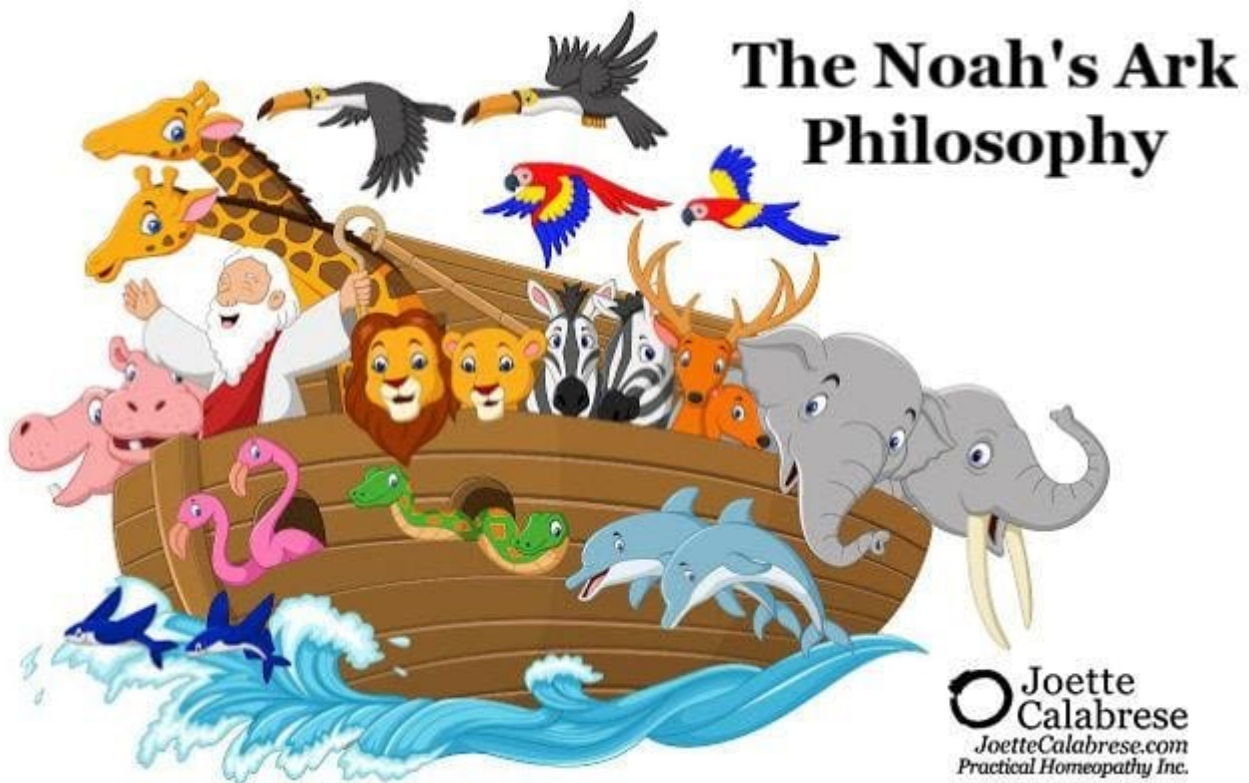


The Noah's Ark Philosophy



I doubt Plato or Aristotle is concerned I will steal their places on a list of Great Philosophers.

However, I must admit, I have been feeling quite philosophical as of late.

You may remember in a recent podcast I introduced you to my [Stoplight Philosophy](#). And now, I have another one to add to the list: The Noah's Ark Philosophy.

Noah had it right! He listened as the Spirit led: things are better in pairs.

Can you imagine if Noah hadn't led the animals on the ark **"two by two?"** We would have a lot of empty jungles, seas and skies!

Well, animals aren't the only things that are good in pairs. So are homeopathic medicines!

Naturally, I have **two** pairs of reasons why:

1. When [you buy a kit](#), it's best to consider it your "mother stash." Kits are so well-organized and well-thought-out. You want to make sure you maintain its integrity as a whole. Don't use it as your everyday supply. The last thing you want is to run out of a particular medicine right when you need it.

The solution is simple. Own **two** of each of the most essential remedies you and your family use most often: one for regular use and one to remain in your kit for emergencies or travel.

2. We're busy; we all can be forgetful at times. So, let's use my Noah's Ark Philosophy to prevent skipping a dose. For the most critical medicines your family needs, keep **two** tubes in **two** different places.

Keep one by the intended recipient's bedside and keep the other one in your purse or pocket. For instance, let's say you're driving to drop your child off at school. Suddenly, you realize you forgot to give them their medicine! No need to panic or turn the car around! You can just reach in your purse and pop it in their mouth. Just like that. Problem solved.

3. Remember the old saying, "Good homeopathy builds good neighbors." Okay, granted, maybe that's *not* how the saying goes ... but it should! I know from experience: once we are well-educated in the use of homeopathy, it becomes increasingly difficult to watch anyone suffer. Especially when we have the answer!

Say your neighbor is coming down with a cold. You want to help, but you certainly don't want to give them your supply

of applicable medicine in case your *own* family needs it.

What would Noah suggest you do? Most likely, he'd recommend you keep **two** of the most commonly required remedies on hand. When your neighbor just *has* to have the medicine, you can confidently give it to them because you know *you* have another tube at home!

4. And, finally, many homeopathic medicines work better in pairs because together, they comprise an effective protocol. Let's return to your hypothetical neighbor's cold for a moment. The Banerji Protocol for colds/coughs is **two** remedies mixed in the mouth at the same time: [Aconitum 200](#) with [Bryonia 30](#). (I discussed this protocol previously in the blog post [When a Cold or Flu Hits Hard ... Hit Back.](#))

Both *Aconitum* and *Bryonia* are also used individually in certain situations as well. So, you want to be sure to have **two** tubes of each; one of each for when you need them as single remedies, plus one of each joined together with a rubber band, ready to grab as a pair when a cold strikes.

So, there you have it: The Noah's Ark Philosophy.

Homeopathic medicines are better in pairs! For all kinds of reasons. I bet you can think of even more. If you can, please chime in below in the comments section.

Your confidence will rise as you continue to use homeopathy. You'll develop your own philosophies and helpful methods for storing and sharing your medicine. But how can you jumpstart that confidence? Why, with **two** opportunities to learn, of course! Yet another thing better in pairs are my [Gateway to Homeopathy I and II study group curriculums](#).

My entire teaching philosophy comes back to these Gateway

study groups. It's the very same way I started my learning journey in homeopathy, laid out in an inexpensive, easy-to-follow book. Learn homeopathy with your friends and family. These study groups make learning homeopathy fun and memorable, while also supporting a lifestyle change focused on freedom and self-reliance.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Joette".

P.S. With Christmas coming up, now is a great time to buy gifts of homeopathy for your loved ones (or makes hints for yourself!) The [homeopathic remedy kits](#) sold through my office are valuable and meaningful gifts. Perhaps you might form your own study group by buying copies of [Gateway to Homeopathy](#) to give to your closest friends as gifts.

Or, maybe now is the time to give Santa a list of the duplicate remedies you need (to follow The Noah's Ark Philosophy). Hopefully, Santa will remember if he uses the coupon code "joette" when shopping from [Boiron](#), he'll save 20% on his purchase.



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Symphonic Symphytum for Pain



Pain.

Whether acute or chronic, it can bring your life to a grinding halt.

In last week's blog post, [Snap!](#), I shared with you the story of an unexpected back injury that completely derailed a young man's life – until he was introduced to homeopathy.

More specifically, until he was introduced to *Symphytum* and *Hypericum*.

Many different types of injuries respond beautifully to *Symphytum*.

Solo, it is effective for certain pain. When used in harmony

with other homeopathic medicines, *Symphytum* can be an elegant part of a healing symphony.

So, as I highlighted *Symphytum* in last week's article, it reminded me of an event five years ago when Buster, The Bad Office Dog, injured his meniscus. (I wrote about it in a blog post at the time.)

You can see from the photo above taken five years later, Buster recovered perfectly from that injury and is still an adorable – albeit mischievous – ball of fluff!

All thanks to *Symphytum*!

Meniscus injuries (especially in the knees) are all too common in athletic humans as well – ask any basketball player, football player or avid skier.

Do they always require surgery?

No.

Perhaps they only need to be introduced to the beautiful music of *Symphytum*.

So, before we end our current focus on pain, I want to republish my previous blog post from 2014. This is valuable information and worth repeating.

Keep in mind that the medicines used for our beloved Buster would be the same medicines used for human injuries:

.....

Buster, The Bad Office Dog, was running in the fields by our pond when he apparently stepped into a hole or a depression in the ground.

He let out a yelp and came limping back to us. He refused to put any weight on his back leg while yelping.

Our poodle was obviously in severe pain.

Now, sometimes a dog will limp for a bit but gradually start using the leg when the initial shock wears off.

Not Buster. He was not about to put any weight on that leg for any reason.

As usual, I gave him a few doses of *Arnica* 200 for the initial pain and trauma, about 3 times per day for a few days.

But by the end of the week, the leg was no better. Buster was not putting any weight on it, and he would nip if anyone touched his hock.

Fortunately, we have a holistic vet friend who lives just minutes from us, and who is an excellent diagnostician.

She said Buster had a torn meniscus.

The meniscus is a “fibrocartilaginous structure,” which is a fancy way of saying that it is like a spongy pad that sits between the bones at a joint.

It acts as a buffer between the bones, absorbs energy like a shock absorber and contributes to joint lubrication.

Injuries to the meniscus are not uncommon in athletic dogs and are often accompanied by tears to the cruciate ligament.

The most common treatment is surgery.

Unfortunately, these injuries often lead to the development of arthritis, bone spurs and degeneration in the joint.

Poor Buster!

If we had gone to a conventional veterinarian, we may have been told that surgery was our only option, and it would not have been a surprise if the cost was as much as \$5,000.

Hence, Buster immediately started to receive [*Symphytum officinale* 200](#), one of the most useful remedies in our homeopathy kit.

By the way, the cost of a bottle of this medicine is anywhere from a few dollars to about \$20, so the decision was an easy one to make.

Symphytum is made from comfrey, a perennial flowering plant that is sometimes considered a weed, but herbalists and organic gardeners have cultivated this plant for centuries for its medicinal uses.

You may know it as “knitbone” or “boneset,” which gives you a clue to one of its main uses.

Symphytum excels at mending broken bones.

In fact, we caution against using this remedy until there is certainty that the broken bone has been correctly set in place because the remedy has been known to quickly knit bone even when it is not correctly aligned.

A common homeopathic response to a broken bone is to first give [*Arnica* 200](#) (or higher) for the trauma, shock, bruising, blood loss and pain, followed by [*Ruta graveolens* \(30 or 200\)](#) for several days to reduce the muscle bruising and tendon damage.

After the bone has been properly set, *Symphytum* 200 is used to mend the fracture.

But broken bones are just the beginning.

Back problems?

Knee problems?

Injuries to tendons, cartilage or ligaments?

Eye injuries?

Symphytum 200 answers them all, quite effectively and elegantly.

Symphytum has a sterling reputation for treating mechanical injuries to the eye, especially the orbit, from blunt force trauma.

But perhaps the most useful quality of *Symphytum* is that it also deals with injuries to the cartilage, tendons and ligaments that surround the bone.

This makes it a useful remedy for many types of injuries, including sprains, strains, pain from overuse of a muscle, bruising and pain from a blow or fall, and arthritis.

Common problems that respond well to *Symphytum* include tennis elbow, plantar fasciitis, twisted or sprained ankles, knee pain and joint pain, and arthritis and bone spurs. It is even specific for osteomyelitis.

So, by giving Buster *Symphytum*, we addressed the immediate injury to the joint and reduced the potential for future problems.

The Banerji Protocol is to use this handy medicine in combination with other medicines to aid in many common chronic problems that plague humans and canines alike.

Here are a couple of protocols you will want to tuck away:

For a bulging disc, herniated disc or back pain from over lifting: *Symphytum* 200 mixed with [*Calc phos 3X*](#), twice daily, and then if there's pain add separately [*Hypericum perforatum 200C*](#), twice daily.

For arthritis of the knee: *Symphytum* 200 mixed with [*Arnica montana* 200](#), twice daily.

For plantar fasciitis and heel spurs: *Symphytum* 200 mixed with [*Rhus tox* 30](#), twice daily.

And for torn ligaments and menisci (like Buster's): *Symphytum* 200, twice daily.

These problems often take time to heal – sometimes many months – but in the meantime, the remedy also eases the pain and stiffness.

Buster is doing much better today.

He is using his leg again, although he still occasionally limps.

And doctor's orders: no climbing stairs! He does enjoy being carried around. (We sometimes wonder if he's faking the limp as currency for a few extra hugs.)

From athletes to the aging, *Symphytum* can be a most accommodating remedy in your home.

Just ask Buster! And pass on the good news of homeopathy!

Warmly,

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

P.S. To provide enough time to delve fully into the more complex world of pain, you should consider my course: ["Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."](#)

I know you have been hungry to learn a safe, inexpensive way to uproot your or your loved one's debilitating pain, so I urge you to consider registering for this new course now.

[Click on the link](#), and you'll be able to download the Infographic.

I created it to give you hope that efficacious homeopathic solutions exist.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain or a pinched spinal nerve).



Condition: Concussions
Remedies: Aconitum nap. 30C, Arnica 30C, Ledum pal. 30C, Belladonna 6C or 12C, Cuprum met. 6C
Details/Directions: Administer immediately to deal with the shock of injury. and alternate with Arnica as needed (approx. every 15 min.). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.
More info at: <https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>
Joette Calabrese
Homeopathic Nurse Practitioner

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Snap!



SNAP!

In that one nanosecond, Belinda's life changed.

Jeremy, the husband she loved so much, would no longer be the same carefree, active, robust man she had married.

The years that followed broke her heart. Belinda helplessly watched Jeremy suffer in pain and consequently, become more and more demoralized and emasculated.

What happened?

No, it wasn't a car accident. No, it wasn't a sports injury, either.

It was something simple.

Something millions of people do every day.

Their four-year-old-child-in-the-midst-of-a-tantrum was screaming and kicking on the floor.

Jeremy bent over to pick him up.

As the child was twisting and writhing, Jeremy was twisting and lifting ...

All of a sudden, SNAP! A shooting, searing pain in his lower back made him gasp and freeze.

After a week of sleeping in a recliner and hobbling along, bent over sideways, Jeremy felt his back had improved.

But from that point on, it was never the same.

He now had a fussy back, an easily disturbed back, an overly sensitive back.

Now, Jeremy was prone to debilitating backaches with very little provocation – and year after year, it got worse.

If Jeremy spent too much time crouching, like when he weeded the garden or refinished the floors, he paid for it – that night, the next day and for several days afterward.

When he worked too hard cutting and stacking wood for their wood-burning stove, he paid for it.

When he carried even moderately heavy bins and boxes organizing the garage or cellar, he paid for it.

Eventually, Jeremy wasn't able to sleep well anymore.

Trying to turn in bed at night was uncomfortable and difficult; the pain woke him up. In the morning, he was stiff and sore, and it took hours to get going.

No matter how much Belinda tried to reassure him, Jeremy was disgusted and ashamed.

He had to ask someone else to lift heavy things.

In his mind, that was a man's job, and he could no longer do it.

He couldn't pick up or carry his children anymore.

He was forced to be slow and careful getting in and out of the car.

He felt as though he looked older than his grandfather.

He couldn't garden anymore and had to be very careful he didn't overdo it when it came to doing yard work or home improvements.

He could no longer go on road trips from New York to Florida to visit his aging parents.

Even air travel was torture.

His work life was affected, too!

For years, Jeremy had been a successful full-time computer programmer, but he was no longer able to spend hours sitting in front of a computer because of the chronic back pain.

He tried a standing desk but standing too long was also painful and uncomfortable.

He was getting less and less of his work done and becoming increasingly worried about providing for his family.

Back problems are often complicated and mysterious.

Doctors suggested physical therapy, steroid injections and potentially surgery if the other two didn't provide enough relief.

Jeremy dutifully completed a course of physical therapy and even joined a gym.

But exercise only had a slight impact on reducing his pain – more often than not, it made it worse.

He knew he didn't want steroid injections with their systemic complications, and he briefly considered surgery, but then decided against it.

He kept thinking about golfer Tiger Woods – despite Tiger's status and wealth, he had required multiple back surgeries and his abilities as an athlete declined.

Worse yet, he couldn't get NBA coach Steve Kerr's failed back surgery out of his mind!

The complication of leaking cerebrospinal fluid scared him to death.

Jeremy read that up to 40% of those who have had back surgery experience continued pain after surgery.

It happens so often, there is a term for this phenomenon:

Failed Back Surgery Syndrome (FBSS). In fact, his cousin had had spinal surgery and said that it didn't actually do much to correct or cure his condition.

So, Jeremy was afraid surgery wouldn't help or might make things worse.

Even if it were successful, he didn't like the idea of the reduced spinal mobility that would result.

Plus, Jeremy couldn't afford the downtime of a failed surgery.

He held out hope that his body could find a way to heal. For real.

That's when Belinda stepped in. She had to save her husband.

Late into the night – for many nights – she did extensive

research on the internet.

Eventually, she discovered homeopathy, and soon, she found me.

I took his case.

I taught her that an appropriate protocol for his condition would be [Symphytum 200C](#) and [Hypericum 200C](#), taken twice daily. Jeremy agreed to follow this protocol for eight weeks and then check back with me for a follow-up appointment to assess progress.

When I spoke with Jeremy eight weeks later, his morning stiffness had gone from a 7 out of 10 in severity to a 2.

His back and sciatic pain during acute flare-ups had gone from an 8 down to a 4.

And, he had only had three flare-ups in eight weeks instead of the normal frequency of one or two a week.

Most thrilling of all to Jeremy, his everyday dull soreness had gradually reduced over the eight weeks from a constant low-level daily ache and stiffness, to practically nonexistent.

He was able to work again, able to be the active man he once was.

Jeremy was surprised and ecstatic with his progress.

I was ecstatic – but not surprised. I see these kinds of results a lot, so I guess I'm used to it!

And Belinda? Ecstatic doesn't begin to cover it.

She was over-the-moon that her husband felt like himself again.

Because his progress had been so encouraging, Jeremy and I decided he'd stick with the same protocol for an additional eight weeks, and then we'd meet again.

All in all, it took about six months and three consultations before Jeremy declared himself pretty much free from back pain and stiffness!

At this point, Jeremy felt he no longer needed my services for himself, but he referred his mother to me for help with her Fibromyalgia.

He and Belinda also had me take cases for their son's frequent gastric pain, as well as their eldest daughter's dysmenorrhea – all of which were happily addressed with homeopathy alone.

As always, pass on the good news of homeopathy and of course jot down this little protocol that changed Jeremy and Melinda's life!

Pain cases are not always simple or even straightforward; they can't all be resolved in a short blog post. But when you suffer from pain, you need answers. So, to provide enough time to delve fully into the more complex world of pain, consider my course: ["Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."](#)

This is an indispensable course if you want to learn how to deal with:

- Fibromyalgia
- Arthritis & Joint pain
- Back pain and Sciatica
- Muscle pain
- Dental pain
- Headaches and Migraines

- Bone pain and growing pains
- Gout
- Neuropathy, neuralgia
- Spasms & cramps
- Chronic pain after injury, old injury pain that comes back
- Idiopathic / Unexplained pain
- And much more

For a full outline, [click here.](#)

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a long, flowing tail that loops back under the main part of the signature.

P.S. I believe that knowledge is power. And I want to see that power returned to the conscientious hands of mothers and grandmothers who have gained the confidence to use it.

It's more important than ever that you start to learn this information on your own!

If you are not quite ready to take a course, I urge you to join a study group! [My Gateway to Homeopathy: A Guided Study Group Curriculum](#) is a powerful, inexpensive entry point to your homeopathy education.

For less than the cost of a dinner out, you can lay the foundation to become the homeopathic healer in YOUR home!



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Podcast 86 – Pain: Make It Stop!



IN THIS PODCAST, WE COVER:

02:36 A course on pain

06:24 *Caulophyllum*, *Magnesium phosphoricum* for pain

19:15 *Hypericum*, *Staphysagria*, *Arnica*, *Aconitum* after surgery

22:00 **Learning the pain protocols and medicines**

24:06 Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

My new course:

- [Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good](#)

[Boiron](#)

More specific information on use of *Caulophyllum*:

- [Birthing Part Two: The Premier Remedy for Childbirth and a Few More](#)
- [Birthing Part Three: Baby is Born, but You're Not Done Yet! Neither is Homeopathy](#)

More specific information on use of [Mag phos 6X](#):

- [Cell Salt Series: Grab Your Mug; It's Mag Phos!](#)

More specific information on surgery medicines I used:

- [Anticipating Surgery? Homeopathy Can Help](#)
- [Surgery? S is for Staphysagria](#)

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Kate: This is the Practical Homeopathy® Podcast Episode Number 86 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: On today's podcast, we're going to be talking about pain which, as many of you know, is a big crisis that we are facing right now. According to the Department of Health and Human Services, over 2 million people had an opioid-use disorder in 2018, and on average, 130 Americans die every day from an opioid overdose. Today, Joette, we want to talk about pain, and how we can address it from a natural

perspective.

Joette: There was a time when I dedicated my life to urging anybody whose lapels I could seize and ears I could bash. But now, I approach my subject of homeopathy with a little more grace. I guess I've aged.

But I guess there's also another reason. It's that I don't need to scream it any longer. People are clamoring for this information. They're looking for the alternatives. The jig is up!

These painkillers ... am I going to say they should be illegal? Of course not.

There is a place for these kinds of painkillers, I believe. In late stage illness where there is no choice and when homeopathy fails us, then we may, indeed, have to go to something that's chemically derived. But why even *consider* it if we can avoid using something that could be so detrimental in the long run to our lives and to our families' lives?

That's why we have decided to put together a course on pain. You've got the title there, right, Kate?

Kate: Yes.

Joette: Because I don't have the title memorized yet because this is all new to us. We're still organizing it and putting it all together.

A course on pain

Kate: It's ["Make It Stop: Escape From the Prison of Chronic and Acute Pain Using Practical Homeopathy®. Learn Effective Methods to Uproot Pain, Often for Good."](#)

Wow, Joette, that's a tongue twister.

Joette: That's why I couldn't remember the title, but I wanted to get it all in there!! I want to make it really clear what I'm going to be teaching. We want to have this knowledge, this information, these techniques at our fingertips like a Swiss Army knife of knowledge. We want to be constantly prepared because do you know when the next time you or someone in your family will have pain?

Kate: It's a total surprise. You never know when that's going to happen.

Joette: It is the true definition of an acute. It comes on suddenly! You don't know when it's going to happen. You want to know how to parse through whether it's an injury, so it's extrinsic or intrinsic, it's something internal, whether

it's from the gut from food that has been eaten that was bad, whether it's a chronic condition that's related to hormones, (for women, for example, with menstrual pain or headaches that are specific to the hormone shifts), whether it's an injury, an automobile accident, a ski accident. We need to be prepared.

Now, I will say I *am* prepared. I know my medicines. I know them inside and out, and I own them.

Kate: That is key! That is key, Joette.

Joette: Absolutely, because if you know, "Oh, my gosh! This is absolutely a call for *Caulophyllum*," and you don't own it, now what? What good is that knowledge? You have to either find a health food store that carries it (which is unlikely), get on [Boiron's site](#), or Amazon, or if you're a student of mine, you can go to OHM pharmacy.

By the time that happens, the baby is born! Or the hemorrhage is now being dealt with conventionally in a hospital.

I don't want people to believe that I don't think you should go to a hospital or go to a doctor. Of course, you should do that if you need to – particularly if you don't know what to do!

Kate: And if you don't know what it is – what's causing

that pain – sometimes you need that diagnosis.

Joette: Yes, you often need a diagnosis. Now, do you need a diagnosis for your child's ear infection– if you've seen this ear infection two and three times previously? You don't need another diagnosis to know indeed that that is an ear infection. You're observing. You know that the child's pulling at the ear. The child is crying, maybe even screaming. The ear is red. Perhaps there's a fever.

Do we really need to know – at a pediatrician's office on Saturday night, at two in the morning – that it is indeed otitis media?

No, you know what it is? You've seen it so many times, not only in this child, but perhaps your other children. That, in itself, is your diagnosis.

But if it's a first time! Or there's pain in a woman's breast – and it's sudden, overt and something that has never been experienced in the past – you use the homeopathic medicines the best you can. You consider what you've taken recently – such as have you eaten a lot of chocolate or if you had a lot of coffee, et cetera.

If all of those can be ruled out, and this pain persists in spite of trying to figure out what it is and trying to deal with it yourself, in short order, get yourself to a doctor and get a good diagnosis! There's no doubt. Doctors are incredible with diagnostics! It doesn't mean they get it

every time, but they often get it right.

***Caulophyllum* for pain**

Kate: Let's talk about some homeopathic medicines that you can use for pain. You just mentioned *Caulophyllum*. Let's talk about when you would use *Caulophyllum*?

Joette: *Caulophyllum* is a great medicine for labor, and for labor that's stalled, for a uterus that's not cooperating, so to speak. When everyone around the mother is saying, "Okay, it's been now 20 hours (or whatever they allow in whatever hospital it is), and you are not producing a baby. We've got to go in, and we've got to take this baby."

And the mother is absolutely beat up. She's exhausted from pushing. She's trying as hard as she can. She's shaking. She can't deliver this baby, and the pain is extraordinary.

The medicine ... if the doctor knew anything about homeopathy or if there was a good midwife who knew anything about homeopathy would automatically know to use *Caulophyllum*. You use it at that moment. Then if the baby doesn't ... we don't see a change, a dilation in the cervix, then we might use it again in another 15 minutes, and then again in another 15 minutes.

In more situations than not – and I'm afraid I don't have the statistics; I've just seen it with my own eyes many

times – the baby is born in very short order. This is an age-old medicine. It's been around for 200 years. It's been used in 200th potency, 30th potency, 6th potency. It's a time saver and an opportunity to keep from having to submit to surgery.

Kate: I wish I had known about *Caulophyllum* when I was delivering. Oh, my goodness! Think about how many women you might have just saved from having a C-section right now. That's awesome.

Joette: It is awesome. All of our medicines are awesome because they're not synthetic. They're "polite," is what I call them. There are no side effects.

Kate: Polite.

Joette: Yes, polite. They are! They don't *slam* the person across the face and beat them up like many drugs do – because they're not synthetic. They're made from nature, and then diluted many times, and potentized until they now become a medicine of great measure.

They're very gentle. They simply stimulate the body's natural ability to correct the problem.

Kate: All right. So, what else can you talk about for pain?

Joette: Well, since we're talking about women, we can also talk about *Mag phos*, *Magnesium phosphoricum*. This is also great for men, too. But for women, we most often know about it as a great medicine for menstrual cramps.

It's *Magnesium phosphoricum*. We call it *Mag phos*, but [I like to call it "Mug phos,"](#) (M-U-G phos) because it's great when you put a dose of it (which is about four to six pills), into a mug of hot water. It delivers it faster.

Put it in, I figure, about one pill per ounce. Let's say it's four ounces of hot water and four pills. Or six ounces of hot water – six pills. If the dose on the bottle says six pills as a dose, then use six pills. It depends on what the outside of the bottle reads because pharmacies make each one of these a little differently because their pills are a little smaller or larger.

It's a great medicine specifically for pain during menstrual cramps. Now, it doesn't *treat* the pain (although that's what everybody thinks they want). But to be honest, what they really want is they don't want to have cramps which would cause the pain. They don't want the actual muscle – the uterus – contracting. So, what it does is it calms that down, so the pain is no longer there.

Each sip from this hot water ... just a sip (a tablespoon or so as one sip) ... take a sip, and then you put it down. Each sip equals a dose.

Within another 10 seconds, if the pain is still there – and I assume it would be after only one or two sips – you take the second sip. Okay, put it down.

Now, you wait a few more minutes again, and you take another sip. In between your taking the sips, it's cooling off.

I wish that there was alliteration, if I could call this “thermophos,” because it would be much better if it was in a thermos. But “MUG *phos*” works better because of the “mag” in the *Magnesium phosphoricum*.

What I suggest is that when someone has cramps, menstrual cramps – and I'm going to talk about other conditions in which we would use this beautiful medicine – we would put it in a thermos by the bedside, particularly if it's someone who's suffering at night. That way, the person doesn't have to get up out of bed, go start the hot water, put it in the cup, and start sipping. It can last in a good thermos for two, sometimes even three, days, and keep it warm.

This is also great for children who have cramps that are different than menstrual cramps – a little boy who has leg cramps, or someone who has even cramps in the back. So, it's a *cramping* medicine.

If we think in terms of magnesium, a lot of people take magnesium oil, I think that's overkill. This is better than magnesium oil because we're diluting it six times to the 10th power. [Mag phos 6X is usually what people purchase](#). You can

find it online. You can find it at your health food store. *Magnesium phosphoricum* 6X is a beautiful medicine that does not need to be taken consistently.

In other words, after you've taken it a few times – every menstrual period or every time the child has leg cramps, et cetera – you'll find that the need for it becomes less and less.

That's not necessarily so with magnesium oil. Once you start using magnesium oil, you will always be using magnesium oil ... or not always, but for long periods of time. The idea with homeopathy is to *uproot* the condition and not just depend on the gross form of the substance.

Kate: For instance, if you have pain from menstruation, you're using *Mag phos*. And then the next time you get your period, hopefully the cramps won't be as bad. And then the next time, less and less and less. I've seen that happen in our family's lives. It's very effective.

I get the question all the time, too. "Well, I don't have time to go and make some hot water to put this in."

Joette: Or they're in the car, and they don't have availability of hot water.

Kate: Exactly. By my bed, I always have a tube of *Mag phos* 6X. Because if I wake up in the night, my heart is beating

fast, or I have some sort of pain, I just open that *Mag phos* and take some in the night. I don't get up and make the hot water and do all this. I find it still acts. Maybe it acts faster in the hot water, do you think, Joette?

Joette: Yes, it does. It just delivers it faster. It does not *need* to be put in hot water. It can be put directly into the mouth, no doubt about it.

Kate: Tell us more conditions that you would use *Mag phos* for.

Joette: First, let me say this that when someone has pain, I suggest that they just Google my name or go to my blog and put in the name of the condition, where the pain is, for example. Try to come up with some synonyms. Sometimes it doesn't come up. (We don't have the best search engine on our blog. We're still working on that.) And, you'll probably find a lot of information just for looking.

But what I want to do in this course is take you *beyond* that. I'm giving you examples of those remedies and protocols that are well-known and easily learned and easily memorized. But we're also going to be covering more unusual kinds of pains – such as gallbladder pain. That can be excruciating, and it can also result in surgery.

If it feels imminent that surgery is down the pike, why not? Before you have your surgery scheduled, why not use a homeopathic medicine for such a condition? I'll be teaching

that.

I'll be teaching about migraines.

We'll be going over not only where the pain presents, which organs – skin, the gut, the eyes, the head, the uterus, the teeth, et cetera – but also the names of the conditions, infections, injuries, et cetera.

Then also, pain characteristics. Because that *Mag phos* pain (the pain that is addressed by *Magnesium phosphoricum* 6X), is a *cramping* pain. Sometimes it can be almost *searing*, but it's not *burning* pain. It's generally not *stitching* pain. It's generally not *cold* pain. We're going to categorize the pains as well ... as to, if we don't have a specific protocol for that condition, what else might we use to come up with the medicine that needs to be applied?

Kate: I think of this course, Joette, as akin to your Survivalist Guide. Because you don't know, like we said earlier, when you're going to need this. To have these skills at your fingertips, to be able to categorize the pain and know the different medicines and what kinds of pains they affect, I think it is priceless.

Oh, my goodness! I can't tell you the number of times I've used that Survivalist Guide, and how it has saved us many a trip to the ER.

Joette: People say that they want to be pain free, and I certainly understand that. We're all human. But I want to remind folks that pain, actually, in a way, is a gift because it tells us something is wrong. It may not tell us *exactly* what's wrong or *why* it's wrong necessarily, but it tells us, "Pay attention to that organ or to this condition."

Can you imagine if you didn't have pain receptors, and you were in an automobile accident, and you had no idea that your arm was severed? Maybe you were not aware of what was going on because you were tending to your child or something.

You *need to know* that there's something going on. Pain is indicative of... it's screaming at us, "Pay attention!"

Now, how do we pay attention? Does that mean that we simply obliterate the sensation of the pain? Well, I'm not going to say that's never called for. For example, if you have to go into surgery, by all means, that's exactly what general anesthesia or local anesthesia is grand for.

But when someone has a headache, to just obliterate the pain is not the goal. The goal is to correct the condition. That's where homeopathy comes in. It helps correct the condition, uproot the problem, so that the pain is no longer necessary. The body no longer needs to produce it because the condition has been resolved.

Kate: You talked about going into surgery, and how sometimes, we need a surgery. Well, you and I worked together when a horse actually stepped on my arm. I went into surgery, came out, and then consulted with you. We came up with a whole list of medicines for me to take.

But it was very interesting, and we talked earlier about the opioid crisis, when I was getting ready to be discharged from the hospital, and they actually said, "No, you can't leave until you take one dose of this narcotic pain medicine because you will need it after the nerve block wears off."

And I said, "No, I'll be fine." I had to go round and round and round with this nurse who was not literally going to let me leave the hospital until they knew that my body would handle the pain medicine okay. Finally, Joette, I asked them to just give me a Tylenol, and I would take that for the pain. After I took the Tylenol, I said, "Oh, I feel so much better now. I think that's going to be fine."

With your help, Joette, I actually did not need any pain medicine after that surgery, and it was a pretty major arm fracture.

Joette: I saw the X-rays. Your arm was mangled.

Kate: Yes, it was. I just used homeopathy for the pain after that. It took a while. I'm not going to say that I was pain free. Because that would just be crazy to think that after a pretty major surgery, you would be pain free. But

the homeopathy made it so that I could tolerate the pain, and I didn't need to take those narcotics.

***Hypericum, Staphysagria, Arnica, Aconitum* after surgery**

Joette: But we're not looking for a disposition of being blotto. We just want to be comfortable enough to be able to sleep, to be able to get nourishment, to be able to take on our day a little bit at a time after something like surgery.

I, too, have had surgery many years ago. I had an emergency surgery and the incision was clear across my abdomen. They told me the same thing – that I was going to need painkillers. I said, "Well, thank you, but no. I'm really just fine."

I used Hypericum. I used Staphysagria. I used Arnica, and even a dose of Aconitum. And those four medicines got me through. By the second day, I was using only ... I believe, it was only Staphysagria. I was fine. Really, it was from hip bone to hip bone – that the surgical site was from hip bone to hip bone.

It was not what they expected. It's what *I* expected.

The reason I knew this is because I had studied. I had made a point of owning the medicines in the potencies that I had learned to use for such a situation, and I had confidence in it.

Now, some people might even call that placebo, but I don't know. I've used these same pain medicines on Buster, our dog; on our cat, Carmelina; on our son's cat ... what's his

name? I don't like the cat. That's why I don't remember his name. He's brutal. He's just a bad cat.

Kate: Is that the cat that likes only men?

Joette: Yes. He *attacks* me. He attacks all women. I mean, literally, really attacks. That's why I don't remember his name. No, good old What's-His-Name.

But we've used these homeopathics on the animals, and they don't know what placebo is – particularly if you're putting it in their water, and many times, we've had to do that with the cat.

Kate: Well, it must have been the same placebo that helped me because I took those four medicines after my surgery.

Joette: Right. Oh, those placebos are really powerful, aren't they?

Kate: Yes. For those of you wondering right now, I used those same four medicines after my surgery as well.

Joette: *Staphysagria, Aconite, Arnica, Hypericum.*

Kate: And the [*Staphysagria*](#), if my understanding is correct, is not as much for the pain but to help with any infection that might be brewing after such a surgery, correct?

Joette: Well, it's for an incisional site. So, anything that might come from that, whether it's a potential infection, whether it's the pain of the incision itself. It's for a clean cut. Yes.

Kate: *Staphysagria* isn't if you get some cut that's jagged. It's more of a surgical knife or you slice yourself with a knife.

Joette: Yes, right, when you're cutting carrots, and it's a brand-new knife. Yes, certainly.

Learning the pain protocols and medicines

Kate: Joette, so many times people ask me, "Where can I get all the protocols? Where can I find that 'magic list' of all the protocols that I need?" I tell them that it is not as easy as that. If there was just a list of protocols, that would be great. But you would still have to know how to use these protocols and these medicines.

People ask, "Well, can I just purchase the Banerji book, and will that have all the protocols in it?"

I say, "No, not all the protocols are in there." If you want to learn these protocols, really, the only place that I know

of is by taking [your courses](#).

Joette: Well, and you're still not going to learn them all because there are, I don't know, 6,000 human conditions? It would be like an encyclopedia. Once you learn the protocols that I teach, then you can extrapolate to a certain degree.

You'll see how you apply this protocol that seemed as though it was just for this condition. But because the pain is so similar, and it's in the same area of the body, the same organ, that you could potentially use it for *this* condition, as well. So, it takes a little more depth than that.

I mean, I wish that I had all the protocols, too. So, what I did was I went to India, and I worked with the Banerjis for collectively a year and a half – sat by their sides and jotted them all down and learned and studied.

Some of them were *still* not exact because there are conditions in which for some people, it makes more sense to use this protocol; for other people, it makes a little more sense to use that protocol. I don't want to color the idea that this is not formulaic – because it is much more formulaic than any other method I know in homeopathy. But there is some *maneuvering* that you have to do in order to utilize this for absolutely every situation.

Kate: I just wanted to make it clear that I don't know of any magic list that we have that's out there with all of the protocols. Do you?

Joette: No, I don't think there's anything like that.

["Make It Stop: Escape From the Prison of Chronic and Acute Pain Using Practical Homeopathy®. Learn Effective Methods to Uproot Pain, Often for Good."](#)

Kate: Tell us a little bit more about what you're going to be covering in the pain course, and I'll just call it for short, "Make It Stop!"

Joette: Well, one of the conditions, of course, will be joint pain, gut pain, headache pain, injury pains.

Kate: Is there something for a pain in the butt?

Joette: You mean like our children, our neighbors?

[Much laughter]

Kate: I believe you'll be covering sinus pain as well. But stay tuned because more information will be coming out shortly about the course on pain.

Joette: For those folks who believe that the best way to

deal with pain is just to take Tylenol, acetaminophen, a couple of aspirin or something like that. You don't have to take opioids, right? They wonder, "Why would you go through all of this, take an entire course just on the idea of pain, and how to treat it homeopathically?"

Kate: What about those who say, "I'll just use my essential oil?"

Joette: Right, essential oils, too. Well, sure, if it works. If you get something that works, then perhaps this is not the course for you.

But the difference is that homeopathy – when we're talking about it compared to conventional medicine – again, homeopathy has no side effects. That's the first thing.

The second, of course, is what we said earlier and that is that we're *uprooting* the condition. That's the idea. It's not about just getting rid of pain.

The third is certainly if you have essential oils that deal with migraine pain, by all means, use it.

And if you don't have the time to take a course like this, I certainly understand.

This course is designed for people who want to be completely self-reliant as much as possible – who have families to take care of, want to take care of themselves, or they've gotten to the end of the road. And they've been using all of the essential oils, supplements, and synthetic vitamins, have changed their diets a number of times, have used other methods – and they have failed.

None of what I teach is for everyone. But if you have a

penchant for learning, you have an innate curiosity, and you want to take control of your family's health and your own, this might just be the avenue for you.

Because taking care of yourself and others is freedom. It's freedom from limitations, and it's freedom actually from our own egos. It releases us from feeling as though it's only about us – because it isn't. It's about many. It's about us, our children, our grandchildren, our neighbors, our church mates, our livestock, wild animals, our pets.

Kate: And, so many people have problems with pain. If we can help other people, I think it's an amazing gift to be able to give.

Joette: That's right, the gift of good medicine.

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.

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 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.



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Not Tonight, Honey



“Not tonight, Honey ... I have a headache!”

A bad headache can stop us dead in our tracks.

The pain can keep us from wanting to do anything: make dinner, go to the movies, watch TV, sit outside, play with the kids, watch the sunset, or ... well, *that* either.

Years ago, Sandra had painful headaches.

She wasn't stuffy or suffering from allergies, but she had incredible pain behind her eyes, between her eyes, over her eyes, under her eyes – her whole sinus area was painful.

But this wasn't a typical sinus headache. These headaches seemed to come and go with no rhyme or reason.

Eventually, Sandra had a watershed moment: her headaches

came with barometric pressure changes – like clockwork.

After her discovery, she became more specific: “Not tonight, Honey –*see the weather?*”

Poor Sandra had turned into a bedroom barometer!

Unfortunately, Sandra lived by the shore where weather changes were extreme.

For crying out loud, the barometric pressure changed there almost every other day!

And right along with those shifts – as often as 2 to 3 days a week – came her painful, life-interrupting headaches.

She tried Tylenol and aspirin. Neither came close to addressing her pain.

However, at the time, Canada offered a stronger over-the-counter solution called “222.”

It was an analgesic containing caffeine and codeine.

In them, Sandra had found something that worked! When her headaches were unbearable, she’d drive over the bridge to Canada, smuggle them in, take the medicine, and finally feel some relief.

But what was she doing to her body by taking codeine?!

It worried her, of course. But she couldn’t stand the pain.

Then Sandra found homeopathy.

More specifically, she found [*Kali bichromicum* 30](#).

The next time the pressure changed, and the inevitable headache held her in its vice-grip, she took *Kali bichromicum* 30 every hour or so.

After three doses, the pain was GONE!

Two days later, Sandra, the Bedroom Barometer, was back in full force. Yep, the pressure changed again, and her headache felt like it was going to crush her eyes in their sockets.

She took another dose of *Kali bich* 30.

And that was it. Gone!

After years of suffering from those horrible barometric pressure change headaches, they were gone forever!

You read that right. Sandra assures me that after those two separate headaches that week and taking *Kali bich* 30 for each occasion, her pain has never returned.

That one elegant homeopathic medicine effectively killed two birds with one stone!

It freed her from a lifetime of headache pain.

Plus, by using homeopathy, she eliminated all of the terrible side-effects she had been exposing herself to with allopathic drugs. (By the way, the codeine-filled 222s are no longer manufactured or sold in Canada. Hmm. Wonder why?)

So, this is a writer-downer, folks: [*Kali bichromicum* 30](#), every 1-3 hours for a barometric pressure headache, until the pain subsides. (Scroll below this post to download your free Remedy Card containing this information.)

Keep in mind, there are about a gazillion different types of headaches.

Well, maybe that's a *slight* exaggeration, but there are certainly a *lot* of them.

The homeopathic medicine you choose must match the specific type of headache you're suffering from. For example, I write about [hormonally-driven headaches in a previous blog post](#).

I wish I could share every protocol I know with you for free here on my blog, but it's just impossible.

Many headaches – as well as aches and pains all over the body, for that matter – are just too complicated to discuss in this short format.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain or a pinched spinal nerve). Continue learning! I believe that knowledge is power. And I want to see that power returned to the capable, caring, conscientious hands of mothers who have gained the confidence to use it.

Want to be the hero in your home? Let me guide you with my course.

[“Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good.”](#)

And, as always, pass on the good news of homeopathy!

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a long, sweeping underline.

P.S. It's more important than ever that you start to learn this information on your own!

If you are not quite ready to take a course, join a study group! [My Gateway to Homeopathy: A Guided Study Group](#)

[Curriculum](#) is a perfect entry point to your homeopathy education, and I've made this study group curriculum as affordable as possible.

For less than the cost of a dinner out, you can lay the foundation to become the homeopathic healer in YOUR home!

And one little-known secret, there is a way to buy all my pre-recorded courses at a considerable discount with your study group companions.



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Podcast 85 – Moms with Moxie: 2 Legs, 4 Legs or Leaves



IN THIS PODCAST, WE COVER:

- 01:47** History with Homeopathy and hints
- 10:10** Homeopathy for night terrors and poisoning
- 14:55** Homeopathy for chemical sensitivities, animals and plants
- 25:52** Exploring healthy living

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:



[Terror in the Night](#)

[The Perils of Summer: Poison Ivy and Poison Oak](#)

[Cell Salts: The Easy Homeopathy](#)

[Cure Yourself and Your Family](#)

[Feminopathy course](#)

[The Survivalist Guide to Homeopathy](#)

[Sunburn and Dehydration? Homeopathy Offers the Cure](#)

[Ditch the Gatorade and Make My Son's Homeopathic Electrolyte Drink](#)

[Gateway to Homeopathy II:](#) Only available for purchase through your resource page, after having taken the prerequisite Gateway to Homeopathy I (referenced below)

My [blog](#), [podcasts](#) and [Facebook Live events](#)

[Gateway to Homeopathy: A Guided Study Group Curriculum](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 85.

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, everyone, to another Mom with Moxie podcast. Today, I'm excited for you all to get to know Jennifer. She's with me here today.

Welcome, Jennifer.

Jennifer: Hi, Kate. Thank you so much for having me. I'm really excited to be here.

Kate: Good, me, too. I'm really excited to get to know you a little bit more and to hear your story. Let's get started by hearing from you about your background, and maybe how you came into the natural healing modality.

History with homeopathy

Jennifer: Well, I live in Central Texas. I'm on a life-learning journey with my son who's 12, and daughter, nine, and my husband. We live on Unruly Farm, which is a small farm. We have a dog, cats and chickens. My background is in the social sciences, and I love research. So, it's kind of translated into me into researching healthy and holistic

living – which is my segue into learning and using homeopathy.

Kate: You must have been passionate then about natural healing for a long time? Is that true?

Jennifer: The last 20 years, yes.

Kate: Oh, wow.

Jennifer: Yes. About 20 years ago, I was exposed to a chemical that I had a severe reaction to. It started me on a journey with reclaiming my health and understanding chemical sensitivities. It just led itself into holistic living.

During that time, I discovered a lot of different things that people were using – diet and herbs. I really had not even heard of homeopathy. Now, when I look back, I think, “How could I not have heard of homeopathy in my whole life?” It’s stupefying to me!

I got a sunburn. I was using aloe vera gel and all of the herbal things, and it just wasn’t doing the trick. I went to a little health food store that I frequented, and I asked the person, “What would you recommend for sunburn?”

She said, “Try this,” and she gave me some burn cream.

I put it on and within 15 minutes, I had about a 60% reduction in pain. I thought, “What is this stuff?” I didn’t even read the label. I just purchased it. So, I looked, and it said, “Homeopathic Preparation of *Cantharis*.”

Kate: So, that was the first time that you’ve ever heard of homeopathy.

Jennifer: That’s correct. It was the first time. It was about 20 years ago. So, I became really interested in what worked so well for the sunburn. And I went back to the health food store, and I purchased my first book.

You know, it's hard now to think back about my life before homeopathy. It really is. I mean, you know how they say when you're learning a second language, you start dreaming in that language, and you know you're really getting it? So, I had a dream the other night, and in the dream, I was telling somebody about a homeopathic remedy. So, I think it's become a second language for me almost.

Kate: Wow! Fantastic.

Jennifer: It is translating for my children, too. They both have their own little homeopathic kits that they carry in their backpacks. They both asked for them because I have a kit in my purse that I like that I finally developed with a jewelry organizer.

So, my daughter said, "Oh, I want one of those!" So, we got one.

Then my son, he said he wanted something – but he wanted something a little tougher. So, he has a nice little plastic case for his.

Kate: Yes. Tell us a little bit more about that because I feel like this is fascinating that your kids wanted these, and what you came up with. Explain that a little bit more.

Jennifer: Homeopathy has been a part of my life their entire lives. We've worked with it; they've used it. It's second nature to them now. If they have an injury or an issue, we have a first aid box, and they go get their first aid with homeopathy.

Recently, something flew into my eye. I just had read the lesson that Joette had send out about *Aconite* being the *Arnica* for the eye.

So, when I'm having issues, I'll say, "Hey, I just got something in my eye. I'm going to take *Aconite* because it's

Arnica for the eye." I'm very vocal about what I'm doing.

Then a couple of days after that, something flew in my daughter's eye, and she was having pain from it. She said, "Oh, I remember, *Aconite* is the *Arnica* for the eye."

So, I'm always very verbal about what remedies I'm using, and why I'm selecting them, and they're listening. They've had such great success with homeopathy. In fact, my son is very active. (Thankfully, we've only had one broken bone.) And he had injured his leg. He was busy, and he didn't want to stop. The next day, he looked down, and he had this big purple bruise on it.

He said, "What is that?!"

I said, "It's a bruise, Cyress! That's how they look when you don't work with it with *Arnica*!"

He was just aghast that a bruise could look like that because usually we apply *Arnica* topically, and you take *Arnica* by mouth for bruising. But that was just funny to me. He was horrified that this big purple thing was on his leg!

Also, I started doing this in books that I read. I would think if someone was injured or ill, I would think, "If I was there, and I wanted to use homeopathy, what remedies would I use?" I just started thinking that way is the way to educate myself about homeopathy.

We read aloud a lot in our life learning. We were reading a book about the Oregon Trail. It was a great opportunity because a lot of things happened to this poor family in "The Oregon Trail." One of them was cholera. So, I said, "Well, if they'd had homeopathy, what would they have taken?"

So, we got out a book, and we read what cholera was and the symptoms. We discussed what remedies they might have taken.

Then another person had a snake bite ... and, so different

things. As we read books, we talk about, "If we were there with our homeopathy kits, what would we do?"

That is a fun way for us to learn homeopathy together. Hopefully, we're not going to need that one day.

Kate: Yeah, right? Yes, hopefully not. So, both of your children, then, asked you to get them something to carry the remedies.

Jennifer: Yes. My daughter wanted the jewelry case that I turned into the homeopathic kit for hers. My son, he found a little box that fit perfectly into his backpack. He has about 15 remedies in it.

Kate: Do you pick out the remedies that go in their cases, or do they pick them out?

Jennifer: I picked them out. We talked about why I have each remedy that I have in my kit. Then we talked about why I use them, and what we would use them for.

Kate: Do you have anything in their kits that explains if something were to happen, which remedy? You know what I'm saying ... like a piece of paper or something?

Jennifer: Right. I had a premade kit from a company that had a little booklet in there. We've used that booklet because it's basically the same remedies. So, it has a little booklet on using each remedy.

Kate: Okay. We're going to show on Joette's website below the recording of the podcast. You're going to see a picture of the jewelry case that you've turned into your homeopathic and emergency kit, so to speak. You can see what we're talking about by looking at that picture.

I think it's brilliant, what you've done with the jewelry kit. I actually never thought of that. I'm thinking about making one for myself because I love how that jewelry kit

holds those remedies from the picture that you sent me.

Then also you said that you have some other things in there, too. Tell us about that.

Jennifer: There's a larger zipper bottom. In that, I have some adhesive bandages. I have a saline vial for washing out wounds or even if somebody gets something in their eye. I have some herbal salts that I actually make in there as well for cuts and bumps. I have the original burn cream that I still use all these years. It's great for bug bites and stings. Then I have *Arnica* cream.

Kate: Who manufactures the burn and bug bite cream that you really like?

Jennifer: Weleda. I used to be able to buy it at health food stores. At some point along in the last 15 years, they had stopped selling it directly in stores, But I call, and I order it from them directly. So, at the beginning of the summer, I call and order about four tubes of it, just so I have it. And I inevitably will give some away.

That's the other thing I have in my kit: I bought some little tiny bags that seal at the top because I will inevitably give somebody my whole vial. Now, I have these little bags. I don't know if they are showing on the photo or not. But I can put a dosage in there and give them the bag, and then I don't give away my vials.

Kate: Of the homeopathy.

Jennifer: Yes, so I just bought a little packet of like 100, and I just keep those in there in case I want to share it with other people.

Kate: That's a good idea. I'm going to make one for myself. Thank you for sharing.

Jennifer: Yes. Also, I don't know if anyone else has had

this experience, carrying the vials in their purse, but the labels on mine would tend to rub wherever they were. And this keeps the labels from rubbing off as well. So, this protects the labels. That's just an extra bonus, so you don't lose the writing on the outside.

Homeopathy for night terrors and poisoning

Kate: All right. Let's hear some of the ways that you've used homeopathy over the last 20 years! I bet you have some great stories to share with us.

Jennifer: One of the things that immediately comes to mind is night terrors. I don't know if you've been around someone that's had a night terror. My daughter had night terrors, and they are terrifying for the person that is taking care of them.

You really can't wake the person up, and it is very scary. At the time, I really wasn't prepared homeopathically for them. Then fortunately, [there was an article about them](#) of using *Ignatia*. I used *Ignatia* in the 200 potency.

My daughter had a night terror ... and because we've done homeopathy, and I would say, "Open up like a baby bird," when we take our remedies. So, in her night terror, I was able just to say, "Open up like a baby bird," and she actually did! And I administered the *Ignatia*. Within five minutes, she closed her eyes and truly went back to sleep. It was amazing because the previous one she'd had lasted for 20 minutes.

It happened again about two weeks later. We did just one single dose that night and she never had one since! That's been probably three years ago.

Kate: Yay! That's awesome!

Jennifer: Yes! That is awesome! I'm so grateful to have had that remedy for those. As a mother, in the middle of the night, it's a very scary thing. Even though, you know, it's not like the high fever, and you're worried and all those things. But it is just a scary experience. I'm just so glad to have *Ignatia*.

I would keep thinking about the remedies that I would not be without, and *Ignatia* is definitely one of those.

Kate: Yes. Do you ever take *Ignatia* while you're going through that?

Jennifer: I think that night, I did take it myself as well. I think while I was waiting for that five minutes to pass, I took a dose myself.

Kate: Yes, even though you know logically in your head that it's just a night terror. Still, for your child to be terrified like that is unnerving.

Jennifer: It is. It's very unnerving.

Kate: What else?

Jennifer: Poison ivy. We live in a rural area, and my son climbs trees. And you will climb through poison ivy and not even know that you climbed through it. He was really getting into it. I used the *Anacardium*, and it helped relieve the symptoms.

This year, I prepared for the poison ivy season after I read a blog post, [The Perils of Summer: Poison Ivy and Poison Oak](#). It discusses using the *Rhus tox* 30 prophylactically. So, I did that with my son.

He contracted poison ivy only one time this summer, and it was much less severe. It healed quickly. He was thrilled

with the results of using the *Rhus tox* prophylactically, and so was I.

We had many nights prior to that where he would wake up in the night miserable, itching from the poison ivy. The one bout he had with it this year was so mild. It was incredible. We got a lot more sleep this summer because he wasn't waking up itching and miserable. We will definitely be doing the *Rhus tox* prophylactically again next summer.

Kate: Yeah, good. (So, you were referring to a blog on Joette's website, joettecalabrese.com.)

That's one thing that I failed to ask you about earlier in our podcast. How did you come to learn about Joette? I want to bridge the gap from seeing the word "homeopathic preparation" to how you came to study homeopathy and then ultimately learn about Joette.

Jennifer: Initially, when I was studying homeopathy, I relied on books because I love books, and I have a lot of homeopathy books. When I ventured into online research, I was pregnant with my daughter, and I was looking for homeopathic and cell salt support because I had discovered cell salts at that point. I found Joette's [Cell Salts: The Easy Homeopathy](#) program, and then also [Cure Yourself and Your Family](#). And, I began using both of those resources.

Kate: Your introduction to Joette was those two programs. Then did you go on to take any of her other courses or consult with her?

Jennifer: Yes, I've done both. I consulted with her for chemical sensitivities where I started my journey here. I have done the [Feminopathy course](#) and the [Survival course](#).

Kate: The [Survivalist Guide to Homeopathy](#) is actually one of my favorites.

Jennifer: Yes. When I go on trips, I take that binder and

the kit that I purchased with that. That is my primary travel kit because I think I'm going to be prepared for just about anything when I'm traveling with that resource.

Homeopathy for chemical sensitivities, animals and plants

Kate: Tell us how it's going with your chemical sensitivities. Do you still have those?

Jennifer: I have probably a 90% improvement in symptoms than when I started working with Joette. And, I have a protocol of what to do if I'm exposed to chemicals, which is very helpful, which for me is primarily *Arsenicum album*. That is another remedy that I just would never be without. If I've been in a situation that I've been exposed to chemicals, I can take that remedy, and it helps my body deal with the chemical exposure.

Kate: Now, do you take that in a 30C potency or 200C potency when you're exposed and have some issues?

Jennifer: I take it in the 200C potency.

Kate: My one remedy – if I'm on a desert island and can only take one remedy – *Arsenicum album* is my one remedy that I would take, I think.

Jennifer: Me, too, absolutely. I've used it with my chickens, I've used it with the chemical sensitivities. It's just an amazing remedy.

Kate: You mentioned using *Arsenicum* with your chickens. Tell us what you used that for.

Jennifer: We have a small flock of chickens, and they all have names, of course. Lacey, one of our chickens, she would

just freeze in place and not move. We could tell that she was off, and there was something wrong. Then her droppings also did not look the way they usually looked.

And so, I didn't have any kind of resource for chickens at that point on using homeopathy. I thought, "Okay, there's something wrong with her droppings. I'm going with *Arsenicum*."

So, I used *Arsenicum*. We caught her; we gave her one dose; we put her in the coop. And, in the morning, she walked out, and everything was completely normal with her.

Kate: Yay!

Jennifer: About three days later, she had the same ... she froze in place, not as severe, and the droppings were a little bit different, but not as severe. We gave her one more dose, and then she was completely fine after that. I still don't know what the issue was, but it didn't matter. I was able to help her with just using *Arsenicum*.

Kate: Now, I'm trying to picture how you're giving the remedy to your chicken, to Lacey. I mean, if you put it in her water, that's one thing. But maybe you have a different method.

Jennifer: Well, my husband held her, and I just pried her beak open and dropped a couple of pellets in.

Kate: Awww. Was she a good girl?

Jennifer: She was. I mean, she wasn't feeling like being a fighter right then, so that was helpful. But she wasn't drinking at that point, so I thought this is the only way I'm going to get it in her. I guess I could have also maybe had done a wet dose with her, but I just thought, "I'm just going to try this." That's kind of my philosophy, especially working with animals. "I'm just going to try this and see what happens." And it worked!

The second time, it was more difficult to dose her that way because she felt better. Yeah, she was not wanting it the second time. But after the second time, she has not had any more issues.

I realized now I should have isolated her, as I'm reading more. I have educated myself on caring for the chickens, and maybe I should have isolated her. But thankfully, it wasn't anything contagious. But if it had been, I could have put it in all of their water from what I understand.

Kate: I actually just gave something to our cat. The poor thing, I closed the door on her tail, and I didn't mean to. It was an accident. She ran off afraid of me, and I couldn't get her even to want to stay by me too much because she was afraid then.

And so, I was trying to figure out how I was going to give her some *Arnica*. I didn't want to put it in her bowl of water that she already had. So, I put another little cup with water, and then I put a couple of *Arnica* pellets in there. Then I thought, "Well, if she needs it, she's going to drink this water."

I brought her over there and showed her the water. She stuck her nose in there. I don't know if she actually got a dose of it or not, but I left it out there because I feel like animals are very intuitive. Hopefully, that helped her.

Jennifer: Yes, if you offer them a healing modality, they will avail themselves of it.

Kate: Yes.

Jennifer: I was thinking, too, of pets. My neighbor has a very big heart, and she has five dogs that she has taken in at various points – rescue dogs. One of them is a little Deer Chihuahua, and he was not feeling well. It had been one of those days – it had been warm the day before, then a big

wind came in. And he was chilly and clingy to her, and his stomach was hurting.

They'd previously taken him to the vet for that, fearing that he had impaction. He did not. He just had gas. I took, actually, *Pulsatilla* to her, and I said, "Let's just try him on a dose *Pulsatilla* and see what happens."

Within 15 minutes, he passed gas and stopped shivering and went about his regular day. She was very thrilled that it did not involve a vet visit.

Now, I've given her some on hand. If Archie – that's the dog's name – if Archie gets out of sorts with his stomach, that seems to be the remedy that helps him. I'm also trying to keep notes. So, I have a little folder on animals. So, I wrote down when I gave the chicken *Arsenicum*, and how the remedy worked, and when I gave Archie the *Pulsatilla*.

So, I'm trying to keep better notes than I have in the past. I don't always keep the notes, but it makes a huge difference. You can look back and say, "Hey, what worked before when this happened?"

Kate: Yes, it does make a huge difference.

Jennifer: I have another story about helping a friend with my favorite remedy, *Arsenicum album*. This involves the Texas asp.

Kate: What is that?

Jennifer: It's also known as the puss moth caterpillar, and it looks like a little toupee. It's just this furry little caterpillar that is on oak trees. But each little hair on that caterpillar is a barb. It's very toxic. It's supposed to be extremely painful to get one on you and be stung by it.

My friend actually stepped on one in her garage. She's had

four children, completely natural. She said that this is the worst pain that she's ever had.

She uses homeopathy as well, and she was taking different remedies. She took *Ledum*. She took *Aconite* because she said it was just shocking. We were texting, and she said, "I just feel this pain just creeping up my leg."

I said, "You're being poisoned by this asp." I said, "Try *Arsenicum*."

She took it. and she said that she could feel the pain and poison moving back down towards where she stepped on it. After about five minutes, it crept up again. So, she was taking it about every five minutes for 30 minutes. Then it completely went back down into her foot. But she really had to work with that sting.

But it poisoned her, and she just tried the *Arsenicum*, and it really helped her. Then she could move to longer interval between the dosage.

Kate: I never want to encounter one of those. That is for sure. You guys have a lot of poisonous things in Texas.

Jennifer: We do. We've, thankfully, never had to use any kind of homeopathy for snake bites. We have several venomous snakes in Texas. But we all know what we would do if we were bitten by a snake on our way to emergency care. We have *Lachesis* is what we would take on the way. That's our plan. It's in our first aid kit.

I also wanted to talk about using homeopathy with plants.

Kate: Yeah, I would love to hear about that.

Jennifer: Right. Primarily, I've used the remedy that's commonly known as *China* and the scientific name is *Cinchona*. It could be used for depletion of vital fluids if somebody's lost vital fluids and been dehydrated. We have droughts here

in Texas. I had planted some elderberry trees. They are water-loving trees, and they were just not looking happy at all no matter how much I water them. So, I decided to use that remedy for them.

I just had a gallon jar, and I put some of the remedy in there, stirred it up and poured it on their roots. By the next day, they had perked up. They looked much healthier. They weren't as "falling over" as they had been. So, I started doing that weekly during the drought time for the elderberries. I think it really helped them. Then I started doing it for other plants that I noticed were being affected by the drought.

Kate: Did you read that someplace or do you just figure that out on your own?

Jennifer: Well, I figured that out on my own. Then I actually found a book called "Homeopathy for Plants." It's written by someone that's in the UK. So, there are some plants that are not the same as in the United States, but it has a lot of great information on how to use homeopathy for your garden and balcony plants and indoor plants.

Kate: Might be inside plants, sometimes they experience a drought because of their caregiver, shall we say? That would be a good remedy to have on hand.

What else Jennifer? How else have you used homeopathy?

Jennifer: I've used the cell salts, which was my original course that I learned from Joette. One of the combinations that I've used is the *Nat mur* and the *Kali phos* to prevent dehydration, especially when someone's dealing with a stomach bug, we would do it every three hours.

The other is an electrolyte replacement. It's very hot here. I mix this up frequently. I have a huge three ring binder. I print out the remedy cards from the blog, and I put them in my binder. I take notes on different things. This is just

handwritten. I took a note from this electrolyte replacement and it was: 16 bioplasmas, 16 *Nat sulph* in a 6X potency, a fourth of a cup of lemon or lime juice, a teaspoon of sea salt, and then a cup of coconut water. Then you put it in a gallon and add water to make it a gallon. That's what our family drinks for electrolyte replacement.

Kate: I know Joette has used that with her family throughout the years, and I've used something similar as well. If our listeners are looking at where to find that recipe, so to speak, there's a blog titled [Sunburn and Dehydration? Homeopathy Offers the Cure.](#)

There are [several blogs](#) that you can find that recipe on, as well as in the [Gateway II study guide](#), if you have that. The recipe is also in Lesson 2 towards the end of the lesson. That's a great thing to have on hand in the hot months. Well, here in Wisconsin, there are very few. But in Texas, you probably need that often.

Jennifer: Yes, and also I had a friend who had the flu, and she was severely dehydrated. I made this for her, and she drank it. It was one of the few things she could actually keep down. She said it really helped her recover from dehydration from the flu.

Exploring healthy living

Kate: Jennifer, let's wrap up this podcast by hearing some words of wisdom that you have on being healthy.

Jennifer: What I've noticed over the last 20 years of exploring healthy living (and taking care of myself and taking care of my children and helping them take care of themselves) is that when we have a really strong foundation, we're eating nutritious foods; we're getting good sleep; we're managing our stress.

I think about the holidays, and you go to too many functions, and at the end of it, everybody's stressed and

tired. I can just see the dominoes fall.

If we go somewhere, and we eat something that's sugary, we don't get enough sleep, and we've had too much excitement, and maybe somebody there had a cold, we're more likely to come down with a cold.

If we eliminated the sugar, and we got better sleep, then we probably aren't even going to come down with a cold. We're never even going to take the homeopathy.

Kate: Yes, it comes down to having a strong vitality. If you have that good foundation, I think you were telling me in our last conversation that you felt like the homeopathy actually worked more *quickly* when you have a stronger baseline to start with.

Jennifer: Yes, and oftentimes, with just one dose!

Kate: I think that's a really good point. If we take care of ourselves, then our body has to do less work to heal, obviously, right? If we're in a stronger constitution, stronger vitality, the homeopathy will act more quickly and be more effective. We have to take less of it and so forth.

Jennifer: Well, homeopathy is a helper to me. Everything I do to make it easier for my helper to help me, in a way, is taking care of myself. So, then when I do need my homeopathic helper, my body's ready to use it and heal.

I mean, I get emotional when I think about these are plants and minerals, and we're using tiny amounts of them to heal. I mean, it's a miracle to me! I do ... I tear up when I think about how amazing homeopathy is! We were just taking in just this little bit, and it tells our body, like, "Hey, use me to heal yourself!" I think that's beautiful.

Kate: Yes, I think of them as little signals to our body to "get working."

Jennifer: Right. I am so grateful for the gift of homeopathy. It is medicine that helps your body heal without hurting your body. That to me is *priceless*!

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 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.

Anxiety: When the Elevator Flies to the Top



There it was again.

Jeanine woke up each morning to a smoldering rumble of both anxiety and depression.

She had a great life.

She was safe, healthy and had a loving family.

Sure, she was busy and had household duties to deal with – but so did everyone else she knew.

Why was she different?

Why did she feel as though she were stuck in an elevator with constant background muzak of hopelessness, fear and impending doom?

She did her best to put one foot in front of the other.

Most of the time, she was able to drown out the elevator music through brute force of will.

But it was always there.

All the time.

And on occasion, Jeanine's elevator-prison would fly all the way to the top floor, and she would find herself in a full-blown panic.

The world would seem unsafe and frightening as her mind would race a mile a minute with worries and concerns: "Why do I feel this way? Maybe because I ate this or that? Maybe I inhaled a toxin? Maybe I have stored toxins? Oh, no!" It all seemed futile.

One doctor she visited suggested Lexapro.

But Jeanine was even more afraid of the drug's side-effects than she was of dealing with the elevator and its seemingly never-ending muzak.

"Headaches, insomnia, fatigue, decreased libido," stated the warnings.

“No, thank you,” Jeanine thought. “I’m having a hard enough time as it is without adding debilitating side-effects!”

And so, she soldiered on ... each day was a struggle to control the elevator and tamp down the background sensations of angst.

I hear stories of anxiety and depression every single day in my homeopathy practice.

You may think I’m exaggerating, but I’m not. Every. Single. Day.

The sheer number of people who for years have suffered in silence is staggering because I know homeopathy can help.

Listen, we all have “blue” days.

We’ve all had the occasional “I-don’t-want-to-get-out-of-bed” day when we feel sad or frustrated or unable to face the world.

Indeed, that’s life.

But, when those feelings are too much a part of a person’s daily existence, and when the intense “elevator to the top” racing mind happens too frequently, that’s *life-altering*.

It’s time to take control of your health.

[Coffea cruda 200C](#) twice daily is one of the arrows in my quiver of go-to homeopathic protocols to uproot the conditions of anxiety and depression.

The side-effects? None.

The cost? Around \$10.

This is homeopathy.

It is elegant, safe, gentle, polite ... working *with* the body to correct the underlying issues that present themselves as these torturous symptoms.

Now, let me be clear.

Many times, those new to homeopathy assume they treat something “when it happens.”

While our aim in using *Coffea* certainly is to lambaste the anxiety attacks as they happen, what we really want to do is uproot the entire condition.

So, Jeanine didn’t need to wait until an over-the-top event occurred.

She began taking *Coffea* 200C twice daily, every day, until she felt very much better – that is, until both the background muzak, as well as her “top floor” incidents, were resolved.

Now Jeanine’s elevator isn’t her prison. It moves at a measured pace, freely stops on all the floors, and Jeanine controls the buttons!

And the muzak?

Certainly, she’s not 100% anxiety-free, but now she hears a happier tune in the background ... perhaps something akin to the tunes I sing to my listeners before [my Facebook Live events](#) begin.

(Although from what he’s told me, apparently, one of my sons wishes there was a homeopathic remedy to uproot my singing!)

But, no matter whether you sing it to the world (like me) or just share it with your loved ones ... please, pass on the good news of homeopathy!

Warmly,



P.S. Jeanine experienced one type of anxiety, but not everyone experiences the same accompanying depression.

Some people just feel jittery – like they're vibrating at an unmanageable frequency. No one wants to travel through life like a nervous, over-bred poodle, startled at every turn, suffering from career-destroying insomnia and afraid of every small bit of news. This week, I'll be participating in a free, online *Anxiety Summit*. [Click here to join me!](#)

Currently scheduled for the 15th of November, 2019, my talk will be a peek into my extensive course, [Mindful Homeopathy](#).

If you or someone dear to you is experiencing anxiety or another mental or emotional condition [listed in the syllabus](#), please consider this popular course.

I wish I could discuss all the protocols here in my free blog, but many times the underlying issues are too complex to cover in under a thousand words.

A topic such as this requires a full course to give you a deeper understanding.

But once you gain competence and confidence through your studies, Practical Homeopathy® will help bring peace and joy back into your life.



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](#)

How Much Is One Dose?



You hear this word all the time in my [podcasts](#) and [Facebook Live events](#). You read it on my [blog posts](#) and in the [Facebook groups](#).

What is it?

The word “dose.” As in, “I took one dose twice daily until very much better.”

“But how much is one dose? How many pills do I take?” you may ask.

If I had a nickel for every time I am asked that question, I would ... well ... I would have quite an impressive collection of nickels!

As my remedy cards state, “The number of pills/drops per dose is printed on the outside of the bottle.”

I’m not trying to be irksome or vague with my answer.

Believe me. I'm trying to be precise. Although homeopathy is gentle, relatively safe and polite, it *IS* medicine and the efficient use of it should be accordingly precise.

Each of the homeopathic pharmacy manufacturers advises a specific number of pills or drops as a dose of their medicine. Their numbers may vary depending on the size of the pillules that you've purchased! Therefore, it is essential that we read the remedy bottle and follow each particular pharmacy's standards!

Why the difference?

This is the basic idea: one dose is equal to one exposure to the potentized medicine. "Exposure" could take the form of a single pill – as long as you're positive that that measurement was fully coated with the medicine solution during the manufacturing stage.

You see, the dosage has more to do with *how* the homeopathic remedies are manufactured.

My observations made while watching how the medicines are made in a number of manufacturing pharmacies is that when remedies are made in a homeopathic pharmacy, the inert sugar pills are either sprayed with the liquid remedy solution or turned in a vat as the liquid remedy solution is applied over them.

[Click here to watch a fascinating Boiron video](#) detailing the entire manufacturing process. (If you skip to around 4:55 you can see the inert sucrose pellets getting sprayed with the medicine. But I urge you to watch the entire video. It will answer a lot of your questions regarding homeopathic medicines.)

Generally, a pharmacy will recommend somewhere between 3-5 pellets as a dose because they feel confident that this is what it would take to ensure that most of those suggested number of pellets will most certainly have received the medicinal coating.

So, if you follow their recommendation, you're assured to get at least *one* adequately coated in the remedy. And often, that's all that is actually needed!

This is the reason I defer to the label on the bottle: Each manufacturing pharmacy has its own pill size assessment of how many pillules (based on the size) should statistically guarantee you are getting a minimum of one pill with the medicine infused.

Because the original substance is so highly diluted and potentized, consuming *more* than the recommended number of pills at one time would make little difference. One exposure is still one dose.

One could take an entire bottle, and it would still be considered one dose. However, obviously, it's certainly not frugal – or necessary – to take a whole bottle at once.

But, I mention it because regularly, there has been a curious child who sneakily gets into the family's remedies and makes quick work of a tube of pillules. The child thinks they had a tasty treat while the mom flies into a panic!

Also, to reiterate, even when taking the teeny-tiny little poppyseed-sized pillules –although you might hardly see them when pouring them into the cap – these minuscule pills are just as effective.

But again, follow the manufacturer's recommendation because they know their manufacturing process. They know how many pills would best ensure you receive an adequately permeated pillule.

As you know, some protocols require mixing remedies together – to be taken at the same time. One should still observe the manufacturing pharmacy's recommended dose for each remedy.

Trust our reputable American manufacturing pharmacies! They go to great lengths to make sure your remedies are manufactured to the exact industry (as well as FDA)

specifications that will provide you with the proper exposure to your chosen homeopathic medicine.

So read the directive on the label, pour the pills into the cap, count them and get ready for the efficacy of homeopathy.

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

Warmly,

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

P.S. Questions such as this are answered in my [Gateway to Homeopathy study group curriculum](#), which I strongly recommend as the best place to catapult your homeopathy education.

It's the same way I learned about homeopathy – with others. My guided curriculum ensures that you stay on track, learning the foundational things you need to gain confidence and competence. (Plus, it's fun! A time devoted to you, like-minded friends and homeopathy!)

P.P.S. Boiron has made [another fascinating video available on YouTube](#) that I think you might enjoy. Filmed in 1937 by their co-founder, Jean Boiron, this video shows the manufacturing process as it used to be at the beginning of the 20th Century. My, how things have changed ... but the effectiveness of our homeopathic remedies has stayed the same!

Podcast 84 – The Stoplight Philosophy



IN THIS PODCAST, WE COVER:

- 01:40 Importance of self-education
- 06:12 Finding time amid busyness
- 10:32 Repetition of remedies and provings

21:21 Starting with the study groups

26:04 Tips on easy learning

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Gateway to Homeopathy: A Guided Study Group Curriculum](#)

[Stop It! How to Antidote a Bad Drug Reaction](#)

[A Salute to Ignatia Real Medicine for Post-Traumatic Stress and More](#)

[Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#)

[Allergic!? Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back](#)

[Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#)

[A Materia Medica: Practical Homeopathy® for Busy Families](#)

[Dr. James Tyler Kent's *Materia Medica*](#)

[My free blog](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 84 with Joette Calabrese.

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, I'm Kate. I'm here with Joette today for another episode of the Practical Homeopathy® podcast. Today, Joette is feeling a little spunky, and we are going to have a conversation about self-education. So, Joette, let's talk about education. I know you're very passionate about it, and you have a lot to say. Let's jump right in.

Importance of Self-education

Joette: Yes, I'm very opinionated, especially lately, regarding universities. My husband and I actually discouraged our sons from going to the universities because we didn't want to lose them. I think that's what happens in these universities. Certainly, there is a reason to go to college if you want to get a further degree such as medical doctor, engineer, astrophysicist. Okay, I get it. Now, that makes sense! You need to go to college, and then you need to do some post-grad degrees.

But to get a degree in music, really? I'll tell you about music.

My father, who never went to college, was a very successful man. He was a finished musician. He played in symphonies. He played flute, classical flute. He also played jazz in big bands. He was in a lot of the big bands in Buffalo when big bands were hot back in the 30s and 40s and 50s. He played trumpet. He did not go to college for that. I'm not telling you that there aren't good teachers in colleges for trumpet or flute, but he sought it out.

He worked in the dry cleaners establishment, delivered dry cleaning, and had all kinds of little jobs, so that he could make enough money when he was a young man, so as to take lessons from the teachers that he sought out regionally – all around Buffalo, New York.

But he was also a businessman. He had small businesses. He bought and sold real estate. He had a small construction business when he was a very young man, and Buffalo was a very hot town at the time. Actually, Buffalo has come around quite a bit, but it went through a difficult time in the last 40, 50 years. But at this time, it was a very exciting city.

He went to New York City and bought hundreds – maybe even more than that – of ties (men's neckties) and brought them back to Buffalo. He got a big, long dowel, strew it across a tiny little room – which was really not even a store, it was

more like a closet with a door to the street – and sold neckties. He was enterprising. He did that to make a living. Then he had a delicatessen. He had a lot of businesses.

But my point is that in spite of him being able to take care of a family, he still *educated* himself. I've often told the story of how when I was about 12 or 13, he switched from a complete focus on trumpet playing – and he was a very good trumpet player – to learning how to play the flute as well. He played constantly. He practiced constantly.

I know I've told this story. When he picked me up from school in high school, he would have the flute by his side, and I would be in the passenger seat. At every light that turned red, he'd pick up his flute, and he would play a riff, or he would play a scale. Then he'd play it in the minor, and then he'd do the arpeggio. He hoped for a nice, long red light.

When it was green, he'd put it down and start over again. Instead of talking to me, he would talk to me while he was driving, but at the lights, instead of talking to me, he'd face me with the flute, playing. His eyebrows would lift, and he would be gesturing to me with his facial expressions and do a little bird fluting up at the top of the register. Then he'd do something that would make me laugh.

He would communicate through his instrument. That was because he had a passion for something. He took it seriously and didn't look for a degree. He was looking to *master* something.

Degrees and mastery are not necessarily synonymous. In fact, often they are not. Because if they were, we would all be going to post-grad medical school, homeopathy school. We are not. We're learning at home.

I guess this leads us into the discussion of how important it is to self-educate. That is the *ultimate* of being an adult, in my estimation: to remain curious and always be educating. Always be learning something new. When you finish that ... okay, you've mastered that or almost mastered it? Okay, onto the next.

Finding time amid busyness

Kate: Let's talk about time for just a few minutes because I know that a lot of busy moms listen to this podcast. We are all busy and struggle to fit in the time to learn the things that we're passionate about like homeopathy. I recently had the opportunity to listen to John Maxwell speak. He had a really great tip. I just wanted to share that with everyone.

As you know, John Maxwell has written a phenomenal amount of books. People ask him, "How do you write these many books?"

He says, "15 minutes at a time."

So, it's kind of like the stoplight philosophy that we can find these little pieces of time ...

Joette: Snippets.

Kate: ... and if you add them up, you will be educated. You will eventually become an expert or very well-versed in a subject if you just keep chipping at that information little bit by little bit.

Joette: More importantly – you're absolutely right – but more importantly, it gives it cohesiveness. Because if you found 15 minutes two hours ago, and then you find another 10 minutes now, you're building on what you learned earlier in the day. That builds on top of building on top of building, and it adds cohesiveness and a collection of information by the end of the day.

More often than not, most moms who are learning how to use homeopathy to treat themselves and families don't realize that they've learned a lot. They think they don't know much. They're just looking at how high they have to go to get to the end of the line – which to be honest, you never get to.

But if they talk to someone who knows nothing about homeopathy, and that was them a year ago or six months ago, they realize, "Oh, my gosh! I guess I really do know a good amount because I've cured my husband's shin splints, and

I've cured my sinus infection, and my menstrual pain, and my son's attention deficit. Look at all the things I've done. I guess I *have* learned enough to say that I'm getting this."

That's what we need as humans. We need that self-congratulatory sensation that gives us the confidence to move forward.

Kate: Sometimes we need someone to come alongside of us and just say, "Yes, those are great choices."

I've had several people email me recently who are taking my study groups, and they've told me, "This is what I'm doing for a sprained ankle or something like that."

They've given me three different medicines that they're using, or two, and I say, "That's great. That's perfect!"

Joette: They got it! They figured it out!

Kate: Yes, I know.

Joette: I see it every day when I work with my clients and when I teach in the classes at night with the study groups. I hear what these people are using, and I can tell. I used to ask in the classes and the study groups when I'd meet them on Zoom. We'd have 15 to 60 people up there, and I'd be

looking at them. I'd say, "Tell me how long you've been using homeopathy."

I don't do that any longer because the questions that they ask, I know instantly approximately how long they've been using homeopathy – by the kinds of questions they ask.

Kate: I think people just need that reassurance, that confidence, that you can do it. You *can* research. You *can* learn and make good choices. Then they need to be encouraged just to maybe go that next little step, whether it's not being afraid to use a medicine too often. I mean, I know that you can use them too often. But I think they're extra cautious – which is a good thing – but just someone to hold their hand and say, "Yes, you're doing a good job. Now, let's go to that next little step."

Joette: You bet. You bet. It's not just about homeopathy and joining study groups or starting another one. Interestingly, I've seen, and I know you've seen this, too. We see someone [who joins a study group](#), and they love it. Then they join that next person, – whoever's running the next one – they join that one, *too*. Then they join the next one, and the next one, and the next one. You're not rebuying the book! You've got the same book. Just keep going and listen to other people's conditions and how they have dealt with them, and you will learn.

One of my teachers told me years ago, you will never learn homeopathy until you're in practice. I don't expect folks to go into practice, but that's the second-best level is to

hear everyone's problems, and how they were solved. Then you can see over and over, story after story, and it's memorable.

That's how you remember. Because inevitably, whatever that person suffered that last week, I'll bet, within a month, you're going to have the same condition in your family.

Repetition of remedies and provings

Kate: I brought up repetition of the remedy. I would like it if you could flesh that out just a little bit more for listeners because, like I said, they're cautious. And they have a right to be cautious because these *are* medicines. But if you could just explain this a little bit more, how often can they repeat these remedies?

Joette: Well, I can't give a rule of thumb as to how often a medicine should be repeated because I don't know what the medicine is, and I don't know what the condition is, et cetera, et cetera. We have to be more specific than that. But I understand your general question. What has happened in homeopathy is – in my teaching – that you don't want to overuse a medicine, and you want to always be observing whether or not it's doing good or not.

I have cautioned people from using a medicine over and over and over again for no apparent reason. It has to hold up to the scrutiny of whether or not this makes sense to do this.

But in doing so – I’m afraid that perhaps it was me, perhaps it’s from other teachers – many of my students, I find, are very afraid of provings. If they’re not afraid of them, they think they see a proving when it really isn’t a proving.

I want to make it clear that in my experience of using homeopathy for 33 years and working full time as a practitioner for 24 years – so far that I’m aware of – I’ve never seen a proving not being able to be stopped, to be aborted, to end, and move on.

So, I think people are so afraid of them that it confuses them. I have a lot of times when people say, “I think I’m proving a medicine.” And I ask, “What’s going on?” I ask them to explain to me, and it turns out what it really was ... was a cold.

“Oh, it was a cold.”

Or, “I think I’m proving something,” and they forgot to mention that they had taken a drug, and this was the side effect. They *jump* to the proving because they know about provings. It’s an interesting concept. In that concept, what happens is the fear is brought to the fore, and the angst that I’m going to do a real injustice to myself or my family member.

Of course, I’ve written about it. I call it [“Stop It”](#) on the

article that I've published on the blog. It talks about halting a homeopathic medicine that is obviously not correct.

But many people think that they're going to see it within a dose or two. They take a remedy, they say, "Okay, I didn't feel so well after it. That must mean it's a proving. It's no good."

No, not really. A lot of times, we need to see a little stirring of the undercurrents up, and then it can resolve. It's a matter of observation and sitting back and watching.

Now, it's easier to do when you're watching someone else than yourself ... or someone else, especially for whom you're not too close to where angst would get in the way. Because that's what happens is that we get anxious when we see our loved one not feeling well, as well as anxious when we don't feel well. Excuse me for saying, but we, women, have more anxiety than men in general. That's another little tidbit that I see frequently. We get more worried about health and well-being than men do. So, it's not uncommon for us to feel a little uncomfortable and then jumping to conclusions.

It's important that we learn the differential: the differences between what is a proving and what is not.

If it is a proving, and you're afraid, then one can use *Camphor* (or *Camphora*) 200. Stop the medicine. *Camphora* 200: one dose, one day. Don't take any other homeopathics that

day. The next day, start up again on what you were using *minus* the medicine you think might have been causing the problem.

Or you can replace what you thought was causing the problem with the *correct* medicine because that, too, will antidote.

Kate: If you don't have *Camphora*, could you use *Nux vomica* 200 as well?

Joette: *Nux vomica* will antidote some homeopathic medicines. *Camphora* is more universal.

Kate: Or you can sniff mint.

Joette: Essential oil of mint. A peppermint patty is not probably going to do it. I've tried it.

Kate: That's funny you tried it. You just wanted the chocolate, Joette. Come on. Let's be real.

Joette: Absolutely! That's exactly what it was.

Kate: I just want to clarify that when we're talking about repetition of medicines, in general, right now, we're going to be talking about acutes. Because chronics are a whole

other genre. There's protocols, and you know how often to repeat the medicines. But right now, we're just basically talking about acute conditions, right?

Joette: Yes. Let's say someone is sneezing, and they're coming down with a cold. You would give the medicine maybe every three hours, something like that.

But if they were sneezing, it was spasmodic, and they couldn't *stop* sneezing. They're sneezing so that now they can't catch their breath (or they can barely catch their breath), and they're *weakened* by it – now we're going to use a medicine that is specific to abort the sneezing issue. We're going to use it frequently, every few minutes, every minute even, because the person is weakening from the sneezing fits.

It can happen. I've actually seen it happen. So, when we say, "Well, this is for sneezing," well, yes, but what *kind* of sneezing? Are you talking about sneezing where it's a fit, and they're weakened by it? Or are you talking about three or four sneezes – not 50 sneezes?

Kate: I think people are afraid, "Oh, my goodness, a medicine every minute or two? That seems like a lot." They are afraid of that.

Or even if they've had an injury, I feel that people, in general, are not using the remedies frequently enough when they've had a pretty severe injury.

Joette: I agree. I totally agree.

When I had a tooth extracted some years ago, it was infected, I asked the dentist to please scrape the bone, remove the ligament, and clean out the area as best as he could, he did his job. After the local anesthetic wore off, the pain, really, it felt as though I had been shot in the mandible with a gun. The pain was *extraordinary*! I used the medicine every three minutes, four minutes. It was a high potency. I used it every four minutes because I could not have waited three hours! I was moaning and crying with pain.

Now, I could have used conventional medicine, but I do everything I can to avoid that. I haven't had it in many years except for that local anesthetic. But I was going to find out what it took, homeopathically, to eliminate this.

I used *Hypericum*, and I used it every three or four minutes, and up to the fourth dose. By the fourth dose, my shoulders could drop. Then I could feel the pain starting to minimize enough that I was actually able to fall asleep – and I did.

Then hours later – I'm going to say maybe six hours later – it was early morning, I woke up. The pain was back, but not to the same *degree*. What was, on a scale of 1-10, that pain was a whopping 20. Now, it went down to about a 9 when I woke up.

What did I do? I used exactly the same medicine again. I was poised for the possibility that I might need to use it every four minutes, although I did not expect that because I could tell by the kind of pain it was that it wasn't just going to be as severe.

I took a few more doses of it that morning, and I worked that day. I took that medicine maybe two or three times that day, and that was it. The next day, I took it once. The next day, maybe twice, something like that. It was over with within three days – without drugs.

Kate: Correct me if I'm wrong, but I almost think that if you have a ton of pain, it's almost better to use the remedy a little more frequently in the beginning. Then you will have to use it less in the long run. As opposed to if you use it every three to six hours, that pain might go on for a longer period of time because you're not correcting the issues.

Joette: Some homeopaths call it "loading." It's an odd way of putting it. But they say "loading it up in the beginning," (you're using it more frequently).

I don't look at it that way because I don't want to teach that you "load up." I want to teach that, instead, what you're doing is using it *accordingly*. That's a little bit more careful with the description. Because if you're loading, and you don't *need* it, that can be a mistake, too. But if you're using it *accordingly* – the pain is so severe; we meet the pain with the frequency of the medicine use.

That's how you're going to use it.

If they're hemorrhaging on the way to the hospital – it's hemorrhaging, not bleeding, but truly hemorrhaging – you're going to administer that medicine every few minutes, every minute.

If the pain is extraordinary, it's going to be every few minutes – until you can get a handle on it, and *then* you back off.

Kate: I think we need to clarify, also, that what we're *not* saying is you're using seven different remedies, one every couple of minutes.

Joette: No, you're using the *same* medicine for the pain. For me, it was *Hypericum*. The same medicine, say, for bleeding which might be *Phosphorus* or *Hamamelis* or *Arnica* or both. *That's* the way we're looking at it.

Kate: Right, or you might alternate two, if two are needed.

Joette: That's right, if necessary. That's right.

Kate: Yes.

Joette: My father had what we thought was a stroke. On the way to the hospital, we administered the medicine all the way – all the way to the hospital, in the emergency room, on

the gurney, on the way into the hospital, into the emergency room, on the way into the next room. I just kept administering it to him.

Interestingly, we were told, "We don't know what happened. It sounded like a stroke. But I guess it wasn't a stroke after all."

I feel pretty confident – so did my father – that it was the homeopathic that I had used. Which by the way – because I know folks are going to ask this question – was *Aconitum napellus* 200.

Kate: Okay, I would have guessed that. That's wonderful! That's a great remedy. That's one of the ones that I tell people never leave home without.

Joette: Yes, that's a good one. Well, because of your story.

Kate: I have lots of stories of using *Aconite*. Many of them, I tell in my study groups, that it was the difference of going to ER versus not going to ER with my son one time, and it's just amazing. It's an amazing remedy.

Joette: Yes, it's one of the ones that I keep in my purse. I don't keep that many in there. But that's important. I certainly would never travel without it.

Starting with the study groups

Kate: Right. To bring this back to the self-education topic, Joette, if you had a person interested in learning all that they could, how would you recommend that they educate themselves?

Joette: If they're just starting homeopathy, it's brand new to them or they have a vague understanding of it – actually, I should cut back on that! I shouldn't say that because a lot of people start these study groups, and they have a good amount of information – I would start folks [on a study group](#).

I started my study group back in the 80s. I gathered a group of friends. This was not virtual. Obviously, in those days, there was no “virtual.”

Instead, we met in my living room every Thursday night for four years, and we studied. We learned from each other. We posed questions to each other. We assigned homework for ourselves and met every Thursday night. It was a “ladies' night out,” of sorts. But we were spending our time focused on our families, in spite of not being with them at that moment. It was pure intellectual joy – plus camaraderie.

You know, in a world where women, especially if you're a young mother, are immersed in diapers, and nursing, and colic, and diaper rash, and skin conditions, and making

meals, and making beds, and doing laundry, et cetera, et cetera – everything is so physical. What I loved about this – because that's the stage I was in when I started studying homeopathy – is that it gave me the intellectual side that I could delve into. As I've said many times, it was intellectually delicious.

I was physical all day long, making beds, putting out the clothes, setting up the homeschooling. It was a lot of physical activity. This gave me my nourishment, but it wasn't *separate* from my family! Immediately with my new knowledge, I was giving right back to my family. I think study groups are really key because we need that camaraderie. We're doing this by ourselves!

It's not the way it used to be when women were living in small communities, and they put their clothes out to hang on the line. Right next door was their mother. Then there was their aunt, their cousins, everybody was all around, and everybody visited all the time. When you made dinner, you made it for 15 people because everyone stopped by. It's not like that anymore. And so, it's important that we find that commonality in like minds in other mothers and grandmothers.

Study groups, I can't urge folks enough!

Now, once you get through [the first study group, then you should go through the second Gateway to Homeopathy: Gateway I, and then Gateway II.](#)

These are inexpensive! That's why we did it that way ... was to make it super-inexpensive so that anyone can afford this. Once you've finished with Gateway II, then you get your group together and you decide where you need to go next.

You may not need to decide to buy a course. You may need to simply all gather around and say, "Okay, let's just study Joette's blog. It's all free. We can go through each one every week. Everyone is assigned one. Then we come back and report on it. 'Why did Joette use that particular medicine for that particular condition?' In other words, if it's [Post-Traumatic Stress Disorder blog](#), then why was *Ignatia* 200 chosen?"

Then that person reads up on *Ignatia* and presents it to the group. "Why? Because *Ignatia* does this, and this, and this, and this."

Then others around the room say, "You know what? I've used *Ignatia* for *this*, and it worked."

"I used it for sleep."

"I used it for," [and this is a writer downer, folks] "for emotional eating, *Ignatia* 200."

So, that's how we learn, and you can keep it free.

Now, if you want to go much further, then that's when you go to the courses, [Good Gut, Bad Gut](#) if there's gut issues in your family. Or [Allergic!?](#) for those who have allergies in their families. Or [Feminopathy](#) if you've got a lot of girls in your family, or it's you who's got some hormonal issues.

And you keep studying.

Meanwhile, you purchase some books.

You can get my [materia medica](#). I tried to keep that simple and easy.

But to be honest, folks, you could do this all *free*.

Go online. You can read [Dr. James Tyler Kent's Materia Medica](#). You can use that as your reference. It's perfectly free.

[My blog is free](#).

You could carry on like this and spend no more than \$100! You can do this for a very low cost.

Tips on easy learning

Kate: What about time, Joette? Do you have any suggestions for us because you were that busy mom learning homeopathy. Just give us some tips on how to really fit this in.

Joette: Well, one way to learn is by listening while you're driving in the car. When I was first learning homeopathy, I used to take my notes from courses and record them into a tape player. (That's how long ago that was.) I'd listen to my voice over and over again. That's how I studied it. That was my idea for the CDs that I originally put together. That's one way.

Another way is to write down ... keep some 3×5 cards on the most important medicines that you want to memorize, that you want to learn. Put them in your robe pocket. Put them in your purse. Put them on the sink when you're washing dishes. You take a glance at them so that you can remember what they're used for, when to use them, what potency, and how often, et cetera. That's another way.

But the pleasure of learning has to be within us. I think all humans have that. We have to instill that curiosity in ourselves and bring that to the fore on a day-to-day basis. We want to be the ones that care for our families as fully as we are possibly capable. The only way to do that – it's not *just* gut, spunk, and moxie, that's important too – but without knowledge, without skill, without an understanding of what you're doing, you can't get very far, and you'll become discouraged.

I can't urge you enough to put the time aside. If you have to, read your notes or what you're learning to your children, so that you're with them and teaching them as well so that they get benefit. Then make it a family project. Read it aloud to your children and let them learn as well. Don't separate what you're learning from what your children are learning. Don't think for a minute that they won't understand. Stretch them and their intellects just like you're stretching your own.

Take advantage of every moment you've got, doing laundry, raking leaves, making bread, whatever it might be. Take advantage of that time and learn, and memorize, and go back upstairs, and get those notes again, and take them back downstairs with you.

Do it time and time again, and it *will* become yours.

I think you'll be remarkably surprised at how much you can learn in short order, particularly if there's someone suffering in your family. You will learn fast. You're compelled to do so. Because being curious, scratching that itch for curiosity, and learning is intellectually delicious. It's a part of being human, and we don't want to forget that as busy mothers.

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.

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 iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, and iHeart radio.

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.

The Nano Dose and Other Small

Things



I'm five feet tall. That makes me practically nano-sized compared to the rest of the world.

But from my standpoint, I figure there are some unique advantages to my size. One of which is it makes me ideally suited to doing what I do: teaching, writing and consulting on the subject of homeopathy.

Don't get the connection? Allow me to remind you: homeopathic medicine is based on nanopharmacology (Ullman 2006). That is, a homeopathic dose is what we might call a *nano-dose*.

"So what?" you might ask. "Sounds like a medicine that's too small to have any capability."

We're led to believe bigger is always better, right? But everything in life has a purpose – no matter its size! Mack trucks are perfect for a lumbering load, no doubt. But who doesn't appreciate the elegance and maneuverability of a

vintage Italian sports car?

Not unlike a Lamborghini, nano-doses possess that same grace. Think of a Mack truck barreling along the famously-winding Stelvio Pass Road in Italy.

At 90 miles per hour.

Now imagine that truck's bed full of long logs.

That's anything *but* elegant, isn't it? It would also be completely ineffective and, quite frankly, impossible.

But the nimble, elegant Lamborghini would caress the road, gently and effectively becoming one with the landscape that surrounds it, hugging every twist and turn.

Just like homeopathy.

Because of my size, I have a tendency to believe smaller is better. But in the case of homeopathy, it's not just wishful thinking. Indeed, the efficacy of homeopathic medicine is, at least in part, due to the minute size of the dose.

In homeopathy, the original substance is rendered into a homeopathic remedy through a dilution and succussion process we call potentization.

You see, there is a good amount of mystery surrounding the action of homeopathy because modern science has not yet caught up with exactly how and why it acts.

Whatever the reason, the *absence* of side effects is a hallmark of homeopathy. As a perhaps direct result of their size, homeopathic medicines are often significantly safer and more effective than regular doses of the same substance.

For example, let's look at *Chamomilla*. Both the whole-plant version and mother tincture can be quite useful for teething pain (and its accompanying cross-behavior) in children.

However, once chamomile is made into a homeopathic medicine – that is, into a minute dose such as [Chamomilla 200C](#) – the substance is more successful in treating this condition.

In my own children, I noted that chamomile in herbal form was useful but not nearly as deep-acting as it was for the overall problematic issues of teething on the spot.

After many events of first testing chamomile in tincture form, then later in the homeopathic potentized form, I witnessed time and again that the homeopathic version not only relieved severe teething pain and fractious behavior, but also seemed to protect them against the future return of this scourge of babyhood. (It also allowed the entire family to be able to sleep through the night!)

Further, the advantage of a nano-dose is not only significant when manufactured from a benign substance such as chamomile (in homeopathic formula its *Chamomilla* 200); remarkably, gently building one's exposure to an exponentially smaller dose of the original material also unleashes the *curative* ability of those substances that are quite toxic in their gross (larger) form!

Dilution to this so-called nano-dose allows any potential toxic aspect of the substance to apparently disappear, while the relieving action is brought to the fore.

Let's consider *Nux vomica* as an example. Ingesting *Nux vomica* in its gross form would cause immeasurable suffering in short order, as it contains strychnine (hence its common name, "poison nut").

It would typically cause vomiting, immense pain in the abdomen, diarrhea and other, more severe symptoms you likely don't want to hear about.

But...once this toxic plant is diluted and succussed to a precise nano level, the toxic properties fall away and release

Nux vomica's hidden medicinal features. The *homeopathic* version –the nano-dose – has been shown to alleviate or *prevent* diarrhea and vomiting all together.

Indeed, nano-dose (remember how diluted this is) *Nux vomica* is a common homeopathic remedy for food poisoning and gastrointestinal upsets in children, adults and animals.

Does this sound fanciful or too good to be true? If that's what you think, think again.

Paracelsus, the father of toxicology, said: "All substances are poisons, and there is none which is not a poison; only the dose permits something not to be poisonous."

As a case in point, today we have the likes of a homeopathic researcher, Iris Bell, MD, and her colleagues at the Arizona Center for Integrative Medicine to give us a heads-up on the comparison of homeopathic medicines to nano-particles. Should you be interested, one of her papers is available online: ***Testing the Nanoparticle Allostatic Cross Adoption-Sensitization Model for Homeopathic Remedy Effects***. It's here that she identifies human beings as complex, adaptive network systems and homeopathic remedies as adaptive network nano-medicines.

This method of medicine we so lovingly call homeopathy has been scientifically validated over the last 230 years. It has been referenced in controlled clinical studies, epidemiological data and clinical outcome trials throughout the world since the late 1700s!

Should you be interested in a compendium of papers and studies on the efficacy of homeopathy feel free to go to the section on my website called [Community](#) and **read up!**

And don't forget the old adage, "Good things come in small packages." It's undoubtedly true with homeopathy! (And I'd like to think it's also true with little five-foot me.)

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a long, flowing tail that loops under the main part of the signature.

P.S. My courses are designed to provide the education you need to fully understand how homeopathy works. Beginning with the [Gateway to Homeopathy: A Guided Study Group Curriculum](#), you can start building confidence and laying the groundwork to care for your family when they need you – independently. (And in the process, you'll be building lifelong supportive friendships with others in your group to help you in times of crisis.) Then, you can move on to [my more in-depth courses](#). They provide a deep dive into the subjects that affect your family the most, such as gut problems, allergies, mental health issues, and female concerns – just to name a few.

P.P.S. You've asked for them, and I listened! Blank remedy cards are now available for [download from the Free Community on my website](#) (at the top of the page). You'll have to register (if you haven't already) to join our community, but it's absolutely free! Then you can fill in the blank remedy cards with remedies and protocols you've learned from my podcasts, courses or Facebook Live events. I hope this makes it easier than ever for you to keep important information at your finger-tips – at the ready when your family needs it. Enjoy them!



Remedy Cards

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