

Update: Hernias and Homeopathy



It's that time of the year when we send our menfolk to fetch the decorations for our upcoming festivities. And off they go – up into the attic, out to the garage or over to a storage unit. (Sometimes, we get impatient and try to manage it ourselves!)

Those heavy boxes, filled with a lifetime of holiday accoutrement, may not look treacherous, but believe me ... they are. Improperly lifting is not only hard on the back but potentially can result in a hernia.

You see, a hernia occurs when either fat or part of an organ slips through a weak spot in a person's muscle tissue. This vulnerable area may have existed at birth (some babies are born with hernias), or it may have developed during adulthood due to obesity, poor muscle tone or even pregnancy.

Once it exists, this weak area can be exploited by any considerable increase in the abdomen's internal pressure. Heavy lifting is a common way that hernias occur; however, they are not the *only* way a hernia can develop. Straining during bathroom duties, pregnancy, heavy coughing, even a grand sneeze can trigger a hernia. And before you know it, a measure of tissue is jutting out between the muscle fibers, causing an unsightly, uncomfortable and sometimes painful bulge.

So, do we succumb to surgery for repair? No! We turn to homeopathy.

I wrote about hernias years ago, back in 2013. At the time, I was still a practicing classical homeopath. As such, I did not share a protocol with potency and frequency in my article, [Get Back in the Game: Hernias and Homeopathy](#). Recently, I noticed how many questions that article inspired, so I thought it wise to revisit the topic.

I continued to teach the same homeopathic medicine for hernias – *Lycopodium* 200 – that I discussed in that article. In fact, I used *Lycopodium* with much success 16 years ago on Buster the Bad Office Dog's sister, Marcy. Unfortunately, Marcy was born with an umbilical hernia. But *Lycopodium* resolved her little issue in just two or three days!

However, because of my subsequent studies in India, I can now share a slightly different protocol that the Drs. Banerji used – [Lycopodium 200](#) mixed with [Plumbum metallicum 200](#).

What do I mean by “mixed together”? I mean pillules of each medicine placed together in the mouth simultaneously or combination pillules purchased from a pharmacy that mixes the two medicines together during the manufacturing process.

We call it *LycoPlumb* for short. The Banerjis observed great success when their patients used it twice daily until the herniation receded. (Scroll down for your free remedy card to help you remember this protocol.)

Going back to that earlier blog post, I noticed quite a few questions on the various types of hernias. For example, there are inguinal and femoral hernias (in the groin), umbilical hernias (like Marcy’s, near the belly button), and hiatal hernias (internal hernias at the top of the stomach by the esophagus).

Do you need to remember all that? Absolutely not!

In my years of experience with homeopathy, a hernia is a hernia is a hernia. In the Banerjis’ clinic, they were all treated in the same manner – *LycoPlumb* 200, twice daily until resolved.

How long will it take for resolution? Well, that depends. I think the reason it acted so quickly with Marcy was because she was a puppy. (Ah, the benefits of youth!) For an adult, however, complete resolution of a hernia may take many weeks.

But whether helping dogs, babies, pregnant women or men who lifted too many holiday boxes, *LycoPlumb* 200 covers the whole shebang!

A hernia is not the kind of Christmas gift you want! So, lift your boxes carefully, repack them lighter for next year and have some *Lycopodium* and *Plumbum* on hand ... just in case.

And don’t forget to pass on the good news of homeopathy!

Warmly

A handwritten signature in cursive script, appearing to read 'Joette', written in dark ink.

P.S. Speaking of the holidays, it's not too early to get started on your shopping list. A lovely gift (if I do say so myself) for your friends in homeopathy is [A Materia Medica: Practical Homeopathy® for Busy Families](#). Written in everyday English, they'll learn about 155 homeopathic medicines with keynotes and short examples. It's a fun read and a great reference!

Or perhaps your family is asking for hints for you! Well, you might consider asking them to gift you a homeopathic protocol course. Which course? Well, my team devised a [course selector](#) to help you discern which course would best fit the conditions you are dealing with in your family. Try it! And then leave a few little notes out and about where Santa's elves can find them.

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.



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New Trick for an Old Dog (or Old Human)



New Trick for an Old Dog

Hey, Buster the Bad Office Dog here.

I know it's been a while since I've written you, but I've been finding it more and more difficult to jump up into Mom's computer chair. Boy, that thing is HIGH! (Come to think of it, Mom's kinda short, too. I wonder if it's hard for her to get into this chair?)

Anyway, let's face it. I'm not as young as I used to be. In fact, I'm 16 and 1/2 years old, which is about three and a half years older than my breed's (Bichon-Frise/Poodle) life expectancy.

Perhaps I can thank good genes for my long life ... although, I can't be sure because, unfortunately, my sisters passed away when they were seven (under someone else's care).

But personally, I think my longevity has to do with Mom's homeopathy! I mean, really, how else would you explain my good fortune?

Don't get me wrong, I have a few issues. I sometimes have canine bloat, which causes me to make this horrible hoarfing sound that Mom loathes. (I guess I usually do it when she's trying to record videos for her students. Oops! But how else am I supposed to make my presence known?!)

You know what? While I'm already here in this dreadful chair, I'll write more about how Mom solved my canine bloat and share it with her [Mighty Members](#) later this week.

I also have some cardiovascular issues, which have caused me to be a little lethargic. But once again, Mom (and homeopathy) came to my rescue.

Mom knows about a really cool remedy called *ARF-nica*!

Wait, I think it's pronounced just "*Arnica*." (Sorry for the mistake, but don't forget ... human is not my first language.)

Anyway, Mom began placing a few drops of *Arnica* 30 (prepared as a liquid) in my water bowl. (If you are unable to purchase it as a liquid, you could always use [Arnica 30 pillules](#) dissolved in the water.) Mom, of course, changes my water every day and then adds fresh *Arnica*.

I drink from my bowl several times a day, so I'm always getting my daily doses of *Arnica*. Mom and Dad think that since I've been taking it my energy level has improved. They say I'm "perky."

Hey, maybe I should be renamed Buster the Perky Office Dog! I like that!

In case you haven't noticed, one of Mom's favorite homeopathic medicines is *Arnica*. How do I know? Well, I lie in her office as she's creating lessons for her Academy of Practical Homeopathy® students. Every week, she does a 40-minute video lesson covering the use of two or three different remedies.

When it came time to do *Arnica*, she spent an entire HOUR talking about its many uses. As she says, "It's a remedy of important measure" for acute illnesses and injuries, especially for chronic conditions like mine. In fact, *Arnica* is so important that one of the images featured in The Academy's videos is an animation of *Arnica* flowers blooming. It's almost their mascot. (Hold on! I thought *I* was the company mascot. Grrrrrrrrrrrrr.)

Anyway, they tell me that Mom used to say, "When in doubt, use *Nux vomica*." But I don't think I've ever heard her say that since I've been alive! So, yep, she's definitely changed her mind since the old days!

Now she says, "When in doubt, use *Arnica*!"

So, whether you're an old dog (like me) or an old cat, chicken, llama, or human, remember your *Arnica* 30. Heck, even if you're young, *Arnica* can help with cardiovascular issues that zap your energy. (Scroll down to download your free remedy card to learn the specifics.)

I'd love to stick around and chat, but all this talk about my water has made me thirsty. Now, how do I get down from this chair?



P.S. Joette, here. Owning a *materia medica* is the best way to learn all of the conditions each particular homeopathic remedy can address. While there are free *materia medicas* online, for some, they may be challenging to comprehend without some training.

I wrote [A Materia Medica: Practical Homeopathy® for Busy Families](#) in everyday modern English, along with illustrative examples from my many years in practice, to help you become

familiar with these tried-and-true medicines and their applications. I encourage you to own a copy so that you can acquaint yourself with *Arnica* and 154 other commonly used medicines – and pass on the good news of homeopathy!



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Abrotanum for Appetite



Today is traditionally met by eating too much candy. If that's already your issue, I've previously discussed how to address the effects chocolate can have on your metabolism in [Put Down That Chocolate](#).

But the thought of all that Halloween overeating (coupled with the visual of skeletons everywhere) made me think of folks who don't eat enough! Whether by nature or pathology, certain individuals may find they have no appetite. Even a meal of real food doesn't appeal to them.

Given that homeopathy offers an elegant solution, we mustn't stand idly by and watch our loved ones become skin and bones.

A client once approached me with grave concern for his son – a handsome little toddler who was wasting away because he wouldn't eat more than a few bites of bread each day. (The

thought of breadcrumbs still reminds me of Hansel and Gretel. So, to protect his privacy, let's call him Hansel.)

Hansel had no appetite except for the occasional bite of bread and water. But as we know, "Man shall not live by bread alone."

And neither can toddlers.

Poor Hansel was literally wasting away. By the time my client approached me, the situation was dire. We needed to act quickly – perhaps too quickly for homeopathy to address this chronic issue. So, little Hansel received an interventional feeding tube to preserve his life, giving his parents time to address the underlying problem homeopathically.

Simultaneously with the feeding tube insertion, his family began administering [*Abrotanum 6C*](#) twice daily. Over time, the *Abrotanum* slowly helped increase young Hansel's appetite until the doctors were able to remove the feeding tube. After that, Hansel continued to eat enough to sustain himself and eventually thrive.

Indeed, this example beautifully illustrates that there is a place for modern medicine in our healthcare. Homeopathy can work seamlessly with necessary conventional lifesaving techniques. In Hansel's case, conventional medicine provided an immediate solution while homeopathy addressed the long-term pathology.

It is important to note that this medicine is not only for youngsters. It is also appropriate for individuals of any age who experience appetite suppression. Since my last few blog posts have focused on the caregiving of seniors, let me share the experience one of my team members had with [*Abrotanum 6C*](#) when her elderly mother, Eleanor, was using it.

Eleanor had lost over 20 pounds in short order. You know that I always stress the importance of getting a proper diagnosis;

however, in this case, no pathology was found to be responsible. Her weight loss simply stemmed from having no appetite. Even her favorite foods were left uneaten and were merely pushed around on the plate.

My team member was at her wit's end! You can lead a horse to water, but you can't make a horse – or an elderly parent – do anything they don't want to do.

The good news? After only a few days of *Abrotanum* 6C, Eleanor began to show interest in food again.

My team member was astonished.

In only a few days, her mother's weight began to stabilize and then increase. Eleanor devoured entire plates of her favorite foods and even volunteered to try foods she hadn't tried before. It was a complete turnaround.

And, as is always the case, the homeopathic medicine did not interfere with the conventional drugs that Eleanor was currently taking. I say it all the time ... homeopathy is polite. Indeed, it's so polite that it plays well with others!

Of course, as with other homeopathic medicines, *Abrotanum* should be discontinued when the sufferer's condition is very much better. However, observe carefully. In Eleanor's case, when the lack of appetite would seem to return, another few days' administration of *Abrotanum* would again resolve the problem.

There is enough for caregivers to worry about without fretting over their charge's sustenance. *Abrotanum* is the homeopathic answer for young children, the elderly, and anyone in between who suffers from a complete lack of appetite – even pets!

So, the next time your friends or loved ones express concern over a diminished appetite, pass on the good news of homeopathy!

Warmly

A handwritten signature in black ink, appearing to read 'Joette', with a long, flowing tail that loops under the name.

P.S. I discuss *Abrotanum* in my course, [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#) and how to integrate it into a full schedule of homeopathic medicines for other concerns. In fact, I cover a great many medicines in that seminal course. Many conditions begin in the gut and can be nipped in the bud with proper use of homeopathy.

I highly encourage you to complete a [Gateway to Homeopathy study group](#) to lay a good foundation. But, when you're ready to take your first course, start with [Good Gut, Bad Gut](#). The gut is the seat of a lot of our illnesses. This isn't a principle we learn in homeopathy (it's more naturopathic), but usually, if your gut is fine, then your brain is fine, your skin is fine and your uterus is fine (and on and on). That's obviously a broad generalization, but I often find it to be true. I also thoroughly cover case management within [Good Gut, Bad Gut](#). It will be a valuable, comprehensive resource for your entire family.

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.



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Calm the Stress of Aging



One might think retirement would mean unburdened relaxation – a reward of serenity for a lifetime of hard work and stress.

Perhaps for some.

But for many of our elders, the promised joys of retirement are marred by illness, physical decline, dementia, loss of independence, relocation or a host of other stressful events that they are no longer emotionally equipped to navigate.

Agitation ensues.

The very last thing our senior citizens need is to add a conventional pharmaceutical sedative to their regimen. A broad-spectrum blunting of their emotions is generally unnecessary and unproductive – not to mention, it ushers in potential side effects that can lead to falls and further deterioration.

But we have homeopathy! And, more importantly, we have Boiron!

Rather than repertorize for each rubric, why reinvent the wheel? Boiron has developed a combination product that works elegantly to address unusual irritability, hypersensitivity or fatigue stemming from stress. It's called [StressCalm™](#) (formerly known as Sedalia). It gently and politely smooths the rough edges of nervous tension with no sedating effects. As a result, your elderly loved one will experience a relieving sense of calm yet remain alert – not feel drugged or drowsy.

And the best part? This combination medicine is not just for seniors!

Caregivers (those who undergo tremendous, unrelenting stress while prioritizing another's needs) can also benefit from StressCalm. Business folks can mitigate their apprehension before a big presentation. Fearful flyers can soothe their nerves before boarding a plane. Students can alleviate test-taking jitters. Bridezillas can reduce their distress leading up to the wedding. The applications for StressCalm are endless.

Why? Because Boiron developed a well-rounded, thoughtful combination of homeopathics known for their ability to address stress-induced anxiety.

So, what are these efficacious homeopathic medicines? I quote from [Boiron's website](#):

- Aconitum napellus 6C HPUS – Relieves restlessness and agitation
- Belladonna 6C HPUS – Relieves hypersensitivity to stress
- Calendula officinalis 6C HPUS – Relieves nervous fatigue, hypersensitivity to noise
- Chelidonium majus 6C HPUS – Relieves digestive

symptoms caused by stress

- Jequirity 6C HPUS – Relieves uneasiness
- Viburnum opulus 6C HPUS – Relieves nervousness and restless sleep

As you experience (or witness) success with StressCalm, you may want to increase your knowledge about these ingredients. I encourage you to look up each of them in a *materia medica*.

I wrote [A Materia Medica: Practical Homeopathy® for Busy Families](#) in plain English (well, perhaps with a bit of a Western New York accent) to make it easier for you to become familiar with the most commonly used homeopathics. Those medicines that are a tad more obscure can be researched in one of the available [free online materia medicas](#).

Learning the hallmarks of each of these medicines will expand your education in homeopathy. Additionally, over time, it may be determined that only one of the individual medicines is needed. (But if StressCalm is working, why mess with success?)

Best of all, homeopathic medicines have a reputation for not interfering with other medications, supplements, or vitamins.

Look, everyone experiences occasional stress. It's part of life. But when we can no longer cope adequately, StressCalm gently nudges our body and mind to find a place of calm amid the turmoil. What a lovely gift to give the seniors (or anyone) whom we love.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', located in the top left corner of the page.

P.S. Should you want to turbocharge (or perhaps I should say “potentize”) your homeopathic knowledge, I urge you to join a [Gateway to Homeopathy study group](#). Studying with others can equip you to lay a stronger foundation in homeopathy than any other learning method. They say, “Two heads are better than one,” right? So, imagine ten heads! Or twenty! Learning alongside others exposes you to a broader array of health concerns and solutions. Plus, learning in a study group reinforces your ability to discover answers to questions others might have – questions you may not have even thought about without them.

It’s how I learned and how I suggest all of my readers become students. Even if you have a cursory awareness of homeopathy, a [Gateway to Homeopathy study group](#) is the perfect place to refresh and organize your knowledge. Over 9,875 study group members have benefitted from my curriculum. Join their ranks today – develop the confidence and competence you need to care for your family.



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Care for the Caregiver

Care for the Caregiver



We expend a great deal of energy attending to those who need care. It's only natural.

But who provides care for the caregiver?

As we engage in these homeopathy lessons regarding our loved ones' health conditions, the bulk of our attention is obviously focused on the sufferers. But more often than not, we lose awareness that we are also suffering.

Caregiving is physically, mentally and emotionally

challenging. I've been there with my children, of course, and later, with my parents. I would sit by my mother's side and watch her. I'd vigilantly observe her to detect changes in her condition or simply to be on the lookout to anticipate her needs. As I sat, perhaps I'd read to her or pray or quietly tend to her comfort.

Meanwhile, the world was passing me by.

As I sat beside my mother – watching – one moment, I would feel tremendous worry, then suddenly, a change for the positive would make me hopeful, only to have my hopes later dashed back into resignation.

Back and forth between conflicting emotions, I bounced like a Super Ball in a tiny room. I was all over the place.

And that all-encompassing emotional rollercoaster takes its toll on even the most stalwart caregiver.

Exhaustion ensues, but homeopathy, as always, offers a solution.

Cocculus is a gentle, polite medicine to nudge the caregiver's body and mind into a more well-adjusted space – a perfect fit for the rubric described as “night-watching.” I love that expression because it is so explicit. We caregivers can viscerally identify with the term (although, unfortunately, 24/7-watching might often be more accurate).

Let me quote from [A Materia Medica: Practical Homeopathy® for Busy Families:](#)

“*Cocculus indicus* is an excellent remedy for those who have been feeling weary and burned out for a long time but won't admit their exhaustion. In many cases, they are people who care for others and remain awake for long hours, ignoring their own needs in favor of those they care for. It is therefore an excellent remedy for overworked doctors,

nurses, midwives, rescue workers and mothers.”

I have used both [Cocculus 30 and 200](#) with equal success. Generally, the use of *Cocculus* (whichever potency is on hand) twice a day for a few days is enough to restore the caregiver’s vitality. Then, when the weariness hits again, the medicine may be resumed for another few days, until very much better.

As they say on airline flights, “In case of emergency, put your oxygen mask on first and then assist others.” That’s an industry-specific way of saying that you can’t do anybody else any good if you don’t take care of yourself. But when most of us become caregivers, we throw that wisdom out the window. Instead, we hurl ourselves full force into caretaking and abandon our own needs.

It seems like the righteous thing to do, but that degree of self-deprivation can’t last long. We’re only human.

Put your oxygen mask on first, and then assist others.

As a caregiver, I considered *Cocculus* 30 or 200 to be my oxygen mask.

I can assure you, from experience, that caretaking is one of the most demanding jobs you will ever do. But it is also one of the most rewarding. Now that my parents are gone, I don’t remember the exhaustion and difficulties as much as I treasure the precious memories of spending their last months with them, intimately involved in their care.

Caregiving is a beautiful gift that we initially believe we are giving to others – but in fact, the gift is ours as well.

So, pass on the good news of homeopathy – to sufferers and caregivers alike!

Warmly,



P.S. *Cocculus* is not limited to palliative or hospice caregivers. Caring for suffering children, spouses or even unwell pets can be a call for *Cocculus*. It's up to you to employ your education and determine if it is a good match. To that end, I encourage all devoted students of homeopathy to own a good *materia medica*. There are several available online for free, but most of those were published decades ago and written quite technically. Their information may be difficult to absorb at a glance, especially with a weary mind.

I wrote [*A Materia Medica: Practical Homeopathy® for Busy Families*](#) in plain English – my English, my voice. It's easy to use as a reference when you are choosing between several potential medicines. Even if you don't have an emergent need, it's quite illuminating to acquaint yourself with homeopathic medicines you may not already know. Plus, it's a fun read (even if I do say so myself) with lots of illustrations and explanatory stories from my personal and professional experience. I hope you'll add it to your homeopathy library.



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Palliative Care



Joette Calabrese
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For those of you in my generation, a significant concern is

caring for our aging parents. If you've followed me for any length of time, you probably know that both of my parents have already passed. But I cared for them both. My mother even lived with my husband and me during her final years.

I've discussed caring for the elderly in several formats: a [podcast](#) and a [blog post](#), and I've touched on it in several Facebook Live sessions.

However, there is one topic I haven't covered, which was recently brought to my attention by a student:

"I would love to hear a talk on palliative care for the dying. I sat at the bedside of 3 of our parents as they passed. I didn't know about homeopathy at the time, but in learning and studying, I would love to know what might be some remedies to stockpile ... Things to help ease the transition and calm minds and hearts."

Palliative care at the end of life is a broad topic, so let's focus on the student's central question about calming minds.

First, let me say that the emotional turmoil experienced by the dying may seem unique. But in homeopathic terms, it really is no different than the anxiety experienced by someone who has undergone a shock by witnessing a catastrophic event, the restlessness a child suffers when they can't sleep at night or the fearfulness of a family pet when their master is away.

Anxiety, restlessness and fear are addressed in the same manner – no matter the cause.

Individuals tend to think their situation is different from others' issues because of the "whys" behind their current suffering. During the years I have taught homeopathy, this seems to be a common misconception among students. Perhaps it's because they don't hear many other people talking about

it (whatever “it” is). That isolation leads them to believe their condition is unusual, requiring a more specific homeopathic medicine than others might choose.

But let me assure you, the symptoms are the symptoms. Whatever symptoms present, they are the symptoms we address – regardless of the causation.

Anxiety, restlessness and fearfulness can occur because of a variety of underlying conditions or situations. These symptoms are not unique to the end of life, but they certainly feel more crucial as you try to calm the sufferer’s mind as the inevitable transition approaches.

[Aconitum 200](#) or [Arsenicum 200](#) are generally good choices to consider. If a person is in a total panic, either one may be used every 15 minutes for the first hour. Then, endeavor to reduce the frequency to every few hours, as needed.

For instance, if the anxiety, restlessness or fear returns three hours after the last dose, we would know every three hours is the proper frequency. But we keep trying to open it up. Perhaps next time, the disconcerting emotions don’t return for five hours. Then that becomes the correct frequency.

However, whatever the chosen frequency of the medication is, we always stop when the condition is very much better. Often, in my experience, I haven’t needed to use more than one or two doses to resolve the issue!

This demonstrates one of the more gorgeous characteristics of homeopathy. It encourages us to keep our finger on the pulse of what’s happening to the ones we love through careful observation.

That’s a far cry from conventional medicine, in which a handful of pills are consumed at specific intervals without a second thought! Give me thoughtful homeopathy over

impersonal conventional medicine any day!

The desire to smooth our loved one's transition at the end of life is a natural human instinct. In its polite and gentle manner, homeopathy helps us ease the sufferer's mind and provide a safer, calmer environment during this emotionally charged yet precious time.

Next week, I will write about a homeopathic medicine for the caregiver. So, stay tuned, and pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', written in black ink.

P.S. I plan to elaborate (albeit tangentially) on this topic in next week's Memo to Mighty Members. If you're not yet a member, I encourage you to join! Don't miss out on additional educational offerings and more candid conversations with me – not to mention the camaraderie with other members.

Plus, due to the recent difficulty we've experienced with presenting our live events on Facebook, you'll also enjoy being able to more efficiently view and interact with me on Monday nights through the Mighty Members' site – without the frustration of Facebook.

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.



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Oral Thrush



Yes. There can be too much of a good thing.

A certain amount of the fungus *Candida albicans* normally inhabits our mouths. It serves a purpose – to help with digestion. However, when an overgrowth of *Candida* occurs, oral thrush appears!

This overgrowth can happen because of a diet too laden with sugars, a suppressed immune system, or as a side effect of medication, particularly from antibiotics.

(Go on! Antibiotics can cause this?)

Oral thrush may cause a variety of symptoms. Sometimes, it can go completely unnoticed.

Other times, one might experience white lesions on the tongue, gums, inner cheeks or throat, cracking or bleeding of the corners of the mouth, heavy salivation, difficulty

swallowing and, occasionally, even a loss of taste.

It can occur in anyone but often feels most distressing when it occurs in babies.

We moms hate to see our tiny ones suffer.

A baby with oral thrush will fuss and cry when attempting to nurse and not be fully nourished because of the difficulty.

Sadly, they may end up passing the oral thrush onto their mother's nipples as well. And then the thrush may continue to be passed back and forth between them in a never-ending, uncomfortable, unpleasant cycle.

[Borax 6](#) should be the first medicine that comes to mind for oral thrush, especially when it's accompanied by excessive salivation.

It matters not whether the sufferer is an older person with oral thrush from immune disfunction, a baby with oral thrush, or even a new mother who contracts thrush on her nipples by nursing her affected infant.

No matter the underlying cause, we address the condition as defined by the diagnosis and the symptoms.

Several homeopathic remedies are effective against Candida overgrowth. In fact, I've written about other effective choices in [Vaginal Yeast Gone with Homeopathy](#). But specifically for oral thrush, consider *Borax 6*, directly in the mouth twice daily.

And of course, as it is with all homeopathic medicines, we stop when the condition is very much better.

Conventional medicine offers antifungal drugs that carry with them unnecessary side effects.

Why replace your thrush with diarrhea, abdominal pain, or

kidney or liver damage? Homeopathy offers a solution to oral thrush by working to politely nudge your body into gently making the needed corrections – with no side effects.

There's no contest between the two! So, be sure to have a bottle of Borax in your remedy kit just in case accessibility to homeopathics changes.

And be sure to pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', written in dark ink.

P.S. I've received quite a few queries in the past regarding systemic yeast overgrowth. You may desire to delve deeper, so I direct you to my course, [Good Gut, Bad Gut](#), as gut health is a significant contributor to fungal population control. However, others of you may be more concerned about yeast overgrowth on the skin (often in reproductive areas of men and women). In that case, you may benefit from my course, [Skin, the Ugly Truth](#).

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.



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Organizing Complaints

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As you can imagine, I get loads of questions. Some queries are posted here in the comments; some come through Facebook; some are emailed to my office. I'm just glad they're not all snail-mailed to me on paper. I'm not that tall. I'd be buried alive!

Many times, the questions posed are too specific to personal cases for me to address. As you know, I cannot consult or take a case on these public platforms.

However, I welcome general questions. Through them, you help me understand what topics need to be covered more thoroughly.

For example, here's an excellent question from a student:

"One thing I'm stumbling with is where to list complaints ... like do I put 'cold sore' under C, or S for skin, or R for rash? Does knee pain go under K for knee, or P for pain, or A for arthritis ... etc.?"

“If you are going to share more organizing tips, would you consider weighing in on how you might categorize/file complaints?”

I love that question!

Look, I’m very old-fashioned. I prefer hard copies of material, replete with painstakingly curated, handwritten notes. If you saw the books in my office, you’d laugh.

My most precious collection – the consolidation of most of my notes from my extensive time spent in India at the Prasanta Banerji Homoeopathic Research Foundation – is contained in a large 3-ring binder. The pages are different sizes and eventually obscured the organizational tabs along the sides of the pages that segmented my giant book of notes into sections. I couldn’t sift through the pages without great effort, which became quite frustrating.

So, here’s one little trick I came up with to overcome that obstacle. First, I created a heavy-stock lead page at the beginning of each of the section partitions. Then, I taped a popsicle stick to each lead page, taking care to have it jut out far past the edge of the largest pages so that the sticks remain readily accessible. (See the photo above.)

(Stop laughing. I told you I was old-fashioned, and nothing in this modern world can be handier than a well-placed, low-tech popsicle stick!)

Next, I wrote the name of the section’s category on both sides of the popsicle stick (so that the labels are legible whether my book is open or closed).

Now, here’s the answer to my student’s question: The popsicle-stick-designated sections are loosely arranged according to some of the old homeopathic repertories! I find that to be the most intelligent, intuitive way to organize notes.

Here are my categories:

- Mind
- Head
- Eyes (including sight)
- Ears
- Mouth (including dental)
- Throat/ lymph nodes/thyroid
- Respiratory (including nose and sinuses)
- Cardiac
- Gastrointestinal
- Urinary tract
- Male/Female (reproductive)
- Muscular/Skeletal
- Skin
- Generalities (fevers/and specific conditions unrelated to above categories)

Some repertories contain different, more detailed breakdowns, while modern repertories (such as [Robin Murphy's](#)) contain additional chapters and a different layout. But this basic hierarchy, as listed above, is what works for me.

So, going back to the question, I would place information about cold sores in the Mouth section. I'd organize Dengue Fever under Generalities. See?

Once you have the general binder set up to your liking, you can also customize your collected information about specific complaints according to hot topics that matter most to you. For instance, you could add a section called Vaccination if that is of particular interest to you. Make it your own!

The easier it is to access your information when complaints arise, the faster you and your loved ones will regain good health ... and the quicker you can pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. To learn more tips and tricks from other like-minded folks, I suggest you join a study group. Sharing information in a group setting can turbocharge your learning. I recommend it because it's the way I learned when I first started out in homeopathy. Your group will not only explore the topics that interest you but also will examine subjects you may not have considered if studying alone.

So, for a well-rounded homeopathy education, start with [Gateway to Homeopathy: A Guided Study Group Curriculum](#). My self-guided curriculum will take your group by the hand and give you a strong foundation on which to build. Even if you already know a bit about homeopathy, a study group will provide lifelong friends who can share your journey, your trials and your successes.

They say two heads are better than one, so imagine how much better an entire study group filled with industrious noggins can be!

Sneezing Jags



In Walt Disney's film, "Snow White and the Seven Dwarfs," Sneezy was adorable and humorous. In real life, however, excessive sneezing can be embarrassing, unpleasant and sometimes downright distressing.

I should know. My husband suffered from intense sneezing jags, and there were no friendly bluebirds or catchy tunes anywhere in sight. Once, he sneezed nearly 40 times in quick succession. Finally, he became so physically weak from the onslaught, he was literally brought to his knees!

Now, before you start reaching for the homeopathy to stop one or two little sneezes, let me say this: “Don’t overreact! Don’t take sneezing by itself too seriously. A few sneezes in a row are not a big deal. It’s just your body’s way of getting rid of an irritant, allergen, or foreign substance.”

If you’ve been aggressively peppering your dinner before your sneezing jag occurs, you don’t need to take action.

But if you notice pervasive sneezing – incapacitating sneezing – then it’s time to make some determinations. First, I want to make this clear: We’re not simply addressing the mere act of sneezing. No. Our focus is on tackling the underlying condition regardless of its cause.

So, what is associated with the sneezing? What condition is being ushered in? A cold? An allergy? It really doesn’t matter. If a pathology presents with severe, repetitive, all-encompassing sneezing, then [*Arsenicum album* 6](#) is the generally accepted homeopathic medicine of choice.

When my husband collapsed from that particularly crippling sneezing jag I mentioned, I gave him *Arsenicum* 6 as an SOS. Also, I encouraged him to continue it twice a day until he no longer felt unwell. Not only did *Arsenicum* stop the event; most importantly, it also began to nudge his body to correct the underlying disorder naturally.

Arsenicum was so efficacious in my husband’s case that he no longer suffers from those agonizing sneezing fits!

You may recall, I’ve written about excessive sneezing before in [Break Out of Prison](#). In it, I discussed [*Galphimia glauca*](#) for unrelenting bouts of sneezing. But as I always say: “In homeopathy, there’s usually more than one way to skin a cat.” So, I try to provide my students with several medicines to consider, allowing them to make their own well-informed decisions.

Now, uprooting allergies is a dense topic requiring much more time and study than a simple blog post can allow. If you want to become as proficient as possible in addressing allergies, may I suggest you take my course, appropriately entitled [Allergic?!](#) I've been there. I had chronic allergies for years. My allergies were so severe, I was relegated to a life indoors away from perfumes, flowers, pesticides and restaurant food. Let me share what has worked for my clients, my family and me. I want to share with you what I have learned in my 34+ years in homeopathy!

It's my mission to bring homeopathic medicines to every medicine cabinet across the globe!

Once you've experienced it in action, you can help in the cause by passing on the good news of homeopathy to friends, neighbors, and relatives!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', written in dark ink.

P.S. And remember – all of my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases, such as the [Allergic?! course](#) we just discussed. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

P.P.S. If you're not ready to invest in a full course quite yet, there is no better way to begin your journey in homeopathy than by joining a [Gateway to Homeopathy Study Group](#). For far less than a doctor's visit co-pay, you'll start to learn how to observe the entire picture of a condition and how to use that observation to choose the best

medicine for your unique situation. You'll develop confidence and competence as you learn many practical protocols.

All that, while also meeting and making new like-minded friends – friendships that can last a lifetime!

My curriculum makes it easy to start your own group, OR you can join a group that is forming. You can find the upcoming groups at [Joette's Study Group: Find Your New Study Group Friends.](#)

I urge you to join a group today. Group study is what catapulted my abilities to care for my family decades ago.

Buy your copy of [Gateway to Homeopathy!](#) The inexpensive cost of this curriculum will be repaid many times over with the money you'll save on unnecessary medical visits and expensive allopathic drugs.



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It's Fall. Allergies Are Back!



I suppose you might say I've been on a theme lately: yard work.

Do you remember our imaginary friend from last Sunday's blog post? [Dear John](#) was hit by a postal truck as he was mowing the lawn.

After spending a few days thinking about John's dilemma, I then shared a clever lawn care solution with my [Mighty Members](#).

Now, as I'm writing today, I still can't get end-of-summer yard work out of my head! And what comes along with yard work?

Yep. Allergies.

Seasonal allergies don't only occur in the spring. Many people experience much worse symptoms in the fall.

So, with those folks in mind, here's a link to a product we haven't discussed before: [Allergena™](#).

Allergena offers allergy relief in a range of customized products, each formulated with ingredients representing the most prevalent outdoor allergens – each carefully curated and homeopathically prepared – from nine specific geographical zones across the United States. Customers purchase the appropriate product according to where they live.

If a person lives in Florida, the offending grasses, flowers and trees are obviously not the same as if they lived in, say, Oregon. So, Floridians would purchase Zone 2, and Oregonians would order Zone 8. There's a handy [chart](#) right on their site to determine in which zone you reside.

Now, even though Allergena does contain homeopathic medicines, Allergena is not *strictly* homeopathic. It also utilizes isopathy.

Isopathy subscribes to the principle “exact cures exact.” In other words, the actual gross substances that are causing the allergic reactions are employed.

On the other hand, homeopathy means “similar suffering” – remember, “like cures like.”

What do I mean?

Well, I often use the example of *Rhus tox*, a homeopathic medicine created from the poison ivy plant. If one were to use *Rhus tox* to address a bout of poison ivy, that would be isopathy – “exact cures exact.”

But in homeopathy (“like cures like”), the first choice is generally *not* homeopathic poison ivy (*Rhus tox*). Instead, *Anacardium orientale*, a homeopathic medicine made from a type of cashew tree, is chosen because the symptoms it causes are *similar to* the symptoms typically seen in a reaction to poison ivy.

While I’m not advocating for Allergena as the perfect answer, it does appear to be a viable SOS to make the sufferer more comfortable. If it softens the symptoms, then that is undoubtedly worth it, in and of itself!

Permanently uprooting allergies with homeopathy should be our long-term goal. But uprooting any chronic condition takes time and, most importantly, education. That’s why I created my course, [Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.](#)

Depending on the severity of the allergies, it may take up to a year to fully address them. So, why not take a two-pronged approach?

Allow Allergena from the appropriate zone to help now and, simultaneously, get to the bottom of the allergies by learning specific homeopathic medicines and practical

protocols for the exact type of allergy you're dealing with.
Win-win!

As an aside, I have no affiliation program with the manufacturer of this product. As with all of my blogs for the last 14 years, I teach you for the sake of teaching and getting the word out about homeopathy.

And while you're out doing your yard work with no sniffles or sneezes, pass on the good news of homeopathy to your neighbors!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', written in dark ink.

P.S. 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.



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