Homeopathy: Standing the Test of Time



“Step right up, folks! See the latest and greatest patented medicine – a new medical discovery everyone should use!”

Well, there’s a sentence you’ll never see applied to homeopathy!

But drugs of commerce – patented medicines, as I like to call them – are always touting the newest thing. Why? New drugs are often formulated because the patent on the previous version has run out. In other words, the Big Pharma company can no longer take the monopolistic profit from their old formulation, so they devise something new to flood their coffers.

But that's not the reason most interesting to us. The most compelling reason that the industry touts the newest product is because the previous drugs are often (and I mean *often*) plucked from the market because they've been found to cause harm.

On the other hand, no one will make windfall profits from homeopathic medicines because they derive from nature. Therefore, single remedies cannot be patented, so they're naturally inexpensive. But, my friends, most importantly, homeopathic medicines have a reputation for NOT being yanked from the market for dangerous effects, even though the same medicines have been available for decades – even centuries!

Is it any wonder Big Pharma would like to see the demise of their competition, homeopathy? Homeopathy not only cuts into their market share, but its ability to address and even cure while not maiming strikes at the public's perception of the increasingly tainted opinion of Big Pharma.

And so, homeopathy has stood the test of time. Our medicines today are the same medicines that have been tried and proven for over two hundred years!

Recently, an Academy of Practical Homeopathy® student sent some photos of antique homeopathic medicines housed in a museum she visited:

"Attached are photos of old homeopathic remedies I took touring a mining town museum in Fairplay, CO, this past summer. The pictures aren't great since they were in glass cases but hope you all enjoy too – and note the Arsenic poison bottle that happened to be placed next to some homeopathic medicines! We were told they have one of the largest medicinal collections on display, obviously including allopathic and homeopathic. Enjoy!" – Sarah S.


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A REMEDY FOR WHOOPING COUGH.
SARSAPARILLA BLOOD
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FRESH FREIDLITZ POWDERS
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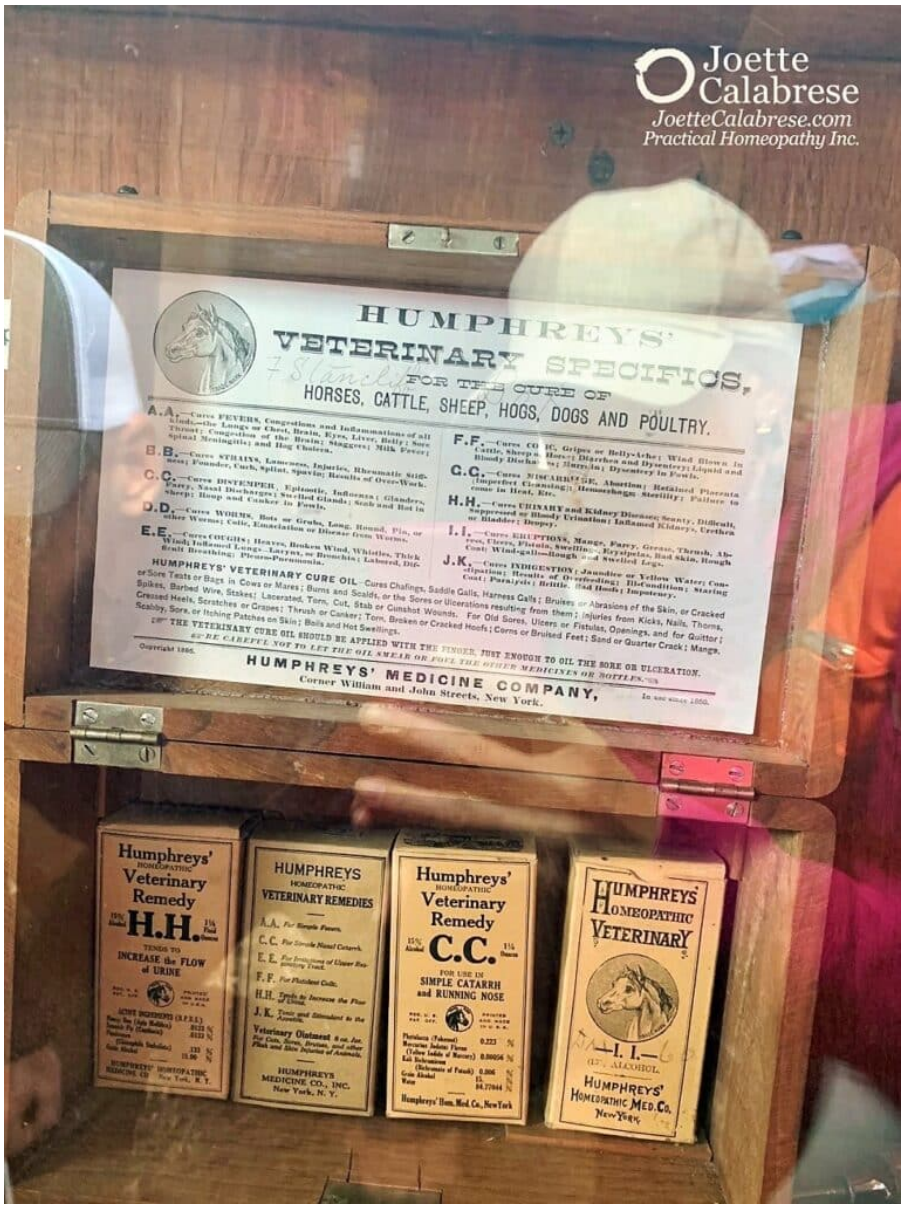


Examine these photos carefully. Zoom in. Read the bottles! You'll see many familiar names of homeopathic medicines that are still successfully employed today!

If you look closely, you'll also see several examples of something else that caught my eye: combination medicines! There's one for rheumatism, female issues, catarrh and runny nose, skin and blood, and urinary tract conditions.

Being curious, I would love to pick up those antique combination medicines and see what's in them. What did they know? What might have been lost to history? What can we learn from their combinations?

However, one thing these combination products prove is that pharmacists throughout the history of homeopathy have combined single remedies into composite products that are both popular and highly effective.

I love combination medicines from certain pharmacies: Boiron, OHM Pharma, Hahnemann Labs, Washington Homeopathic Products, and Helios. There are certainly others out there, but these are the ones that I happen to know and trust.

Why? First, because many of these pharmacies have been around for a century and even longer! Second, these skilled pharmacists do their homework! They go into their repertories and *materia medicas* to determine which remedies have been shown to be useful for specific common conditions.

Combination medicines are a great place to start for acute conditions. For instance, one of the most popular is ColdCalm® from our friends at Boiron. You can locate this medicine at almost any drugstore, grocery store or health food store. Then, if it works well for the sufferer, I encourage them to turn over the package and learn more about each ingredient.

The box gives some information, but a *materia medica* is invaluable for further investigation. Don't hesitate to crack open the book, especially my easy-to-read *A Materia Medica*: Practical Homeopathy® for Busy Families! This can be fun and invaluable research!

Knowing what each medicine included in the combination product covers can allow a budding user of homeopathy to choose a more *specific* medicine should the condition arise again with only one main symptom.

Plus, the knowledge of the included medicines is good insurance. For example, if the combination products were to disappear from the market, we'd know how to recreate it from single medicines.

For instance, my first encounter with a combination medicine was years ago when I was first learning classical homeopathy. Combination medicines were a no-no according to my teachers. Well, just let them try to deal with a wailing, teething child in the middle of the night!

I was at my wit's end trying to soothe my little boy, and I finally resorted to Hyland's Teething Tablets. Let me tell you, they worked … and worked brilliantly. So, I decided I didn't care what my teachers said.

From that time forward, I was confident that the homeopathic pharmacists, as I said before, had done their homework. I trusted them.

For questionable reasons, Hyland's Teething Tablets are no longer on the market.

Today, our dedicated homeopathic manufacturing pharmacies work tirelessly to comply with federal regulations. However, we must do our part by ceaselessly continuing our homeopathy education to become the well-versed advocates we need to be. It's up to each one of us to turn the tide.

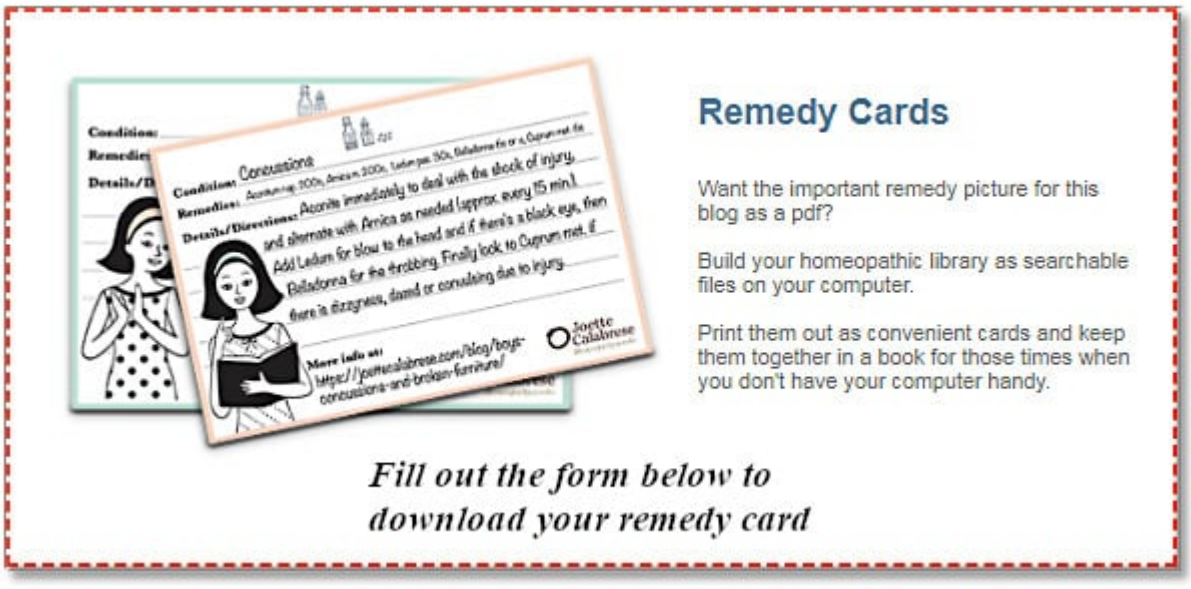
I'm hopeful that, in a hundred years, today's homeopathic medicines will also be housed in museums, but not as relics from the past that are no longer available. No, no. Instead, I hope the museum's display simply serves as a pleasant reminder of the antique packaging used for the same homeopathic medicines still employed by families of the future.

So, let's do our part to create a robust future for homeopathy. Keep on learning and pass on the good news!

Warmly,

P.S. As I mentioned, having a *materia medica* can help you discern the differences between the various medicines in a combination remedy. Unfortunately, with the rapidly rising costs of paper, ink, postage, servicing our printer and labor to maintain the content, we will be forced to raise our prices on the *Materia Medica* and Gateway Study Group Curriculums I and II effective November 1, 2022.

But until then, you have a short window of opportunity to purchase these items at today's prices. So, if you want to join a Gateway Study Group or learn more about over 150 homeopathic medicines in A *Materia Medica*: Practical Homeopathy® for Busy Families, take advantage of this offer now – before the prices increase. Don't wait!



10/23/22 Cold Calm
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A Bird in the Hand



My husband and I were at home working recently when … BAM!! A tiny little bird flew directly into our glass doors.

We immediately jumped up to help him. Luckily, he hadn't broken his neck, but he certainly was stunned. I imagined he was seeing stars.

(I'll say this for him, though. If he had to pick a door to careen into, he picked well by choosing a homeopath's door.)

You may recall I have taught many times over the years that *Arnica montana* 200 is the premier homeopathic medicine for first aid – especially for soft tissue, bone and head injuries. And this tiny, dazed bird was most assuredly

suffering from a head injury. So, what a marvelous opportunity to practice what I preach (and take pictures, to boot)!

While its likely that the bird would have come around of its own accord eventually, I knew I could help it revive more quickly and thoroughly with homeopathy.

So, while Perry held the semi-conscious bird in his hands, I quickly prepared a wet dose of *Arnica*. I put four pillules in two ounces of water and swished them around to dissolve them. Then I sucked up a few drops in a clean eyedropper and put the *Arnica* solution around its beak. He was so out of it that he wouldn't open his little beak to drink the solution, so I placed more drops all around his wee, little face to ensure that some of the *Arnica* would be absorbed into his system.

It didn't take long until the *Arnica* did its job!

Our little bird-buddy began to regain consciousness and soon appeared ready to be released back into the world – no doubt a bit wiser for the event. (I hope he shared his newfound knowledge of glass doors with all his feathery friends.)

You know glass doors (while beautiful) are often a menace to animals AND humans. I know several folks who have "unexpectedly encountered" glass doors with a sickening thud. Unfortunately, we all get in a hurry sometimes, and that's when accidents happen.

But the beauty of homeopathy is that it doesn't discriminate based on species. So, no matter whether it's a bird, dog, cat, chicken, camel, llama or the next-door neighbor who slams headfirst into a set of sliders, *Arnica montana* is an equal opportunity medicine. It provides the impetus the body needs to recover from the trauma.

If you'd like to see how homeopathic *Arnica montana* is

created – from harvest to tube – you might enjoy this little video from our friends at Boiron.

No doubt, *Arnica* is an essential medicine to have on hand. Accidents happen when we least expect them, so being prepared is our best insurance against lasting injury.

How do you prepare? Easy! By learning everything you possibly can about homeopathy so that it's ingrained in your memory when needed – or at the very least, you have a reference book at your fingertips to look up the condition and associated medicine.

To that end, I developed a guided curriculum for you to learn the basics of homeopathy in a study group environment with others. It's called Gateway to Homeopathy*, and *Arnica montana* is one of the featured medicines I teach in the module on first aid.

I consider it a blueprint for taking your family to health independence.

The sentiment I hear most often from my students is that once they get a grip on using homeopathy, they find they no longer fear injuries and illnesses. Instead, they resolve these conditions easily, inexpensively and pleasantly.

Independence from most health concerns allows our lives to take a radical turn. One that is more productive and creative instead of cowering, submissive and wrought with anxiety.

I know of no better way to learn homeopathy than with others. It's how I learned! Decades ago, I created a study group with like-minded individuals, and we became fast, enduring, supportive friends.

You know, recently, I was reminded of a quote from Paul Williams that was reminiscent of the dynamic of Gateway

study groups. He said, “There’s not a word yet for old friends who’ve just met.”

That describes Gateway in a nutshell! Believe me, the people you will meet in your study group will soon be your “old friends.”

So, pass on the good news of homeopathy! And tell them a “little bird” told you!

Warmly,



*The time to meet your study group friends is now! Unfortunately, with the rapidly rising costs of paper, ink, postage, servicing our printer and labor to maintain the content, we will be forced to raise our prices on Gateway Study Group Curriculums I and II and *Materia Medica*, effective November 1, 2022.

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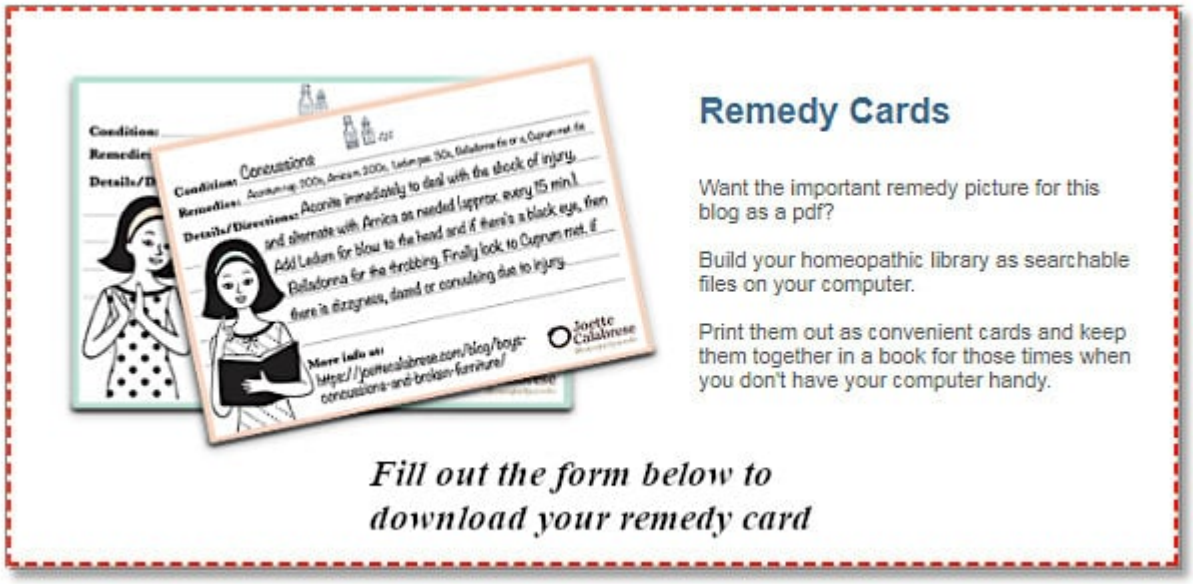


Water Damage and the Worry of Mold



As we watch the images coming out of Florida, Puerto Rico, and the Carolinas this week, it’s hard to fully wrap our heads around the level of devastation that hurricanes have wrought upon our fellow compatriots. It’s unthinkable.

So, as clean-up begins, let’s refresh our homeopathy education regarding one of the health issues that can ensue after cataclysmic water damage.

Now, lest you think this is just a problem for hurricane-ravaged areas, think again. Water damage can occur in any area from heavy rains, river rise, snow melt or just plain old, garden-variety plumbing problems.

After the water comes the inevitable mold and mildew. For some, mold is an annoyance. For others, it can create a significant health problem.

Naturally, the first and most logical step is to remove and repair the saturated materials in the home. But to do that, one must often work in enclosed, compromised areas amidst the fungal bloom.

Homeopathy is here to help, my friends.

Sure, there are over-the-counter products to quell the symptoms. But in homeopathy, we USE the symptoms to help us determine the correct medicine to uproot the condition. In fact, that’s the beauty of homeopathy!

While other medical paradigms seek to suppress symptoms to make the sufferer more comfortable, we pride ourselves in *using* the symptoms to point a big red arrow directly at the appropriate medicine to more politely address the issue.

A good homeopath says, “Tell me exactly how you are suffering. Is the congestion in your nose or sinuses? Is the fluid clear when it runs? Is it thick, ropy or colored? Is it not coming out at all? Tell me every detail!”

It’s a different perspective than in conventional medicine.

In the case of mold, a flood victim may experience typical upper respiratory symptoms: runny or stuffy nose, itchy eyes, cough, sneezing and postnasal drip.

But what if the root cause is not mold? What if we’re wrong? In emergency situations, there may be no opportunity to get a conventional diagnosis. So, at times, we may not be sure what is causing the symptoms.

Don’t worry; it doesn’t matter.

It’s not always necessary to identify the “cause” of a condition. In other words, taking a homeopathic medicine will not kill mold spores. Instead, we are using how the ailment presents – its symptoms – to choose the correct remedy to assist the body in naturally defending against and healing from the root cause. In that way, homeopathy automatically, inadvertently addresses the underlying condition, whatever it may be.

For symptoms such as those listed above, the most accessible approach under challenging circumstances is Boiron’s combination medicine, AllergyCalm® (formerly called RhinAllergy® or Sabadil*)*. Generally, this medicine can be found in drugstores, grocery stores (such as Sprouts, Whole Foods and Wegman’s), Walmart, Vitamin Shoppe, Amazon and, of course, ordered directly from Boiron. (Remember to use my name – Joette – to receive a discount on your purchase.) Then, just follow the directions on the package.

However, AllergyCalm® would be used only during acute attacks – such as in a situation like we are discussing now – not for chronic conditions. We would choose more specific medicines for long-term upper respiratory issues based on the presenting symptoms as they ebb and flow.

Hopefully, many evacuees brought their homeopathy kits with

them as they left the area. So, if single medicines are readily available, my go-to for mold allergies is *Natrum sulphuricum 6X*, 2-3 times daily. I have also utilized *Arsenicum album 30 or 6X*, twice daily, for acute nose problems, especially sneezing fits and itching. Keep in mind, as with any homeopathic, we stop using the medicine when the symptoms lessen and resume if needed.

Homeopathy is certainly a constant source of confidence. However, it shines brightly during disruptive, catastrophic events such as the recent hurricanes. When so much all around us is devastated and overwhelming, we can turn to homeopathy to bolster us.

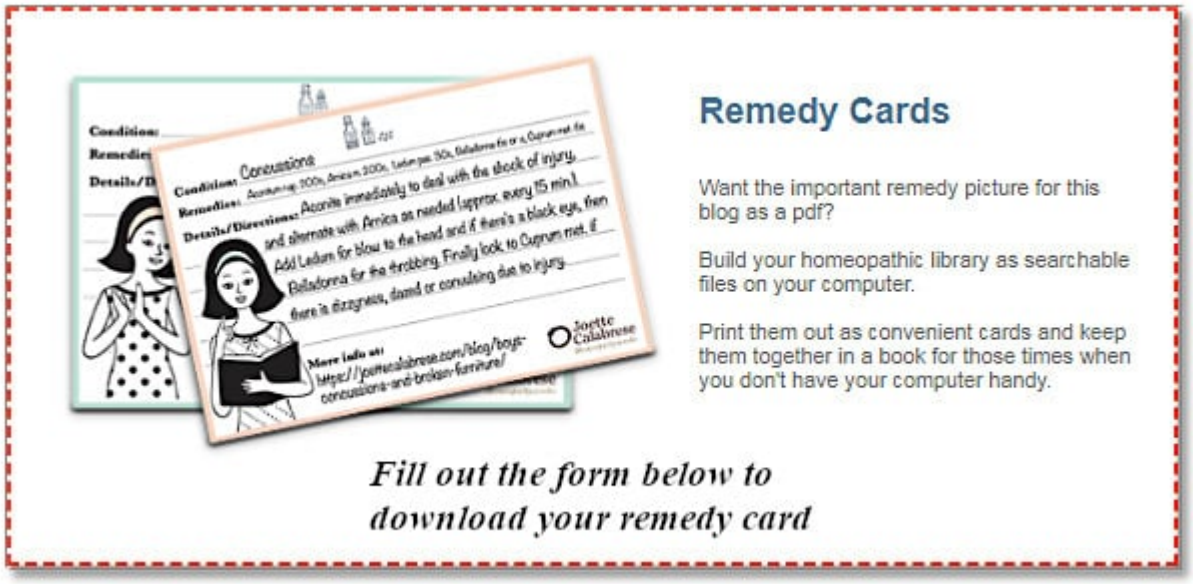
To that end, let me also mention *Aconitum napellus 200* as an exceptional medicine for ailments after shocking events, as well as *Ignatia amara 200* for grief, sadness and loss. In hard times, these two medicines can be transformative.

Please pass on the good news of homeopathy to anyone suffering. Our thoughts are with them!

Warmly,



P.S. I've written previously on these topics, so I encourage you to read Homeopathy Uproots Mold Allergies and Anxiety: When the Elevator Flies to the Top for more information.



Let’s Talk About Testing



Recently, I talked to you about voting with your money! Remember that blog post about Amish farmer Amos Miller?

Well, the same goes for medical care, my friends. Some doctors are wise and judicious. They take a measured and prudent approach to dealing with health conditions. They encourage integrative approaches to ailments and support the use of “alternative” healthcare.

We must seek them out and support their practices when we need a diagnosis.

You see, all doctors are not created equal.

For instance, let’s talk about testing.

When they say to a patient, “I need you to take a little stress test,” most often, the sufferer will say, “Oh, I can put up with a little stress test.”

The patient imagines simply getting on a bicycle while a technician monitors their blood pressure and heart rate.

Well, it's not wise to "imagine" anything! Perhaps, they may not have explained to the patient that this test requires radioactive material coursing through their blood vessels.

So, let's stop imagining and find out precisely what the name of the test is, look it up and find out exactly what will be used and why.

I can't tell you the number of times that people have told me, "I had no idea that they were going to do that. I didn't know they were going to use an IV and pump me full of drugs."

Well, the doctors didn't tell the patient because he didn't ask! He made an assumption.

My friends, don't make assumptions!

You see, just because these tests are routine for them doesn't mean they're routine for us! To the person injecting you with microorganisms or nuclear dye, this is no big deal. They do this all day, every day. They put patients under anesthesia every day. They do surgeries every day. They do invasive tests every day.

It is a different perspective. If you don't appreciate that – if you don't get that – you will be herded like cattle onto a freight train.

They don't have time to educate us. It is OUR job to find out in advance. We are the ones who will be experiencing these things, so it's up to us to ask! And when we do ask, if it seems like the practitioner is being evasive or rushed, we need to make sure we probe for details. Get the information, read everything you can about the test and write down more questions if necessary. Again, it's up to us

to find out what we will be submitting to.

We have to do our homework.

I'm not saying these doctors are negligent or uncaring. It's just the nature of the system. Is it the doctor's job to warn us of the dangers of each and every test? I honestly don't know the answer to that question. If it were an old-fashioned family doctor, then perhaps. But these are different times.

Doctors are granted very little time with each patient. As a result, they don't have the deep connections family doctors previously had time to create. Plus, we live in a litigious society, so doctors are often forced to order extra tests they may not even feel are necessary just to cover all the bases in case of a legal problem later. This is not to our advantage. It's to someone else's.

So, many doctors succumb to the pressure and order all the tests. Then, we're put on a drug. Then we have complications and are put on another drug to treat the side effects of the last drug … and perhaps more tests to see where the first tests went wrong.

Welcome to the conveyor belt of modern medicine.

They have a plan.

So, we need one, too.

Indeed, the recommended test could require us to be injected with a toxin. Is the information this test can provide worth exposure to that toxin? Exactly how critical is it that we perform this test? We depend on conventional diagnoses to determine which homeopathic medicine we should consider or even the conventional treatment that may be needed, but we must weigh out the risks and rewards of each particular test.

We cannot surrender our power!

However, the tyranny of medicine in the last few years has awakened many people. There are many doctors out there who are really fighting against this paradigm. Let's give them the credit they're due, join and protect them. We need to "vote" with our money by supporting their practices.

If a particular doctor doesn't provide the answers needed, find another doctor! There are good ones out there who accept – and even recommend – homeopathy, chiropractic, acupuncture, etc. In fact, there was an emergency room doctor in Buffalo at Children's Hospital who carried *Arnica montana* in his pocket for patients who arrived with contusions, sprains, injuries and trauma resulting from accidents.

Don't doctors like him deserve our support? So, let's jump off the conveyor belt of modern medicine and join them.

Pass on the good news of homeopathy!

Warmly,



P.S. The best way to maintain control of your healthcare is to educate yourself. Read, read and read some more. But I know of no better way to learn than with others. It's how I learned! Decades ago, I created a study group with like-minded friends, which catapulted my homeopathy education as nothing else could.

So, I developed a guided curriculum, Gateway to Homeopathy,

for you to do the same thing easily. For around the cost of one nice dinner out, you can instead change the course of your family's health for generations to come.

The time to join us is now! Unfortunately, with the rapidly rising costs of paper, ink, postage, servicing our printer and labor to maintain the content, we will be forced to raise our prices on Gateway Study Group Curriculums I and II and *Materia Medica*, effective November 1, 2022.

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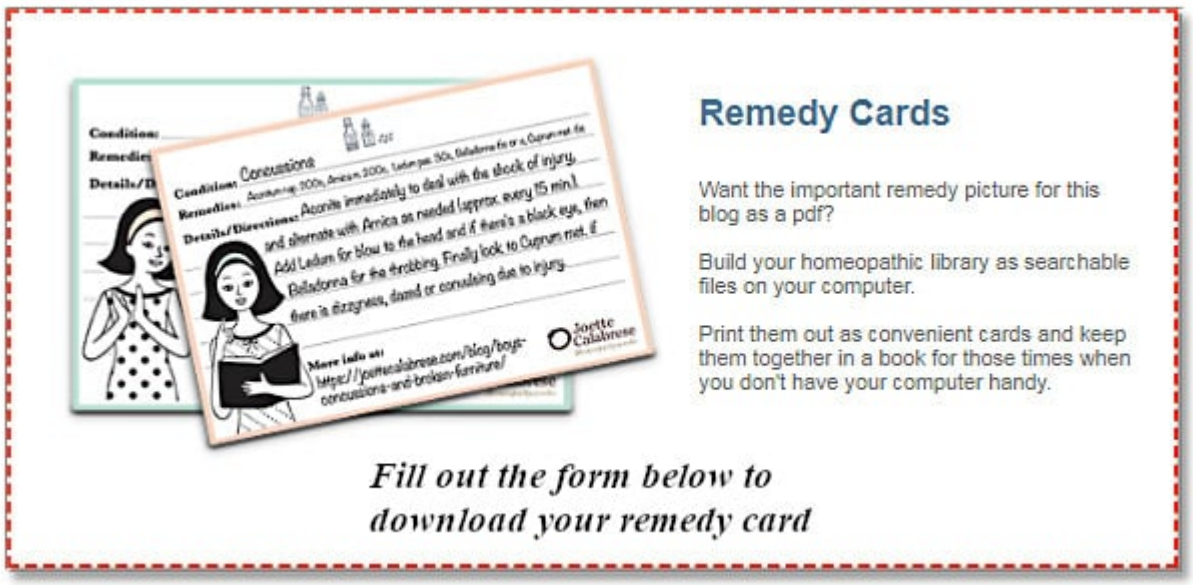


Primate Problems



Now, I understand that an ape is not a monkey. But for the sake of a fun and memorable image – AND that what I'm calling the "Primate Pustules" can be spread amongst all primates as well as other mammals – here is my way of helping you not go bananas every time a new disease is touted in the news.

So, let's discuss navigating the muddy waters of the "Primate Pustules" health issue that is still in the headlines.

I'll let you in on a little secret. I had to roll my eyes as I prepared this blog post. One article I saw said that cases were down, "BUT …"

But what? For crying out loud, couldn't they just stop with "cases are down"? That's good news! But keeping you on the edge of your seat and inevitably driving you bananas is a

tactic.

Fear – especially fear of contagion – sells. It drives the populace to look to Big Government and Big Pharma for answers.

Fortunately, standing at only 5 feet tall, I'm unfettered by their "Big" agenda, so I'm downright unconcerned. Why? Because I know that homeopathy has a history of being able to address viral skin conditions, whether they be "small," "chicken" or "primate" in nature.

I held a Facebook Live on the topic a few weeks ago. And, as I try to do often, I went a little deeper with my Mighty Members in a private live event immediately afterward. (I must be very careful about what I say in public forums. So, if you're not a Mighty Member yet, this extra "frank" talk is just one of the many benefits you'll receive when you join us.)

However, if you missed my live event or cannot access it now, let's talk a little bit about it here. I want you to be able to roll your eyes at the recent headlines just like I do.

Any kind of disease like this – one that transmits from human to human (or even animal to human or vice-versa) – is homeopathically addressed at the onset in the same manner. When the first little "uh-oh" feeling that a cold, sinus issue or virus is on its way – if it's respiratory in nature – I consider different sources. One of them is the Banerji Protocol of *Aconitum napellus* 200 mixed with *Bryonia alba* 30, twice daily until very much better. But then there's the work of Dr. James Compton Burnett from about a century ago who also calls for *Bryonia* for many forms of lung conditions. In fact, he encourages its use for at least a few days or until it's evident that the condition is resolved or it's clear that the medicine is doing no good.

When one first starts to feel "off," it may be unclear as to what is forthcoming. With an impending "Primate Problem," there can sometimes be respiratory issues, flu-like symptoms, fever, headache, muscle aches, or grand fatigue even before a skin rash begins. Those are all common viral symptoms. So, at first blush, it may seem similar to any number of ailments.

But that's good.

These two homeopathic medicines, when mixed together, have been known to present a strong defense against almost any quick-onset respiratory condition. But then there's also ColdCalm® a homeopathic combination that can lessen the impact of an oncoming cold or flu illness, and in many cases, I have personally witnessed, they can actually abort the ailment altogether!

But should the "Primate Problem" develop into the next stage, we're ready for that, too! The next stage is the rash itself – the very uncomfortable, burning rash. At this point, I would generally turn to *Arsenicum album*. *Arsenicum* is one of our best medicines both for skin conditions AND for symptoms presenting with burning. So, Arsenicum is indicated twice by the symptoms of this condition.

How neat and tidy is that? That's exactly how we like to approach choosing a homeopathic. (Scroll down to download the free Remedy Cards for more specific information.)

In the next stage of this condition, the rash may transform into fluid-filled pustules. We now look to a different homeopathic medicine. My first inclination would be *Mercurius vivus* 30 or *Mercurius solubilis* 30, twice daily until pustules have scabbed over. (As an aside, those two medicines are somewhat interchangeable, so you may choose to use what you have on hand.)

Keep in mind, though, that I discussed other choices in the

Facebook Live that I alluded to earlier. Plus, I go into more detail about each of these medicines and why I would choose them over others. So, it's worth listening to!

In the final stage of Primate Problems, the pustules dry out and become scabs, often resulting in scarring. *Thuja occidentalis* 30, twice daily, would be an excellent choice during this final stage until the skin has cleared.

Now you're armed! Whether primates or poultry become problematic for you, you'll be ready!

My friend, I doubt you'll see a news story anytime soon declaring, "Everything's fine; go on with your day in peace, happiness, and productivity." So, even though the news will try to keep you in a state of high alert, I encourage you to relax! No matter what condition is concocted next, homeopathy already has an answer.

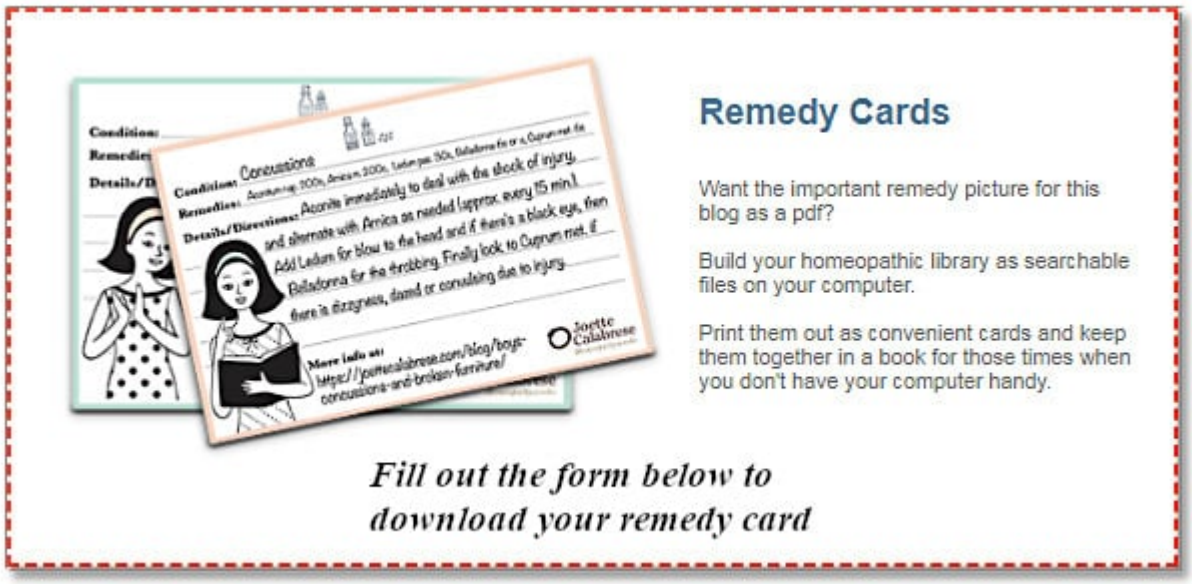
We're lucky. We can sleep soundly at night knowing these medicines have got our backs! Now, it's up to us to pass on the good news of homeopathy to everyone!

Warmly,



P.S. Inflation. It's everywhere. I promise you, we tried to hold out as long as we could. But with the rapidly rising costs of paper, ink, postage, servicing our printer and labor to maintain the content, we are forced to raise our prices on Gateway Study Group Curriculums I and II and my *Materia Medica* as well all other printed products by 8%.

The increases will become effective on November 1, 2022. But until then, I want to give you an opportunity to purchase these items at today's prices. So, if you want to join a Gateway Study Group or learn more about over 150 homeopathic medicines in A *Materia Medica*: Practical Homeopathy® for Busy Families, take advantage of this offer now – before the prices go up. You may have second thoughts about buying a particular dress or a pair of shoes, but you will never regret investing in your homeopathic education.



Flu Season? Homeopathy Can Weather the Storm



Well, they're at it again! And early this year! News outlets all over are screaming from the rooftops:

"FLU WARNING! This year will be much worse than others!"

Yeah, right. I'm pretty sure they say that every year. In fact, wasn't last year supposed to be the "winter of death"?

I'm not worried! Homeopathy is standing by, ready for any eventuality or severity of flu. In fact, I provide a free flu chart to help you determine whether you're dealing with the flu or something else.

That free chart also walks you through various remedy choices to consider for use after you determine if you're battling the flu, cold or an allergy. Plus, a few years ago, I discussed a variety of medicines for viruses and flu in my blog post, Ferocious Flu Fears.

However, I've recently been receiving questions about methods for increasing immunity in advance of flu season, also known

as homeoprophylaxis (using homeopathy as a prophylactic). So, today, let's discuss that a bit.

There are several homeopathic medicines that you may see recommended for flu homeoprophylaxis, depending on the homeopath. But in recent years, I have found success with the method my good friend Joe De Livera, otherwise known as Joepathy, espouses.

The "Joepathy" prophylactic for flu is *Eupatorium perfoliatum* 200, one dose daily. However, his technique slightly differs from our usual method of popping a few pillules in the mouth.

Joe De Livera, a homeopath for decades and now at the age of 92, recommends placing one dose of *Eupatorium* 200 in about two cups of water. I use a 16-ounce water bottle with a wee bit of water emptied out to create space. Then, I drop in one dose of the *Eupatorium* 200 and shake the bottle ten times before sipping one teaspoon each day.

The next question I'm usually asked is, "So, do we keep utilizing this *Eupatorium* prophylactic throughout the entire flu season?"

In general, I say no but that doesn't mean it's the only way to approach this. Let me start with this: As always, homeopathy is a medicine, not a supplement or a vitamin. It is to be employed prudently – when needed.

In homeopathy, more is not necessarily better. The right number of days and the right number of doses is "just right." (You can learn how to make these determinations through my Gateway to Homeopathy Study Group Curriculum.)

So, out of respect for the power of our medicines, I would not begin a regimen of *Eupatorium* right now just because I saw a flu warning in the general media. Taking a prophylactic in September to avoid a potential flu virus in November would be overkill.

I might possibly begin if the flu presented in my area … in *earnest*. But most likely, I would not start until it became a true personal concern. For instance, if one of my family members came down with the flu and it was a pretty bad case, I would certainly consider beginning *Eupatorium* homeoprophylaxis for my family.

In other words, I would wait until there was a real reason to begin the medicine. I would not use it just to be proactive.

In fact, in my opinion, "proactive" is not necessarily a good word when it comes to healthcare. It leads people to believe that they need to run to the doctor, the dentist or the urgent care for every this, that, or the other thing. It encourages folks to indulge in test after test after test.

I disagree.

It is my belief that X-rays, mammograms, colonoscopies, etc., are useful as diagnostics when there are symptoms present. Not "just because." One could go crazy trying to be proactive with conventional medicine! I've observed the fallout from this time and again.

But the same thing can happen with overusing homeopathy! We don't need to be taking our medicines willy-nilly!

As Dr. Prasanta Banerji often said to his patients, "Take your illness in stride. Don't point it out to yourself. Let it roll off your back. Otherwise, we will carry the burdens of the world."

So, assume that you're going to be just fine. You probably will be! But if the flu arises – or any other condition, for that matter – you are well-armed to avert or combat it with homeopathy.

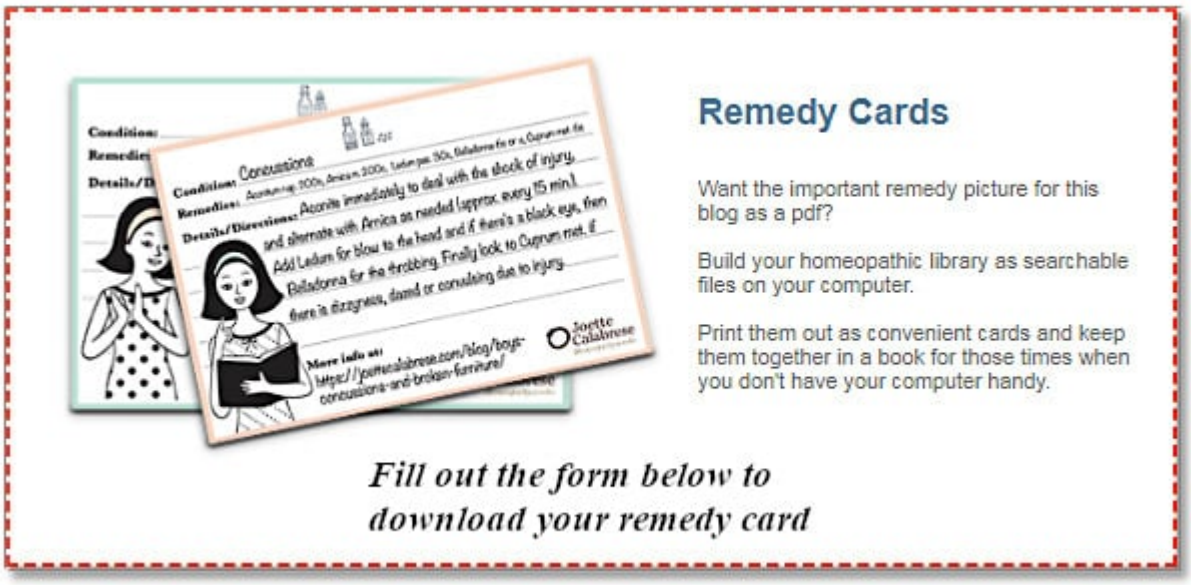
Pass on the good news!

Warmly,

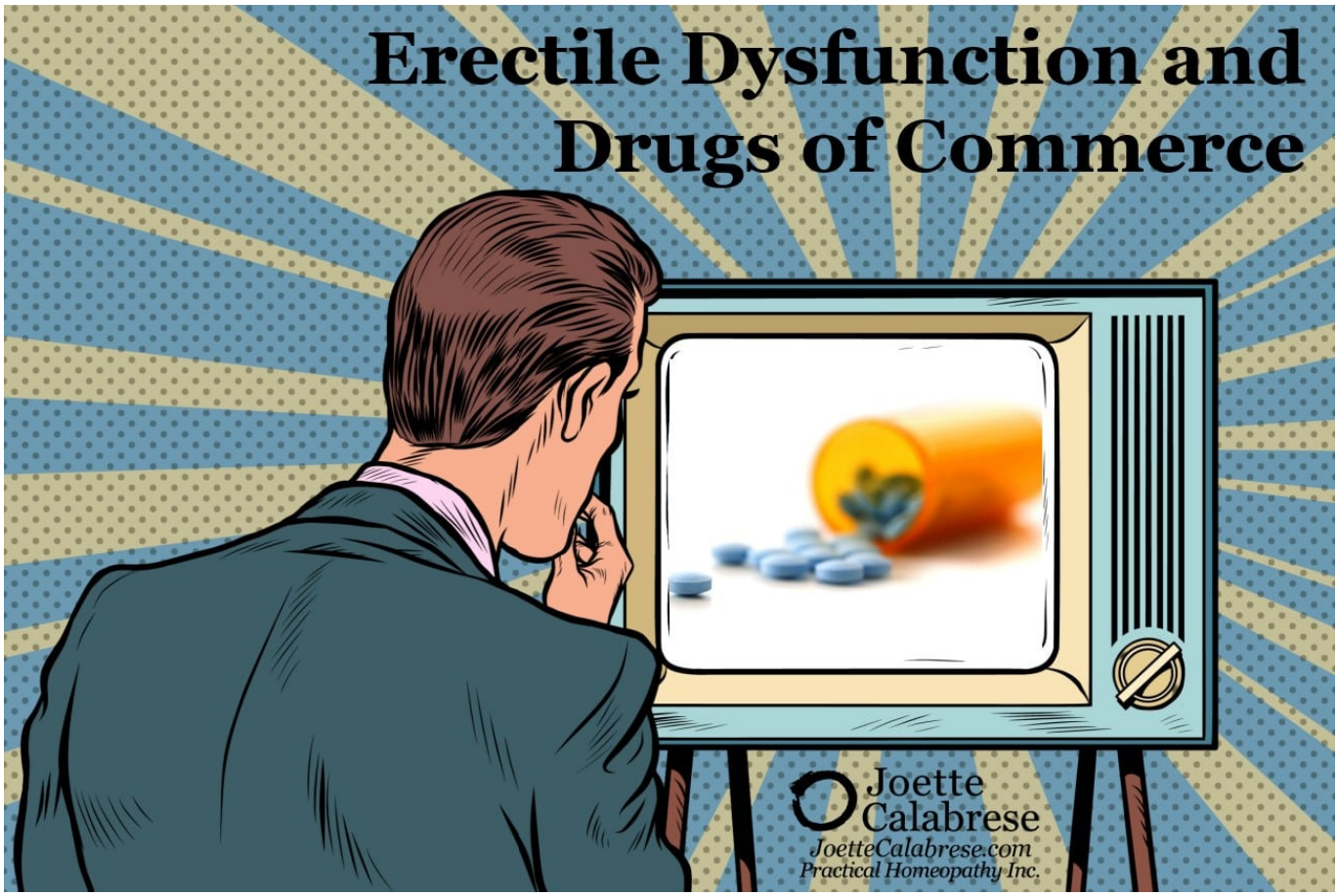


P.S. If you are interested in learning more about *Eupatorium* and the most commonly used homeopathic medicines, let me suggest A *Materia Medica*: Practical Homeopathy® for Busy Families. It is precisely what you're looking for. I wrote this in everyday language with the beginner in mind. But I've been pleased to hear that even old hands with homeopathy appreciate it, too!

P.P.S. In light of Queen Elizabeth II's recent passing, I'm reminded how much the royal family has always depended on and advocated for homeopathy. If you haven't read my blog post, Royal Pains, you might enjoy learning what a remarkable history there is between the royals and our precious medicines. Join me in the hope that amid his new responsibilities, King Charles III will continue his active patronage of The Faculty of Homeopathy.



Erectile Dysfunction and Drugs of Commerce



Today's blog is for men (and the women who love them)!

In 1985, the United States rescinded the regulations prohibiting advertising for drugs of commerce. And ever since then, we've been inundated with incessant drug commercials.

Well, at least this is so in the U.S. Big Pharma's advertising blitzes for drugs are now on a par with the cereal and toy commercials aimed at kids on Saturday mornings. Are we adults being infantilized?

Big Pharma uses all manner of compelling situations and flashy visuals in an attempt to control our first thought when a problem arises – or in this case, when it doesn't "arise."

Don't fall for the commercial "miracle" of a little blue pill. Instead, let's talk about a more polite way to address Erectile Dysfunction (or ED).

You guessed it! **Homeopathy!**

Sometimes ED results from a poor diet and a side effect of other conventional drugs – specifically statin drugs. But what is the conventional medical treatment for ED? Why, yes … yet ANOTHER drug!

I ask you … why treat this condition – this side effect – with yet another drug!?! What sense does that make?

In addition, the doctor who probably prescribed the statin drug is a cardiologist. Unfortunately, he likely also said, "Don't eat red meat; don't eat butter; don't eat liver; don't eat eggs!" Yet, wouldn't you say that those are the very foods that support a man's reproductive organs?

So, between the statin drugs and the dietary limitations (resulting in basically eating salads, sprouts, and oatmeal all day, every day), the conventional medical system has created a double whammy against a man's healthy reproductive system!

Yet, they write a prescription for sildenafil (the generic name of the infamous "little blue pill").

Hmmm, has anyone ever wondered if they might be creating a problem in order to move you on to their NEXT "solution"? Wow, what a marketing plan!

Reading the list of side effects of these drugs aimed at men is disturbing enough. Who would volunteer to risk heart strain, blindness or hearing loss? However, now there's even more to consider.

I often write about the dangers of tinkering with women's hormones, but what about men's hormones?

Now, I'm aware that this particular group of drugs is not directly hormonal in nature (as are, say, birth control pills). However, a recent study has shown that sildenafil

may affect the amount of the hormone oxytocin in the brain!

While the study wasn't sounding any alarm bells, I certainly will!

For better or worse, do men really want to be taking a drug that is shown to tinker with hormones in their brains?

If I were a man, my answer would be a resounding NO!

"But what's the alternative?" you might ask.

Well, as I already mentioned, ED often occurs as a side effect of another medicament. So, in that case, the best way for men to return to normal function is to homeopathically address the underlying conditions that caused them to require those drugs of commerce in the first place!

However, my first choice to address the dysfunction itself would be the Banerji Protocol of *Aurum metallicum* 200, every three days.

In a previous blog article, I wrote about a few other related homeopathic medicines for men. But I cannot stress this enough: ***Aurum metallicum* is the PREMIER remedy for men** – especially for anything with a psychological or hormonal component. This sweeping medicine triumphs over any male insufficiency, weakness, sexual dysfunction, low sperm count and even infertility.

So, no drug commercials with romantic walks, glorious sunsets or oddly utilized bathtubs can dissuade me. A drug of commerce with so many potential side effects can never trump polite, efficacious homeopathic medicines.

Men, I urge you to take control of your own healthcare. Autonomy is true power, and nothing offers health autonomy quite like homeopathy.

To that end, we are currently facilitating a Gateway to

Homeopathy Study Group just for men! Now, don't get me wrong. It's not that men can't join any of our Gateway study groups at any time. But sometimes it's extra productive to learn with your own gender so you can comfortably share concerns only other men might understand.

Plus, it might be more fun. (Need proof? Listen to this podcast from a men-only study group we called our Dads with Audacity.)

The next Men's Gateway to Homeopathy Study Group will begin on Tuesday, September 20, 2022, at 7:30 p.m. ET.

Each participant will need a Gateway to Homeopathy study guide. However, if your spouse has already purchased one, you may use their copy.

Investing just a couple of hours each week will allow you to learn this valuable method of self-health care and gain confidence to provide healthcare leadership for your family.

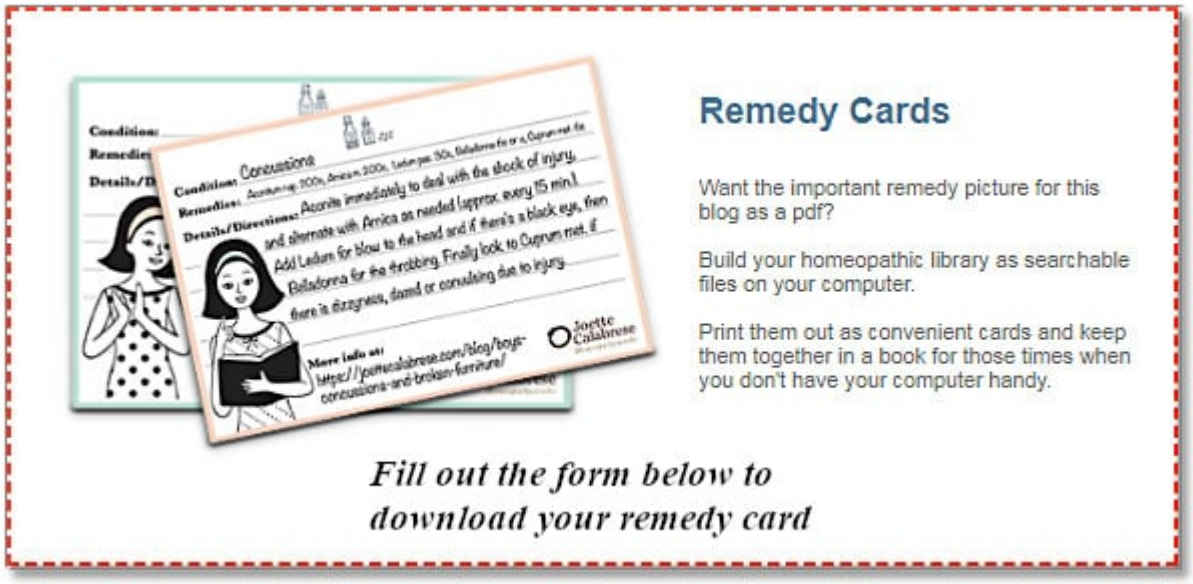
And ladies, mention this time-sensitive opportunity to your man – or even enroll him as a gift!

If you are interested in joining, we've extended the **cut-off date to this Tuesday, September 13**. So, don't hesitate. Please send an email to Eileen@PracticalHomeopathy.com soon!

And pass on the good news of homeopathy!

Warmly,





Old MacDonald Had Better Watch His Back



As much as I believe in homeopathy, I also believe in eating fresh, nutrient-dense food from family farms.

I believe the purest foods and the nutrition they provide enable our bodies to feel healthy, function properly and be more responsive to our medicines when we must meet illness with homeopathy.

But years ago, the Federal Government got involved. I would like to imagine that government regulations were initially intended to stop bad actors from maliciously fouling our food supplies with harmful ingredients. But over time, things changed … and changed drastically!

Big Corporations got involved. (You know, the ones who *manufacture* the harmful ingredients.)

A wise person once said to “follow the money” in any controversial situation. So, let’s do that.

Because Big Corporations have a lot of money at risk from developing their fertilizers, pesticides, herbicides and GMOs, they now spend a lot more money to influence Big Government's policies – especially where food and drugs are concerned.

I'm looking at you, Food and Drug Administration.

The FDA and the USDA (the United States Department of Agriculture) are coming down hard on an Amish family business (Amos Miller Organic Farm). And for those who don't know anything about the Amish in the United States, they're a beloved group of people who are hardly reprehensible. I think that Americans are proud to have them folded into the fabric of the American way of life.

Nevertheless, the government is engaged in a concerted campaign to make an example out of them as a deterrent to all family farms.

Old MacDonald had better watch his back!

Now, I've personally known Amos Miller for years. I've purchased from him time and again. The meat is extraordinary. The butter is wonderfully raw. And he sells the world's most incredible potato chips because they're cooked in animal fat.

(Those potato chips come in a huge bag! When placed on the floor, that gorgeous bag of chips comes almost up to my waist. And trust me, they also add to my waist because my family and I can't stop eating them! They're so pure and delicious – nothing like you'll find in the processed snack aisle in the grocery store.)

I encourage you to check out his website. You won't believe the wealth of healthy, organic, nutrient-dense foods he offers!

But the government would like to end all that. And why? Because he doesn't conform to the regulations endorsed by Big Business for their big corporate factory farms!

Yep, they'd love to wipe out the competition, wouldn't they? They'd love to make sure no one in this country tastes what PURE food is supposed to taste like.

They want us to have bland grain-fed beef, hormone-laden chicken, pale eggs, flavorless butter, liquid-chalk milk and Styrofoam tomatoes. And worse yet, fake meat.

My friends, I know I'm getting political here. And I worry that by sticking my neck out, someone will come along with a guillotine and chop it off. But I just have to say it:

Now, more than ever, the things we buy and the things we do in our daily lives are political statements!

From whom you buy your food is a political statement. How you choose to educate your children is a political statement. The kind of medicine you use, where you live, where you birth your babies – these have all become political statements!

Truth be told, these have probably always been political statements, but now the jig is up! The powers that be are showing their true colors. But if enough of us "vote" with our dollars, we can force them to follow OUR money.

Here's what I'd like to say to the FDA and the USDA:



Look, I don't believe this is a point of contention between our fellow citizens. On the contrary, ensuring the availability of fresh, healthy, chemical-free food choices is a unifying goal of both right- and left-leaning folks. So, this isn't a political matter of Conservative versus Progressive. No. It's a battle between all of us – together – and the politicians who are protecting Big Government and Big Business.

It's time for us to stand up and say, BASTA! (In case you forgot, that's Italian for "enough!")

Please take a few moments to watch this short video detailing the attack on Amos Miller's farm. And if you're interested, Amos Miller himself speaks to the controversy in this follow-up video.)

Take whatever action you can. Indeed, place an order from his website. Believe me, it will be a win-win for both your family and his.

But don't feel powerless if money is tight, and you can't place an order right now. I ask everyone to take a moment to sign the petition mentioned in the video at: LeaveThemAlone.com and leave a comment here on my blog.

Whatever you choose to do, I encourage you to remember that your fellow citizens are not your enemy – although politicians backed by Big Business are trying to make it seem that way. There is more that unites us than divides us. No matter our political leaning, we all want to feed our families with the tastiest, healthiest, most nutrient-dense food we can afford.

So, let's stand united on this – just as we stand together on the subject of homeopathy.

Let's stand with Amos Miller and all those dedicated farmers like him. Let's reclaim our power.

Warmly,



P.S. ATTENTION, MEN!!

We are facilitating the formation of a special **Men's Gateway to Homeopathy Study Group** that will begin on Tuesday, September 20, 2022. I can assure you that learning homeopathy with other men will be both a fulfilling and enjoyable experience! If you don't believe me, just listen to this podcast from a men-only study group we called our Dads with Audacity.

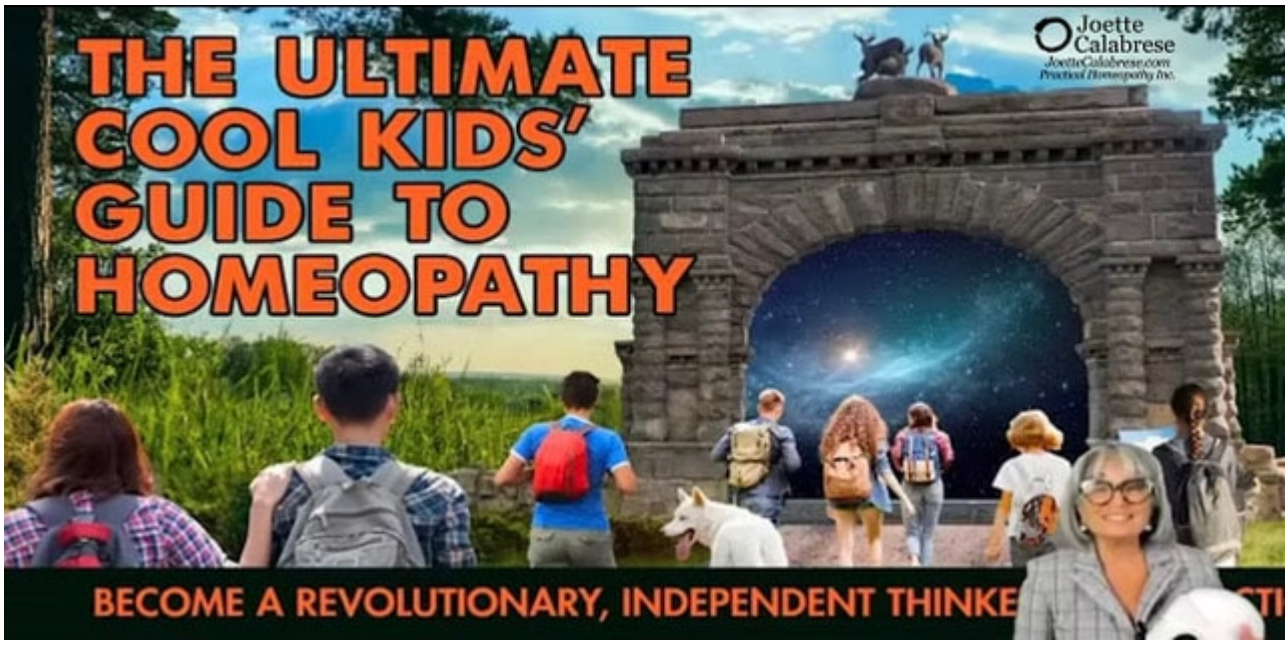
Without a doubt, you would benefit from joining *any* Gateway group. But I encourage you to take advantage of this unique chance to learn alongside like-minded men – who, just like you, are eager to provide healthcare leadership for their

families!

If you are interested in joining, please email Eileen@PracticalHomeopathy.com before September 9. Don't miss this opportunity!!

P.P.S. If this men's only group is not right for you, start on the path of finding a different Gateway to Homeopathy group on my dedicated Facebook page: Joette's Study Group: Find Your New Study Group Friends.

The Ultimate Cool Kids' Guide to Homeopathy



Will you look at that? The summer has flown by, and we're heading straight toward Labor Day! And you know what that means for the majority of our children? Yep, school is just about to start.

If you're homeschooling this year, (and even if you're not,

I might add), you're probably knee-deep in decisions about your curriculum. So, here I am – Joette Calabrese, former homeschooling mom – ready to help!

Personally, I found that teaching homeopathy to my children as part of their homeschool studies was highly effective for combining many different topics into one fun, practical curriculum.

By studying homeopathy, they were exposed to a bit of math, a tad of history, some chemistry, zoology, biology and botany, and even a dash of civics, law and Latin!

But most importantly, not only did they learn practical lessons and develop hands-on homeopathic skills, but they developed self-reliance along the way. I can think of nothing more valuable than a curriculum that builds self-sufficiency, competence and confidence. Can you?

My boys are all adults now, independent and entirely self-sufficient. My oldest is a captain for a major airline. My middle son runs a property management company, and my youngest has full responsibility for maintaining our company's computers and system-wide servers.

I want to help you achieve the same thing for your kids. So, I created The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®.

I designed this course to engage and inspire young minds in a way that kids find both captivating and fun. It's rich in graphics and will teach your adolescent or teen the basics of homeopathy in a hands-on, inspiring way.

- It's 13 weeks of engaging, recorded lessons for your child to watch.
- You'll also get printable handouts of the webinar slides to use for taking notes during class.

- There will be homework assignments and activities in the form of worksheets, recommended reading, supplemental videos to watch, quizzes, and hands-on projects.

Check out my syllabus to learn more.

However, now more than ever, our job is to teach our children how to think. Not how to follow, but how to think. So, as I developed this curriculum, basic subject-matter education was not my only motivation. I also wanted to help reinforce the vital life lessons YOU are already instilling in your child: self-sufficiency, competence and confidence.

When raising our children to be critical thinkers, I know of nothing more effective than teaching them Practical Homeopathy®.

For a sneak peek into just a few topics this curriculum covers, click here to download the infographic my team created especially for children. You'll notice that the infographic focuses on homeopathy for pets! Kids adore animals, dogs, cats, chickens, bunnies, pigs, ferrets, whatever! So, in this course, I often use animals as examples in my teaching.

Plus, I teach them how to deal with everyday issues that might arise in their own lives. For instance, let's say you're working in the garden and you get stung by a bee. Wouldn't it be fabulous if they knew precisely what to do homeopathically *without* asking?

Well, right in Lesson Eight, I teach that the best medicine for insect bites and stings is *Ledum palustre* in a 30 or 200, generally taken every few hours depending on severity (and, of course, discontinued when very much better).

Your children will learn the basics of homeopathy plus remedies for acute situations they and their pets might

face.

So, as you contemplate your homeschool curriculum or design an after-school activity for your children to enjoy, I urge you to consider The Ultimate Cool Kids' Guide to Homeopathy.

Together we can cultivate the next generation to be a flourishing tribe of independent thinkers, ready to challenge common public opinion and forge their own paths.

What better gift can a parent give their child than self-assuredness? They'll carry it with them long after we are gone – and, no doubt, they'll pass along the good news of homeopathy to their children and their children's children.

THAT'S the kind of generational wealth we should move heaven and earth to foster!

Warmly,

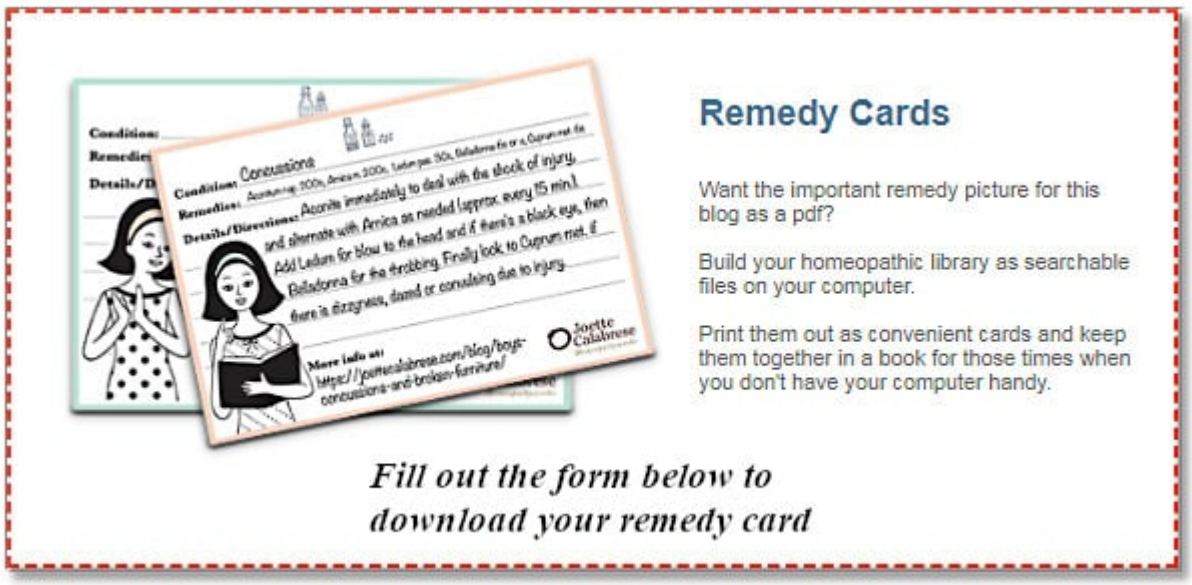


P.S. Don't just take my word for it; Moms have written in with unsolicited testimonials to say they love my curriculum:

"Thank-you for creating this wonderful course. It is such a blessing to have someone else with similar values to teach our children (apart from just me Mum, and Dad.) Love how Joette always portrays intelligence and grace, yet with a sense of joyful fun. Even Joette's lovely hair maintains absolute grace while travelling through Outer Space – wow!"
– Laura T., Noblesville TN

"To Whom It May Concern, please pass on the message that my 10 year old daughter just sat next to me and told me, 'Mom, you know why I love Joette? Bc she is so funny and she loves animals.' I don't watch these videos, but my daughter clearly loves the delivery. She says she doesn't understand everything, but she knows she will be able to watch them when she is older. Thank you to Joette." – Abby S., Dallas TX

P.P.S. And remember – all of 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.



Learn-a Your Remedies

Already read the Blog and just want to hear my Homi song? The words are in a video below, you'll need to scroll to find.



Let’s have some FUN today, shall we?

By now, you know I love to sing! Heck, I do it at the beginning of practically every Monday Night Live event (much to my son’s dismay, I might add).

Music was a staple in my family – like food, air and laughter. It’s just in my blood. What can I say? It’s in my *Italian* blood!!

So, I got together with my crack creative team, and we made a song just for you. It all began when my long-time team member Lara wrote a poem about homeopathy. I took some of those original ideas and then collaborated with my brother.

If you don’t already know, my brother, James Calabrese (Jimmy, to the family), is a professional musician.



Not only does he have beautiful instruments and top-notch professional equipment in his recording studio, but Jimmy's prowess as a composer, arranger and producer is well-respected industry-wide. He's the real deal!

But don't take my word for it. James Calabrese wrote for Whitney Houston and has the platinum record to prove it!



But back to my story. Jimmy and I collaborated like we were kids again. He fine-tuned the song and arranged and produced it. He even inserted a bit of trumpet accompaniment that my father (a professional trumpet player in his own right) had recorded before his passing. I can’t tell you how much it means to me to have my father’s trumpet playing along with our song!



So, this is genuinely my Italian family's labor of love. Add to that some professional graphics of my family members, and *eccoci qui*! Here is my gift to you: "With Our Homeopathic Protocols, You Learn-a Your Remedies!"

I dare you to get this earworm out of your head!

I'll share a behind-the-scenes video with my Mighty Members in a memo later this week. The banter between my brother and me will entertain all of you who have siblings. (How dare he imply that I'm short? Argh! Brothers!)

Anyway, as I always say, "Pass on the good news of homeopathy!" But now you can do it in song‼

Warmly,



P.S. It’s hard to believe, but school is about to start. In fact, it already has begun here in Florida.

If you’re homeschooling, are you currently looking for a well-rounded curriculum containing a bit of math, an introduction to chemistry through examining natural elements, a smidgen of botany, a tad of history and a dab of human biology?

What about instruction on zoology and animal care? And why not a dash of civics, law and even Latin?

Most importantly, how about a curriculum that builds self-sufficiency, competence and confidence?

You’ll find all of this and more in **The Ultimate Cool Kids’ Guide to Homeopathy:**

Become a Revolutionary Independent Thinker with Practical Homeopathy®. Take a look at the syllabus and the benefits of this formative course. And, as a sneak peek into just a few of the topics this curriculum covers, click here to download the infographic I created especially for children learning homeopathy.

Let me help you make back-to-school productive, easy and FUN!