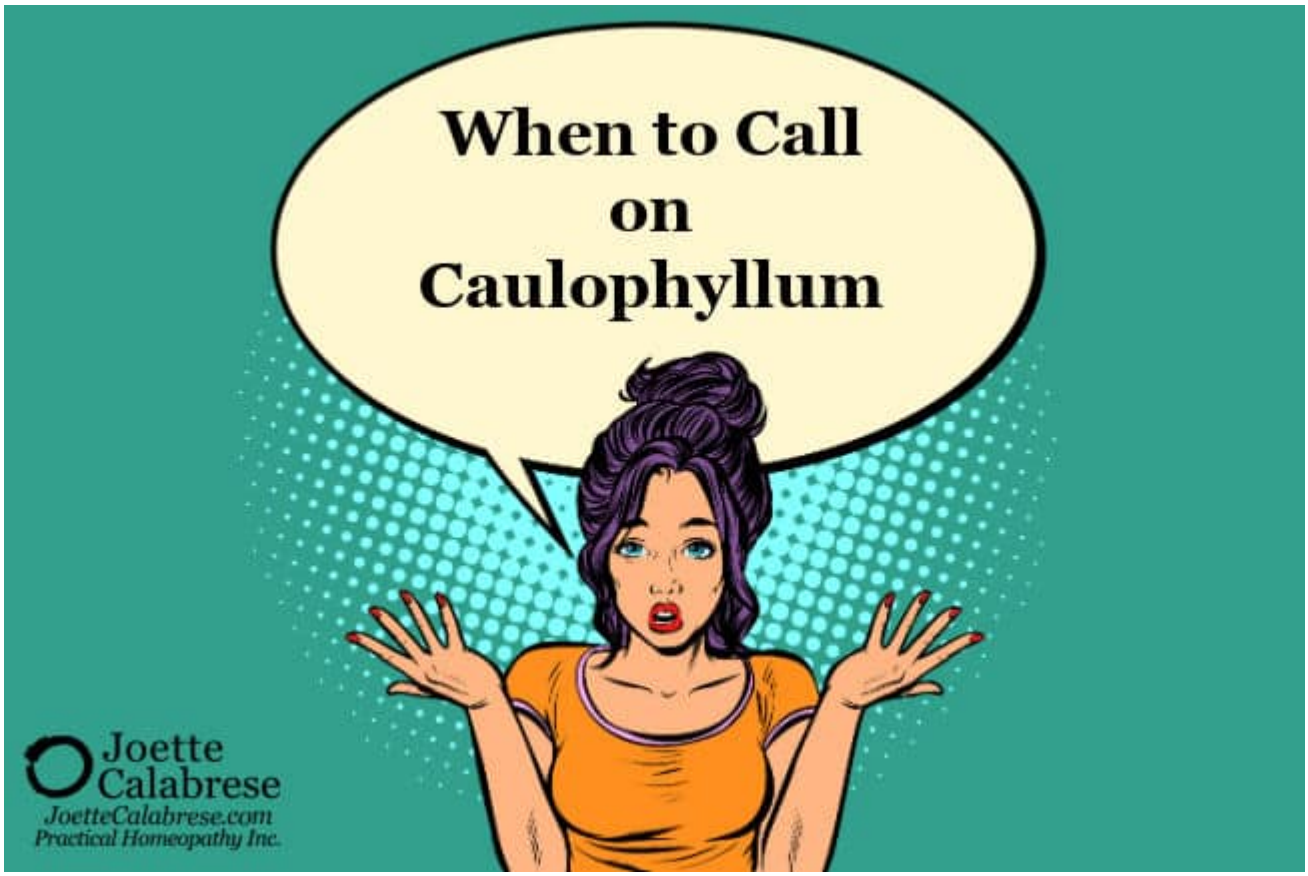
And remember, all my Mighties qualify for a 10% discount on course purchases.

What more can I say? Over two thousand members can't be wrong! Join us – Joette's Mighty Members – and enjoy learning even more about Practical Homeopathy®.

Warmly,



When to Call on *Caulophyllum*



How's your inventory of homeopathic medicines? If you've been reading my blog posts this year, you should be building quite an impressive – and valuable – homeopathy kit. We've discussed about 35 medicines over the past nine months.

So, let's look at another one today: *Caulophyllum thalictroides.* That's a bit of a mouthful, so let's just call it *Caulophyllum*.

Caulophyllum is known as a powerful uterine remedy for female hormonal issues surrounding menses, pregnancy and menopause.

I've discussed this medicine previously on several occasions for various conditions surrounding pregnancy: when labor presents with weak, erratic and irregular contractions; for stalled labor when the mother is exhausted from pushing; and delayed delivery of the placenta.

But today, I'd like to add to your education on *Caulophyllum.*

It is also a strong consideration in cases of vaginitis. Plus, homeopaths have used *Caulophyllum* during miscarriage. In fact, it has historically been shown to save pregnancies that might otherwise have resulted in miscarriage.

However, here's one you may not have heard about before. *Caulophyllum thalictroides* 30, twice daily, has also been shown to aid with arthritis of the small joints, most notably fingers and toes.

Since we've established *Caulophyllum* as a premier uterine remedy, you may be asking if it can be given to men with arthritis of fingers and toes. Well, it's not that I would never suggest it for men; it's just that other homeopathic medicines would likely be a tighter fit.

But for a woman with clear, concomitant hormonally related symptoms, *Caulophyllum* could fit like a glove. For instance, should a woman have small joint pain after a miscarriage, *Caulophyllum* should be considered. A mother-to-be experiencing arthritic pain in small joints during pregnancy might turn to *Caulophyllum.* Equally, a woman exhibiting menstrual dysfunction in conjunction with small joint pain may do well to read up on *Caulophyllum.*

However, remember: the general rule is to stop utilizing any homeopathic when the condition is very much better! *Caulophyllum* is not a supplement; it is a medicine.

You may find other sources that mention the utilization of *Caulophyllum* in higher potencies. This can indeed be the case. However, as I write these blog posts, I remain cognizant that this goes out to a broad audience. I have no way of knowing how much you – as an individual – know!

Some of you may be well-educated in the use of homeopathy, while others are brand new to the paradigm. So, in the absence of an established protocol, I usually endeavor to start with the lowest potency shown to be effective. My

specific course will give you more information, allowing you to absorb the nuances of which medicine to choose, when to employ it and when to stop.

For feminine issues like those we've discussed here and more, I highly recommend my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy. Women the world over have benefitted from this super-popular course, correcting all manner of conditions affecting ladies and girls. And remember, all my Mighty Members qualify for a 10% discount on course purchases.

Let's spread the word! Practical Homeopathy® is the future of homeopathy! It's not esoteric; it brings this healing paradigm to the kitchen table and into the capable hands of mothers and others – right where it belongs. So, pass on the good news of homeopathy!

Warmly,



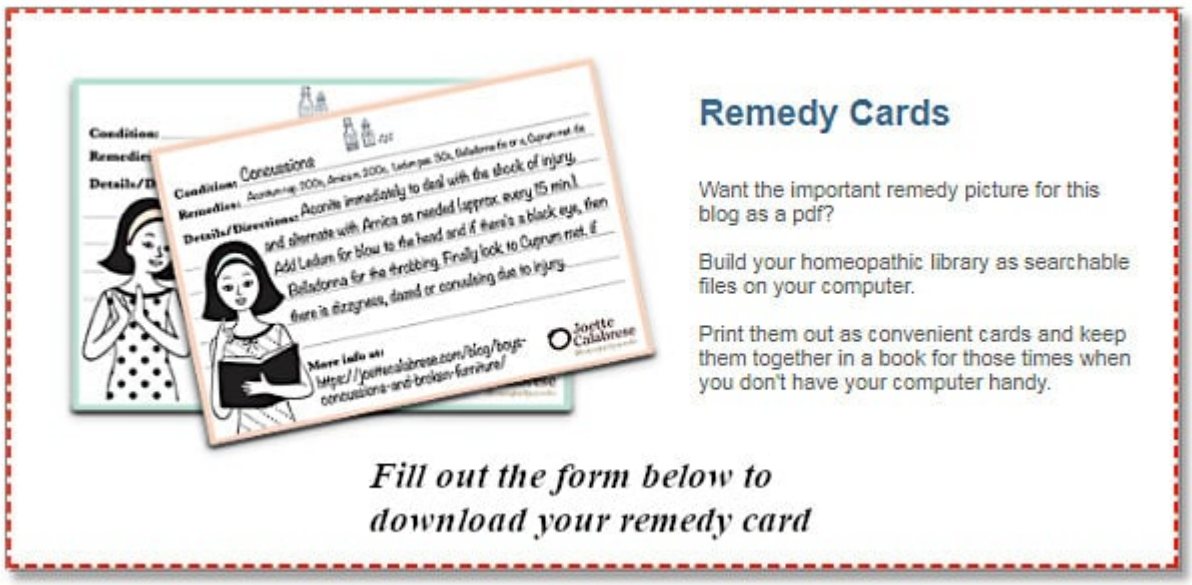
P.S. Mothers, if your child has constant or recurring health problems right now, I can only imagine how stressed and worried you must feel. So, wouldn't it be nice to get

support to guide your child towards better health without it being confusing and overwhelming?

My friend Bettina Gross handpicked 28+ leading health experts (including me) for a complimentary masterclass series on how to finally start healing your child when suppressing symptoms through conventional medicine hasn't worked.

Get to the root cause of your child's health problems! Claim your front-row seat and get access at NO COST to the online "Holistically Heal Your Child Summit" series by clicking right here.

The summit begins tomorrow. See you there!



PPP: *Pulsatilla* for Premature

Puberty



Wasn't it Maurice Chevalier who sang "Thank Heaven for Little Girls"? Indeed, as the song goes, "They grow up in the most delightful way."

That is unless they grow up too fast … *unnaturally* fast.

A seven-year-old should be playing with dolls, learning multiplication, developing language skills, and coloring. They shouldn't be shopping for maxi pads.

Unfortunately, an article in the New Yorker, Why More and More Girls Are Hitting Puberty Early, notes that an increasing number of girls in industrialized countries are experiencing menarche much earlier than previous generations did.

Is it any wonder? Our modernized society is rife with endocrine-disrupting chemicals, such as preservatives, pesticides and chemicals added to plastics (BPA, for instance). Little girls – and little boys alike – are exposed to so many synthetic hormone disrupters in their food, hygiene products, and clothing that it's not shocking their systems are out of whack.

When my children were growing up, my maternal instinct (and the reading I did) convinced me not to buy any foods or toys that were in or made of plastic. Now that these reports of early puberty due to hormonal tampering are increasing, even my husband said, "You were right!"

While it's always satisfying to be right, I sure wish I weren't. This is a societal tragedy! What are we doing to our children?

Avoidance becomes more and more difficult with each passing year. These toxins are becoming ubiquitous! Even the clothes we put on our children and their bedding are often treated with flame retardants. (You know… to protect those kids who smoke in bed!) This is why I urge everyone to wear only cotton or linen – natural fibers – next to the skin. A waterproof jacket is one thing, but synthetic undergarments are quite another.

So, obviously, I stand with other mothers fighting to remove them from our daily lives.

But with homeopathy, we can possess such freedom from the angst of external influences. The Practical Homeopath™ says, "Give me the name of the condition, and I'll give you the remedy that has a history of righting the ship."

Premature puberty is no exception.

However, before getting further into this discussion, I want to underscore that we only utilize homeopathy in the face of

a pathology – a textbook, diagnosable, "Holy cow, something is wrong" condition. We don't jump to conclusions. We never cavalierly employ a homeopathic because we simply wonder if something might be off.

Homeopathy is medicine, my friends. I cannot stress that enough.

While homeopathic medicines are relatively safe compared to drugs of commerce and are free from dangerous side effects, they do act upon the body as a medicine! So, we do not interfere with our bodies' delicate balance without a clearly defined pathology.

You can learn the nuances of treating female hormonal conditions (among other ailments unique to women) in my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy. Download a free, helpful infographic by clicking on that link.

Of course, the conventional medical machine has devised an intervention for premature puberty. It's the use of Lupron, a medication that blocks reproductive hormones. Well, that makes sense, doesn't it? (That's sarcasm, my dear reader.)

A little girl is becoming a woman before she knows how to ride a bike *because* of chemical interference in her natural development. So, the industrial medical complex's answer is *MORE* chemical interference. More tinkering with hormones. More unnatural meddling.

How has our society gone this far astray?

They can keep their Lupron.

I have consulted with mothers whose seven- and eight-year-old daughters have begun to develop breasts or begin menses as part of a *diagnosed* premature puberty onset.

It has been shown that *Pulsatilla nigricans* 30, once daily,

provides the usual success we expect from homeopathy. It's often the gentle nudge a little girl's body needs to recalibrate the hormonal pandemonium caused by the onslaught of synthetic chemicals in her environment. It allows our little girls to mature when their bodies are truly ready, not when artificially induced by extrinsic influences.

We've previously talked about adding *Pulsatilla* to your well-curated homeopathy kit for digestive disorders from fake dairy products. We've also discussed it as a counter for menstrual changes after chemical exposure and for weepy winter blues. But I wanted to add this additional information to highlight what a valuable medicine *Pulsatilla* is.

Let's face it: All homeopathic medicines are valuable! In fact, it's challenging for me to narrow it down to just a few to have on hand. It all depends on what you and your family can reasonably expect to experience in your lives.

But the way I see it is you can never own too many homeopathic medicines. Even if your family never needs it, a loved one's family may! And you'll be glad you have the homeopathy education and appropriate medicine to share in their time of need.

It's a marvelous way to pass on the good news of homeopathy!

Warmly,





P.S. Kids' health problems are on the rise in all age groups. Is your child one of the 54% of children with a chronic illness diagnosis, or are they constantly battling health problems like allergies, eczema, frequent colds, asthma, insomnia, digestive issues, ADHD, autism, or emotional and behavioral issues?

If the answer is YES, my friend Bettina Gross handpicked 28+ top health experts – including me – for a complimentary masterclass series on how you can finally start healing your child when treating symptoms just hasn't worked by getting to the root cause of your child's health problems!

It is called the "Holistically Heal Your Child Summit," and you can access all of it at NO-COST by clicking here.

I look forward to seeing you there as I discuss how homeopathy can help!



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