Podcast 109 – Moms with Moxie: Symptoms as a Gift and a Guide



IN THIS PODCAST, WE COVER:

02:52 Journey to Homeopathy

14:32 **H**omeopathic Success Stories

20:45 **W**here to Get Information for the Protocols

29:00 **A**dvocacy

33:15 **W**ords of Wisdom

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Joette's Study Group: Find your new Study Group Friends Facebook page

Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.

Prenatal Preparation with Homeopathy: The Best Gift You Could Give!

The Secret Life of a Colicky Baby

Americans for Homeopathy Choice

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 109.

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. I'm Kate, and I'm here today with a Mom with Moxie. She is a wife, a mother, homemaker, an educator. She loves her grandchildren. She's a fantastic study group leader. She's also an amazing advocate for homeopathy. But we'll get into that in just a little bit. First, I want to welcome Cathi to the podcast.

Hi Cathi!

Cathi: Hi Kate, thank you so much for having me.

Kate: Yes, I'm very excited to get to know you. We both lead study groups, so I feel like I know you from seeing you a lot on Joette's Find Your Study Group page.

Cathi: Absolutely. I feel like we're kindred spirits.

Kate: Yeah, yes. I'm excited to hear your story. Just to give our listeners a little heads-up: One of the big things that you've used homeopathy for that you're going to talk about is allergies.

All right, so let’s get started. Cathi, tell us a little bit about yourself if you would.

Cathi: Yes, I am a wife and a mother. I’ve been married to my high school sweetheart for 32 years. I have four children – two married with their own families and two still living at home – and I have four beautiful grandchildren. I’m really blessed they all live close by.

There have been times where one of my daughter’s family lived further away. That’s a really a neat part of my homeopathy journey in that I was able to help her with my grandson with a situation. It was so empowering because we just did a few texts. I knew what to do because of my study group, and I was able to help her help my grandson get better.

Kate: Awww, now tell us about your journey to homeopathy.

Journey to Homeopathy

Cathi: Well, you mentioned allergies. It is kind of funny that my journey to homeopathy was in a large part because of the allergies that run in my family. When I was a young mother, I did my very best to keep my children healthy – to keep my family healthy – but they were prone to allergies. As I said, it is common in my family. My husband has environmental allergies, and all four of my children had allergies.

I remember in the early days when I was a young mother trying my best to use the over-the-counter medications that I knew of to treat their symptoms. What usually happened was I would seemingly treat a symptom, and then a short time later, it would come back with a vengeance. Before you knew it, we'd end up in the pediatrician's office, and more often than not, they would be on another antibiotic.

As I look back now, I think we were just on an antibiotic merry-go-round. It would be one antibiotic after another after another. What eventually happened was that the symptoms continued to grow worse. We were referred to a specialist – actually a couple of different specialists – one of them being an allergy specialist who recommended allergy shots, among other things. And we did that whole recommendation. We didn't see any improvement. Probably we saw worsening along the way.

At one point, I remember being referred to a specialist for my four-year-old daughter. It was recommended that she had surgery, and she was scheduled to have her sinuses scraped. That was a big deal! Because being four years old, she had to be put under. Even just doing the MRI ahead of time, they had to put her under so that they could have her completely still to do the MRI.

It just seemed that we were constantly in the offices of the doctors and the specialists with these appointments. Kate, I was so disheartened because at one point after my daughter's surgery (I think it was probably like the six-week follow up), we went back, and they looked at the MRIs. They gave me

the news that the surgery had been unsuccessful, and it would have to be repeated.

I just remember at that point thinking that they did not really know what they were doing. They were making their best effort, but in my mind, it wasn’t helping. It seemed to me that it could actually have been making things worse.

We went back to the specialist after the surgery. It had been six weeks, and we were doing a follow-up appointment. My hopes? I thought that things were going to start to improve at that point. But I was told that the surgery had been unsuccessful, and that it would need to be repeated.

I remember thinking in my mind that they may have been giving their best effort, but it wasn’t helping, and it could very well have been making things worse. It was time for me to do some research and take matters into my own hands.

So, I told the specialist that we would not be having a second surgery. They weren’t happy with me at all. Actually, they made me feel pretty bad about myself as a mother for deciding that we would not continue forward with their recommendations.

But at that point, I just decided I would put all my time and energy into learning a better way. With some help from friends at church and other mommas who introduced me to more natural approaches to health, I was able to learn a little

bit about nutrition and natural alternative medicines such as herbalism and essential oils.

That’s where my journey took me in the next stages.

Where we ended up going after a number of years was … I was introduced to the Weston A. Price Organization. It really transformed my thinking about nutrition and food as a means to help. So, I got very involved with learning the principles of the Weston A. Price Organization and scouring the “Nourishing Traditions” book, which is really a textbook/cookbook written by Sally Fallon.

It’s really funny because I homeschooled all four of my children. And at this point, the two older children were probably … I don’t know if they were upper elementary school age maybe even early middle school age, and then I had two smaller children as well. But I remember after breakfast every morning, we would do our lessons. Part of our lesson was to read another few pages in “Nourishing Traditions” so that I could learn the principles of traditional health, and I would be teaching them right alongside me.

My eyes were really opened at that point to a lot of mistakes that I had been making, nd we really did see our health turnaround.

What happened after my children were grown, and two of my daughters were married, and they had children of their own … when my grandchildren came along, they had very severe food

allergies. I remember thinking that everything that I had learned up to that point was not enough. I was literally, Kate, I was literally praying one day to the Lord that he would open my eyes to whatever it was I needed to learn to be able to help, in particular, my granddaughter because she has life threatening food allergies. I was just praying for answers.

Amazingly, in a short time after that – and I can't tell you what the timeframe was, but it wasn't very long after that – I remember taking notice of Joette Calabrese. I don't know exactly how she came to me. I think it was through one of my Weston A. Price pages that I followed. But something that she had posted just went off like a light bulb. It really caught my attention when I read it. It said something to the effect that herbs and essential oils were her gateway to homeopathy, but homeopathy trumps them all.

I remember thinking that I had heard of homeopathy, but I had kind of thought it was just home remedies, and that it was one big umbrella for anything natural and holistic. I decided to check her out and find out what she had to say.

That was the beginning of just a life changing journey in learning homeopathy that I've had with Joette and since I've met her and started taking her courses.

Kate: Now homeopathy is a huge part of your life from what I've seen you doing?

Cathi: It absolutely is. I remember reading Joette's blog, going to her web page and seeing that there was a lot of material just there to read – for free – right on her blog. I just started reading everything I could get my hands on as much time as I can devote to it.

Then I discovered that she had podcasts, which I think is really fun, because here I am on a podcast. Who would have thought? But several years ago, when I first started listening to the podcast, I would just put my headset in and go for a walk in the morning or go for a light jog. Joette was my companion – along with you and the other interviewers.

I've listened to every single podcast and just tried to absorb everything that I possibly could like a sponge. But it has just transformed my thinking and has just been a godsend to my family in the way that we've been able to help ourselves with homeopathy.

Kate: You started leading study groups. Was that right away after you learned about homeopathy, or how did that come into play?

Cathi: Well, as soon as I discovered homeopathy, I became super-excited and super-passionate about sharing it with everybody I knew. I had two adult daughters with children of their own. So, of course, I wanted to introduce it to them as quickly as possible. I also have a large family with sisters-in-law and nieces and nephews. I wanted to just share my excitement!

So, really, probably within the first year of me discovering Joette, I took my own study group with another study group leader. Went through Gateway I and just loved it – loved everything that I was learning. It was probably a few months after that that I decided to organize – with my daughters – a study group that we could lead and invite all of our friends and family.

My first study group was rather small. It was mostly just people that I knew. We did end up doing it on Zoom. But it was funny because this is a couple years ago when Zoom wasn't really "the thing" yet. Not many people that I knew of were using Zoom. So, I had to kind of go out of my comfort zone and figure out how to do this Zoom thing. But we decided that would probably be the most practical way for us to meet.

So, we had a small group that met on Zoom, and we went through the material. You know, every time you go through it, you get more and more from it. It was a just a great experience.

Then I ended up posting on the Find Your Joette Study Group that I was going to lead another one. Then I had people I didn't even know contact me and say they'd like to be a part of it.

At that point, I decided to charge a small instructor's fee and be able to earn some income and make it sustainable so that I could continue to take more of Joette's courses!

I enjoyed it so much that I think the past couple of years, I've taught probably four … I say "taught," but it's actually leading and guiding a study group. I think I've done four study groups a year, maybe five? I'd have to go back and count.

But I've done the Gateway I, Gateway II, several times in the past couple of years. I've also led an Allergic?! guided study group twice. The reason I decided to do that is because we've had so much success with my family using the Practical Homeopathy® for allergies that Joette teaches that I thought it would be helpful for me to lead other ladies through the curriculum. So, that's been really beneficial as well.

Kate: Since you're such an experienced study group leader, I would love for you to encourage those who might be listening and considering leading a study group?

Cathi: Absolutely, it's not a difficult thing to do. Whenever I lead a study group, I always encourage every one of my study group members to consider leading their own study group. Because think about all the people that you know that don't understand homeopathy.

The world needs homeopathy!

We need to get this message out that this is just a gift

from God that we have, that we can avail ourselves of. I absolutely think that we all need to be starting study groups. There are so many people that we need to reach.

But I just would encourage them that it's not difficult – that you're not the expert. Joette is the expert. You're just the facilitator. So, when you lead a study group, you're going to go through *her* material. And you're going to help the participants get through the curriculum in a way that's fun, that is helpful – because it helps keep you accountable but also because you are able to get encouragement from the group and help one another!

So, it really becomes a group of friends, and that's the way my study groups have evolved. Again, my encouragement is you don't have to be an expert to lead a study group. Joette is the expert. She's already done that part for us. All we need to do is just be the guide.

Kate: You just need an excitement to learn homeopathy and facilitate an environment where others can learn about homeopathy as well. Like you said, you can all research together if you have questions. It's not that you have to be an expert. So, thank you. That's excellent advice!

Next, I want to get into some of your homeopathic success stories – of which you have many. Maybe let's start off if you don't mind with the allergies because I know that you have a lot of different family members with those.

Tell us some of the things that you've done – especially the anaphylactic reactions because I know that that's *horribly* scary. My daughter has had them as well, and it's pretty amazing what homeopathy can do. Tell us what you've done.

Homeopathic Success Stories

Cathi: You're exactly right. Kate. It is so amazing. Really, the most amazing story that comes to mind is a time a couple years back when my granddaughter (who was, I think, about two years old at the time) was with us on a family vacation. I want to say it was like Fourth of July weekend, and so it was a nice gathering of the family cooking out in the back area and just enjoying some good food and good fun.

Well, we had brought out a special dessert that was being passed around to all the family members. I remember telling my daughter that I was going to run back inside and get her special dessert that was allergy-friendly that she could have. My brother-in-law looked at me and said, "Oh, she can't have this?"

I looked at him, and everybody who had been listening who knew what was going on, our eyes grew very large. He said, "I just gave her some."

As we looked down at her, she was already gagging and starting to vomit. My daughter just scooped her up, my son-in-law as well. They were very in tune with her situation.

They realized real fast what was going on, and the three of us just ran her into our little vacation apartment.

My son-in-law ran to the diaper bag to get the EpiPen. My daughter and I had her over the sink because she was gagging, and her throat was swelling and closing, and she was crying.

I grabbed my homeopathy kit and grabbed *Apis* 200 which was in my kit and just gave her a pellet. It probably just went inside of her mouth just to touch the mucous membrane. I don't even know she actually swallowed it. But it touched the mucous membrane. And Kate within seconds, she started to calm down.

Emotionally, we saw her stop panicking and stop crying. And because it was sweet … and think of a little two-year-old putting something sweet in their mouth … she kind of noticed that it was sweet. She took note of that, and her whole demeanor changed.

Then within just, I mean, seconds, and then minutes, we just saw the symptoms melt away. By the time my son-in-law – I mean, it was just again a matter of minutes – by the time he had the EpiPen out of the diaper bag and ready to use, my daughter said, "Wait, look, she's okay."

We just watched her recover. We never had to use the EpiPen. She was completely okay.

To me, it was a miracle!

I just want to say that because of homeopathy – and what I've learned from the Gateway classes and Joette's Allergic?! course – we've been able to handle every situation that's come up like that for my granddaughter.

She is now almost five years old, and she has never needed to use the EpiPen, and she's never been hospitalized. Even though she has these severe allergies, we believe that they are improving. And any time that she's been exposed to an allergen, we've been completely able to handle the situation. I just couldn't be more grateful.

Kate: That's so amazing. I know myself; I'm so comforted knowing that my daughter also carries that *Apis* with her at all times. We, as well, have never had to use an EpiPen or go to an emergency room. Thank the Lord! Just so thankful for this medicine and what a great story. Thank you for sharing.

What else with the allergies have you done?

Cathi: So many. Again, I've got a family full of allergic people. It's given me a lot of opportunities to see successes, and it's been great.

But I think I'll mention one of my other grandchildren next. That is my youngest grandchild. He is just a year old now. He was born cesarean section. He was breech.

It's kind of funny because it was a *great* pregnancy. My daughter had used Joette's cell salt regimen for pregnancy, and she had the best pregnancy. It really, really went wonderfully. But just at the last minute when it was time – getting close to her to deliver – he was breech. He had turned, and she used *Pulsatilla,* and he actually turned and then turned back again.

So, unfortunately, she did have to have a C-section which was a little bit disappointing. But we're thankful that that is available to us, and it was able to be there for us when we needed it.

He was born just fine. But when you're in the hospital, you receive antibiotics and different medications. It didn't take very long to realize that he had some gut issues. Even as a newborn. He was very colicky. He was constipated, and he just wasn't a good sleeper, and he just wasn't a happy baby.

We used Joette's protocol for colic, and we saw a lot of improvement over just a number of weeks. He got so much better and was not as colicky. He was sleeping better, not constipated, and we were very thankful for that.

But what we noticed was that after his digestive issues

cleared up, he started to develop eczema. The way I understand it now with the principles that Joette has taught, that very likely whatever was going on in his body was healing from the inside out. Now, the issues that he had were on his skin.

Thankfully, I knew now not to suppress the eczema. Years ago, we would have probably been giving him medications and creams and different things. But we saw the eczema as progress.

Instead, we use the principles that I learned in the Allergic?! course, and we treated the eczema with the practical protocols that Joette teaches for allergies and for eczema. Over a number of months, we saw slow but gradual improvement.

I'm just so happy to say that at a year old now, he has beautiful skin. He's just doing so much better, and his health is great. That to me is just an amazing success that I understood the principles of healing, and that we were able to use homeopathy to help him along.

Kate: Yeah, for those who suffer with eczema, homeopathy, and those practical protocols are amazing.

Say there's someone listening who says, "Oh, that's a problem that I or one of my family members have." What advice would you give them as far as where to research or where to get this information for the protocols that you

used?

Where to Get Information for the Protocols

Cathi: I would say that there is much that you can learn just by searching Joette's blog. Whatever the issue is, if you put in "Joette Calabrese" and the issue and do a search through Google, you'll get to things that Joette has written about on her blog. And that may be enough.

For instance, for the colic, that would be something that you could find just on Joette's blog. But when you get into the chronic allergies, they are more complicated. I have found that the Allergic?! course was really necessary for me to go through and understand in order to be able to address the more chronic issues.

And I didn't just go through it once, Kate. But I studied it, made notes – actually made my own PowerPoint slides! I had taken other study group members through it. By leading an Allergic?! study group caused me to really deeply go through the material thoroughly and understand it in a comprehensive way so that I was able to use the principles to help my grandson.

So, I would say you should look into the courses that are applicable to your family issues. But study them *well* and go

through them thoroughly because there's a lot of information in those courses.

You can't just take a protocol from the course and just start throwing it at an issue. You really, really need to understand the principles behind the methods that Joette is teaching if you're going to try to take on and tackle a chronic issue.

Kate: Cathi that is very well-spoken. I love that you're leading people through that Allergic?! course. I assume you're the same way … every time that I go through another Gateway to Homeopathy study guide with a group, I remember something that I had forgotten, or I pick up new little tidbits of information. So even though it may have been 30 times that I've read that book, I'm *still* learning things.

Cathi: I couldn't agree more.

Kate: Then tell us about your husband.

Cathi: Well, my husband has had environmental allergies. We keep those under control pretty well throughout the year by being careful with our diet and just watching what he eats and not triggering too many intolerances.

But in Florida where I live, there's a couple times a year where there's a lot of pollen in the air. So, usually in the spring and in the fall, he gets hit with some pretty nasty

allergy symptoms.

What I had done in the past was pick a remedy that matched his symptoms classically and address it that way. That brought some help, but I really wasn't able to uproot it completely.

After going to the Allergic?! course a couple of times over the past couple of years, I really did start to understand just the bigger picture of how to address allergies. So, this last allergy season, not only did I address the symptoms-specific part of his allergy picture, but I also addressed some of the underlying conditions that Joette teaches us in the course.

For example, he was taking a protocol that included *Arsenicum album* and *Antimonium crude,* and that was for the sneezing and itchy, watery eyes and the congestion.

But in addition to that, we also did *Calc carb* 200 every other day. Joette teaches us how to do that in the Allergic?! course. And, we did that for my husband's allergies, and this year, he had the best allergy season of our lives. We were really thrilled about that.

Kate: Well, you've really tackled allergies, it sounds like, well in your house. That's very exciting. I know that that's not the only thing that you've used homeopathy for. So, share a few more things if you wouldn't mind.

Cathi: Okay, sure. One of the other great successes that I've experienced with homeopathy is being able to help my mom who is elderly and has some of those issues of aging – in particular arthritis.

I've been able to help her with homeopathy in managing her stiffness and her pain and just helping her feel better with using the protocols that I've learned from Joette. That's been really exciting.

She is one of my biggest fans at this point. She tells everybody she knows about homeopathy, and that they need to take one of the Gateway classes because homeopathy just made her life more pleasurable because she's not in pain all the time.

Kate: That's awesome.

Cathi: Another way that homeopathy has served us well is, just recently, we've had some sickness go through my family. You know that virus that's going around was pretty yucky.

At first, my daughter and son-in-law got it. Then I got symptoms, and it was no fun. But we were able to use homeopathy to manage our symptoms and to get through it and get well. I'm just so thankful.

I just have to say that homeopathy has just given me peace of mind and confidence. I know I've heard Joette say, "Be prepared, not scared." And I can honestly say that through this whole situation that we've all been going through over the last number of months, this past year, I have not felt scared; I have felt prepared and confident.

And when the need arose, we were able to employ homeopathy, and we were able to do just fine. I'm just very thankful for that peace of mind.

Kate: Oh, I agree with you. Homeopathy *does* give you that confidence. I always had, I guess, a fear of "What if something happened? What if some illness or injury …?"

But now I feel empowered, and I hear that over and over again from moms. So, I'm just so thankful that homeopathy gives us that confidence?

Cathi: It surely does. When I didn't know about homeopathy, symptoms instilled fear and panic in me.

But now, because of what Joette has taught me, I see symptoms as a gift and a guide. It just is my roadmap – just a completely different way of looking at illness. It's very empowering.

I just remembered that I wanted to share a fun story about how homeopathy helped my family when my daughter's family

lived far away.

I live in Florida. And at one point, my daughter and her family lived in Tennessee. It was really neat one time because she sent me a late evening text with a picture of my grandson. And I could just distinguish the concern and the fear in her text because in the picture he was looking very not happy. He was laying on the couch. He was just red as could be and looked very just lethargic. And like I said, not happy.

She sent the picture and said, “Mom, he’s really sick. Do you think we need to go to the doctor?” Of course, it’s after hours. So, it would have meant finding an after-hours clinic to go to. I know that she was just really fearful and scared.

Amazingly, I had just gone through Gateway I and learned some of the key remedies for illness. It was such a clear picture of the *Belladonna* fever. He had the red face; his eyes looked really glassy; his pupils were dilated, and it came on suddenly. She said it was a high fever.

I texted her back and said, “Call around. See if you can find a health food store and locate *Belladonna*. This is a classic *Belladonna* fever.”

Long story short, they were able to get some *Belladonna* with no problem. Gave him one dose of it, and she just watched him improve. He just fell asleep. The redness started to

subside, and he just got better from there on. He went to bed that night, woke up the next morning, just ran out completely better and just a happy, little boy.

It was such a great feeling to be several states away from my daughter and my grandson, and to be able to help her in that way because I knew what to do. That was just solely because I had just gone through the Gateway course and learned that information.

So, I just can't recommend enough how wonderful these Gateway classes are because you'll learn information that you'll be able to use right away.

Advocacy

Kate: That's great that you were able to do that, Cathi. Thank you for sharing that.

I realized that we never got to talk about your advocacy, and what you're doing for homeopathy. Can we talk about that just for a few minutes? Can you share what you're doing to advocate for homeopathy?

Cathi: Yes, I would very much like to do that.

Very shortly after I started learning about homeopathy – and as a matter of fact, it was while I was taking my very first Gateway to Homeopathy study group – I learned that the FDA had come out with some new restrictions on homeopathy that actually could threaten our access to homeopathic remedies.

Without getting into too many details, I learned that the FDA had always protected homeopathy, and actually it was written into the law that homeopathy would be protected as its own system of medicine under the Food, Drug and Cosmetic Act since the 1930s.

But recently, the FDA had come out with a new draft guidance and some new recommendations that literally could threaten our access to homeopathic remedies.

I could not believe it! I had finally found these answers I had been looking for, and homeopathy could be taken away.

So, I determined that I would do whatever needed to be done to help protect this system of medicine for my family – and especially for my children and my grandchildren. I became involved with Americans for Homeopathy Choice, and I've been working with them for the last couple of years in advocating for homeopathy.

Last year, I had the honor and privilege of traveling to Washington, DC with many, many volunteers from all over the country who flew in for an event called Homeopathy on the Hill. We met with our legislators. We went into their

offices and met with their staffs and told them our stories about homeopathy and why it's so important to us.

Since then, I've been very active with the Homeopathy Action Team. We call it "HAT" for Short. I'm on the leadership team for HAT. Right now, we are needing volunteers to help us with our congressional advocacy efforts. We are coming out with legislation that will protect homeopathy. So, what the volunteers are doing is meeting with offices all over the country so that they are familiar with homeopathy and understand how important it is to their constituents.

At this point, we're really excited about the upcoming year and with our new efforts to expand our volunteer force and to meet with the offices of our Congressmen and women. We could use help. We could use more volunteers. So, if anyone is interested in getting involved, you can go to homeopathychoice.org, and you can sign up. There are a number of volunteer positions that you can help with.

But if you would like to work with me and the other volunteers who are part of the Congressional Advocacy Effort, be sure to click on the tab that says, "Homeopathy Action Team" under "Get Involved." You can sign up to be a congressional lead, work with your senator's office, or your US representative's office. We will train you and teach you and help you and hold your hand every step of the way so that you can build a relationship with your leadership and help them to understand how important homeopathy is to so many of us and why it needs to be protected.

Kate: Sounds like very interesting work that you're doing. Thank you for doing this, because it's very important that we still have access to homeopathy. Anyone who is interested in getting involved, I just really want to encourage you to check out homeopathychoice.org.

Let's finish up this wonderful podcast. We could go on for hours and hours sharing stories back and forth. But before we leave, I would love for you to share any final words of wisdom or tips that you have for the listeners.

I was thinking that maybe if you could share looking back at your journey, and someone who might be just starting out with homeopathy or maybe even someone that's used it for a while, what words of wisdom do you have for those people as far as how they can learn more about homeopathy?

Words of Wisdom

Cathi: I think the most important thing I can advise anyone who is interested in learning more about homeopathy is to read Joette's blog and listen to her podcasts. Listen to them more than once because there's a wealth of information, and each time you listen to it, you'll gain more from it.

The other thing I would recommend is that you join a study group. I think a study group is so beneficial in so many ways. Not only will you go through the material and learn the information, but you'll have a support network in place

who will be there to encourage and help you along the way.

Then I think finally own a homeopathy kit. I think what I did for my family was super-beneficial in that we started out by getting a homeopathy kit that had a lot of the main remedies. Then I purchased a cell salt kit for each of my daughter's families. They began to learn the cell salts and use those and Joette calls the cell salts, the "Easy Homeopathy." We go through the cell salts pretty thoroughly in Gateway II. That was a really great way to help my family learn homeopathy and start to use it.

Kate: Cathi, thanks for your words of wisdom and sharing with us everything that you've done and your journey. For those of you wanting to join a study group, I'd encourage you to check out Cathi's study groups or other study groups. There's lots of leaders and like Cathi said, it's a great way to get plugged in – not only to learn about homeopathy but to meet other like-minded people and really form relationships and help one another out. With that, I just want to say, Cathi, thank you so much for taking the time to do this.

Cathi: Thank you so much for having me, Kate. This has been a lot of fun. I've really enjoyed it.

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.

A Loss for The Entire World



By now, you have no doubt heard the news of the sudden passing of Dr. Pratip Banerji.

All in one moment, India lost a visionary leader, his family lost their lodestar, and homeopathy lost a wealth of

research acumen and future discovery.

The loss for the entire world is immeasurable.

Dr. Pratip Banerji was highly esteemed by leaders and influencers around the world! His library was filled to the brim with gifts from royal families, the President of India, Governors and high-ranking officials from all over the world.

Books, statues, candy, exotic foods – many, many gifts were constantly bestowed upon him. I would say gifts would arrive twice a week at least. And, of course, as the generous man he was, he would share the foodstuffs and candy with those in the clinic.

But those gifts represented the high regard in which the Drs. Banerji were held – by both the powerful and the powerless.

Their impressive two-story library (where we often met) also contained all of the awards these two men had accumulated.

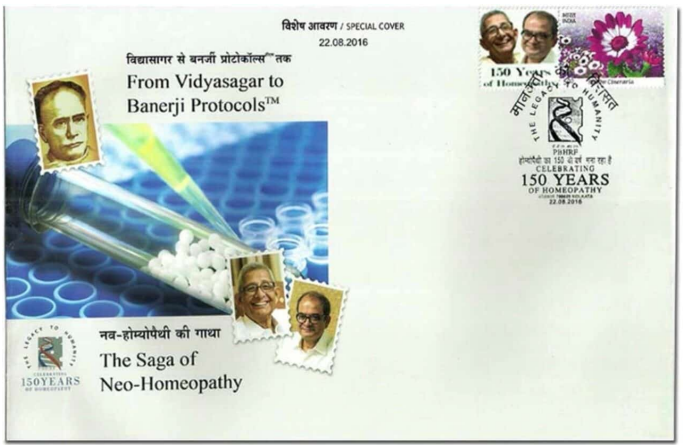
You see, the Banerji family was considered intellectual and philanthropic royalty for their visionary work throughout all of India – not just Kolkata.

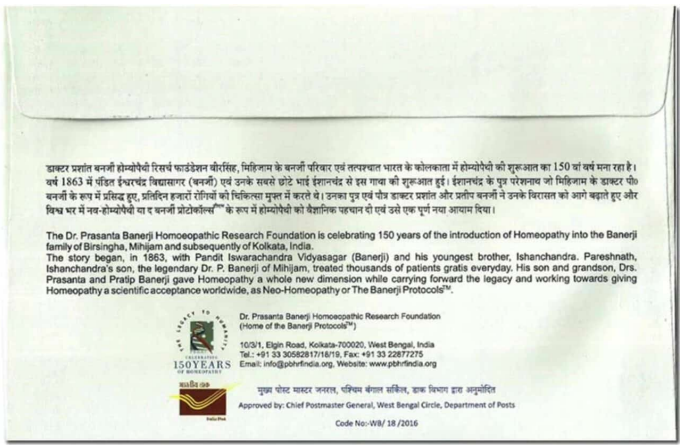
Generations of the Banerji family receive great respect in India's history. Members of the family were instrumental in changing India's laws to allow widows to keep their property after their husbands' death. (Previously, after the man of the family died, women were left destitute as all of their husbands' wealth and possessions were taken away.) It was a Banerji family member who helped put an end to child marriages!

This Banerji legacy of selfless, compassionate work continued with Dr. Pratip Banerji and his father, Dr. Prasanta Banerji. They served myriads of the sick and

desperate at The Prasanta Banerji Homoeopathic Research Foundation.

To commemorate their contributions, the Indian government commissioned a national Special Cover (stamp) bearing the images of Drs. Prasanta and Pratip Banerji.





It is also undeniable that the Drs. Banerji did more to carry homeopathy into the mainstream than anyone else in recent history.

Dr. Pratip established a foothold in the international medical community with his clinical studies and regular worldwide presentations. Then, his research collaborations with premiere, international scientific establishments catapulted homeopathy into the 21st century.

You can read about his journey and professional accolades – of which there were many – on the website for The Prasanta Banerji Homoeopathic Research Foundation.

But today, I want to focus on the Dr. Pratip Banerji whom I knew – for I lost not only a mentor but a very dear close friend.



Pratip and I just clicked.

He called me his “American Sister,” and I called him my “Indian Brother.”

He tried to teach me a bit of Bengali. I wrote it down phonetically – the Sanskrit was undoubtedly too much for me.

He would say, “Kemôn achhen? (How are you?)

And I would reply, “Bhalo achhi.” (I am fine.)

If I said it wrong, he would say, “Now, come on … you can get this!”

Do you know what was interesting about him? He never allowed any mistakes. At all.

He checked everything like a hawk. So, if a junior doctor wrote something in a patient’s record, and there was a misspelling, or a number was slightly off, he would make

them write it over. And that was a lot of work! Sometimes white-out could be used, but many times adequate correction required a complete re-writing of the document!

And if he saw those mistakes from the same doctor more than two or three times, he'd get overtly irritated! He wanted all records to be perfect.

He expected professionalism because that's what he was: the quintessential professional.

So, when it came to my elementary Bengali lesson, he would drill me on it! Every week, each year I returned.

"Have you got it now?" he'd tease!

One of the things I loved about him was his boyish sense of humor. Once we became comfortable with each other … oh, boy, would he rib me!

I had lunch with Pratip many days when I was in India.

Not the first year, though. When I first attended the clinic, I felt like I was imposing and did everything I could to stay out of his way and not take up his valuable time.

By the second year, he said, "What are you doing? Where are you going? Come on and have lunch with us!"

From then on, he often invited me to have lunch in his family dining room.

He often sat cross-legged. And that's how I like to sit! I don't like to sit with my feet down!

So, there we both sat, cross-legged, lunching at a beautiful table with a large lazy Susan in the center. Sometimes it would be an American or European meal (because he and his wife were well-traveled, especially in England, Germany,

Switzerland, the U.S. and Spain). But more often, lunch was local food.

One time, he turned the lazy Susan toward me and said, “Here. Try this.”

I asked, “What is that?”

“They’re pickles,” he said.

So, thinking it was a pickle, I put it in my mouth – and it was a very, very unbelievably hot pepper.

He, in his boyish way, just completely cracked up!

Meanwhile, Dr. Prasanta Banerji, who was sitting next to me, said to one of the servers, “Quick! Get her some milk!”

When I could finally talk, I yelled, “Pratip! That’s not a pickle!”

He said, “Oh, well, where you come from, maybe that’s not a pickle. But where *we* come from … *that’s a pickle*!”



Each day, I couldn’t get up early enough to be at the clinic/research center. Even though I was with Pratip or his senior doctors many nights until 10 PM, sitting by Pratip’s side gave me an electric charge – an exhilarating intellectual lift.

But more importantly, I knew I was positioned next to a man of keen intellect, refined manners and big ideas. Having also sat with his father, Dr. Prasanta Banerji, I knew Pratip’s demeanor, subtle grandeur and brilliance were explained by his lineage. I never tired of learning from him and just being in his presence.



I could go on and on about his intellect, but I want to share more about his personality, which I treasured.

He was a gentleman. He was witty, wholesome and driven – but in a balanced way. The love I saw him demonstrate toward his wife, children and father was *awesome*. I rarely use that word because it has become trite, but it's an apt word to describe this man.

He was adoring of his children and always had time for them. His youngest would often come into the office and draw pictures for us. Pratip's face lit up each time she entered the room. It was no different with his older daughters who he also adored.

His capacity was bigger than many men. Maybe that's why he left so soon. Perhaps the earth couldn't comprehend his enormity.

It appeared to me that his focuses were narrow. I don't know if I missed something, but I spent a lot of time in his library. In my experience, people are what they read, and it

was clear who he was.

He didn't have time for golf nor tennis. He didn't make fine dining restaurants a priority, watch television or follow sports. He was myopic about two things: his family and his work.

That's how you get to be great.

You are undistracted by the noise of your surroundings and head straight into your life's work. Hourly. Daily. Over decades.

And in Pratip's case, generations.

My personal memories are punctuated with professional memories. And one of the most important things I learned during my time in India is a caveat both Drs. Prasanta and Pratip Banerji used to give their patients:

"Take it in your stride. Don't take your illness too seriously."

I can't emphasize that enough with my students and clients. We certainly need to know the details, but after you've finished recounting all the details in a one-on-one consultation, forget what you've said, go on and live your life and pretend your illness doesn't exist.

What the Drs. Banerji and I mean is we cannot strive for the impossible. We will never have perfect health. It doesn't exist.

And that brings up a very good point at this somber, reverent time.

As I discussed his passing in my Facebook Live earlier this week, I noticed quite a few of you asking, "Why didn't homeopathy help him?"

The short answer is, “I don’t know.”

I will not speculate on his last days on this earth. Why? Because to fully understand a case, one must consider many aspects of a person’s condition that may have led up to the illness.

However, even if I *did* know what may have contributed to Dr. Pratip’s illness, I would never offer his private story. When I write cases to teach, they are anonymous. And he – more than anyone – deserves the highest ethics from those who knew him.

But I can offer you the Drs. Banerji’s philosophy: we cannot strive for the impossible.

Life is a tenuous balance. On the one hand, life can be robust, and on the other hand, we are just a breath away from loss. We’re always on the precipice.

The loss of Dr. Pratip is not cause to be discouraged with homeopathy. Even with homeopathy, we will never have perfect health. Homeopathy is great! Nothing – no medicine – is infallible.

And nothing offers us immortality.

But while we are here on this earth, we can – we must – carry on his legacy.

Dr. Pratip and I often talked about our respective missions. His was to take the Banerji Protocols – his homeopathic medicine integrated with the scientific method – to the international medical world. My small part is to share his methods with families.

So, I leave you with this: Respect Dr. Banerji’s protocols. Bring his family’s methods to your family and circle of friends – for the great Dr. Pratip Banerji wanted good for all humanity.

While we're here for our brief stay on earth, let us hold a candle to the light he and his father lit for humanity. Let us do good work in our families as a tribute to his memory.

Pratip was slightly more than a decade younger than I – yet somehow, he was centuries older. We all know when we've crossed this kind of person's path; they leave us inspired and humbled.

Dr. Pratip Banerji was a visionary, a brilliant doctor, a world leader in his field – and a saint. Indeed, his footprint was enormous.

My wish for myself and the world is to modestly follow in those colossal marks he left upon this earth.

Warmly,



Antibiotic Alternatives Are Becoming Necessities



I'm sure to those of you who have followed me for a long time, I sound like a broken record on the topic of antibiotics.

I've written about their dangers countless times!

I've warned about the fallout from willy-nilly antibiotic use – the side effects, the recurrent infections, the seemingly unrelated "whack-a-mole" conditions that arise just when we think we have one thing cured.

But equally as important, I've warned of an impending reduction of the effectiveness of standard, first-line antibiotics. I cautioned that this could lead to the routine use of more and more powerful, dangerous antibiotics – and eventually they may not work anymore either!

Maybe, years ago that didn't sway you. You might have rolled your eyes and said, "Oh, Joette. I'm not convinced it's quite that bad."

Sure, until recently, many dismissed this as "alternative" thinking.

Not anymore.

Now, my warnings have gone mainstream because the situation has become dire.

I urge you to take a moment to read this article from The New York Times: ***Urinary Tract Infections Affect Millions. The Cures Are Faltering.***

Allopathy's disrespect and cavalier overuse of a sharp lifesaving tool have resulted in its blunting.

Read that title again out loud: **"The Cures Are Faltering!"**

Doesn't hearing that make your ears prick up?

As medical doctors research common infections – such as UTIs discussed in this article – cultures prove that the usual first-line antibiotics are ineffectual against these bacteria. Before treatment, lab cultures are quickly becoming required for each patient to determine which – if any – available antibiotic will work on their infections.

What does this cost? Money and *time*! Valuable time.

During a protracted period of testing or trial and error, UTI infections go unchecked – potentially leading to more

severe kidney infections, blood infections.

This is not a laughing matter. This is not fake news. This is all too real.

From the article: “Next time,” Dr. Barcelos said, “I’m going to ask them to do a culture right away. For eight days I was taking antibiotics that weren’t working for me.”

Can you imagine going *eight days* with no treatment for a quickly developing UTI?

I can’t.

It should cause deep concern for society at large – especially for the allopathic community –

because they have not developed a deep understanding of the antibiotic alternatives offered by homeopathy.

My students rarely look to an antibiotic as their first line of treatment.

For UTIs, they’ve come to depend on *Cantharis* 30 which I discussed in Podcast 81: Ladies Only. Generally, *Cantharis* is used every few hours, depending on the severity. If it’s very troublesome, it might be used every 15 minutes for the first hour – then every few hours as the condition improves.

For more severe cases, my students may refer to my previous blog post, Recurring UTIs and Antibiotics: Stop the Cycle, in which I discuss an additional Banerji Protocol.

But a podcast and a blog post do not an education make! Indeed, I try to provide as much help as I can in these short lessons. But I don’t have enough time or space in these forums to teach you the intricacies of homeopathy’s antibiotic alternatives. And now that the landscape of allopathic medicine has changed – **those alternatives are becoming necessities**!

Consider my course, ***The Antibiotic Alternative: Practical, Proven Homeopathic Protocols.***

Look, I do believe there is a place for antibiotics – held in reserve for life-threatening situations when there is absolutely no knowledge of homeopathy.

It is imperative you do your part to stop this madness. Be at the ready.. As always, you will be the hero – to yourself, your family, and probably, to your doctor.

Let me be your guide. I urge you to consider ***The Antibiotic Alternative*** now.

The time for study is not when a problem is at hand… when time is of the essence. Study now – while your mind and body are unfettered and ready to absorb this information?

Be prepared.

Especially in light of this New York Times' article, please pass on the good news of homeopathy – as our "alternatives" quickly become necessities.

Warmly,



P.S. Quick note to my Mighties: be on the lookout for this week's Memo to Mighty Members. In it, I'll continue this discussion with additional homeopathic protocols used to

address UTIs. I’m sure you’ll find it to be a very helpful resource.



The Biggest Mistake Parents Make



Are you familiar with those ubiquitous “listicles” on the internet? Like, “The Top 7 Reasons Your House is a Mess” or “The 9 Most Frightening Items in Your Closet”

Do you know why those lists are everywhere? Because they are successful marketing tools, and internet businesses love successful marketing tools.

Have you ever noticed they are most often an odd number? There are probably 6 or 8 reasons why your house is a mess. And there could be 10 or 12 frightening things in your closet. But odd numbers have been shown to be more trustworthy in marketing studies.

Go figure.

Often, the numbers are random, chosen to fit the needs of the writer rather than the truth of the situation.

So, to heck with creating a list. I’m going to tell you the ONE biggest mistake parents make regarding their children’s

health care.

One. Uno. Une. Una. Ein. Yksi. Énas.

What is it?

They panic.

Let’s take, for example, a fever.

How many times have you seen a mother PANIC because her child has a fever! She runs for the Tylenol in an unnatural attempt to get the fever down. But the fever is serving its purpose, burning off the virus or the bacteria and developing an effective immune response for later years. (See my earlier article Get Your Kids High: Fever is Good.)

When your child gets sick, **DO NOT PANIC**.

No. Relax.

I’ll repeat it: relax, relax, relax.

Children are SUPPOSED to get sick. It’s how they build their immunity. It’s how they grow. It’s how they flourish.

Sicknesses are a natural part of childhood and not something to avoid at all costs. Sometimes – many times – the avoidance or repression of disease is decidedly worse than allowing the body to naturally fight the illness. We’re forcing the body to stop treating itself.

In a typical childhood illness, fevers can run high – and so can emotions.

When a parent is in a panic, their rational brain flies out of the window, and they appeal to others for answers. Medical practitioners often utilize that susceptibility to convince panicky parents that antibiotics are the only solution. They shame parents into believing it’s their *responsibility* to provide antibiotics for their children’s

recovery.

This is the moment when Biggest Mistake Number One leads to Biggest Mistake Number Two: Antibiotics! (But, alas, I'm not making a list!)

When you're in a panic, you don't have the mental clarity to consider what an antibiotic can leave in its wake decades, even a lifetime, later. You're opening the door to recurrent infections, gut problems, eczema, a lifetime of food intolerances, and more. (Read: The Downward Spiral: Antibiotics and Recurring Infections.)

Antibiotics are woefully over-prescribed to children of parents filled with uncontrollable anxiety, but they are *not* the only answer.

Say, for instance, your child has a painful ear infection accompanied by a high fever. You might consider *Belladonna* 30 every few hours until the symptoms improve. Or you might find *Chamomilla 200* matches better with your child's ear infection symptoms, or perhaps *Pulsatilla* or *Hepar sulph*.

As I've said before, there is more than one way to skin a cat. But if you are in a blind panic, you cannot sufficiently take the case and choose a remedy.

"So, great, Joette. You're telling me not to panic, but you're not telling me HOW to keep calm?"

That, folks, is where preparation – in the form of education – comes in.

If you have studied alternatives to antibiotics, your intelligence will be better armed to overrule your emotions. When you visit the pediatrician for a diagnosis, you will stand equipped to turn down the antibiotics she offers.

You will know your options.

You can do this for free by reading my blogs and listening to my podcasts or Facebook Live events. But to truly take a deep dive into the world of life beyond knee-jerk antibiotics, I recommend my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs. This course is designed for those who have already been harmed by antibiotics, individuals who can't use antibiotics due to allergies, and preppers and others who want to be ready for a predicted future *without* antibiotics.

But most of all, it is for parents who want to give their children the best start in life, a clean slate, a life without chronic illness!

It is for parents who no longer want to panic when their child gets sick – because they are prepared!

You will be the hero! Allow me to serve as your guide.

Warmly,



P.S. Click here to download a free infographic from my course The Antibiotic Alternative to use as a starting point in your studies.

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.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

Click Here To Get Your Card

Beginning a New Year



It is a brand, spanking new YEAR!

It’s 2021.

It’s time to address the situations you have been led to believe were hopeless…

with homeopathy!

There is nothing more inspiring to human beings than a clean slate. Traditionally, that’s what a new year brings – a fresh start.

But rather than wasting our time with niggling resolutions that won’t last beyond week’s end, I want you to reaffirm your ability to heal your family.

Stand tall. Stand confident. Stand poised to take on 2021 with aplomb!

It's time to make anything possible – make anything *probable*!

Let me share an email I received from a student just a couple of weeks ago to inspire you. I assure you this email is real and unsolicited (although I've protected my student's identity, of course.)

Dear Joette,

I wanted to write to you to express my gratitude for the work that you and your team are doing and to share how homeopathy has transformed my family since I found your website.

About eight months ago, I started my husband on a Nux vomica protocol that I had learned about through your blog. Before the Nux vomica, my husband was angry, like "call the police" kind of angry. There were times, honestly, I wondered if our marriage would last with his anger. There were many times I worried about the psychological effects that his anger would have on our two young daughters.

But, thankfully, after a very scary event earlier this year, my husband agreed to let me give him homeopathy.

I can't even begin to tell you how much this has helped him. It didn't happen overnight, it took a number of months, but I am still in awe of the transformation I've seen in him. Does he still experience anger? Yes, but it's normal anger,

not the out-of-control stuff I witnessed before. There finally is peace in our home, and I am no longer worried about my daughters having to grow up with an angry father. Even his brother pointed out how calm he was while driving, despite the fact that people were cutting him off.

A handful of Nux vomica bottles has saved us thousands of dollars in counseling fees, saved our daughters from having to grow up with an angry dad, and possibly saved our marriage too. This has really changed the trajectory of our family.

Oh, and by the way, his gassiness happened to get better. And his diarrhea went away. And amazingly, his body acne started to clear up, too.
I can't tell you how happy and grateful I am to have found you. And I am excited to know that this is just the beginning.

What this student has recounted is nothing new to me; I witness this daily in my practice. However, it never fails to inspire me to see it recalled by a devoted mother and wife, and how it impacts a family.

This can be your story, too – with whatever your family's most pertinent health issue is.

All it takes is a rededication to learning, and you can make 2021 the year of health, happiness – and, of course, homeopathy!

As I have said before, **YOU ARE THE HERO!** I am your guide.

Warmly,



P.S. My blogs and podcasts are helpful resources to discover homeopathic medicines addressing various conditions – for free – as this student learned. However, if you want to take a deep dive into a particular subject, I suggest investing in a specific course.

For instance, as in this case, your family requires homeopathy for emotions run amok, consider Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.

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.



Podcast 108 – Moms with Moxie: Getting Off the Hamster Wheel



IN THIS PODCAST, WE COVER:

03:36 Alternative Routes and Other Background History

10:04 Recovery Process

14:57 Headaches

20:04 Dog Story

22:52 Feeling Empowered

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

The Survivalist Guide to Homeopathy: https://survivalmedicine.joettecalabrese.com/survivalist-guide-to-homeopathy/

Allergic!? Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back: joettecalabrese.com/allergic

The Antibiotic Alternative: Balance Your Bugs Without the Drugs: joettecalabrese.com/aa

Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind: joettecalabrese.com/ggbg

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 108.

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: Hi, this is Kate, and I want to welcome you back to the Practical Homeopathy® podcast. Today is another Mom with Moxie podcast. I have a wonderful mom here whose name is Lisa.

Lisa has a story that I believe a lot of you have as well. If you feel that you’ve tried so many things … You’ve tried essential oils; you’ve tried herbs; and you’re stuck. You just don’t know where to go. You still have issues, and you’re not getting to the point of healing that you want to be at.

I think you’re going to want to hear Lisa’s story because that’s exactly what happened to her. With that, I want to welcome and invite Lisa to share her story with us.

Lisa, so thankful that you’re here today.

Lisa: Hi, Kate. Thanks for having me.

I have a long history of holistic medicine as well as traditional Western medicine. I went to school to become a registered dietitian, and I worked in hospitals for about 10 years. Then I moved into education.

I have had lots of health problems that started from infancy that continued on well into my 50s.

One of the exciting things that happened to me is when I was at my last legs of feeling like I was never going to regain my health, I heard a summit where Joette was speaking. (And to be honest with you, I don't remember which it was. I think it was probably around gastrointestinal health.) She was talking about IBS and some other protocols.

From there, I connected with her. Then that was the beginning of the improvement of my health. Without homeopathy, I can't imagine that I would be where I am today.

Kate: Well, I'm anxious for the listeners to get to hear more about how you have gotten to that place of healing today and more about your time with Joette. But I want to step back for just a minute and talk about your history and how you grew up – because you have actually a pretty fascinating history with your parents and their interest in alternative medicine.

So, give us a little background here about your grandfather and your mother, and what they did.

Alternative Routes and Other Background History

Lisa: Sure. My grandfather was, I consider, a visionary. In the 1940s, he went to Chicago to study to become a chiropractor. Back then, chiropractors were actually part of physiotherapy or what we now call physical therapy.

But he came back to New Hampshire after that training, and he raised my mother and her sister in a more of a holistic manner. So, my mother grew up in that alternative medicine background.

Then when I was young, and my brother was young, we were both having health issues. Mine were related to bowel, and my brother's were related to chronic ear infections.

She figured out that it was food-related – specifically dairy – and she was having a hard time finding whole foods in the area that we live. So, she decided to open a natural food store. I was seven years old at that time, and I grew up in the health food industry.

One of the things that was interesting about growing up in the health food industry in the mid-to-late 70s and the 80s is that if you went to a health food store at that time, you were thought of as being a "hippie." I'm dating myself with

that term, but a hippie!

What was interesting is the town I live in has federal offices, and from time to time someone would come in to make sure my mother wasn't selling marijuana in the store because that's what they thought about the health food industry back then.

But I had all of those experiences working in the store from the time I was quite young. But one of the things I realized at that point was that I wanted to kind of be more legitimized after watching my mother kind of be also a visionary in this field.

That's when I've decided to go the traditional medical route.

I did that for quite a long time. But I always had my alternative roots, right? My alternative roots never go away. One of the things that … I wouldn't advertise it because if I said something to a medical doctor or whatnot, that I was afraid that they would not treat me with the same level of respect. But people knew.

I had my own little posse of other employees who would come and knock on the door and peek their head in and say, "Hey, got anything in that drawer for me."

Maybe it was Rescue Remedy – that was one of my early

dabbles in homeopathy-like medicine; or maybe it was supplements or charcoal for gas and bloating or whatever it was. I had my usual pile of things in there.

I can still remember the first time I was dealing with a patient who had had chronic diarrhea (and it's what we see frequently now – C. difficile – in hospitalized patients), and the diarrhea was endless … going up to a physician and saying, "Would you ever think about using probiotics?"

I mean, this was in the early 1990s. He said, "I don't know. I don't think so."

Nowadays, it's fairly commonplace to use probiotics as one of the mechanisms to dealing with chronic diarrhea. In some ways, I was trying to introduce it, but I didn't get very far.

Once I left healthcare, I went into education. From there, I started to experience some of my own health problems. My bowel-related issues continued to worsen. After the birth of my last child, I was put on IV antibiotics. That was the last straw.

From there, I started to have such severe IBS that it became debilitating.

I was a dietitian, I knew all about food, right? I knew how to modify all those things. Despite my best efforts – no

matter what I did nutritionally – I couldn't seem to get off the steaming train that was going forward that where my intestinal system was just getting more and more inflamed. It got to the point where I couldn't really eat very much and couldn't take much for supplements.

Kate: In fact, I think you told me earlier that you could only eat about 25 foods.

Lisa: Yes. I had really narrowed down. Anything that had any kind of fiber in it, I couldn't eat it. And vegetables!

Again, here's me, the dietician: I can't eat any beans; I can't eat any vegetables; I can't eat any … no fruit whatsoever – the fruit was the worst, right? My diet was just getting narrower and narrower and everything. I couldn't even take probiotics; they were actually aggravating it.

Everything that I knew how to try had either worked in the short run and then stopped, or I found that no matter what I did, there seemed to be an aggravation.

I used to liken my health to … I'm sure everyone brought their kids to like a water park where they've had the little fountains or the little water things where the water squirts up from the ground. If you step on one hole, then the water comes up somewhere else.

Kate: Right.

Lisa: That's exactly the way it felt like with my health! I would take something, and I said, "Oh, this is starting to make me feel a little better." And then something else would pop up. It just never felt like I was getting off the hamster wheel with it.

Kate: That's a great visual, Lisa. I love that! I bet a lot of people feel that way actually.

I was just talking to my mom today. I said, "I feel like things keep happening in life."

And to some extent that is just living life, right? Things are always going to happen and pop up, and it's never where we've reached optimal health, and that's where we stay!

Joette and I talked about that as well. I know she's mentioned that as well that that is just living life. Things happen.

But I want to hear where are you're at today, Lisa? Can you eat more foods?

Lisa: Oh, yeah. I would say I'm at 98% recovery. It's taken several years, but now I am eating pretty much everything. I

still have some slight gluten sensitivity, so the volume of gluten I eat has to be monitored. But aside from that, I am back to eating everything.

Kate: How long of a process was that?

Recovery Process

Lisa: Well, I would say, for the big shift in my IBS, it took about a year.

The one thing that I've learned about homeopathy is that there's often steps forward and then a step back and then a step forward. So, it's not a continual linear line. If you look at it through the big window, you see that where you're at is better than where it was six months ago, but it's not linear.

I did work with Joette with this. It took us many remedies to figure out what the right combination was that was going to be the difference. It was significantly better in, I would say, a year. And then in another year, it's probably was where I'm at now. It took a good solid two years to get back to eating pretty much everything that I wanted to, but there were improvements along the way.

I will say after the better part of 10+ years dealing with

that, there was – a lack of a better description – there's a lot of PTSD around it. I became really *afraid* of food. I became afraid of what the ramifications were going to be if I were to eat that.

So, I was very, very slow at reintroducing things. Perhaps it might have been a little bit quicker, but I would say it was a solid two years before I was feeling as good as I am now.

Kate: Lisa, you are just imparting lots of wisdom for the listeners today because I feel that our expectations are that once we start taking a homeopathic protocol or remedies, that we should expect a huge shift in two months even.

I love what you said that it's *not* going to happen overnight, and it's not just a straight line, linear progression of getting better and better and better. You do have those two steps forward, one step back. I think that is so important to remember, especially when you're dealing with chronic issues such as food intolerances and allergies. It doesn't happen overnight.

Lisa: I agree.

Kate: Yes.

Lisa: It does take patience. But the good news was there

was enough good things going on, that it encouraged me to stay the course, right? We would flare, and then I would just have to trust.

Sometimes, you just have to trust the process. My system is extremely sensitive even now. I'm somebody who's likely to aggravate on a remedy when somebody else doesn't. One of the things I've learned is if I feel like something is aggravating, stop and wait, and let it settle out, and then try it again.

That took a lot of time for me to feel comfortable with. My first reaction is to stop it because I'm aggravating. But then the question is, "Should I have continued to take it?" right? But I learned with me, it's better to stop and reassess. Then try again, and if it happens again, then go looking for another remedy.

Kate: Oh, good. That's wonderful advice too: evaluate and try it again. Don't be *afraid* to try it again. But if it happens again, then it's really time to think about, "Is this the correct remedy for me?" I love that. Thank you.

You've been healed, for the most part, and you still have a few things you're dealing with you said. But I want to hear now about some of your family members, because you have some great stories. Your co-workers used to call you "Dr. Quinn, Medicine Woman." Now you are! You're helping other people. You're that healer in your community.

Why don’t you tell us about some of the people that you’ve helped, and what you’ve done?

Lisa: Well, what’s interesting about working with homeopathy is that I always … when someone has not had experience with homeopathy, I have a tendency to just kind of throw out in the middle of the room: “This is going to feel a little bit like ‘woo-woo’ medicine. But if you’re willing to try, then it might help, or it might not (if I pick the remedy right or not), but it’s not going to hurt you. So, are you willing to go with me?”

And because of that … I’ll start with some co-workers first because, honestly, I find treating my co-workers a heck of a lot easier than treating my family.

My family looks at me, and I try and ask them to describe their symptoms, and they’re like, “Mom, get the heck away from me. I’m miserable. I don’t want to tell you where the head hurts,” or wherever it is. Right?

I find picking remedies for *myself* to be hard. If my family members aren’t willing to talk to me, I find them difficult. But I work in a public health department. So, I work with a bunch of people who are also very health conscious who have no trouble giving me whatever information I need.

Headaches

Some of my favorite stories actually surround headaches. I know for a lot of people, headaches are tricky to find the right remedy. I've had quite a bit of success with that – with headaches – for everyone but myself. I still have one kind of headache I've still not figured out how to treat.

But for example, I can go back a couple years. I had a co-worker who had had a really bad cold, respiratory infection, and a headache that would not go away. What I gave her was the Banerji protocol, *Sanguinaria* and *Belladonna*, and within 24 hours the headache was gone.

That same remedy has worked for sinus headaches for my mother. That also has worked well.

I've given that one to my husband as well who has a tendency to get sinus headaches after a cold. Generally speaking, it's been pretty effective across the board when I know I'm truly dealing with a sinus headache – you know, something that is related to either a cold or allergies. So, that worked pretty well.

I also recently had one of the same co-workers who has had a history of migraines. About a year ago, we were in a meeting, and I said I'm trying to get an idea where the headache was.

We tried *Belladonna,* and *Belladonna* helped a little bit, but it didn't completely go away. Then of course, off we go into the wild blue COVID hole of never seeing each other right. So, when we got … this is about three weeks ago … I walked down the hall, and I peeked in her office, and the light is off, and she's got indirect lighting on, and I said, "Oh my God, do you have a migraine?"

She said, "Yes, I've been meaning to ask you. I have a migraine every three days, the first three days of my menstrual cycle ever since my son was born, which is a little more than a year ago."

So, I kind of was paying attention to what was going on. Last time she had the headache, in the back of my head I'm thinking *Bryonia*. That's what I'll try next time. But of course, we didn't have a next time.

I went ahead, and I gave her the *Bryonia* at this time and within a half hour, she told me that the headache was better. She only took two doses. I gave them to her within an hour. Two doses within an hour because the headache was really bad.

I got an email later that night that she said she was *substantively* better, and she woke up the next day with no headache. That was day *one* of the three-day migraines she'd been having for 10 months. Is that uprooting the problem? Probably not. It sounds like its hormonal. It's probably worth a chronic remedy – a chronic look at it. But for right now, it got her out of that pain. We'll see how what happens

next month when it pops back up.

My last headache story was actually my daughter in high school started to get these chronic, well, these headaches that would show up. It was like a cross between a cluster headache and not quite as strong as a migraine but a little bit like a migraine and would go on for weeks – low-grade headache that would go on for weeks. It was one where as soon as she went to school, she would read. She'd think it would get worse.

I tried a bunch of different remedies. Eventually, I thought, you know, there may be an anxiety or fear component there. So, I gave her *Ignatia* for those headaches. They went away, and they have never come back. That was three years ago at this point.

Kate: Wow.

Lisa: I mean, she's young, right? I mean, there's an opportunity to uproot things fairly easily when you're young. It wasn't a long-standing issue. It had happened previously six or eight months before.

But yes, she doesn't get that type any more. But I mean, literally, those headaches would go on for four or five weeks. It wasn't debilitating, but it was just chronically there.

So, anyway, the headaches have been one of the areas where I've had some luck with – even though I know that for others, finding headache remedies can be a bit of a challenge.

Kate: Yes, those are great stories. I love that. For those of you who may be newer to Joette and newer to homeopathy, a good way to find some information on what remedies you might use for headaches is just to go to JoetteCalabrese.com.

In the upper right-hand corner, there's a little search box there and you can type in "headache", and it will bring up all of the blogs and podcasts and articles that Joette has written where she talks about headaches and what medicines to use for those.

So, if you're new and you're looking for ways to find what information there is on treating headaches with homeopathy, or some of the remedies that Lisa was talking about just now, that information can be found on Joette's website. Check that out.

Lisa, you have a dog story that I think illustrates how homeopathy is not only effective in helping to heal our bodies, but it's also *cost-effective*. Tell us that story.

Dog Story

Lisa: I have an older dog who loves to run around. She tore what I know the “cruciate,” I think it’s called, but it’s basically the doggy ACL.

When I brought her in, they were telling us that what we should do is operate on her, and it was going to be $3,000. Of course, she was already 12, almost 13, years old. To me, it didn’t make sense to do that.

I decided that I was going to look around. In looking around, I used the internet largely to get ideas, and there are homeopathic vets that have some stuff online.

I ended up selecting two remedies, *Ruta grav* and *Rhus tox,* and I put it in a 6C. For the dog itself, I diluted it in water. What I did is I was giving that to her three times a day.

What was really interesting about it is because I had it in a water bottle, I would shake it. I would do the succussions. I would shake it. What was fun was that the dog would hear me start rapping the bottle on my hand, and she would come right over, looking for it. I mean, she sensed that that was making a difference. We did give that to her for months.

Then when she was getting better, I think she kind of self-selected when she was done with the remedy because she stopped coming when I was bashing the bottle.

Kate: Wow.

Lisa: At that point, I decided she probably had better knowledge about what her body needed than I did. We stopped, and she's good. I mean, she's running around. She's really old. But she's not running around so much anymore. But she's not limping. We never had to go through and have the surgery.

Kate: You talked earlier about those remedies probably cost you about 20 dollars or so (maybe a little bit more), versus the $3,000 to get the surgery, and that didn't include the MRI.

I love what you said about how that paid for your homeopathic education. Is that correct? Tell us that.

Lisa: Right. I mean, just having that cost savings meant that I could take additional courses. Three thousand dollars pays for a *lot* of homeopathic classes. I've done several of Joette's classes. I've done the Survivalist class, the Allergies, the Antibiotic class, Good Gut, Bad Gut. So, I've had the opportunity to do that, as well as the two Gateway courses, and I believe still I'm well under that $3,000.

Kate: Right *and* bought some remedies.

Lisa: I bought some remedies.

Kate: Yes. It’s so cost-effective. That’s one of the things I love about homeopathy.

Lisa, would you be willing to share with us some final thoughts or advice that you have drawing from your experience with homeopathy?

Feeling Empowered

Lisa: Well, I think one of the thoughts that’s been in my mind for the last several months as the world has dealt with this pandemic is how much of a peace of mind knowing homeopathy has given me. While everyone else is feeling victimized, or that some mysterious virus or ailment is going to attack them, I *know* that I have tools and my homeopathic remedies, and I don’t have to be afraid.

Kate: Yes, that’s what I hear over and over again from these moms and dads that I interview, is that they feel empowered, and they don’t have as much fear. I think that’s just a great way to wrap this up to know that by learning these skills – learning about this medicine – that it will empower you.

Lisa: Absolutely.

Kate: Thank you Lisa for being willing to share your experience with us today.

Lisa: My pleasure, 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

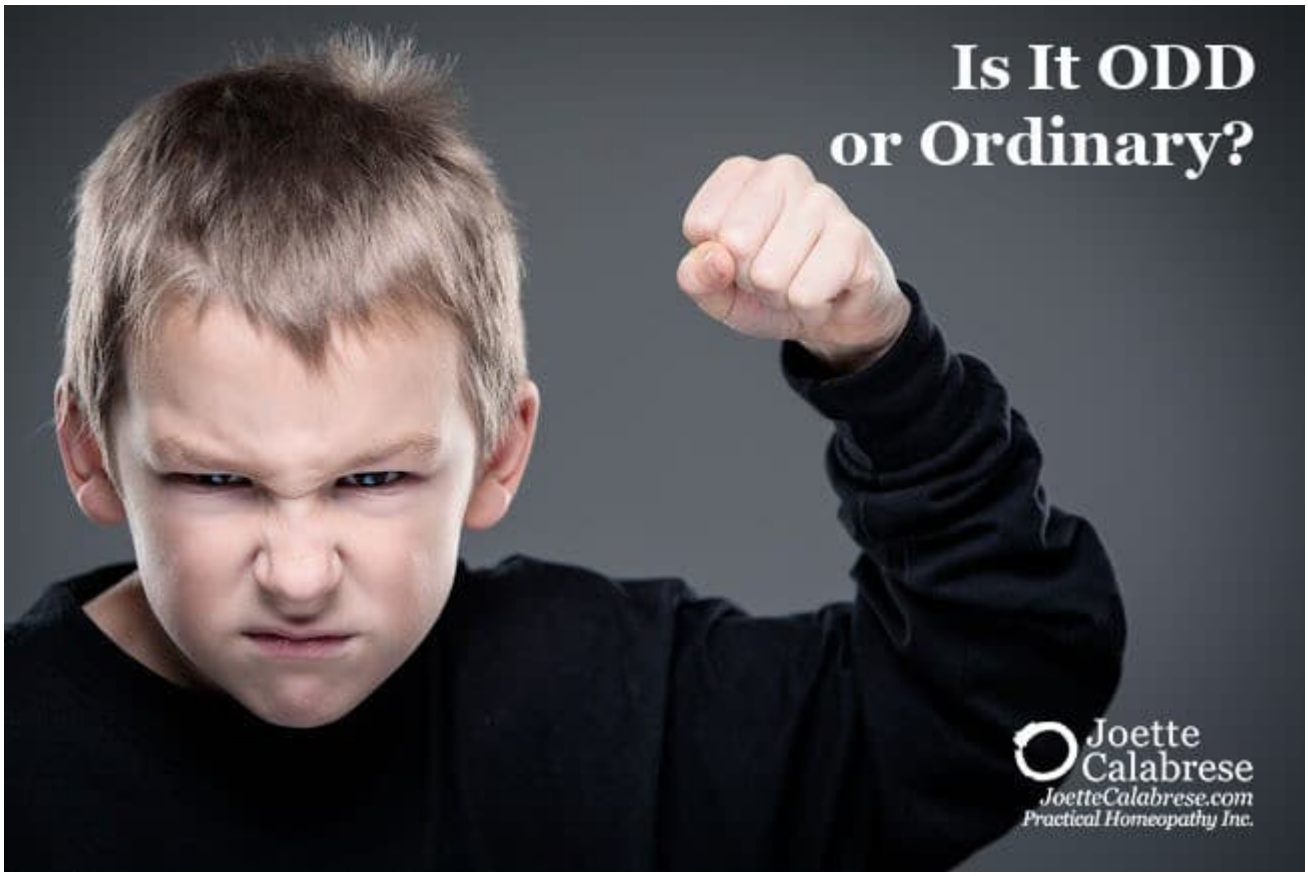
nurture and protect the health of your family and loved ones with Practical Homeopathy®.

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.

Is It ODD or Ordinary?



Our children are targets.

Commercials target them for expensive toys and sugary cereals.

And all too often, psychologists and other "experts" target them for the disorder du jour.

Now, don't get me wrong. Some children *do* have emotional or behavioral disorders that should be attended to – hopefully, however, not with drugs of commerce.

We know it is best to address both physical and emotional issues with our relatively safe, efficacious, polite homeopathic medicines. In fact, we've covered ADD before in a blog post, Attention Deficit Disorder and Homeopathy.

However, I've noticed quite a few questions on our forums regarding diagnoses of ODD (Oppositional Defiant Disorder) in children.

Let's begin here: It's practically a child's full-time job to push the envelope and try your patience. That is ordinary.

But if your child is frequently angry, defiant and vindictive towards you or others in authority over them, they may end up being targeted by healthcare professionals as having ODD.

I'm going to be a bit controversial here (I'm sure that doesn't surprise you), but back in my day, we didn't have all these acronyms for child behavior. We just tossed them all under the umbrella labeled "poor parenting."

But today, we live in a very permissive society.

Instead of explaining every little bit of our reasoning to a child, we used to tell them to "stop it" and put them in their room.

"Why, Mommy?"

"Because I said so."

Full stop.

End of story. End of argument.

I have referred many mothers to the work of Dr. John Rosemond, a psychologist with old-fashioned thinking. His books are great, but if you're too busy to read, he had quite a few YouTube videos you can peruse (instead of wasting time on Netflix).

You see, as Dr. Rosemond espouses, too much permissiveness – too much explaining – allows the child to see all the cracks he can weave his way through instead of understanding *this is the way it's going to be*.

I did it myself! I was permissive with my first child. But

by the time I had my second, I couldn't stand it anymore. I straightened *myself* out!

What I was doing had never occurred to me as being permissive. It's an easy thing to miss – especially if one lives in a community of other mothers who do the same thing.

With a nod to Dr. Laura Schlessinger, when behavioral problems arise, punish the child with something **"swift, horrible and unexpected."**

Now, of course, I don't mean something horrible to you; I'm not talking about beating them. I mean something horrible from the child's perspective!

For instance, if your child loves their Legos, then take those Legos away. When they get older, it becomes no skiing, no slumber party, or no night out.

So, when they are throwing a tantrum, I urge you to act without warning.

Don't say, "I've told you this before. You'd better stop or …"

No.

No.

No.

Just take the Legos away. End of discussion.

This is every bit as much about changing *your* behavior as it is about changing their behavior!

Trust me, removing something they adore is something they will never forget! It's swift, horrible and unexpected.

But what if you and your spouse have already done all of that (and I mean *REALLY* done all of that), yet your child is

still obstinate and oppositional? If you are positive the issue is not a result of parenting, then it's time to call upon homeopathy for help:

***Stramonium* 6, twice a day until very much better**

However, there is one huge caveat: Do not give this medicine "just because."

Just because your child is acting out, they might not have an emotional pathology requiring a homeopathic medicine.

That's where observant, intuitive and steadfast parenting comes in. As I used to say when I was raising my boys, "I'm not here to be their best friend. Right now, I'm here to be the SOB who keeps them on the straight and narrow. I'll be their best friend later in life– after I've raised them."

But when you are positive there is an underlying behavioral disorder, *Stramonium* could be the answer.

It's certainly a better answer than allowing the school psychologist to target them for synthetic medicines that might cause all manner of undesired side effects. Not to mention the invasion of your child's privacy.

In my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, I discuss other childhood psychological diagnoses – such as ADD and ADHD – along with the homeopathic medicines that address them.

This online course is packed with protocols I've used successfully for mental and emotional conditions through my years of personal and professional experience. Plus, we'll go through specific case studies offered by students just like you.

There is a time (as I've discussed here today) when behavior modification is all that is needed. Still, there is most certainly a time for homeopathy when dealing with carefully

diagnosed mental and emotional issues!

So, pass on the good news of homeopathy to other mothers and others! And consider forming a community of caring, strong-minded parents so you can support each other.

Warmly,

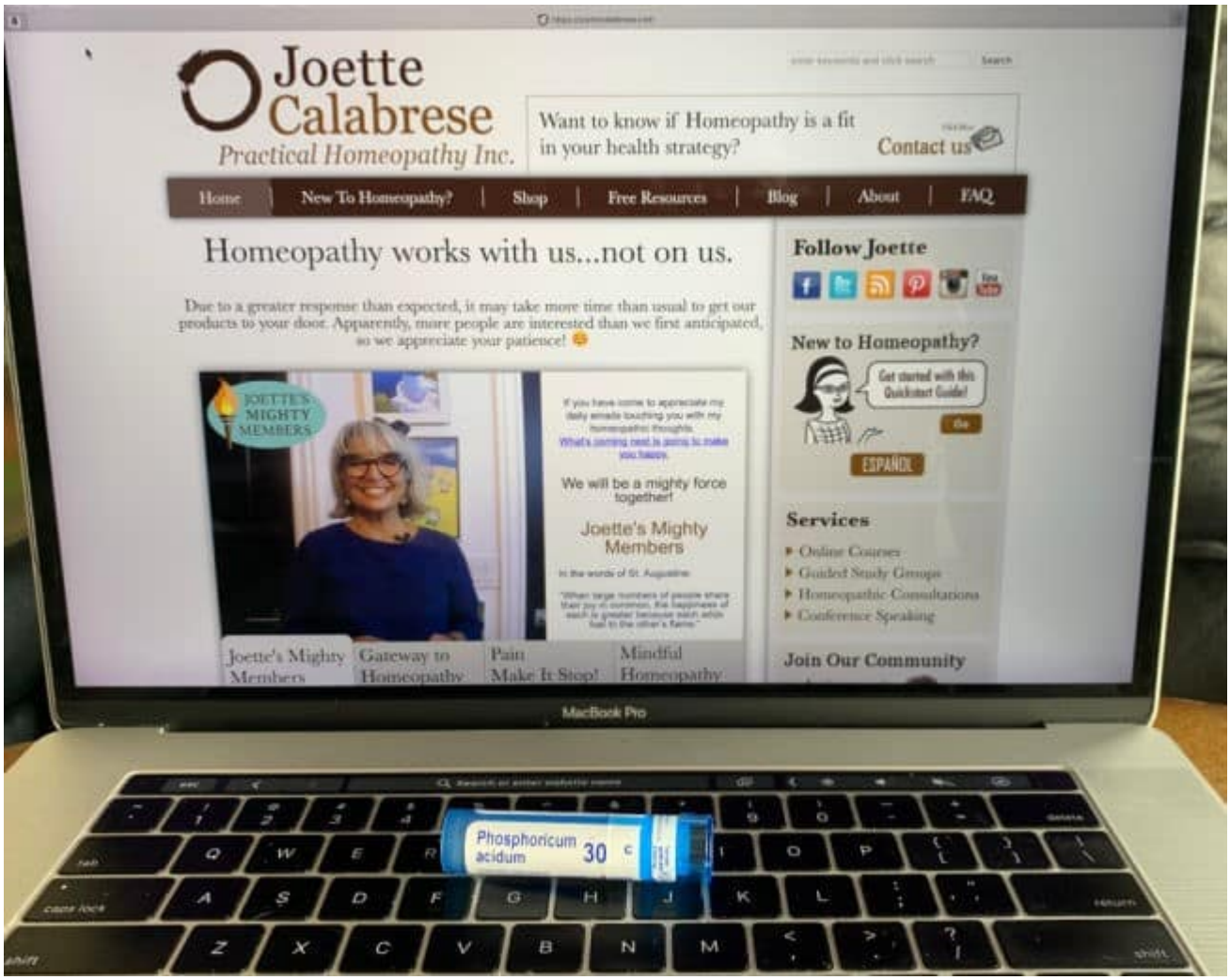


P.S. If you are curious about Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, please click here to download my free infographic, "9 Mindful Homeopathic Protocols." Then, simply follow the prompts if you want to learn more about the course.

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.



Phocus with Phosphoricum acidum!



Ennui.

What a beautiful French word.

We really don't have a precise equivalent for "ennui" in English. Perhaps deflated, apathetic, indifferent? Those are all similar, I suppose. But they don't quite match the elegance of ennui. That's why I love the word.

So, why am I thinking about ennui today?

I am preparing to relaunch my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.

As I reminded my Mighty Members in an email earlier this week, homeopathy treats injuries, infections, female hormonal disorders and post-surgical ailments. But it also addresses psychological conditions such as anxiety,

depression and yes, ennui. In fact, I really can't think of anything homeopathy doesn't treat!

For instance, a team member of mine expressed she was having difficulty focusing while doing her computer work. (That's certainly not like her.)

I explained that when we're overtaxed (as she has been recently as a caregiver), our brains can recoil in a self-protective, near mental-collapse. We're only human, after all.

Our thought processes can be derailed by a psychologically trying event, by soldiering on through difficult brain work, or by ill-health. Have any of these affected you?

- Grief
- Overwork (especially when it's mental work)
- Overstudy
- Post-surgical depression
- Ailments from drug or alcohol abuse
- Illnesses such as the flu (especially after the loss of fluids due to diarrhea or dehydration)
- Chronic fatigue (a common symptom of a current virus)

While we might recognize the etiology, it is most important to observe how the condition presents – just as we do with physical complaints.

Some might suddenly experience an inability to concentrate or feel as though they're in a dreamlike state.

Perhaps they're slower to answer or have difficulties voicing their thoughts intelligibly. They may be unable to read long passages or have difficulty memorizing even the simplest of things.

To address these symptoms, we would generally consider *Phosphoricum acidum* 30C (or 200C, depending on severity)

first, twice daily until very much better.

Remember it this way:

Lack of phocus? *Phosphoricum acidum*

Brain phog? *Phosphoricum acidum*

There is no need to be phrustrated. Homeopathy is every bit as efficacious for psychological conditions as it is for physical conditions!

My course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, will educate you on how to take a case, prioritize the existing conditions, determine which remedies to use, as well as how to observe and assess the case as it progresses.

I've packed this online course with protocols. We'll take a deep dive into the remedies I've used over and over again for mental and emotional conditions – accompanied by my take on their use through my years of personal and professional experience. We'll go through specific case studies offered by students just like you.

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.

And while others suffer from angst during these unusual times, you've got something others don't. You've got homeopathy! Reason enough to pass on the good word of homeopathy.

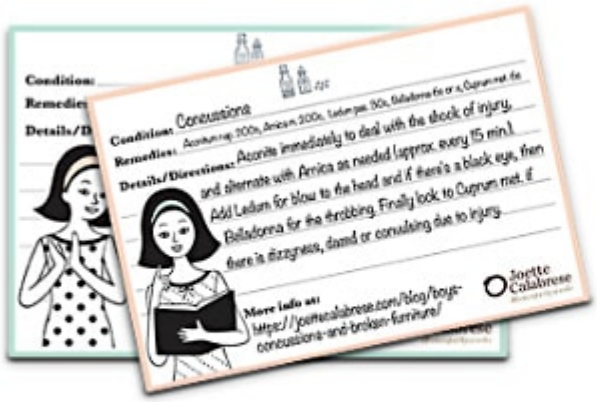
Warmly,



P.S. I've written two previous blog posts on other uses for *Phosphoricum acidum*. You may want to re-read those blogs to get a more complete picture of this remedy in other situations:

Revolutionize Yourself: Homeopathy Cures Apathy (for post-surgical fatigue and anesthesia that doesn't wear off quickly enough)

Sunburn and Dehydration? Homeopathy Offers the Cure (for dehydration causing mental and physical exhaustion)



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

Click Here To Get Your Card

He's Making His List



No doubt, Santa is going to be very busy in the coming days. You know the drill; he's making his list … checking it twice.

He might even look to you to lend him a hand!

When my boys were little, I used to help Santa by filling their stockings. I didn't give anything extravagant as stocking stuffers – an orange, a little bit of chocolate, and maybe some socks or a toothbrush.

I know, I know. What fun is that? Why didn't I just give them coal, for crying out loud? (More than likely, that's what my kids thought, too.)

But personally, I think Santa appreciates our helping out by giving useful, practical things.

And what could be more practical than Practical Homeopathy®?

These days, I often fill my sons' stockings with combination remedies from Boiron.

Combination remedies are the perfect gift to give to folks who are new to homeopathy and incredibly convenient for those who are more experienced.

No matter how much you know about homeopathy, when you're stuck in the car with the kids in the backseat complaining about feeling sick, there's no time to take the case. Just grab the appropriate combination remedy and throw it at them! Voila! Problem solved!

Boiron offers so many well-thought-out combination remedies. A great stocking stuffer is ColdCalm® – perfect for the winter months.

Or there's Oscillococcinum for flu, ThroatCalm® for sore throats, SinusCalm™ for nasal congestion, SleepCalm™ for sleeplessness, Boiron's AllergyCalm® (formerly called

RhinAllergy® or Sabadil) for allergies, and several others you'll find on Boiron's website.

However, I've seen a question asked several times in our social media forums about combination remedies that I want to address.

"Joette, you always recommend not using more than five or so remedies at a time. How can I use these combination remedies if they contain 7, 9, or 10 medicines?"

First of all, *these combination remedies are used in acute situations*.

With chronic conditions, granted, I do teach to limit the number of medicines you are using at one time.

But with these combination remedies, you're not planning to take them forevermore! An acute condition should resolve in a short time – a day or two or three. Even as soon as minutes in certain circumstances.

Secondly, *the medicines contained in these proprietary formulas are in low potencies*.

And third, *we trust Boiron!*

Boiron is of course compliant with government regulation and has a stellar reputation. They've been around a long time.

Yes, I would be wary of combination remedies from obscure vendors you might find on the internet – names you haven't heard of before. But Boiron has earned our consumer confidence – they know what they're doing!

So, you know your loved ones. Give whichever combination remedy your recipient would benefit most from.

And don't forget to use the coupon code "joette" to save 20% on your entire order!

If your loved one is ready to learn more about homeopathy, consider purchasing Gateway to Homeopathy for them! Imagine how excited they'll be when they see my study group book peeking out of their stocking?

What a perfect gift to have as they begin the new year! A truly life-changing gift.

Between giving combination remedies and books – or even courses – there's no better way to pass on the good news of homeopathy – *and* help Santa out!

By the way, I have no affiliate programs nor am I compensated for writing this, any of my writings, nor lending my name to your discount code. I find the pharmaceutical companies' dirty methods of influencing compliant medical doctors to be disingenuous and reprehensible. Instead, I offer a discount to you.

In short, I direct you to homeopathy products that I believe in.

And that's that.

Warmly,



P.S. Books on homeopathy are also a great gift idea. In fact, I've noticed questions on Facebook and my Mighty Members' forum asking which repertories and *materia medicas* I recommend.

Well, my answer requires a bit longer explanation than

merely providing a list. So, this Thursday, I'll share my thoughts in my weekly Memo to Mighty Members.

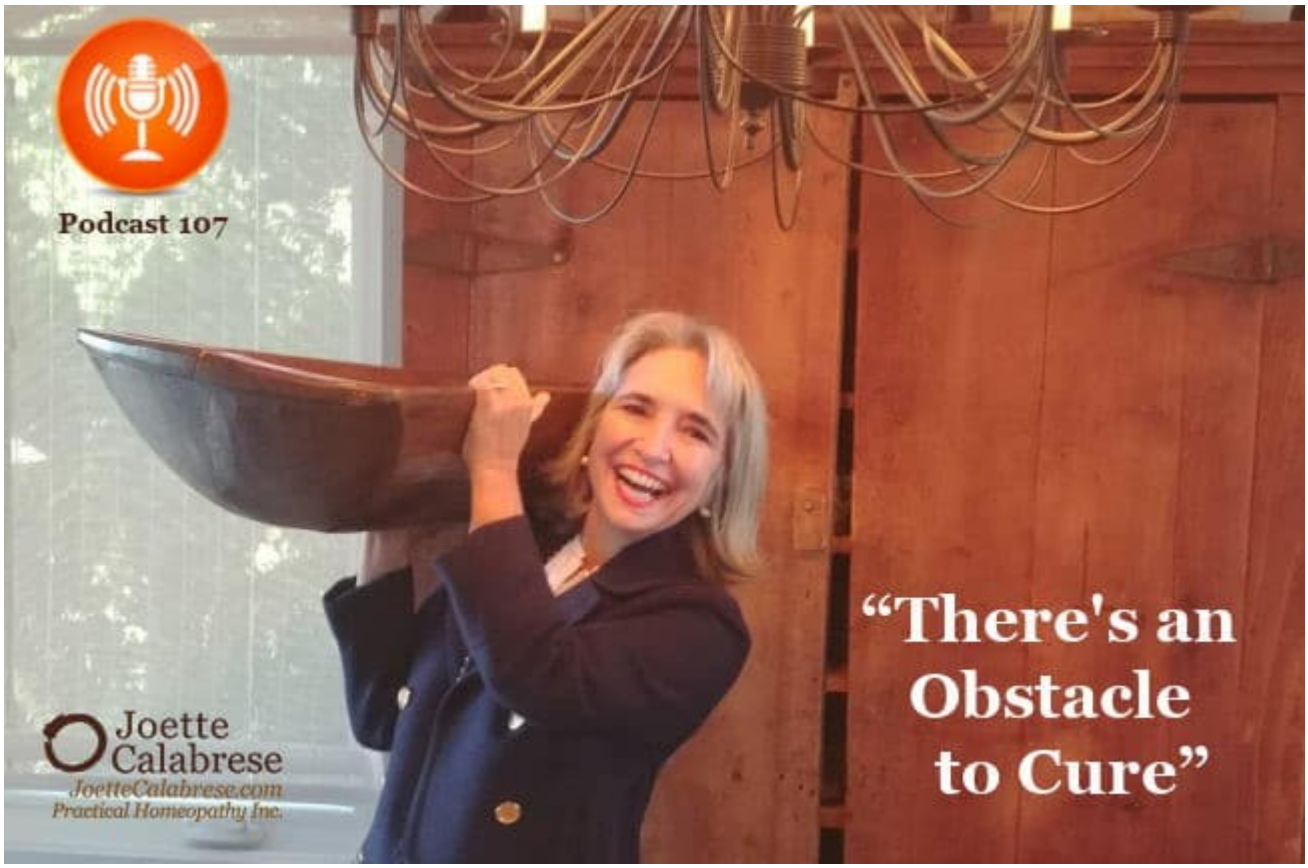
If you're not yet a Mighty Member, click here to discover all the perks.

As we face more and more censorship from Facebook, you'll find our Mighty Member site a safe enclave for me to more candidly offer my opinions and for you to discuss homeopathy with like-minded others.

Plus, you can watch my weekly Facebook Live events there – *without* succumbing to a Facebook account!

I hope you'll join us. Joette's Mighty Members are having fun!

Podcast 107 – "There's an Obstacle to Cure"



IN THIS PODCAST, WE COVER:

01:21 **S**ide Effects of Supplements, Vitamins and Medications

16:13 Have More Than a Doctor on Your Team

22:09 **Sobering** Effects from Drugs

33:37 **In a Nutshell**

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Podcast 23 – Moms with Moxie: Snap! Broken Bone. (the x-ray referred to in this podcast)

Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Joette's Mighty Members 'Want to take a slightly deeper dive and discuss topics that risk censorship on Facebook? – join me on my Mighty Membership site. Hosted safely on a private server away from Social Media and public membership site's prying ears.

Kate: This is the Practical Homeopathy® Podcast Episode Number 107 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively.

So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration – you need as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Hi, this is Kate. I want to welcome you back to the Practical Homeopathy® podcast. I'm here today with Joette. We are going to talk about regaining wellness with homeopathy.

But how do we get started? And it’s not what you might think.

I feel like I say that often, Joette: “But it’s not what you might think.”

We’re going to put a little twist on that today and take a step back and look at the whole picture. Tell us what that means, Joette? What are we going to talk about today?

Side Effects of Supplements, Vitamins and Medications

Joette: Well, the biggest picture that I would like to look at today is the side effects of supplements and vitamins and medications, of course, and how they reveal more than we think they do. If we’re paying attention, we can see aspects of our health diminishing as a result of them.

Kate: In fact, that might be the very thing that’s standing in the way, and so to speak, “blocking” us from progressing in our healing.

Joette: You bet. In homeopathy, we have a phrase called, “There’s an obstacle to cure.” I’ve seen it happen far too many times with medications, but I don’t know that people think much about vitamins and certain supplements.

Now, not all supplements. Let me also say that if the supplement is made up of 100% … I don't know … honey, or made from some ground-up dehydrated vegetables, we're not talking about that. I'm talking about supplements that have synthetics in them and ingredients that are difficult to pronounce. *That's* when I pull back and say, "That's not such a good idea."

First, let me say that we can start with meds.

There's no such thing as a conventional drug without side effects.

Just because you've become accustomed to it doesn't mean there are no side effects. I'm going to say it again: there is no such thing as a conventional drug without side effects. There *must* be side effects. Otherwise, the drug will not act.

Now, that sounds maybe like it's flying in the face of logic. But if you're using something that is of gross substance (meaning it's not diluted such as homeopathy and then succussed and diluted and succussed and diluted and diluted, et cetera) what remains in the original substance *has* to have a downside to its upside.

It doesn't mean that conventional drugs don't have value. It just means you have to kind of weigh it out. Because if you

have surgery coming up, you're going to have to have, perhaps, general anesthesia. I don't think *I'd* want surgery without general anesthesia, but there's a downside.

The downside is you might have headaches; you might have long term brain fog.

Kate: Nausea.

Joette: Nausea, neuropathy, there are many side effects that are associated with general anesthesia. But if you need that surgery, then you just have to accept it.

That's where I say let's save those meds for those times – because you don't know what's forthcoming.

You don't know if you're going to have an accident. You don't know if you're going to fall off a cliff or get hit by a Zamboni. You don't know what's going to happen in your life … fall off a horse, like you did, and break your arm in two places, et cetera, et cetera. You don't know when that's going to happen, so you want to save – if you possibly can – the use of conventional drugs for those times in which they're *truly needed*.

What I find, however, is that folks use drugs and take them every day for chronic conditions – sometimes conditions that aren't even medical, as far as I'm concerned, such as high cholesterol.

I’m sorry, I don’t buy that high cholesterol is a disease. It’s based on the lipid theory, and the keyword here is “*theory*.” These statin drugs have caused … and from what I have read, and what I’ve observed (and I observe it frequently; I have a very busy practice and a lot of students). I will tell you that what I observe is that folks suffer from these statin drugs just to keep a cholesterol number down.

How do they suffer?

Well, for men, it ruins their ability in the bedroom. For women, it makes them goofy – because we need the cholesterol that our bodies make and good food produces in our brain and in the reproductive organs.

Also, I find (not so much women, I find it in men), they get leg cramps and pains in their legs and weakness in their legs. Many times, they end up in wheelchairs because they can’t function.

If you check what they’re taking on a day-to-day basis, you find out, indeed, often (not always, often), they’ve been taking statin drugs for years.

So, when I take a case or when I teach folks how to take a case, I always urge them, and I remember myself, to look at the entire picture – the entire case. Not just “what do we

do for this condition, what remedy do we use?” Then we just use that remedy, and that’s all there is to it.

No, we have to look at the drugs the person’s taking because the drug might be the cause of the condition. If that’s the case, then a more prudent way to approach this is to halt the use of the drug.

Kate: When you say “drug,” Joette, I think there are times when people don’t think of it as a drug, but it is, indeed, altering their chemistry. Maybe give us an example of that situation.

Joette: Yes, it’s good point. Because some people don’t think of taking a lozenge, for example, that has estrogen and progesterone in it. They’re thinking of it more as something that you just suck on a couple times a day. But it is designed to affect the estrogen and progesterone amounts in a woman’s body.

Kate: Or what about like that cream that you applied when you were younger?

Joette: Yes, yes. Yes, well, because it’s applied to the skin. Years ago, when that whole estrogen-progesterone thing came out on the market, I had a friend who was very involved in studying how we can use estrogen or progesterone as we enter menopause.

I was pretty pre-menopausal. It was good 26-27 years ago when she was studying this. We were all in a group together, studying together. We were studying homeopathy and other modalities. And she came to the group with this information.

She was a physician's assistant for a naturopathic doctor. She was very excited about this breakthrough of using estrogen or progesterone. It was touted as natural – perfectly natural.

We all took tests, we took saliva tests, and it showed that … it was so long ago, to be honest, I don't remember exactly what it showed. But I believe, as I recall, it showed that I was too low in progesterone.

So, I ordered the cream through her – through the doctor. It was supposed to be rubbed on the skin, so I did that. I used it for, I think, two or three days, and I went into severe depression.

Now, all of us have experienced depression from time to time. But no, this was different.

This was, "Oh, my gosh!" I couldn't think; I couldn't do. I had a small child. I didn't make meals for two or three days. I didn't get dressed. In the morning, I didn't eat. I had a rocking chair in my kitchen, and I sat in the rocking chair.

Thankfully, my parents live next door. My mother came over and said, "What's going on?"

I said, “I don’t know mom, something really strange. I want to die. I don’t want to be here anymore. I just have to get out of here. I just have to get out of the state of being.”

And it came on pretty quickly – within two or three days.

My mother said, “What? Did you take something? Did you to eat something funny?”

I said, “Well, I put this cream, this progesterone cream on my abdomen.”

She said, “Get upstairs right now. Go shower it off.”

My mother, who never went to college, was a very wise woman. She knew the answers to many things – as many women do, who don’t necessarily go to college.

I went upstairs, and I showered it off. By the time I came downstairs, I felt improved. Now, I wasn’t myself yet. I would say improved maybe, I don’t know, 20% or something like that. But there was improvement.

I said, “Yes, I feel better.”

She said, “Okay, now wash your hands again. Let’s wash even though you just showered. Let’s wash your hands again.”

I washed my hands in the sink, and I kept washing and washing and washing.

Then a few hours later she said, “Go back upstairs, wash it off again. Take a shower, get a washcloth and really scrub it off”.

So, I did it again. I came downstairs and there was an additional improvement.

The word is, it was “natural.”

What's natural progesterone? I mean, I don't even know what that is. "Natural progesterone" to me means that it's got progesterone qualities, or it's progesterone.

If it's progesterone or estrogen qualities, then you could say that's perhaps wild yam or those kinds of plants.

But it's not *actually* the substance. It's not from a plant. It's synthetically derived. It's chemically made in a pharmaceutical industry's laboratory. So, that's a lot different than natural, at least most people's understanding of natural.

Back in the '70s, they were using progesterone (or was it estrogen? Now I can't remember which one it was), and they actually got it from pregnant mares. They would harvest that and use that in medicine. And then it stopped. I don't know what happened. So, that would have been natural progesterone or estrogen because it was from an animal.

But if I had not had my mother there, or I had not figured it out, I would have called myself suicidal. If I had gone to a medical doctor, the doctor would have said, "You're suicidal? Okay, here take this psychotropic drug."

Kate: Right.

Joette: I would have had another drug on top of the first drug. Then the second drug would have caused more side

effects.

I, maybe, would have started to gain weight. Then, they would have checked my thyroid and said, “Look at this, your thyroid is low.”

Then I would have had another synthetic drug on top of the second and the third drug, and we would have kept going and going and going.

It’s only when we know enough to step outside of the box and say, “Well, what is that I’m taking?”

I mean, I’m working with someone right now who has very severe psoriasis. One of the drugs that she’s taking, the first side effect is psoriasis.

She said, “But I have, I’ve had psoriasis for a lot longer than I’ve been taking the drug. That’s not uncommon to hear that, but never to that degree.

What drugs do is they get what you’ve already got – your weakest link – and drive it to a deeper state.

Now, the psoriasis, instead of being a tiny patch is blanketing her entire scalp. It’s maddening. It’s itchy. It’s embarrassing. It’s uncomfortable. It’s unsightly.

The drug that she’s taking, I believe, is superfluous.

But I am not a medical doctor. I don’t ever tell people, “Get off your drugs.”

What I do instead is educate them like I’m doing now. Saying, first of all, “If you’re not on a drug, try to stay away from it.”

When I say try, I don’t mean, “Gee, I don’t want to take that, but I’ll take it because there’s no other choice.” But rather, *“Gee, I don’t want to take that, let’s find a*

solution. I will find the alternative."

If there's anything I've learned in life, there's *always* an alternative. No matter what it is!

Even though it's presented to us as, "this is the only way," that's just an opinion! I believe that there is *always* an alternative.

All we have to do is *know* that, understand that, and then seek it.

It might mean suffering for a while, but it might be worth it. Because once you step onto that conveyor belt of drug, synthetic drug, synthetic drug, after drug, after drug, it's very hard to turn that around.

It can be done! I've seen it done. It can be done. But it takes a long time. It takes some not just time, it takes a *reset* in our thinking. With that reset might, also come the fact that that person has to find another doctor.

Kate: I was just going to say that, that we should talk about how you want to find somebody that's going to be in your corner and really willing to sit down and take a look at all those things with you, right?

Joette: Yes, so what you're doing is when I discuss this with clients, I tell them, "It would behoove you to work

with your doctor to see if you can get off of this medication because now the homeopathy is acting, and it's taking up the cause. As the homeopathy continues to act, then you can back off of that medication, but you need to be working with your doctor."

But if the doctor believes deeply in that modality, that's going to be a hard thing to convince him or her. So, now, the client or student needs to disassociate themselves with that particular doctor and find a new one. We're asking a lot of that person. That's really asking an awful lot of them.

That's why for those of you who are not taking drugs or have only been taking one drug, let me give this to you as a warning: that it's better off not to start in the first place – because it's not as sweeping a shift in your thinking and lifestyle and way of experiencing life.

But in the long run, the difference between being drugged – taking drugs on a day-to-day basis – and not is night and day. You can see it in someone. You can see it by their activity level. You can see it by the sparkle in their eye. You can see it in their ability to think.

You can see those people. If your eye is educated, you can often see who is drugged and who is not. And it's a travesty.

I hate to see that it's happened to so many people. It's happened to many of my relatives. That's, of course, when it hurts most – when it's someone close to you.

Have More Than a Doctor on Your Team

Joette: We were also talking Kate, because you had that pretty traumatic experience when your horse fell on you.

Is that what he did, or she did? Rolled on you and broke your arm?

Kate: She stepped on my arm.

Joette: Oh, my goodness. If you folks could just see this X-ray.

Kate: It's on podcast, you can see the X-ray right there.

Joette: That's right. That's right. It is. Yeah, it was pretty severe.

Then I mentioned to you – and practically simultaneously with you mentioning to me – that you need to have more than a doctor. You need to have a chiropractor in my estimation. You need people in your court. Then the other person that I think is really valuable is to have a pharmacist on your team.

Kate: Absolutely! Because the pharmacists are the ones that know about these medications.

The doctors don't have the time to do all the research about every medication. You had said earlier, Joette, when we were talking, that these drugs … there's new ones coming out all the time. How can they possibly see their patients and know everything about all the side effects of the drugs?

So, I have several pharmacists, actually, that I call *whenever*! For instance, my mom might be possibly needing to start a medication for, say, seizures. (Well, we know there's homeopathy. But you know, we have to work at these things, little by little.)

So, I have pharmacists that are in my corner that I know that I can contact and say, "Tell me all of the side

effects.”

But I can look those up myself, too. You have some tips for the listeners on how to do that. What would you tell them?

Joette: Well, I do have tips. But we still have one hand tied behind our back with this because we don’t have the database available to us that pharmacists have. They have everything all put together, and they can look it up. And they know – they talk to the patients who walk into the pharmacy. If it’s a small enough pharmacy, then it’s likely that they’ve gotten to know what the side effects are just by observation.

But here’s my one tip, and that is when you get a new drug, don’t throw that insert out. Get a micro… (I was going to say a microscope). Get a magnifying glass. (I happen to have one with a light on it. You flick it on, and it’s nice and bright, and it’s got the magnification.) And read the side effects.

The reason you need that magnifying glass and light is because there are so *many* side effects. They’re tiny. The print is very minute. That font is practically illegible.

That’s one place to start. Don’t ever throw that out. You keep that.

The other is that you go online, and you don’t look up what are the side effects of my statin drug. No, no, no. Instead, you look at what are you experiencing.

Let’s say you’re experiencing pain in the legs. You wonder, “Could it be from a drug or is this just because I’m getting old?”

(Everyone thinks it’s because they’re getting old, but that’s not necessarily so.)

You look up online: “leg pain” or “cramps in calves” or

“tendon pain”, et cetera, “caused by statin drugs.”

Now, if you go to the first page, those first entries are going to be the pharmaceutical entries. They have trolls who go through this and lead you to believe that that’s what you’re going to be looking up, and then when you get to the body of the article or the discussion, it has nothing to do with that title.

You’re going to have to go to page two, page three, page four, more likely page four or five and then start looking.

I don’t hear people talking about chatrooms anymore, but *that’s* the page that’s valuable with people talking about their experience with that particular drug, or with that particular condition related to drugs. *That’s* where you’re going to get the information.

It’s anecdotal. No doubt about it.

It’s so fascinating because modern medicine loves to disregard anecdotes. But I’m afraid that doesn’t make any sense to me.

Anecdotes are very valuable.

I mean, I know that if I put the key in my car and turn it, it starts it up. That’s an anecdote. That tells me, “Oh, my gosh, look, I’m going to be able to drive.”

Did I need a double-blind test to prove to me that by putting the key in my car, I’ll be able to start it up and drive? Of course not.

Life is all anecdotes.

Are double-blind studies valuable? Of course, they are — because that’s what homeopathy is based on is double blind studies. That’s what provings are.

But on a day-to-day basis, if you're not willing to read up on the provings of each of these homeopathic medicines, but you use this drug, or you use this homeopathic medicine, you see the results. After a while, if you can step outside of the box – the box usually is your doctor knows best, and this is the drug for you, and off you go. That's the box we want you to step outside of.

Instead, I want you to think, "The doctor has prescribed this. What other alternative do I have, and how bad is this drug?"

Or, if you are already taking the drug: "I have this condition and now it's time to find out whether or not it's actually a side effect of a drug that I've been taking."

So, you're looking under "leg pain", "leg cramps", "pain in calves"; you're looking for synonyms – "caused by" then the name of your drug.

Kate: Joette, you have a list – some examples in front of you, I think (at least last time that we talked). And you could tell some other examples of some side effects from some drugs that people usually don't see.

Sobering Effects from Drugs

Joette: Well, this one everyone saw back when I was a child and earlier. But I'm going to start out with it because it is the most infamous of all drugs that cause such serious problems.

The drug is thalidomide.

If you're from the '40s or the '50s or the '60s, you might remember that this was a drug that was given to pregnant women for nausea. It was when they also had anxiety, or they felt down during their pregnancy.

What it did was, they delivered babies that had deformed limbs. Some of them had no limbs. Or their hand was attached to their shoulder, and there was no arm. It was often multi-limbed, so that it was perhaps all four limbs, or just two of them were deformed.

I've known people who were babies of this drug. So – thalidomide. Of course, they assured these mothers that this was safe. But how do we know that it's safe until it's been used for a few years or so?

Kate: Right.

Joette: But then there's Accutane. That's a name that many folks might, and that was for acne. That caused birth defects as well. That was a pretty dangerous drug, and it was yanked off the market.

Then there are fluoroquinolones, and that's Cipro. It's an antibiotic, and it was used like candy.

"Oh, you got an ear infection. Here you go." (Instead of thinking about *Hepar sulph* or *Chamomilla* or something like that.) "Here, take this."

And that caused tendon ruptures.

I had one particular client that I remember – and others as well, but one in particular. It was a young priest who came to me with tremendous pain in his tendons. He couldn't wear shoes. He could only wear sandals because the pain was so severe in his feet, but mostly it was in his legs. He was suspicious that it was a tendon.

And later on, we found out that he had taken fluoroquinolones, and at that time, they were just becoming suspect in rupturing tendons especially of the legs.

Tendon ruptures – because he had a urinary tract infection. Instead of taking *Cantharis,* he took something that caused

his tendons to rupture.

Then there is Viox which was for arthritis. That's V–I–O–X, and that caused strokes and death.

Let's see, balance that out.

Arthritis on one hand, stroke and death on the other hand!

These are extremes. These are not what I would call side effects, folks. I would call these *sobering* effects. Because each of these conditions were not that dangerous to start with that these drugs were treating, and instead the outcomes were much more severe.

How about Raptiva? That was for psoriasis, and that caused fatal brain infections. Who has brain infections? That's not very common, but Raptiva caused that.

Then there was Zelnorm, and that was for constipation. It caused 500,000 strokes in … I don't know if it was North America, I don't know where that was totally … but 500,000 regardless of where that is, that's a lot.

Kate: Right. But you didn't have the constipation anymore?

Joette: No.

Kate: Oh, my gosh. It's just maddening!

Joette: I know. Constipation. So, *prunes*! I mean, if you don't know anything about homeopathy.

How about *Nux vomica* 30 for constipation? How about *Mag phos* 6? How about *Plumbum*? How about *Lycopodium*? There are so many beautiful homeopathic medicines that correct constipation.

Then there's my all-time favorite: Depo-Provera. What that is – is an injection that was given and still is given, only now, it's not exactly Depo-Provera. They have offshoots of

it, where you get an injection, and then for one year, you don't get your period.

Can you imagine that? You don't get your period for an entire year because of a synthetic progesterone.

It keeps you from getting pregnant: the one thing that women are really great at! I mean, men aren't any good at it. This is a woman thing. It is a very important thing in many women's lives. Also, the menses is also very important.

Kate: I guess you better not change your mind during that year.

Joette: Oops, yes. Maybe I want to get pregnant and no – no go. I've had lots of stories about Depo-Provera shots. But there was one in particular where a young woman came into my office – I was telling you about this earlier, Kate. She was about 32 years old, and she had this tremendous lower back pain.

She'd been to chiropractors and urologists and neurosurgeons, and no one could figure out what the problem was. But the pain was constant and pretty severe. She had not had any injuries. She had no problems with her spine. There was no spine deformation or anything like that. When I take a case, I always ask folks, "What medications are you taking?"

Now, she hadn't thought of this as a medication because it was a shot she had gotten a year ago – just about a year ago.

I said, "So, how are your periods?" (That's a very important question to ask a young woman.)

She said, "Oh, I don't get them."

"Why don't you get them?" I asked.

She said, “Well, because I got the Depo-Provera shot, and it keeps me from getting my period.”

Of course, you know, I’m flabbergasted by that – every time I hear this kind of thing. I don’t show that to the client.

She was sold a bill of goods in my estimation. Her doctor was a woman, and her doctor said, “This stuff is great, you don’t get periods.” The doc said, “I do it, too. I get that shot myself! Who wants to get a period?”

To me, that’s a very strange way of looking at life. But at any rate, that was her story.

One of the main medicines that we know – and I teach a lot about this in Feminopathy, my course Feminopathy, but you can learn about this on my blog as well. This main medicine that we teach that deals with hormones that have been tinkered with. Whether it means a mom who’s just had a lot of kids – and that’s not tinkering. That just means the hormones have been utilized heavily recently. Or for a woman who’s been on birth control pills for many years and has problems as a result of it, or who has had a suppressed menses.

Now, Depo-Provera shots suppress the menses. The remedy is *Sepia,* and it’s a great medicine. We use it in a 200 potency.

She was just at the end of that first year and was about to go back to the doctor and get her next shot of Depo-Provera and decided, indeed, she was not going to do that once I explained to her how this works. And so, she didn’t.

She started using *Sepia,* and the backache was gone in very short order. As I recall, when I met with her in about six weeks, the pain was completely gone.

When we step outside of what Mother Nature has planned for

us – when we tinker with the human body – we are playing with fire. We think we know more. You *think* you know Nemo, but you don't!

We think we know more than what the human body knows, but the body has innate intelligence. And it comes from our Maker! There's no two ways about it as far as I'm concerned. So, that's another example.

But I can give you a lot more. We won't go too far with them, but I will tell you this. This is one that is more common. (Not everyone gets Depo-Provera shots. Thankfully, they're not even used that often so much anymore.)

But Tylenol. How about Tylenol and ibuprofen?

Tylenol, folks don't know this already. It's been published many, many times. You should always know whatever you're putting in your mouth on a day-to-day basis … what it causes.

Tylenol causes liver damage.

And haven't we eaten or taken enough toxins in our lives to maybe want to protect our liver? It's very important that we do that.

The very same people who will only buy organic, because they don't want the toxins often are the ones who will take Tylenol if they have a headache. There's kind of disconnect, and I'm encouraging people to make that connection – to make sure that whatever you decide you want in your life that you take it to the fullest.

Then one last one, and that is ibuprofen. This one particularly because it causes such a sobering condition *especially* in children.

Ibuprofen has been shown to cause asthma in adults and children but particularly in children. It doesn't take a

lot. I've actually had cases come to me where the mother gave the child ibuprofen – maybe a day or two of it – for a fever or cold or aches and pains or whatever it might have been. After the third day of taking ibuprofen, the child developed asthma for the first time in his life.

That is horrible.

Asthma is a chronic disease, and it's a frightening disease if it gets very severe. I've had asthma in my life, and I can tell you it's not nice. And so, I would rather see a child live through a cold or flu, or aches and pains, or fever for a *short* period of time than to have a long-standing chronic disease.

Dr. Samuel Hahnemann, the Father of Homeopathy, when he studied and worked on this back in the late 1700s, early 1800s, he noted that when we treat symptoms – when we suppress symptoms by using something that just addresses the outward expression of the condition – it often causes a deeper condition to arise.

As we suppress that cold or fever or menses or nausea during pregnancy or skin conditions/ acne or that urinary tract infection, it releases the weakest link in the person's physiology. Even if that person has had some of those conditions in the past – a milder version – you can pretty much be guaranteed that the drug is going to get that condition and drive it to a much, much deeper state.

That is one of our main aphorisms in the Organon that Dr. Samuel Hahnemann put together for all of eternity, as far as I'm concerned, and for those who are astute and interested in learning how to address disease using homeopathy.

In a Nutshell

Kate: We've covered a lot, Joette, a lot to think about and a lot of homework for some of us to do on what we might be taking in and what side effects that might be causing.

Why don't you just kind of reiterate to us the main points of what we've covered so we can lock it in?

Joette: Well, the first thing I would urge you to do is to go online and figure out whether or not any of the conditions that you have might be related to the drugs you're taking.

Then if your doctor argues with you, that's time to find a new doctor.

The way you find a good doctor is you start asking around. You don't want the guy that's *necessarily* done all the publishing at the university. You want the guy who is open-minded and has lots of clinical experience.

The way that I have found doctors and dentists, et cetera, is to go to my local health food store and ask people there. Ask the owner if they have anyone. Then I might go to my co-op. And if I have a chiro-specialist, my chiropractor, et cetera.

You want to work with a doctor who has a reputation for looking at health in a more holistic manner.

Then I would say, enlist the help of a good pharmacist. Make banana bread and take it to your pharmacist and make that pharmacist your friend. Don't ask them questions at their busy time … you know, at five o'clock, six o'clock when everybody is there picking up their medications. Go to the pharmacist when he or she is not so busy. Maybe call, you know, around 11 o'clock at night when they're all alone.

In essence, it means you have to do research. You have to do a little extra work because, to be honest, there's no one out there who's going to do this but you.

This is not the doctor's problem. This is *your* problem.

This is not the chiropractor's problem, it's yours.

They may be there to try to help. But in the end, you're the one who goes home with the pain. You're the one who goes home with the asthma. You're the one who goes home with the breathlessness, et cetera.

So, it's up to you. It's up to each of us to do our homework.

I guess I would say the last point is to step outside of the box. Whatever they're telling you on television, do the opposite. Whatever they're telling you in women's magazines, well, first of all, close that women's magazine. Don't even go there because it's all advertisement for the industry and so are all the commercials on television.

For the younger listeners here, who don't even use television – they don't even go to them, they just go online – be careful of what you're reading. And make sure you trust who is telling you what. And go deeper and deeper until you find the true answers for yourself and your families. You will be a much healthier and much happier person in the long run and much more independent.

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. And when I want to take a slightly deeper dive and discuss topics that risk censorship on Facebook join me in my Mighty Membership site. Hosted safely on a private server away from Social Media and public membership ship site prying eyes.

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.

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.