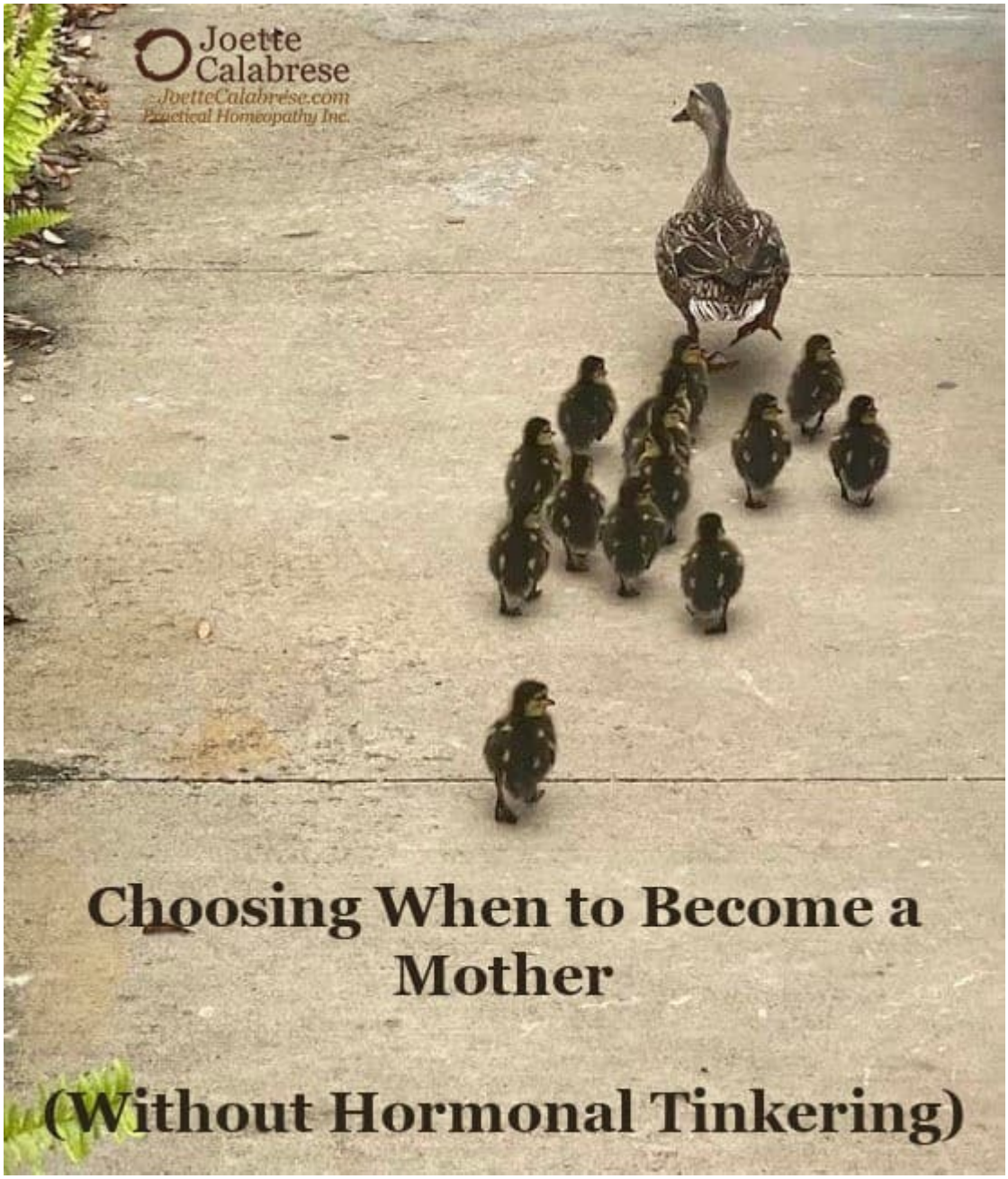
Choosing When to Become a Mother (Without Hormonal Tinkering)



Happy Mother’s Day!

There is nothing – and I do mean nothing – more rewarding than being a mother. We care for our young. We teach them to care for themselves. We protect. We nurture. We love, and we are loved in return.

But choosing when to become a mother involves careful decision making.

Perhaps we need to assess our stability – financial or situational. Maybe we have a big enough brood already, and we don't want to add more children to our family. (The more ducklings you have, the harder it is to keep them in a row!)

Whatever our reason for delaying motherhood at any particular moment, we need not succumb to drugs of commerce – birth control pills or Depo-Provera shots that can usher in long-term hormonal disruption.

I've written about natural birth control before in Ditch Birth Control Pills and Natural Birth Control: The NEW, Up-to-Date Way. In response to those articles, I've heard from several of you about your successful experiences with the Billings Ovulation Method®.

I personally counted on this method after taking a class 30 years ago, taught by a nurse practitioner at our local Catholic hospital in Buffalo, New York.

But here's the funny part: I didn't know it was called the Billings method! Apparently, this is an updated version and more readily available.

In her book, The Billings Method of Natural Family Planning: Controlling Fertility Without Drugs or Devices, Evelyn Billings teaches how to recognize the clues about your fertility that your body presents during your cycle, allowing you to determine when conception would be most likely.

As one reviewer on Amazon said, “Using this information, I was able to prevent pregnancy, without using other means of birth control, until I was ready to start trying to conceive. And, once I was ready to conceive, I was aware of my fertile signs, and I got pregnant on the first try!”

The book details the scientific background (including trials documenting its effectiveness) and carefully explains what a user must do to achieve that effectiveness.

This is powerful information that every woman should possess!

One of my students, an astute nurse practitioner, brings up another perceptive point I’d like to share (with her permission, of course):

“Natural Family Planning (NFP) has the unfortunate connotation that it ‘doesn’t work’ due to very ‘successful’ messaging that has been passed on to the public and health care providers.

I use the Billings method name, so people have another name without the negative connotation.

The value of the Billings method is the human factor – a human being working with you and explaining and validating the meaning of your observations of your body’s signals, AND the human factor of being supported through the learning curve, especially in the context of universal skepticism around NFP. The availability of this support is unknown to most.”

If maintaining control over the timing and size of your brood – without resorting to hormonal disrupters – is important to you, I encourage you to investigate the official Billings Ovulation Method® website for more information.

As we celebrate motherhood on this day, I encourage you also to celebrate the control and self-reliance you have over your health by utilizing homeopathy (of course!) along with other complementary modalities such as the Billings method.

For instance, as you become more familiar with your monthly cycle (especially if you are coming off hormonal birth control drugs, which you should do ASAP for too many reasons to mention here), you may notice months in which you experience heavier than normal menses. A simple Banerji Protocol I learned through my observations at the Prasanta Banerji Homeopathic Research Foundation provides an effective homeopathic response: *Sabina* 6, every three hours as an SOS during the flooding, mixed with *Arnica* 3 for pain.

The *Sabina* and *Arnica* are combined to make a single medicine. Each single remedy can simply be put in the mouth simultaneously – making the two medicines into one powerful action. Alternatively, these remedies can be purchased as one medicine from OHM Pharma (available to my clients and students).

To help all of you women gain knowledge about your own bodies and build the confidence you need to address your health, I am preparing to relaunch my popular course, Feminopathy. (Now at a special Mother's day discounted price.)

To mark the relaunch, I plan to make it Mother's Month instead of Mother's Day! Over the next few weeks, I'll focus my articles on two issues mothers care about – homeopathic resolutions for breastfeeding problems, and another common concern during pregnancy, diastasis recti.

These conditions – and so many more – are explained more fully in the Feminopathy course. (You can see the syllabus here.)

Is there a better gift to give a mother than advanced

homeopathic knowledge?

Perhaps you and your family should consider the course as your Mother's Day gift! You've heard me say it before: Dig a moat around your family and protect them from the so-called medical "expert" culture. Hone your ability to provide gentle, effective, non-suppressive healthcare at home.

You'll be the hero, and I'll be your guide.

Warmly,

P.S. Remember – all of my Mighties [(Joette's Mighty Members)] qualify for an additional 10% discount on course purchases. If you need assistance getting your discount, email [contact@practicalhomeopathy.com] for more information.

Photo Credit: June Kittay

Tongue Tumors (They're No Match for Homeopathy)

Hi Folks! Buster, the Bad Office Dog, here again.

Stop what you're doing!! I have important news!

Did you know that today marks the beginning of National Pet Week?

Yep!! Buy some new squeaky toys, chewy sticks and lots of treats because from May 2 to May 8, 2021, it's all about us – your companions, your guardians, your entertainers, your walking buddies, your bed heaters.

And we certainly require a lot of attention from our

families – especially when we're sick.

Mom helps me all the time with her unique brand of Practical Homeopathy®.

And I'm not alone!

A nice student of my mom's recently shared a story about her dog, Zelda McBones. (Boy, don't you think that's a much more dignified name than "Buster, the Bad Office Dog"? I'm not sure how I feel about that.)

Anyway, I thought Zelda's success story might inspire you:

"I spoke with you this morning about our 8-year-old retired Greyhound to share some fantastic news.

Two months ago, Zelda went in for her yearly checkup and heartworm test. During that exam, the vet found a mass in her tongue that was a little less than a centimeter in size. She was scheduled for a dental cleaning and removal of the mass for biopsy.

I was told sometimes these are nothing, but most of the time, it is serious.

Well, I have been using classical homeopathy for about 30 years and have always been frustrated with it for all the reasons I have heard Joette talk about. Luckily, I stumbled upon Joette a couple of years ago, and I am also a Mighty Member.

I had purchased The Banerji Protocols book, and I immediately began Zelda on the protocol for tongue and cheek cancer: Nitricum acidum *3C in liquid, 4 doses daily. She has been on this about two months. For good measure, I added turkey tail twice a day 1,000 mg each dose.*

I gained an extra month because we had to reschedule due to a snowstorm. ***Well, this morning I got the amazing news that***

they could not find the mass! *It was gone! I am so happy!*

Thank you all so much for how you are educating people and saving lives. Much love to Joette and her entire staff."

How about that, huh?

Zelda McBones must be pretty thankful for her mom's knowledge of homeopathy. Just think of all the vet-angst and pain she avoided with just a few little pillules of *Nitricum acidum 3C* every day for a couple of months or until very much better.

Homeopathy works!

Some skeptical humans think homeopathy simply relies on the placebo effect. But that's not true! Seriously, if it were a mere placebo, how could it work so effectively on animals?

We pets don't even know what "placebo" means! (Is a placebo chewy? Can we eat it? Seriously, I need to know these things.)

So, trust me, if homeopathy works this well on your pets, it will work just as beautifully on your humans, too.

Mom says to be sure to save this Banerji Protocol remedy card (scroll down) for any time you need to address a tongue or mouth tumor. Whether you're tending to a pet or a person, don't get scared. Don't run around in circles. Sit! Stay!

Remember Zelda McBones!

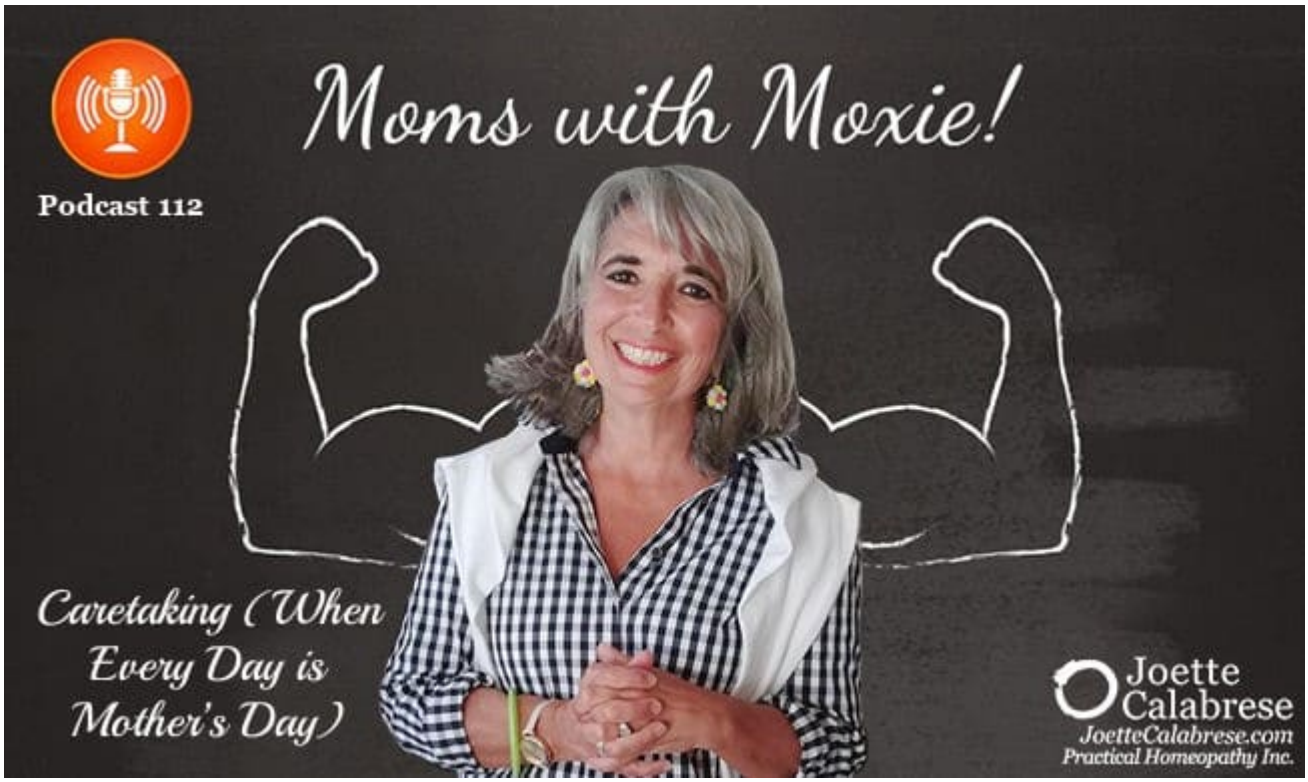
And don't forget to celebrate your pet this week. Might I suggest a ride in the car? Windows down, smelling the smells, ears flapping in the breeze!

Better yet, mark this week by passing on the good news of homeopathy to all the pet owners you know!

P.S. If you have teenage humans, you might want to check out Mom's course, [The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®]. Within the course, Mom uses lots of pet examples to teach your children homeopathy. So, your kids will learn how to care for us *and* care for themselves. Win-win!

And remember – all of Mom's 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.

Podcast 112 – Moms with Moxie: When Every Day is Mother's Day



IN THIS PODCAST, WE COVER:

03:34 Road of Change

13:17 Homeopathic Medicines Used

27:44 Dr. Dale's ALL FLU [Editor's note: ALL FLU is now called Dr. Dale's COLD GUARD PLUS.]

29:09 Tips for Caretakers

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Podcast 87 – Moms with Moxie: A "Spouse with Spunk"

Relish: activities for elders with dementia

Best Remedies for Seniors

Joette's free resources

Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions

Role Reversal: Taking Care of the Elderly

Podcast 92 – Flu Got You, Too?

Podcast 110 – Moms with Moxie: Eavesdrop on Study Group Friends

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy® Podcast Episode Number 112.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by

their unique stories.

With the help from Kate, my reporter, I bring you a podcast series I call, “Moms with Moxie.” Sometimes we even interview “Dads with Audacity” or “Teens with Tenacity.” See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they’ve learned using what I call Practical Homeopathy®.

Kate: Welcome back to the Practical Homeopathy® podcast. With me today is a dear friend of mine. Welcome, Tracey.

Tracey: Awww. Thank you, Kate. It’s nice to be with you.

Kate: Thank you. For those of you who want to get to know more about Tracey, go to Podcast 87, and you can hear her story.

But today we’re going to be talking about something that’s near and dear to our hearts. Tracey and I work together – but not only do we work together, we share a very special bond that was created because of our moms. Tracey, you and I …we live far apart from each other, many, many states apart.

Tracey: Yes.

Kate: But Tracey, even though we've never met in person, I can honestly say that you're one of the few people that "gets" me.

Tracey: I feel the same way. You have been a lifeline for me more often than not. Thank you.

Kate: Yes, like seriously, like tears are welling up in my eyes as I say that because you're just so dear to me, and I know that you're always there to listen when we're struggling.

I'll explain to you why that is in just a minute. But to give you a little background, our mothers both had a stroke several weeks apart a little over two years ago. Crazy, right, Tracey?

Tracey: It was incredible, Kate, because one moment you were keeping me afloat by sending me your care and concern and lifting me up. Then a few weeks later, you were in the same boat. It was surreal. It was surreal.

Kate: Yes. Right. I mean, that whole time seems surreal in my life. It still kind of does anyway, right?

Tracey: Yeah. Yeah.

Kate: Are we living in a dream?

Life has been extremely interesting over the last two years. I know you feel the same way; you're nodding your head right now.

Tracey: That's one way to put it – extremely interesting.

Kate: Yes, interesting. To me, this whole thing has made me aware that to live each day to its fullest because you never know when your life is going to change. It's gut wrenching, and I don't even know how to put it into words. How …

Tracey: It almost makes it feel like life is fragile. I don't mean that to sound pessimistic. We should be grateful for every day that's going smoothly and well. But things can change in the blink of an eye. So, we have to be appreciative.

Road of Change

Kate: Right. For both of us and our moms, I know that that has been the road. It's been a road of change daily, just trying to navigate this.

But in case you haven't noticed by now, Tracey and I are

going to spend some time talking about what it's like to walk along this road with our moms and to navigate their care. So, we're going to spend this podcast talking about some remedies that have been helpful for us and just some tips about walking down this road in a way that is honoring to our moms and in a way that hopefully is helpful to them physically.

I thought we could start off by giving everyone a sneak peek into our days with our moms – what that's like – and just to help people to understand what that looks like. So, when we talk about the homeopathic medicines, you'll have a little bit of a picture as to what's going on. Tracey, go ahead.

Tracey: Sounds perfect.

Kate: Tracey, go ahead and share with us.

Tracey: Mom lives with us now. After the stroke, it became necessary.

Um, she … Let me back up a little bit and just say that her stroke occurred in her visual cortex. She could still speak. She could still walk. But she was basically blind on one side of her body. From her nose all the way over to the left, she could not see.

Since the stroke, that has reduced into just a small blind spot, but it's not a blind spot she's aware of. Her brain

fills it in, but it doesn't fill it in with accurate information always. Sometimes a dog will suddenly appear, and she'll say, "Where did the dog come from?" And it's just, he's been in your blind spot until you get to the right place, and then you're able to see him. You know?

It makes navigation difficult. I think it affects her confidence level – just because she's uncertain of what she's seeing. So, that was difficult.

That same region that was affected was also what – I had never heard this word before, and it's a brilliant word – it affected her "sequencing."

I never appreciated what a big thing sequencing is. It's … if I tell you, Kate, "Hey, it's time to go to bed," you know to go brush your teeth, to put on your pajamas, to pull down your bed covers, to do all of that.

Well, that sequencing is gone.

So, we operate (getting back to your day-to-day questions), we operate on lists. There's a getting up in the morning list: comb your hair; brush your teeth; put on your socks and shoes – just all these different things that have to be done in a sequence to help her along.

In the morning, she's usually pretty good. She can get together her breakfast, which is the same thing every day.

Then as we go through the day, a typical day includes a shower. She doesn't do that on her own. I'm in the shower with her helping her sequence through the steps.

Crossword puzzles are a big part of her day. It's no longer really working the puzzle. It's flipping back and finding the answer and filling it in. But it's cute and takes up her time.

She is starting to do jigsaw puzzles. I found this company that has amazing jigsaw puzzles specifically for people who have cognitive decline. It doesn't say that anywhere on the box, so they don't know. But the puzzles are easier, and the pieces are cut in a way that are designed to be helpful. So, she'll do those.

Kate: Tracey! I didn't even know that existed. My mom likes to do puzzles, too, on occasion, and so you'll have to fill me in after the podcast.

Tracey: Yes. Well, I suppose I could say it now.

Kate: Yes.

Tracey: Yes. The company is called Relish, R-E-L-I-S-H. When you go to their website, they have different … you take a little test with things that are going on for the person, and they'll tell you what stage they suggest. Then they have different stages … different *puzzles,* excuse me, for

different stages. I'm thrilled with them because now she can finally do puzzles, again – jigsaw puzzles.

And we exercise. Mom does Pilates twice a week over Zoom. I assist her with that because she can't … you know, it needs to be a little hands-on and somebody supporting her. I prepare the meals; keep her entertained; keep her on track. It's just kind of a constant thing. Bathroom duties require assistance. So, I'm just kind of her Girl Friday.

Kate: Yes, right. I don't know about you …

Tracey: What is your day?

Kate: Well, what you just said there, it makes me think about how – do you feel this way, too – that you're on a heightened sense of alertness?

Tracey: Oh! Yes. Yes.

Kate: You're always watching and listening for the littlest indication that something is wrong, or they're confused, or pain, or whatever. It's just a constant.

Tracey: Yes.

Kate: What is the word I'm looking for?

Tracey: High alert! That's what I call it. I am on high alert all the time. It feels like the stress of an air traffic controller all day every day and barely get away from it at night – because I feel responsible. If any little thing happened, I'd never forgive myself. So, you're right. I'm always listening. I'm always trying to read in between the lines.

Kate: All the signs.

Tracey: Yes.

Kate: Well, our day is a little bit different because my mom is actually in a group home. My mom's stroke affected her a little bit differently than your mom's, in that my mom was lying out actually outside in 30-degree weather on cement with a car running right next to her for an hour before they found her.

So, she had her stroke. She fell down and was laying there. Her neighbor, thankfully, found her. They called the paramedics and got her to the hospital.

But it was *six hours* before they actually removed the blood clot from her brain. Half of her brain was without oxygen for that long, and her body temperature was extremely low. It took several days for it to come back up to a normal

temperature.

I think that was a positive thing in a way because it slowed her blood flow down, and it probably saved …

I don’t know. Because really, it was a difficult surgery, I guess, to remove the clot. They tried three times.

So, after the surgery, then she was on a ventilator. And then it was every moment was like, “Well, is she going to come off the vent? Is she going to now be able to open her eyes and sit up?” I remember everyday thinking, “Okay, what’s the next thing?” You know?

My mom is still, she’s in a wheelchair. For the most part, she’s paralyzed on the right side of her body. She has aphasia and apraxia, so that means she has problems with speech. She also has problems with sequencing things – kind of like you said – where if you … like, she would know that she wants to pick up a paper. But then to get her brain to tell her hand to do it, and her hand to actually pick up the paper – it doesn’t always communicate effectively.

Her speech … she’s come a long way in two years, but she’s still as I would say, for the most part, nonverbal. She can say things, but it doesn’t always come out the right way. I’ve learned the “yes” that means “no,” and the “yes” that means “yes.”

Tracey: I understand that.

Kate: That's where we're talking about always being on high alert. Our days are a little different. I usually go there in the mornings. I help them with anything that she needs done.

We usually have some sort of appointment. Whether it's a virtual speech therapy or in person speech therapy, doctor's appointments, exercise, whatever it is. Because she's still making progress from that stroke two years ago. She's continually improving, even though it's small improvements that she's making at this point.

I will be with her about four to five hours a day, something like that. I do work at her place while she's watching TV or eating lunch or whatever. So, just to be there to monitor her I guess because it seems like there's always a need that she has.

There's been a lot of health things that have come along the way and a lot of pain. Communication, like I said, is hard. So, just having someone there to read *when* she is in pain. Because I know you feel this way, too, Tracey, right – we're connected to our moms. Like I almost feel like I can … I'm a mind reader! You know? Like we can communicate without saying a word. I can look at her face and know instantly if she's in pain or what's going on.

Tracey: That's an interesting thing you bring up, Kate, and

I'd be more interested to hear more about that. How do you use observation to figure out what she's trying to communicate and can't?

Kate: And that's a big part of homeopathy, right? Is observing.

Tracey: Right!

Kate: That is the only thing I have. It's like, when you have a newborn that can't talk yet – you know, a baby, and you're going to use homeopathy. All you have is observation, and that is so critical. We should rely upon that more with people. But I think we kind of skip over that and ask the questions instead of observing first.

Tracey: That is very true because I think sometimes when I talk to my husband about what he's experiencing to try to narrow down a remedy for him, I'd probably be better off observing. Because sometimes he can't verbalize which kind of pain it is. Is it sharp? Or better for motion, worse for motion? You know, sometimes observation is – you're so right – we should use it more with everyone.

Kate: Yes.

We've kind of shared a little bit about our days. Let's talk now about the medicines that we've been using with our moms.

Tracey: Sure.

Kate: The different situations where we found these medicines useful. If you don't mind, I'll let you talk a little bit about some things that have been important to you.

Homeopathic Medicines Used

Tracey: Sure. Because I'm dealing with cognitive issues that were triggered by the stroke, but being honest, were also occurring before the stroke. So, there has been a cognitive decline. Just for the listener's sake, my mom is a lot older than Kate's mom. My mom is about to turn 98. So, you know, with age come these issues.

I found on Joette's site … she has an amazing resource called Best Remedies for Seniors. You can find it in the free resource area. Hopefully, there'll be a link to it in the podcast. But one of the first remedies that I started using with mom is *Helleborus niger* 30, twice daily. That was to slow the progression of the cognitive decline.

And I think it has really worked. It's hard to *know* because she's been doing that for a couple of years. Where would she have been had I *not* been doing it? You know, it seems like it's kind of kept it at a fairly steady pace.

Recently, I noticed some more decline occurring. So, I did some more reading. Also, in that article I just mentioned is *Anacardium* 200, once every two or three days. And I added that to her regimen. That made a *huge* difference. I'm really pleased with how that's working.

Originally, I was using it every three days, and I could kind of see an ebb and flow of her cognitive ability. I noticed that it was kind of too much of an ebb and flow. So, I narrowed the dosages to every two days instead of every three days, and that's the ticket! It's really helped a lot.

Kate: Tracey, before we go on, I think it would be helpful for people to understand a little bit more about the *Anacardium*. Give us a picture of that remedy and why you used it.

Tracey: First of all, it was introduced also in Joette's Mindful Homeopathy course as something for dementia. That course is tremendous if you're dealing with any of these kinds of things with a parent. But looking at online *materia medica,* it's senile dementia, impaired memory, reduction of senses of smell, sight, hearing, absent mindedness, kind of a brain fog. That's really the basic picture – just basically senile dementia. It's made such a difference. I just can't express.

Kate: Yes, it also says in Robin Murphy's, Alzheimer's disease, which is interesting.

Tracey: That’s interesting. Yes. Okay. Very interesting.

Kate: Those remedies, you’ve seen a big change with your mom?

Tracey: Yes, with the *Helleborus,* I feel like it kept her from progressing more rapidly into the descent. Descending more rapidly, I probably should say. With the *Anacardium*, I really saw it pick her up.

The other remedy that is fascinating because I stumbled on it by accident was Mom had somewhat of some bloating and gas, and so I tried *Lycopodium*. It worked for the bloating and the gas, of course.

The next day, she was more alert. I did some reading on the *Lycopodium* and discovered that it also helps with diseases of the mind. People that are extremely sensitive, headstrong and kind of obstinate when sick (that was a big one), a loss of self-confidence, failing brain power. It just had all of these things that I hadn’t even realized it had, and I discovered it by accident.

About every, I would say probably once a week, once every two weeks, when it seems like she just needs a little pick me up, I’ll give her the *Lycopodium,* and it works for the brain issues as well.

Kate: That's great. It's wonderful in homeopathy, when you find that medicine. You had a little clue, right? That was the gas and the bloating, and you use that clue to choose a remedy, and that remedy has fixed more than that one issue – which I *love* that about homeopathy.

Tracey: I really love that, too! And it was so inspirational because I realized that I haven't prescribed to Classical Homeopathy. I've never gotten a constitutional remedy or what they do. But it just feels like this encompasses so many things about Mom's personality and what she's going through that this might be her constitutional. You know? At least it is in my mind.

Like you never catch me without *Nux vomica.*

Kate: That's because you're overworked, Tracey.

Tracey: Thank you. Yes, you are right.

Kate: I think this leads us to another medicine that you can talk about a little bit, but we're probably both living on *Nux vomica*. For just, I know, we're both up late, burning the candle at both ends, just constantly on high alert like we talked about, exhausted all the time. *Nux vomica* 200 has been extremely useful for me.

Then what's the other one, Tracey that we always used?

Tracey: *Ignatia, Ignatia, Ignatia*!

Kate: Yes, tell us why?

Tracey: Just for the emotional upheaval that this causes. I mean, you and I wouldn't be any other place than by our mother's side. This is where we want to be.

Kate: Absolutely.

Tracey: But it's hard! It can cause sadness. There's a lot of things that have to fall by the wayside because of what we're doing, and it's sad. There's a grief to it. There's an emotional component to it. Really, you and I, text to each other "*Ignatia, Ignatia, Ignatia*," quite often.

Kate: Right?

Tracey: It really makes all the difference.

Kate: It's very helpful. For those of you who are caring for *any* age person who's going through a difficult time, and you're the caretaker, *Ignatia* is probably a great one to have. I would add *Aconite* as well. Then the *Nux vomica,* of course, because *Aconite* for shock. There have been so many times where we've had to transport my mom to the ER because

of extreme pain that she's having.

Something interesting happens to my mom where, I don't know, we're not 100% certain if it's a seizure. But she just kind of … when she has extreme pain, she shuts down. Like her whole body shuts down. She leans forward, and you can't talk to her. There's just no communication. Then we're left guessing, like, what is going on with her?

So, *Aconite* and *Arnica* have been my lifesavers as far as remedies to use for my mom and then myself as well. When my mom gets in those states where she just isn't communicating; she's shut down; something's going on. The first thing that I do is *Arnica* 200. That seems to bring her out of it most of the time which has been amazing.

My mom, just like your mom has a team of doctors, from seizure doctors, her regular doctor, speech therapists, all kinds of doctors. Doctor, doctor, doctor.

Tracey: Yes.

Kate: I'm not a person who goes to the doctor very often. But I know that my mom is, and so I respect her wishes. But I love – this is something I wanted to share with everyone – I love our team of doctors. All of our doctors are more than happy for us to use homeopathy. I've talked to them about it. They encourage it. My mom's main general practice doctor who actually specializes in geriatrics, she will actually write it down. When my mom was in a nursing home, she would

write down, “Give Dorothy this homeopathic medicine two times a day,” because otherwise, they wouldn’t administer it, right?

Tracey: That’s brilliant!

Kate: I want to encourage you that. I think it’s possible to find doctors that are supportive of alternative therapies because I think a lot of them now are coming to realize that they don’t want to just add another drug, another drug, another drug. You know?

Tracey: Absolutely.

Kate: That we need to have other tools, and so …

Tracey: Forgive me for interrupting, but I think a lot of us feel like we can’t say “no” to doctors. That’s something that Joette has really bolstered us on that this is our health care, *we* can control it.

I’ve kind of always been that way. So, I agree with you; I’ve done the same thing. If a doctor does not want to listen to me about alternative or adjunct medicine, then they’re not my doctor. I leave and go to another doctor.

Kate: Exactly.

Tracey: I've switched doctors. Mom had a cardiologist that I did *not* like. We switched cardiologists, and I love the new one. And our general practitioner – love him!

So, don't take no for an answer. Find another doctor.

Kate: Yes, I agree. There are people out there I think that will listen and will be supportive.

Even pharmacists, I know we've talked about this on another podcast. But pharmacists are your friends. You know? They are a great resource. Joette likes to say, "Bake them brownies; bring them treat. Call them later when they're not so busy. Pick their brains."

I'm thankful to have several pharmacists who I consider to be my friends. They're who I rely on when a doctor does suggest a medicine. I call them up, and I say, "What do you know about this?" (I look it up first, of course.) But then I'll call them, and I'll say, "What do you know about this? Have you seen this to be successful?"

Because the pharmacist, really, they're the ones that are prescribing the medications. They have the monthly face-to-face with their customers, and they really know, I think, what's going on with these medications. So, have a pharmacist that's on your team as well. Don't be afraid to talk to them about medications.

As we're navigating this, Tracey, I know you and I are in the same boat where we use homeopathy, and we use other therapies, and we use allopathic medicine. We're trying to navigate this with our moms. I feel like we're doing a great job, Tracey.

Tracey: I feel like we are, too. I think we deserve a round of applause for each other.

Kate: I want to encourage those people who are listening that *it can be done*. Joette likes to talk about getting a diagnosis. I think that is important.

Like with my mom, she's not verbal. I can't tell! Has she had another stroke? Is she just in pain? One time it was a kidney stone that we were dealing with. A lot of things come up like she's dealt with UTIs, constipation. (There it goes that *Nux vomica* again, although it's in the 30 that you use for the constipation.) Speaking of that, there's a good blog, and it's called Role Reversal: Taking Care of the Elderly.

Tracey: Yes, that's a very good one.

Kate: That talks about the UTIs, pneumonia, and constipation, and some other things. If you want a good resource, that's a great one to look up.

Just last night, my mom had, all of a sudden, a big rash pop up on her arm. I used *Apis,* three doses about 15 to 30 minutes apart, and it took care of the rash. The rash went away overnight. But the itching had stopped by the second dose. She was feeling better and – not totally – so, then I gave her that third dose and went home for the night. I came back in the morning, and the rash was gone.

Tracey: That's *amazing*.

Kate: Yes, the same thing happened with a something on her leg where all of a sudden, she had a big red, swollen, hot spot on her leg. I don't know. Was it a spider that bit her or cellulitis? Did it rub up against a brace she was wearing? I'm not sure, but that took us a longer time to figure out. We use several different homeopathic medicines for that.

But my point is that we're always dealing with something with our moms, I think. Constantly having to research the appropriate medicines and talk to the pharmacist, talk to our doctors, and try to get an idea of what the picture is that we're dealing with and then choose the right medicine.

Tracey: Exactly. I'm at least lucky because I can talk to my mom to find out if she's improving – if she's reached "very much better." I feel for you in having to *observe* all this strictly yourself. At least mom is verbal and can talk to me.

The coolest thing is mom actually used to go to a homeopath when she was a little girl.

Kate: Wow!

Tracey: Yeah. She said instead of going to the doctor, her mom would take her down the street to a homeopath. She was used to this and had just kind of forgotten about it over the years. So, she has no problem taking the remedies and believes in them. So, that's great for me.

Kate: Well, that's the opposite for me.

Thankfully, again, our doctors are wonderful. They will write things down for the facility to administer to her. It's funny because she will have no problem taking the remedies when they give them to her. But sometimes when I want to give her an additional one for something special, sometimes she fights me on it and doesn't want it. And I have to respect her wishes.

When I asked her how she's feeling, she can get upset, like, "Leave me alone; I don't want to talk about it." She doesn't say those words, but she gets very grouchy, and she starts shaking her head. And I know I have to stop pushing her.

It is very difficult to determine how those medicines are working or not working. Sometimes, I don't know; I can only judge by if she seems to be in pain or not.

But that leads me to something that I did want to talk about. I know the Banerjis (I've heard Joette say) when there are clients who really have an issue with finances, they will combine some of the medications in one bottle, and the person will take all the medications at one time as a combination.

Tracey: Right.

Kate: That's not optimal. But to be honest, that's what I do with my mom twice a day, because I know she'll get them in that way. I have about six things that she's taking daily. They just put them all in one little bowl, and my mom just eats them up. That's the way we have to do it. How do you administer?

Tracey: I've done that, too. I would like to be able to separate it. It seems easy in theory, but it's not always easy in practice, or I'd be constantly putting something else under her tongue.

Right now, a big thing is trying to keep her hydrated. I want to make sure she's drinking water throughout the day. Sometimes it's easier to just give her things together.

The one thing the *Helleborus niger* that I was using, originally the recommendation was in liquid form, and so I was using that. But that got a little difficult. I actually

got the pills, and the pills seem to be working just as well. So, I think sometimes, even if it's not the optimal way you want to be doing it, just doing it at *all* is a rescue.

Kate: Exactly.

Dr. Dale's ALL FLU **[Editor's note: ALL FLU is now called Dr. Dale's COLD GUARD PLUS.]**

Kate: There was something else I wanted to bring up, Tracey, that I did this past year that seems to have worked.

Tracey: What's that, Kate? Do share. Do share. I need all the help I can get.

Kate: Well, I was using Dr. Dale's ALL FLU. I know Joette has mentioned that on another podcast for the flu season. If you come down with a flu, that can be an option. That's a combination medicine. It has a number of different homeopathic remedies for influenza in that medicine. But I gave it to my mom once a week throughout this past virus season. And she has not – in two years since her stroke – she's not come down with any virus.

Tracey: I'm knocking on wood as you say that.

Kate: Right. I know. So, I'm thankful. Was it that? Or did she just not come into contact with anything? I don't know. There have been sick people around her.

What's interesting is that all the other residents on her floor – that granted is only three – but they've all tested positive for a "virus" this past year. My mom never did. She never got sick. She never tested positive.

Tracey: That's amazing!

Kate: Yes.

Tracey: That's a great testimony. Yes.

Kate: It is.

Tips for Caretakers

Kate: So, Tracey, what other tips do you have for those people who might be listening to this podcast for caretakers?

Tracey: I think you said it earlier that *it's doable*. We can do this! Just remember that and to take care of

ourselves.

Everybody says that. We all nod and say, “Yeah, that’s right.” And then we don’t do it because it just seems like there’s not enough time in the day. But that’s where homeopathy has come in for me because I honestly don’t think I’d be standing upright if it weren’t for *Nux vomica* and *Ignatia*. They’ve really bolstered me. Just the anxiety that *Ignatia* has helped defray has been amazing.

So, you can do this. If you have a parent that something happens to, you can do it. You can do it better than anyone else can. Like you said, because you and I have a bond with our mothers, we can kind of read minds.

This is *doable*, especially with homeopathy.

Kate: You said it, Tracey. Yes, I agree. I couldn’t have done this without homeopathy for sure. I’m grateful for the tools that we have. Thank you for sharing all your tips for caretaking with us, Tracey.

Tracey: Thank you for sharing yours, too, because I always learn from you. That’s kind of awesome.

Kate: Yes, find a partner that’s in this with you that can support you and you can bounce things off of. If you’re not in a study group, that’s a great way to find someone to share these things with. I’ve just made the most amazing

friends in the study groups. As you might have heard a couple podcasts ago, we had some of our study group friends on there.

Tracey: That was one of my favorite podcasts. That was just so inspiring. Yeah, it was great.

Kate: Yes.

Tracey: You're so right, having somebody to bounce ideas off of is perfect. Listen, at our age, this is starting to happen to all of our friends. Everyone's going to be dealing with this. So, we all need to support each other.

Kate: Right. Exactly. Thank you, Tracey.

Tracey: Thank you, Kate.

Joette: As I hope you know by now, on my blog, podcasts and Facebook Live, I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising.

But let me be clear. When it comes to more complex conditions, it's *key* that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my courses

in which I walk students through each method with step-by-step training.

In these podcasts, I focus on those students of mine who have already tunneled in and learned how to take care of themselves, family, friends, and pets, and even livestock using homeopathic medicine. Many of these students began their education by participating in one of my Gateway to Homeopathy study groups. And now, after taking one or more of my courses, they're well-trained to use my specific brand of homeopathy.

I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify, and iHeartRadio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

These Moms with Moxie podcasts are designed to be inspirational, not specifically educational. No Remedy Card is provided.

Parasites!

Hi Folks! Buster, the Bad Office Dog, here.

Wanna know something really cool? My mom has produced a Practical Homeopathy® course for human puppies. Or … what do you call them?

Oh, yeah. You call them “kids!”

And it’s not just for any kids. This course is for the COOL kids! Kids who want to grow up to be self-reliant, independent thinkers.

Revolutionary kids.

Your kids.

I'm particularly excited because, in this curriculum, Mom uses a lot of examples of how homeopathy helps pets. Anything that helps my fellow pets makes me very happy – heck, I'm running around in circles just thinking about it.

Whoa. Dizzy.

You see, Mom believes when your adolescent or teenager gets their first positive result by treating their dog, cat, or goat with homeopathy, their sense of accomplishment will circle back to reinforce their studying.

From there, the sky's the limit.

You know that homeopathy works just the same on humans as it does on animals. So, just think about how much your kids could learn from this course that will eventually help them care for themselves and their future families.

Here's an example – although I'm kind of embarrassed to talk about this. You humans seem to get endless giggles when we dogs do the Bum Scoot Boogie across your carpet.

But sometimes it's itchy down there! What else are we supposed to do?

Well, in Lesson Seven of The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®, Mom instructs that symptoms are gifts!

The symptom of our scooting across the floor to scratch our itchy bums is an excellent opportunity for your adolescent or teenager to develop their observational skills. They'll begin to learn what certain behaviors mean and how that translates to finding the precise homeopathic answer.

It’s a big lesson, so I certainly can’t repeat everything Mom says in it. (Besides, I got distracted because a squirrel passed by the window. I have my priorities, you know.)

But when that area is itchy in us pups, it can indicate parasites. I guess that’s super common.

Even though it sounds icky, thankfully, it’s usually not very dangerous. And my mom likes to teach people how to treat this.

In this case, Mom likes to use *Cina* “Mother Tincture” (MT) which has been used for centuries to get rid of parasites in both humans and animals.

Mom usually administers this Mother Tincture daily for at least two months. I remember her saying to stop using it once pets are very much better, if there’s no change in symptoms or the symptoms get worse.

There are other ways to approach parasites, but *Cina* MT is where Mom likes to start.

Now, you know how Mom feels about real medicine being in the hands of the family. So, she takes great care to remind your kids that homeopathy is *medicine*!

So, as long as your child is working closely with your supervision, they can learn homeopathy and even help their pets!

I’ve noticed that you spend a great deal of time teaching your pets to sit, stay and fetch. I’m willing to bet you spend even more time teaching your kids! (Do they fetch as well as we do, though? Do they?)

So, wouldn’t it be amazing to allow your children to feel empowered to help their pets as they learn?

I’m so excited at the prospect that I think I’m going to run in another circle.

Sorry, folks … I’ve got to go.

It Was the Best of Times, It Was the Worst of Times

I just can't get Charles Dickens' quote from *A Tale of Two Cities* out of my head: "It was the best of times, it was the worst of times …"

Boy, if that doesn't perfectly describe our last year, I don't know what does!

There has been so much confusion, derision, and suspicion, yet 2020 also brought our families an unexpected opportunity.

Opportunity?

Yes, for understanding the real need for preparation.

And the obvious need for the family to tighten up and undergird together in this effort.

If we've learned anything from the past twelve months, it's that we must count on ourselves. We have to know much, much more than we thought we needed to know.

We need to get our information *not* from mainstream media, not from health officials, not from governors, but from good sense.

Number one on the list? We *must* educate ourselves regarding our family's healthcare, so we don't get the wool pulled over our eyes.

It's no different than in the past, but now it's accelerated to a much greater degree.

AND our family members need to know how to help each other – to prepare with knowledge for the unexpected happenings of tomorrow (most certainly to occur).

Given that our children and grandchildren are the future, it's in their hands. We need our kids to know how to differentiate between good and evil, between friend and foe, and yes, which remedy is for this and which remedy for that.

I'll tell you what I taught my own children.

More on that in a moment but back to my underpinning point …

You've heard me say it before, we need to build a moat around our family.

Our entire family needs to develop skill sets to utilize forever – skills that don't go out of style; no matter who is in power politically, when the world around us stops making sense, we need to possess the knowledge to think critically and act wisely.

Now more than ever, our job is to teach our children and grandchildren how to think – not how to follow, but how to think outside of the box. Especially the one that houses the T.V.

We want our families populated with critical thinkers.

So, let me tell you what I learned – and did – with my own kids years ago.

I trained up my now-adult kids to know the importance of treating each other. When skiing together, it was *Arnica* 200 tucked into the pocket of their ski parkas in case of an accident so one could come to the rescue of the other.

If one brother had only a strain, the other knew to administer *Arnica* 200 every few hours or so.

If, however, there was a more sobering injury (their mother's nightmare), the other brother knew to commence using *Arnica* 200 every 15 minutes for about an hour or so, as needed.

And how about the ubiquitous Banerji Protocol of *Aconitum* 200 mixed with *Bryonia* 30 every few hours, depending on the severity of an oncoming cold or cough?

My sons didn't actually grow up with this protocol because I hadn't been to India yet, but they knew that *Aconitum* 200 was most certainly for the quick onset of a cold or cough.

They also knew that *Hepar sulph* 30 was a gift when an ear infection began a-brewing. And because this is interesting stuff, they paid attention to each other so they could hone their skills.

I think they enjoyed owning such unusual and powerful knowledge.

Oh, the family-focused lifestyle and self-reliance!

It was unbeatable!

Think of how this carries them into adulthood not only with each other (which is a gift in itself) but for their own children and spouses.

My dear friends, this kind of preparation set the tone of healthcare for my family well into future generations, and it will do the same for yours.

Now that's my idea of how to raise a family!

Yet, in spite of my commitment to teaching my kids homeopathy, as a fledgling homeopath myself in those early days, I'll be honest – I actually wished there had been someone ahead of me who had done this with their children.

Someone who was willing to share her knowledge, experience and tips with me.

So, now, I'm sharing my personal method with you that I used to train up my own sons.

And as you contemplate your family's future especially now, and you design your summer-school learning or homeschool curriculum for your children, I urge you to consider the lessons I used to do this.

So, dear friends, should this be of interest to you, I'm just itching for you to incorporate my course

The Ultimate Cool Kids' Guide to Homeopathy into your family's lifestyle.

I understand if this isn't for you – or if it isn't for you just *now*.

No problem.

But if you're even just considering it, check out my short video to explain further.

I consider this curriculum the first giant step in building the moat around your family.

So, has it been the worst of times?

Perhaps the lifestyle we incorporate as a result of our experiences can turn this into undeniably the *best* of times.

Join me in raising our kids and grandkids in this unique and worry-free way …

from my family to yours.

Warmly,

P.S. For 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.

And be sure to click through to The Ultimate Cool Kids' Guide to Homeopathy for a look at the syllabus and the benefits of this formative course.

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.

Holiest Day in Any Language

Buona Pasqua (Italian)

Felices Pascuas (Spanish)

□□□ □□□□□□ Śubha iṣṭāra (Bengali)

Joyeuses Pâques (French)

Frohe Ostern (German)

Wesołych Świąt Wielkanocnych (Polish)

Vrolijk Pasen (Dutch)

Happy Easter (English)

No matter the language, to all of you, my friends, may God bless you and your family on this holiest day.

Warmly,

Podcast 111 – Moms with Moxie: A Conventionally Trained Physician Meets This Beautiful, Elegant, Gentle Medicine

This month’s Mom with Moxie has a unique background: She’s a conventionally trained physician!
Although she had been familiar with homeopathy, she was deeply entrenched in Western medicine –a firm skeptic.
Now?
Listen as she says, “Homeopathy has completely changed the direction of my life.”

Nip Colic in the Gut

I've talked about *Nux vomica* ad nauseam (yes, a pun).

But here's one usage for *Nux vomica* that I probably haven't discussed often enough: post-surgical gut problems (and by "post-surgical," I also mean post-hospitalization).

For instance, let's take the case of the newborn baby boy, Joseph.

Joseph's nursery awaited –blue and green with little animals on the wallpaper. The whole family was so excited.

Before Joseph made his debut, his mother had been given Pitocin to induce labor and an epidural for the pain. When both of those failed, Mom was given a local anesthetic, a C-section, and the usual accompanying antibiotics.

Hmm.

(As an aside, had the doctor known about *Caulophyllum* 200, for example, it's likely none of this would have happened. But … he didn't.)

The baby *hadn't even come into the world yet!* But because of the symbiotic relationship between mother and child, little Joseph's medical history already included all of those synthetic drugs.

And they wonder why he has colic.

Joseph has gas, spits up, can't sleep. The child is practically impossible. His blue and green nursery is far from cheerful – it's virtually a warzone.

The entire family is a mess. The baby is sick; the older kids feel sullen and ignored; Mom is crying. Dad tries to help, but his world seems to be collapsing.

There are quite a few homeopathic medicines that can help with colic. There is *Chamomilla*, *Nat phos, Cuprum*, and *Colocynthis* (you may recall, I wrote about it in The Secret Life of a Colicky Baby).

However, for this type of colic (or any gut problems presenting with irritability and not being comfortable in one's own body) resulting from post-surgical synthetic drugs, *Nux vomica* 200C is practically a slam dunk.

It might only take one dose; it could take a few day's worth. But when a gut problem's picture includes non-natural, extrinsic influences, *Nux vomica* 200, twice daily until very much better, is my go-to medicine.

In fact, if the child needs *Nux vomica* after birth, I've found the chances are good that the mother might need a dose or two of *Nux vomica* as well. Even though they are separated physically, the symbiotic relationship continues. If one

will benefit from the homeopathic, often, *both* will benefit.

After a few days of *Nux vomica* given to both Joseph and his mom, the household returned to normal. The family could finally enjoy their new baby. Even the little animals on the wallpaper seemed to be a brighter shade of blue and green.

Can it really be that simple?

Yes. It can.

Nux vomica holds a special place in my heart. (I talked about this remedy extensively in a recent Facebook Live video.) It was the very first homeopathic medicine given to me by my homeopath some three and a half decades ago.

Until that time, I had taken many allopathic meds for every little ailment (constipation, anxiety, insomnia, migraines, gut issues, food intolerances, allergies and asthma). Yes, before I discovered homeopathy, I was young, naïve and easily led.

My overindulgence of drugs of commerce had taken its toll, but one dose of *Nux vomica* 200C was miraculous for me. My symptoms – symptoms I had suffered from for years – were reduced by 40-50%!

Through the ages, humans have innately known both physical and mental health are inextricably linked to the gut.

When spirits visited old Ebenezer Scrooge, he argued the gut influenced the mind: “Because a little thing affects them. A slight disorder of the stomach makes them cheats. You may be an undigested bit of beef, a blot of mustard, a crumb of cheese, a fragment of an underdone potato. There’s more of gravy than of grave about you, whatever you are!”

Good health begins in the gut!

So, why don’t we attend to our gut health more closely?

(Good question.)

Well, there is my free blog (like this one) to get you started. But I can only discuss the most straightforward issues here in a short post.

For more complex conditions, I am relaunching my pre-recorded course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.

Even if your meals are perfect, your food sources are top-notch, you make everything from scratch and you don't take synthetic drugs or supplements, you and your family may still experience problems related to the gut. Don't borrow trouble, but if there is something wrong in the gut, then go for it.

For this reason, I consider Good Gut, Bad Gut to be the perfect starting point for your continued education in homeopathy.

Anxiety, depression, bloating, brain fog, weight gain, insecurity – I address all of these issues and more in the Good Gut, Bad Gut course.

I can't promise your wallpaper will seem more vivid but imagine how much better your family's life could be without these problems?

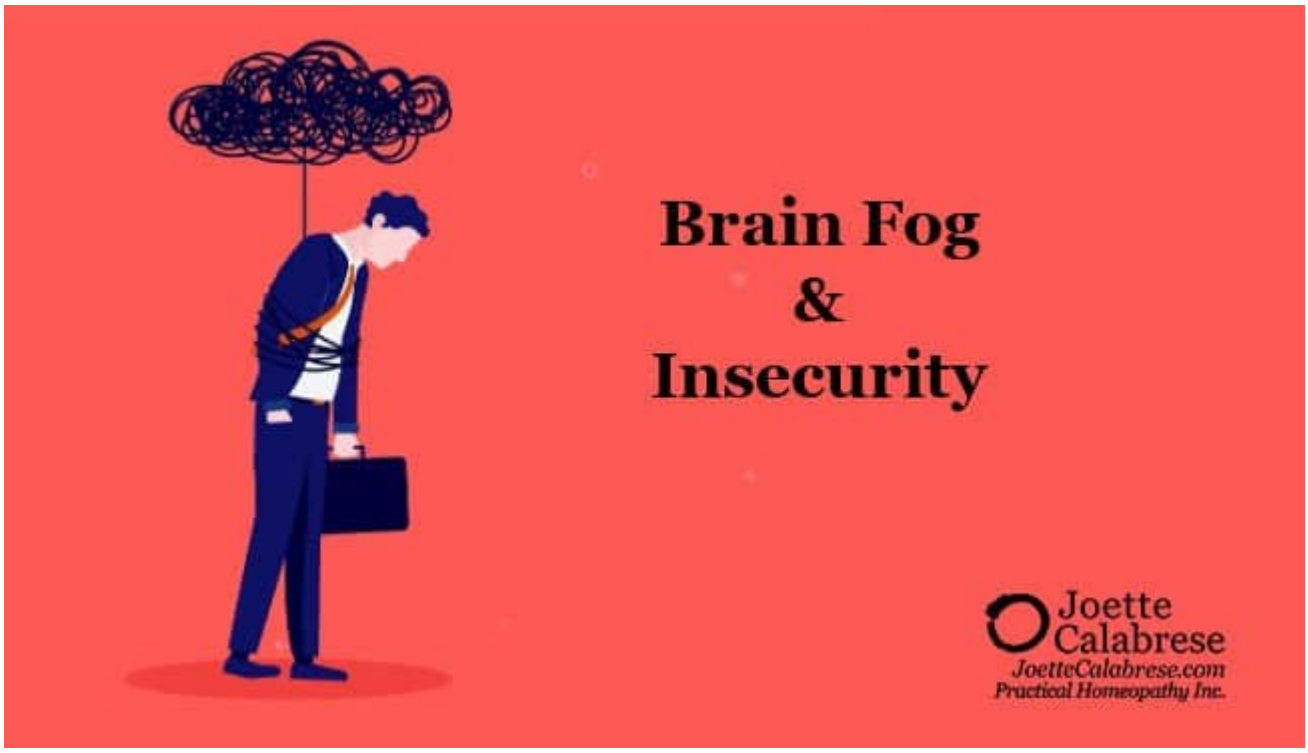
You'll be their hero; I'll be your guide.

Warmly,

P.S. At the very least, I encourage you to download a free infographic. Although I'll warn you: Once you realize a few of the gut issues that homeopathy can tackle, you may want to take a deeper dive!

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.

Brain Fog and Insecurity



Have you ever experienced a time when your brain just turns to mush?

No matter how you describe it, brain fog (or confusion, insecurity, lack of confidence, ditziness or grogginess) profoundly affects our productivity and emotional health.

Understandably, we rush to the conclusion that our brains are the culprit behind those foggy days.

Well, not so fast!

We may think it’s in our heads, but generally, the problem actually begins in our guts!

It’s the mind-gut connection: one of those interesting little unexpected twists in life. Our gut health is crucial to our mental health.

An unhealthy gut (stemming from food intolerances or gut dysbiosis from antibiotics and such) can easily manifest in emotional or mental struggles.

It’s a vicious circle.

If we don’t address the underlying gut dysfunction, those foods could only worsen the emotional or mental condition.

But because of the nature of homeopathy, we don’t need to choose only one area of focus! Most of the medicines used to address gut health can also possess a psychological component as well.

For example, *Lycopodium* is our go-to medicine for food intolerances, bloating, gas, rumbling in the belly or feeling too full after eating.

However, *Lycopodium* is also one of our best medicines for feelings of insecurity or inadequacy!

AND, perhaps just as important, it’s one of our best foggy-brained medicines!

Again – this is the mind-gut connection.

While *Lycopodium* can also be used for women, it’s often associated with men. I can’t tell you the number of young, college-aged men I have worked with who have reported feeling foggy-brained – desperately needing to focus on their intricate majors yet feel as though they’re in another world.

Some have described to me is a feeling of being in an altered state of being.

Often this dreamy, disconnected state occurs after eating foods antithetical to their gut health. Sometimes not.

They may feel insecure socially and trepidatious about being with other people because of their inability to think clearly. Yet, understandably, they want to fit in.

So, what do they do? They head out to the local hang-out with other students for pizza and beer. I might add here that I actually want them to do this.

I don't want to keep people from living their lives and placing taboos on lifestyles and foods. Don't we have enough of those going around now?

How did these young men break this cycle? By employing *Lycopodium* 200 twice daily until very much better in both mind and body.

Two birds killed with one stone!

This is the beauty of homeopathy. Our medicines are not highly compartmentalized like conventional drugs of commerce – with one drug for one illness and yet another for a related affliction.

No.

Each homeopathic remedy possesses sweeping abilities. They are intelligent.

I don't consider homeopathy an "alternative" medicine, nor should you.

Homeopathy is *THE* medicine! (If, and only if, you have no other choice, then you might choose a conventional treatment as an alternative.)

I teach the comprehensive power of homeopathic medicines in my course Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.

Once you have completed a Gateway to Homeopathy study group and are ready to delve more deeply into homeopathy, I consider Good Gut, Bad Gut to be the perfect starting point.

This isn't a principle we learn in homeopathy (it's more

naturopathic), but generally, if your gut is fine, then your brain will be fine (your skin will be fine; your uterus will be fine and on and on).

Obviously, that's a broad generalization, but I find it true more often than not.

So, it makes sense to invest in a course that will address not only your gut issues but also the underlying causes behind so many of your most common health concerns.

If you're not ready to take the course now, at the very least, I encourage you to learn more about the mind-gut connection by downloading my free infographic.

Use it to help your family and pass on the good news of homeopathy!

Warmly,

P.S. As I relaunch Good Gut, Bad Gut this month, 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.

P.P.S. Download my Bad Gut to Good Gut Infographic and get started.

Is Cleanliness Out of Hand?

There seems to be an ever-increasing list of things foisted on us. My team and I hear your frustrations almost every day.

Most recently, we've been receiving a lot of renewed questions about hand sanitizer. The use of sanitizer has gone from personal choice to de rigueur to mandated in some situations.

"Cleanliness is next to Godliness," they say … but what happens when cleanliness gets out of hand? (Pardon the pun.)

As in-person classes reconvene, the biggest concern I'm hearing is for your children. You've expressed alarm regarding the over-the-top use of hand sanitizer in schools.

And well you should! Your child's healthy flora might inadvertently become collateral damage as the chemical hand sanitizer assaults everything in its path. Who knows what's in the hand sanitizer they are pushing at school?

Perhaps, more importantly, is the state of mind over-

attention to cleanliness produces. OCD is a real, life-altering condition.

So, what do you do?

Are you able to send them to a different school – one more aligned with your philosophy? Are you able to homeschool them?

Those would be the optimal choices. But if you can't, well, I have three suggestions. Just remember the letter "B."

1. **Get Belligerent!**

At least, that's what I would do. As a parent, it's your right to say, "NO! You are NOT putting that on my child!"

No one can impose a medical procedure on you or your child.

Know your rights! Hand sanitizer rules are guidelines. And guidelines are not laws. When was the last time you were in a Court of Guidelines? Probably never. So, don't be hoodwinked that you *must* comply with guidelines.

I might suggest *Ignatia* for the school board, principal and teacher – and tell them to get a grip and calm down!

'Just saying.

However, if your child is anything like my children were, they probably would rather avoid any conflicts in large groups. Once children are old enough to understand peer pressure, they embarrass easily, preferring to go with the flow.

Well, here's a great teaching moment.

I'm not suggesting you pull out the old saw, "If everyone were to jump off a bridge, would you?" (Although, between you and me, it's an apt comparison.)

However, if everyone else decides to destroy their skin, should you?

No.

But let's say you're backed into a corner.

2. **Bring Your Own.**

Safe and natural hand sanitizer can easily be made at home, making it possible to avoid the conflict altogether.

Politely say, "No, thank you. I have my own hand sanitizer." Then, whip it out and spray it right in front of them.

Problem solved.

If you're one of my Mighty Members, I'll be sending you my recipe for hand sanitizer later in the week.

3. **Build Your Child's Immune System.**

Perhaps your child has already been using an inordinate amount of hand sanitizer before you realized it. I assume it goes without saying that should continue their healthy diet of good quality eggs, grass-fed beef and butter. But perhaps add some sauerkraut, locally sourced vegetables and limit the sugary junk food to help rebuild their gut flora.

Now, lest you think I'm vilifying all school personnel, let me add that our teachers can be casualties of these over-zealous school policies as well!

My office has received emails from teachers who are suffering adverse reactions such as cracked skin, and hives to the harsh sanitizing products their schools employ on a nearly hourly basis.

So (speaking of teaching moments), what can we do

homeopathically about hives resulting from chemical sanitizers?

We do the same thing we do with hives resulting from other causes.

Don't get caught up with the cause, believing you are doomed because you cannot escape the situation.

Regardless of the trigger, hives are best addressed with *Apis* 6C – every three hours during an acute attack, moving to twice daily as it becomes less severe.

(I teach this protocol – and many, many others – in my course Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.)

So, coming full circle: Yes, cleanliness is next to Godliness, but even a good thing can be overdone!

Do not allow misguided (I'm being kind here) guidelines to throw you or your child's God-given natural balance into a tailspin.

Say no if you can. If not, fight back with your homemade nutrient-dense food and homeopathy!

You'll be the hero (and I'll be your guide).

Warmly,

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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