

Podcast 83 – Moms with Moxie: Truly, Madly in Love with This Medicine



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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

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

[Gateway to Homeopathy I and Gateway to Homeopathy II study groups](#)

[Podcast 57: My Dirty Little Secret](#)

[“No Joy: Postpartum Depression”](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 83.

Joette: Joette Calabrese here, folks. I’m happy that you’ve joined me for my podcast today. You’re in for a treat. From my virtual classroom, I’m privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They’re glorious and powerful, and I can’t keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories. With the help from Kate, my reporter, I bring you a podcast series I call, “Moms with Moxie.” Sometimes we even interview “Dads with Audacity” or “Teens with Tenacity.” See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they’ve learned using what I call Practical Homeopathy®.

Kate: Hi. This is Kate. I am here with a wonderful Mom with Moxie who I am really enjoying getting to know. Her name is Emily. Emily, I want to welcome you to the podcast. Thank you for being here.

Emily: Oh, thank you for having me. I'm very excited.

Kate: Emily, tell us a little bit about yourself.

Emily: Well, my husband and I have been married for 25 years. We have nine children ages 23 to almost 2. I homeschool them all. I've graduated two, and I have a senior this year.

Kate: Wow! You are a busy mom. I just want to pick your brain how you've done this.

Emily: Not well. There you go.

Kate: I'm sure you've done a great job.

Emily: My kids are amazing. But I am pretty sure that it had very little to do with me. They're just great kids.

Kate: Oh, no. You seem like a great mom already since I've known you only 15 minutes.

Emily: There you go. That's the limit! After that, it's downhill!

Kate: Downhill? No. You were telling us about yourself. You homeschool?

Emily: Yes. We've homeschooled since the beginning, and I've graduated two. I always say that that gives me street cred – that I've got them all the way from beginning to end. Then my 17-year old is a senior this year. So, I have a senior, a freshman, a fifth grader, a second grader, a first grader, and then I have a first grader (but she has Down syndrome, so she has special needs), and then the baby.

Kate: I feel like you should be given the title, "Supermom."

Emily: That's not true.

Kate: Emily, I loved what you wrote when we were going to record this podcast. You wrote down that you're truly, madly in love with this medicine. It sounds like you are really excited about homeopathy. You have been using it for a while. Tell us about that.

Emily: Well, I've been using it consistently for 15 years. But my first experience was Hyland's Teething Tablets when my oldest was a baby. I was a very young mom. I was at the mercy of the doctors we could afford, and they used a lot of fear tactics to manipulate me into doing what they felt was best for my kid – not what I felt was best. But I knew I shouldn't be giving her Tylenol every time her mouth hurt, every time she had a shot. It just seemed like a lot. So, I went into the health food store and asked. They gave me teething tablets, and they worked like a dream. Right? Because they're good things.

Kate: Yes, they are.

Emily: I still actually have a bottle of the old teething tablets, and I hoard them.

Kate: Yeah. Right.

Emily: Then fast forward with my fourth baby, I had really bad afterbirth pains. My midwife recommended *Arnica*. We actually stopped at Walgreens because they carried *Arnica* back then. I don't remember. But I used that instead of Tylenol, and it worked so much better.

So, I was hooked, and I loved the idea. I was fascinated with the idea that I'd been able to treat my family, *myself*. Another homeschool mom offered a class on the flu. It was just basically you bought the book, and she just flips through it and mentions some of it.

I bought the book, and I inhaled it. I read it cover to cover three times. That's all the classes I had. So, I just read *materia medicas*. I read Kent's lectures. I did National Center for Homeopathy First Aid class, and I taught one of those. (hose poor moms. I just was just kind of like a fire hydrant at them.)

I loved the results we were having. Every single time, I give it to my kids or anybody and it works, I'm always just shocked. I'm like, "Isn't this amazing?" Even though I know it works.

Kate: I totally understand. You could do it 15, 20 years, and every time you see that result, you're just so thankful!

Emily: Yes, and in an instant. I'm impatient, and I love the instant gratification that it gives.

Kate: Right. We know it's not *always* that way. But when it does happen that way, it's glorious.

Emily: I don't know. I don't have any numbers on this. But in my experience, first time people who use it for the very first time, it almost always seems to work. They'll go, "I tried that, and it worked."

I'm like, "Oh, you're hooked now. It's over!"

Kate: You talk about sharing homeopathy with other people, and I know that the people that you reached out to have had a lot of successes. But at that same time, you were struggling a little bit. There were some roadblocks to you taking that next step in your homeopathy journey. Tell us a little bit more about that.

Roadblocks to Learning

Emily: Yeah. Well, the only thing I had available at the time was classical homeopathy – which to take the case of a cold is hours. It takes a long time to look through the books. The people I was sharing it with, while they were having successes, they weren't sticking with it. It just was too complicated.

Kate: Right.

Emily: I didn't have any online sources, any places to go. I didn't really have a sense of community, and I started to lose steam. I felt like a lone wolf. While I loved reading about it, and I loved the results we were having, I just needed something faster.

Even though my husband and I, we had invested hundreds of dollars in remedies, I wasn't using them. I'd started using oils because you have a headache, you take a drop of this.

You've got a muscle pain; you rub on a drop of this. I just needed that quick fix that oils were giving me.

My husband said, "But what about all this money we've invested?" I didn't have an answer for him. I just stared at him and said, "I don't know."

He said, "You're a homeschooler. You guys have curriculum for everything. Surely, you can find a curriculum for homeopathy."

I was frustrated with him because I was thinking, "I've tried that. I've spent years looking for that." But it had been years ago that I had done that.

So, I just Googled "homeopathy curriculum," and Joette's [Good Gut, Bad Gut](#) class popped up.

Kate: Oh!!

Emily: I watched the little video, and I just sat there for a little bit thinking, "Hold on. Every book I've ever read said you can't do chronics unless you are a professional homeopath." So, I would watch her video again, and then again. "Is it true? Could I do this?"

We invested again, but this time it was in her class, which

at the time felt like a lot of money. It just, you know, it was just investment in my education. So, I did this, and because I'm an "all-or-nothing" kind of gal, I had this huge spreadsheet, and I was going to have my whole family ... I had them all on four different protocols each. There's *eleven* of us. It was a rough time.

So, I just dialed it back, and I just did the three things that I thought were most important, which was my gluten intolerance, my daughter's thyroid issues, and then I have a daughter who has a dual diagnosis: she's Down syndrome and autistic. And so, we focused on her.

Kate: Okay. Tell us. How did all of that go after you took the *Good Gut*, *Bad Gut* and you started giving these remedies? What happened?

Emily: Well, you know, you watch her videos and you get very excited. You order the remedies, and then you take these three little pellets, and you go, "I feel the same."

You just kept taking them. Honestly, with the remedy for the gluten intolerance, I took it for about six months, and then, still didn't do anything. I'd never tried bread. I just stayed off of it. My kids all went back to it, but they're braver than I am. I had such *strong* reactions to it.

I started teaching the [Gateway I and then the Gateway II classes](#), and my group really encouraged me to try it. "Just try a cracker. Just try it."

So, I did. I tried a cracker. I didn't tell my family because I didn't want them to get mad at me for being in bed because of the stomach pains.

And nothing happened. And so, I waited a couple of days, and then I tried a cookie. Nothing happened. I had no pain! No joint pain. No headache. I was a new woman!

Kate: Wow!

Emily: At my daughter's wedding last month, *I* had cake.

Kate: Yay!

Emily: I wasn't sure how I was going to do that. But it was amazing!

Kate: That's awesome.

Emily: I didn't even know I also had a corn allergy. If I ate corn, I'd have a three-day migraine which nothing touched – even remedies – nothing touched. One day, I tried just to see if the corn intolerance was gone as well, and it was! I can go out to Mexican food which is a big deal in South Texas. We've got to have our corn. I can eat it in meal and foods. It completely changed everything for me!

Kate: Wow! I never get tired of hearing women like you who talk about their allergies to foods that are really debilitating, life-changing. I don't have that kind of severe allergy, but I can only imagine how much that must affect your life. If you eat the wrong thing (you don't know what's in there), then you're down and out for days or even weeks sometimes. What an amazing thing this is for you to have learned this on your own and to now be free from that!

Emily: Yes, because I would carry remedies that would help if I had an exposure. But now, I don't even have to do that. I carry them for other people. It was life-changing.

By finding the protocols, when I say it changed my life, I'm *not even kidding*. Because I went from spending days trying to take a case to: you have a headache; you take the protocol. You have muscle pain; you take the protocol. It just revolutionized everything for us.

Kate: I want to go back for just a minute. In the beginning, when you were talking about taking this *Good Gut, Bad Gut* course, and you said you had taken a remedy. You took it, and you didn't notice anything right away. I just want to clarify for our listeners that you're talking about taking remedies for *chronic* conditions like the food intolerances.

When you take a remedy in that situation for chronic conditions, you would take them generally for six to eight weeks, and then you're going to evaluate. It's different

when we're talking about acutes versus chronics. I just wanted to clarify that for the listeners for just a minute.

Emily: Right. I was working on a chronic condition. Before, I had no hope to deal with. But I took the remedy for a certain period of time, twice a day or every other day, depending on what the protocol is. Then I reevaluated how it is working, not anything like an acute which is a much faster relief from the symptoms.

Kate: Right. You would expect a remedy to start acting within one to three or four doses in an acute situation.

Emily: Right.

Kate: Were there other conditions or situations that you applied homeopathy using the knowledge from that course?

Emily: Yes. I have a daughter who at seven was diagnosed with Hashimoto's which is chronic hypothyroid. We just treated her with synthetic thyroid. I put her on the protocols.

Her numbers have stabilized. She's still on the thyroid medicine. But any time she would stand for just a few minutes, her feet would start to swell. If she stood in line at a grocery store or stood up to sing hymns in church, her feet would swell.

The protocol I put her on was for one that had swelling, and that has completely healed. That really, really bothered her that her feet would swell. She always said she was like an old lady. That did clear up completely.

Gateway I and II Classes

Kate: Great! Emily, you mentioned just a bit ago about leading some Gateway I and Gateway II study groups. That's Joette's curriculum called [Gateway to Homeopathy I and Gateway to Homeopathy II](#). She has a study guide that people can purchase and go through themselves. Or oftentimes they purchase the book and lead a group of people locally or via Zoom or other video conferencing software. Tell us about how you led these groups, what you guys did, and how it went for you.

Emily: Well, I purchased the Gateway class the same time I did the *Good Gut, Bad Gut*, just figuring I would read through it. I've been studying it for a long time. I doubted there was anything she could teach me. So, I was confident it was just going to be a flip-through.

But then I noticed that I could get a discount on another class if I had more people with me. I thought, "Oh, now you're speaking my language!" So, I did. I started a Gateway class at my sister-in-law's house.

Now, I have done three or four Gateway I classes. As soon as the Gateway II curriculum was available, I purchased it and started teaching those as well. In fact, I'm gearing up next week [at the time of this recording] to start my next Gateway I class.

Kate: Yay! That's awesome. Now, do you teach all locally or via the internet?

Emily: I do it all via the internet now because it just works better for my family's schedule for me just to be home. I really enjoy doing it in person. The questions are better, and you stick around longer and visit. But I can't do that right now, and I'm grateful we have the technology we do, so we don't have to.

Kate: Yes. I love getting to know all the people when you do those groups, don't you?

Emily: Oh, yes. I feel like we get really close. That's why I was so excited about the Gateway II because then I got to get back with my friends again. And then when the last class of the Gateway II – in fact, the last one we did – we did our Q&A with Joette, and she said, "Oh, ladies, I'm going to go."

She got off, and then we stayed on another hour, just talking and laughing and enjoying each other.

But I'll say, "Okay. Well, that's it." And then nobody gets off.

So, yeah, I feel like we grow pretty close with each other.

Kate: Tell me. You said that when you got the book, you thought you would just flip through it, and you would know all the information in there. Was that true?

Emily: It was *not* true. The first chapter, I did know all of that stuff: how remedies are made and the history of Hahnemann. I did know all of that. Then after that, maybe the second chapter, but definitely didn't know about the acutes and the chronic protocols in the back. And, I didn't know anything about the Banerjis.

Kate: Do you feel like I do every time I lead the Gateway study group, and we go through that – whether it's the Gateway I or the Gateway II book – every time I'm reminded of something that I had forgotten about. And I'm jotting it down, "Oh, yes. I forgot about this remedy combination for this."

Do you feel that way as well?

Emily: Absolutely. One thing I've learned in studying my daughter's brain (the one that has special needs), is that "constant review makes permanent." The constant review ... it helps it lock in my brain, so I'm not having to constantly

look it back up (which is nice in the middle of the night).

Kate: Right. I know. When you need that, you often don't have time to spend looking for that information which is why the protocols are great in the first place.

Emily: Right, right. My brain doesn't work like that. In the middle of the night, I don't even think to look it up.

Kate: Or where? "Where did I see that?"

Emily: Right. I'm really bad about that.

Kate: For those of you who don't know, we do have an index in the back of the Gateway II book, so you can look up a condition or a remedy. Then it will tell you which page it's on. We did that purposefully in that book because I want to be able to just look it up super-quick. "Is this condition in there?" Then find where to get the information.

Emily: Right. Well, I've been able to ... when people will maybe text me or email me and say, "What do you recommend for X, Y and Z?"

I'll say, "You know what? That, we go over in Week 5," to encourage them to get into their book – to make theirs look as messy as mine with all the notes.

But I'm able to go, "That's in week 5. I know that. That I know."

"Careful, I might bite."

Kate: All right. Let's talk about some of the other ways that you've used homeopathy. I know you have some really great examples.

Emily: I do. Well, I've been using it a long time. I've had four pregnancies and three miscarriages since I started using homeopathy. I've been able to use it during my pregnancies, during labors, during the postpartum. I was able to use *Pulsatilla* to turn a breach baby once.

Kate: Really?

Emily: She wasn't breach. She was transverse. She was my seventh – there's a lot of room in there! So, she was lying sideways. Back labor, that one, phew! One time, I actually did bite my husband, and I had made a bottle that said, "Careful, I might bite." He gave that to me.

Kate: You're kidding.

Emily: No, because I'm the one with the knowledge. When I have my babies, I label the bottles in such a way that those around me will know what to get.

Kate: So that it makes sense for them.

Emily: Right. It says, "Careful, I might bite."

I have one that says, "I'm scared." I was able to use that in a labor I got very fearful in. I was able to use the *Aconite* to calm that down.

Of course, Joette's cell salt protocol, the prenatal cell salt protocol. Whew! I'm convinced that's what made my last two at 38 years and 42 ... I was 38 years old and 42 years old in my last two pregnancies. I'm convinced that's what made those so easy. The recovery was like a dream.

Kate: Wow! That's great.

Emily: So yeah, I love the cell salt.

Kate: I feel like you've just given me a great idea how to label bottles for my children or other people. That's a great way to do it is to put something on there that they can understand rather than just ... Like I'll put "head injury" or something like that. But I love those creative

little ways that you label that. That's awesome.

Emily: In my cabinet, I have two big drawer systems. They have all the remedies in them, and they're labeled with their name. Then I have a smaller one that says "Headaches," "Nausea," "Diarrhea," so that they can just go directly into that little drawer and help themselves. My goal is to get me out of it, so they're not always having to ask me, but they know it themselves.

Kate: Right.

Emily: That's what I'm trying to do, and I'll often quiz the kids, "Okay. So, Henry just fell and hit his head. What do we need to get?"

"Yes. Good job."

Kate: That's great.

Headaches, Feeling Overwhelmed, and Earaches

Emily: Another thing I love homeopathy for is headaches. I talked about my migraines. I have suffered from headaches a lot in the past. You take the remedy for it. It's gone –

faster than you could take an over-the-counter med. I use it for headaches a lot. I've been getting those less and less since I've been using it. Right?

Kate: Yay!

Emily: Uprooting.

Another one that I lean on a lot is *Sepia*. I had a very rough day, not "Supermom" at all. I gave the children to an older sibling, and I said, "I'm going to go to the store." I wandered around the store and bought some Skittles and a candle.

Kate: A candle?

Emily: I just needed to get out of the house for a minute. On the way home, I was listening to a [podcast of Joette's about moms who lose their moxie](#). I'm from Texas. I wasn't really sure what "moxie" meant, but I knew I didn't have it anymore.

Kate: Whatever it was, you did not have it!

Emily: I didn't have it. She recommended *Sepia*. So, I said, "Okay."

I walked in, gave the children the Skittles. I took some *Sepia*, and I stayed on that for a while. Man! That is *good stuff*. I can always tell when I need some more of it because I start to feel overwhelmed, over-mothered, overworked. It's a good remedy.

Kate: We have to label the *Sepia* bottle, "Moms with young children who think they're losing it."

Emily: Right.

Kate: When you say *Sepia*, you're talking about *Sepia* 200C. That's S-E-P-I-A 200C.

Emily: Yes.

Kate: I know Joette talks about *Sepia* in a number of places, in her blogs and in the podcasts. There's one blog called ["No Joy: Postpartum Depression."](#) But a good thing to do if you're trying to find out about a certain condition or a remedy, on Joette's website – joettecalabrese.com – you can go, and at the top right-hand side, you'll see a search bar. You can just enter the word "*Sepia*" in there or "mom" or whatever. Then you can search the blogs and the podcasts and the articles that she's written and find a link to those places where she mentions that particular condition or remedy.

Another thing that you can do – I know we've talked about

this over and over – but I think it's worth mentioning here is – I don't know if you do this, Emily, but I even do it – I'll just go on to my Google search bar, and I'll type in "Joette Calabrese" or even just "Joette" and a condition, and it brings up different blogs or a podcast where she addresses that.

Emily: Oh, absolutely! When my last child was born, she was two days old, and the four-year old was screaming in pain. I mean, just screaming! And my husband texted me. It's in the middle of the night, obviously – that's how it always happens. He texted me, and he said, "Her ear ... she's *dying*." But he didn't want to bring her in with the baby, in case she had a cold or something.

I did, from my phone – Googled "Joette" plus "earaches." And up popped it, and I texted him "*Hepar sulph*." That's what he gave her. Two doses later, she was sound asleep, and he went back to sleep.

Anytime she has an ear infection, it's always for her. It's *Hepar sulph*. But it takes two doses. I wrote that down in my notes: "She takes two doses."

Kate: That's awesome that you keep those notes. I think that's very important because we can see patterns, I think, with our children. Like, for this child, this seems to work, this child ... Do you notice that, Emily?

Emily: Absolutely. But for me, the two doses was important

because my years as classical study, I wanted it to work with the one dose within minutes. If it didn't, I had a tendency to, like Joette says, run around like a chicken with my head cut off. I would panic. "This didn't work. Let's try this one. Let's try this one!" Before I'd know it, we had done three or four.

So, writing down, "it takes two doses" ...

But that's another thing I learned through the Gateway was to give it *four doses* before you decide to change. That really helped me stay focused. So, writing that down for *that* child to take two doses with the *Hepar* for her ear pain.

Kate: Do you keep notes like that for all of your children? What's your system for keeping track of the different remedies for all the kids?

Emily: It's often written in the last page of the current book I'm reading. But I do, I just will write it down or praise the Lord for our phones that we can do that. But because of Joette's system of the file folders, I can just rip that page out and throw it into their file. I'm not very good at note taking. I'll just write it down in the closest thing to me.

Kate: But like you said, then you can take that and put it into their file. Yes.

Emily: Right. I tried notebooks. I tried notebook per kid. Then I got too many kids. The file system makes perfect sense.

A Badly Broken Nose

Kate: Yeah. Tell us the story about your mother-in-law. I know she had a very bad accident. Tell us about that.

Emily: She was leaving my home and tripped over some decorative rocks that I had put out. She fell and didn't catch herself with her hands. She just fell onto her face. When we got her back inside the house, she was profusely bleeding from her nose. Her nose was completely flat against her face.

Kate: Oh, my gosh!

Emily: My sister-in-law and I both use homeopathy. She went directly to my cabinet. We got her *Arnica* and *Hypericum* right away and started alternating those back and forth while everybody around tried to discuss, "What are we going to do? Are we going to take her to the ER? Are we going to call 911?" She's in her 70s, so a fall is kind of a big deal.

Kate: Right.

Emily: She said, "Are you sure I need to go?"

We pulled the towel away from her face, and her nose was very broken. But at this point, the bleeding had almost stopped ... thanks to the *Arnica*. They took her to the ER and continued to dose the *Hypericum* and the *Arnica*.

When she got there, and I hope this isn't TMI (too much gross), but she was complaining of something in her nose. She scratched at her nose, and a very large blood clot was there.

The doctor said, "You look fine. You need to see an ear, nose and throat guy in a couple of days. But there's nothing I can do." Two days later, she saw the ENT and he was shocked. He couldn't believe how good her whole face looked.

Kate: Wow!

Emily: Then we started her on the *Symphytum* because he said, "We don't need to do surgery. Everything is set." We started her on the *Symphytum*. Other than bruising, she was fine which is *shocking*.

But the funny part about that one, she called me about a

week later and said, "What were you giving me?" I said, "I gave you *Hypericum*."

She said, "Well, I have this knee pain that's been waking me up in the middle of the night." She said, "It's gone!"

So, she wanted to buy herself some *Hypericum* to keep on hand, in case her knee pain came back.

Kate: Wow! That's great.

Emily: I didn't even know she had that knee pain. I would have helped her.

Words of Encouragement

Kate: I'd like to transition now into having you give a few words of encouragement to our listeners. To start that out, I wanted to just read a few sentences from an email that you wrote to Joette, if that's okay with you.

Emily: Sure.

Kate: It was a great email. I wish I could read the whole thing. But in this email, you say, "The real reward," and

I'll just paraphrase here, "of teaching those Gateway classes is seeing the moms fight for their kids. They know there is something better out there. They just need to be shown the way. The pride on their faces, I know you know what I'm talking about. I'm so grateful for your classes. Not only have I healed my own family and many others, but I've given them the tools and confidence to do it for themselves. Thank you," you say.

I just love what you wrote in this email to Joette. I think that is *it*. That is it! Just seeing people get a hold of this, get the knowledge and see their lives transform.

Just talk to us a little bit more about encouraging those moms. What would you say to friends of yours or others who are starting on their journey to homeopathy or even have been using homeopathy for a while? What are your tips, Emily?

Emily: It's funny. I know I wrote that email, but I teared up remembering writing that because I think I cried as I wrote that to Joette.

As a young mom, I was only 20 when I had my first baby, I really wanted somebody to tell me that I was *enough*, that I was her mom and what I know to be true in my gut was right. I didn't have anybody to tell me that. That's what I often tell moms.

You're the mom! You're the mom, and you're the one that's

going to stay up two nights in a row making sure that you're doing the right thing. You're the one that's going to sacrifice to make sure that they're eating the right thing. Nobody else. You're the only one that's going to fight for your kids. That's what you've got to do. Sometimes you've got to dig your toes in hard.

You're not tossed to and fro on the whims of the popular fad.

"This is the newest and greatest drug."

You don't have to worry about that. You can let others worry about that, if it's safe. You know that this is safe, and this is going to take care of your kids.

We are the ones that carry these children. We love these children. Now, we can take care of our children.

That's our job! I love that homeopathy gives us this safe way – that works. It's not just safe, but it works! So, that in the middle of the night when they have an ear pain, we're there! Or when they fall and they hurt themselves, we have something for them. It's such a gift to give, not just our kids but to other moms around us.

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®.

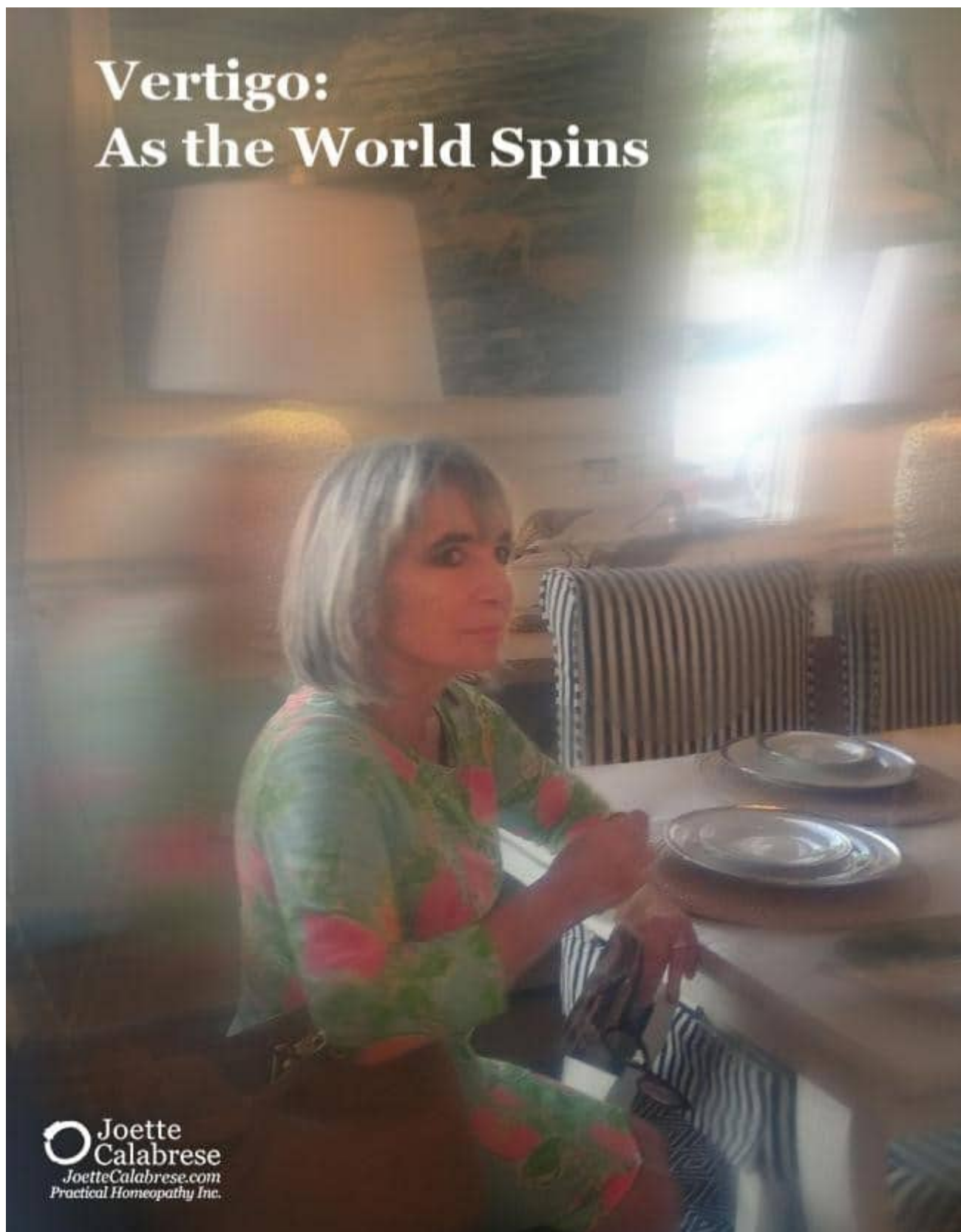
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Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit [PracticalHomeopathy.com](#).

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

Vertigo: As the World Spins

Vertigo: As the World Spins



 **Joette
Calabrese**
*JoetteCalabrese.com
Practical Homeopathy Inc.*

Round and round and round she goes.

Lisa woke up one morning and couldn't get out of bed. Literally. Every time she moved her head, she would spin; the bed would spin; the room would spin.

Lisa felt like she was at sea. Simply to go to the bathroom, she had to hold onto walls and furniture for balance. She felt like a drunken sailor.

She certainly couldn't go to work that day ... or the next!

Vertigo.

It can strike from out of nowhere – fast and hard. Severe cases can be debilitating. Ask Lisa.

Six years ago, I wrote [a blog post on tinnitus and vertigo](#) that continues to receive comments to this day. In light of its popularity, I thought it was time to revisit how homeopathy can uproot vertigo and allow you to walk upright again.

In my previous post, I mentioned a Banerji protocol: [Tellurium metallicum 200C](#) every three days and [Conium maculatum 3C](#) twice daily. (The Banerjis use *Conium* in the 3rd potency, but it's very difficult to find in some countries, so the 6th potency will suffice if there's no choice.)

As I've always said, though, in homeopathy, there is more than one way to skin a cat.

So, I'd like to share an alternative method that can be employed for chronic vertigo: [Conium 6C](#) by itself, twice daily, until very much better (in other words, when the room stops spinning).

I see vertigo constantly in my practice. However, in my experience, vertigo is often a drug side-effect and not as much an innate condition.

So, before you grab your coat and head out the door to buy *Conium*, take a closer look at what else you are taking! Read the potential side-effects on the various medications on your nightstand.

You'd be surprised how many of them contain warnings of "dizziness". Even if you've had no side effects for years while taking a particular synthetic drug, it does not mean it can't finally get to the point that a noticeable side effect presents.

I especially see this in women around the age of menopause. In particular, hormone replacement therapy can cause dizziness. Unfortunately, many women mistakenly think bioidentical hormones are as safe and natural as the morning dew.

Don't get me started.

I can't prove my theory beyond a shadow of a doubt. Still, the hair on the back of my neck goes up when I think about the timing of the popularization of "bioidentical hormones."

Perhaps you're not old enough to remember, but this "new" product – bioidentical hormone therapy – was heralded as a safer solution almost *immediately* following the mass criticism of the last set of synthetic hormones that were being associated with breast, ovarian and uterine cancers.

I think the timing is a little fishy.

Some of the "bioidentical" products are manufactured by the same manufactures as the synthetic culprits were.

I'm concerned it was merely a convenient marketing term; a strategically-planned manipulation to combat the bad press of the existing hormone therapy products. Are they truly non-synthetic?

And have you checked out the long term effects of manipulating the precariously balanced endocrine system?

Look, I get why women would want to assuage the disruptive symptoms of menopause.

Believe me, I'm not criticizing the choice to seek a solution. But, ladies, we already *have* the solution!

In fact, I have written about it on both my [own blog](#) and in the [Weston A. Price Wise Traditions publication](#). I would much prefer to use inexpensive, safe, polite, efficacious homeopathy to combat menopause rather than drugs of commerce with potentially yet-unknown side-effects – no matter how natural they sound.

But I digress. (You got me started, didn't you?)

If, after investigation, vertigo does not appear to be a side-effect of another substance being taking –whether natural or synthetic –utilizing *Conium* is a good choice to alleviate it in many cases. (By the way, synthetic supplements and vitamins can also cause vertigo.)

However, if no improvement has been made after six weeks or so, then it is time to dig deeper.

Could there perhaps be an unknown issue with blood pressure, blood sugar or another underlying condition?

It's time to get a proper conventional diagnosis in order to choose the precise homeopathic remedy to uproot the condition – as well as its accompanying vertigo.

Pass on the good news of homeopathy!

Warmly,

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

P.S. Join Holistic Moms Network, Boiron Homeopathics and me on Facebook Live this Wednesday, October 16, 2019, at 1 p.m.

EST. And have your questions ready! See you there.

<https://www.facebook.com/HolisticMomsNetwork/>

P.P.S. If you are not quite ready to take a course, then please join a [Gateway to Homeopathy study group](#). New groups form regularly. Utilizing my curriculum, you will gain a tremendous foundation in homeopathy. Plus, these groups become lifelong, supportive friend-circles serving to bolster and encourage you as you continue on your path. It may well be the most significant (and inexpensive) step you take toward your family's long term healthcare plan.



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](#)

Emergency Remedy Series: Keep Calm! (Cold Calm, That Is.)



Keep Calm!

Ahhhhhh, fall.

Children are back in school, temperatures are cooling, leaves are turning, football referee's whistles are blowing, pumpkins are appearing ... and cold season strikes.

There's always something to spoil the fun, isn't there?

During this cold season, my advice to you is just as the

famous British signs say, “KEEP CALM!” And by that, I mean, [ColdCalm®](#) – the last entry in my Emergency Remedy Series.

Even though not technically an “emergency,” sometimes a simple cold can feel like the worst thing that can possibly happen – interrupting plans and spreading through the family like wildfire. You need to be armed to fight back against the sneak attack of a cold virus.

Colds are infamous for striking when we travel as well. One of my team members just vacationed overseas for a couple of weeks. She told me the very first things she packed in her suitcase were underwear, socks, and ColdCalm® – in fact, lots and lots of ColdCalm®. She made sure she brought enough for everyone traveling with her.

She said, “As my first-grade teacher told me, ‘Don’t bring anything to class unless you brought enough for everyone!’ I guess I never forgot that. Plus, I know I wouldn’t be able to watch my friends suffer from sniffles and coughs, knowing I had brought a remedy that could help them. I’d have to share, so I had to bring plenty. (Although, I did worry the customs officials would think I was planning to open a homeopathy store!)”

As you can tell, she swears by ColdCalm®. Simply follow the instructions on the box, and I bet you will become a devotee as well.

And while you have the box in your hand, *read the ingredients!!!*

In general, we are accustomed to reading ingredients to look for something nefarious trying to sneak its way in.

However, in this case, we read the ingredients with a different goal in mind: to learn *more* about homeopathy! Boiron has listed each homeopathic remedy contained in ColdCalm®, along with the aspect of the common cold they

address.

You can easily pinpoint which medicine successfully uprooted the cause behind your most prevalent symptom, and perhaps purchase that single remedy to have on hand for the next time you suffer from that specific symptom. What a tremendous way to learn more about homeopathy!

(And don't forget, if you order directly from [Boiron's website](#), you'll receive 20% off your order for using the discount code "joette" at checkout.)

So, "Keep Calm!" Keep ColdCalm® in your first aid kit so you know exactly where it is when you need it.

And, just as my team member did, remember to keep enough for those around you as well. ColdCalm® and combination remedies, in general, are an easily accessible, effective method you can employ to introduce your friends and loved ones to homeopathy.

Combination remedies are more readily available, conveniently packaged and, most importantly, they work!

What better way to pass on the good news of homeopathy?

Warmly,

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

P.S. As you read the ingredients list on the ColdCalm® box,

why not take the opportunity to look up each listed remedy in a *materia medica*. I have written [*A Materia Medica: Practical Homeopathy® for Busy Families*](#) in my straightforward language to help you easily remember the keynotes of each of the most important remedies.

Students have enthusiastically adopted it as one of their favorite go-to resources in their homeopathy libraries. I hope you'll consider adding it to your library as well.

P.P.S. If you're looking for the previously published posts in my Emergency Remedy Series, here are the links for your convenience.

[*Aconitum napellus*](#) (Shocking events)

[*Arnica montana*](#) (Fatigue)

[*Rhus toxicodendron*](#) (Delayed onset neck pain and headache)

[*Pyrogenium*](#) (Sepsis)

[*Ledum, Apis, Arsenicum album*](#) (Bites and itching)

[*Aconitum napellus*](#) (Eye injuries)

[*Hypericum perforatum*](#) (injury to nerve-rich areas)

[*Arsenicum album*](#) (food poisoning)

P.P.P.S. Just so ya know ... I *do not* partake in any affiliate programs. This means I am not being compensated for sending you this information. It's for your convenience only.



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Podcast 82 – Moms with Moxie: Homeopathy Helps Family, Facebook Friends, Animals and PLANTS!



IN THIS PODCAST, WE COVER:

- 04:16 *Arnica* for bruising
- 09:17 A family study group
- 13:32 *Aconite* and the surgical protocols – for a dog
- 17:41 Lyme remedy
- 21:03 Bioplasma on plants

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Homeopathic remedy kits](#)

[Chronic Lyme Disease: Are You Sure About That? \(blog post\)](#)

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

[Students of Joette Calabrese Facebook group](#)

[Buster, the Bad Office Dog's blogs](#)

[From Tendon, Bone and Cartilage Problems to Healing with Homeopathy \(blog post\)](#)

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

Kate: This is the Practical Homeopathy® Podcast Episode Number 82.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories. With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

Kate: Hi! This is Kate. I'd like to welcome you to another Mom with Moxie podcast. I get to meet some pretty fabulous women on these podcasts, and today is no exception. I have a

super Mom with Moxie who has used homeopathy in many different ways, even on plants! So, I'm pretty excited to get to learn from her and for you all to meet her. So, Janet, welcome to the podcast.

Janet: Thank you. Good to be here.

Kate: Janet, let's get to know you a little bit. Can you tell us about yourself?

Janet: Sure. I live in Virginia just outside of Washington DC. I've been married for 33 years, have two adult sons who both found wonderful women who I love.

Kate: Oh! That's a blessing.

Janet: It is a huge blessing. I have a four-month-old grandson, two dogs, and two granddogs who visit often. Every one of them mentioned above has used homeopathy. Each [household has kits](#) so they can call me if they have issues.

Kate: Oh, that's great! They use the homeopathy and like to learn about it.

Janet: Absolutely. Well, they have *me*, so they're not so much on learning too much about it. But they know the *Nux vomica* remedy for hangovers – all the important ones.

Kate: That's funny.

Janet: Yeah. My daughter-in-law, actually, she asked me to be in the delivery room when she delivered my first grandson.

Kate: Oh, that's so special.

Janet: It was very special. So, we made good use of the pregnancy and childbirth section of Joette's Survivalist Guide. She actually was the first one to use *Nux vomica* for something other than hangovers when she had nausea during pregnancy.

Kate: Okay, so that helped her during her pregnancy?

Janet: It absolutely did. My son actually called me a couple of times during her pregnancy when she was in Texas, and I think had a cold or something. He said, "Mom, is there something that Shelby can use for her cold symptoms?" (since she couldn't take over-the-counter meds like Advil or Tylenol because she was pregnant). So, I sent a picture of Boiron's ColdCalm. She was in Texas at the time. She could just go to that pharmacy and find that in a store. And it worked!

Kate: Yay! That's great. I guess I haven't thought about

that much because I'm not having babies at this time. But that is one advantage of homeopathy is it's safe for the most part. There are a few remedies that you want to be careful of using when you're pregnant. But it's a much better alternative than using allopathic medications when you're pregnant. So, it's a great option to have.

Janet: Yes, I agree.

Kate: Tell us a little bit about how you came to know about homeopathy or study homeopathy. Give us your pathway into homeopathy.

***Arnica* for bruising**

Janet: Well, I'm athletic, and I sometimes bruise or fall. So, my first introduction to homeopathy was *Arnica*, and at the time, I didn't even realize that *Arnica* was homeopathy. I think a dentist had said, "Oh, here, your teeth are ... use *Arnica*." I searched for *Arnica*, bought it, and it helped.

Then my husband and I were adjusting a shower door, and there was a really heavy hinge, and it fell. I reached my hand out to catch it. I'm like, "Oh, this is going to really hurt and bruise." Even my bones hurt.

So, I Googled, and I think Joette's site might have come up, and it said to take *Arnica*. So, I took *Arnica*. I had

Boiron's little box of it. I took it, I think, once an hour for the first three hours, and it never bruised – and I bruise easily. It was unbelievable!

Kate: Is that what led you then to learning more about homeopathy?

Janet: Actually, no. I still didn't really connect that they were homeopathy. The next thing I used that was homeopathy – and this one I knew it was homeopathy, but it didn't push me to learn about it – was I got bit by a tick. A friend had sent me a link to Joette's site. It's called, [Chronic Lyme Disease: Are You Sure About That?](#) So, I tried that, and I used it because I didn't want to use antibiotics. I was a little nervous like, "Oh my gosh! Am I going to get Lyme? Am I going to get Lyme?" Then eventually, I just forgot about it, and it worked fine, and I'm fine.

Kate: Oh good! That's wonderful. So, how long did you take the *Ledum*? I'm assuming it was *Ledum* 200C that you took.

Janet: Yeah, the 200C that's mentioned in her thing. I think it was – I can't remember – it might have been twice a day. It's in that [Chronic Lyme Disease: Are You Sure About That?](#) But I think it was *Ledum* 200, twice a day for a week, and then then there are follow-ons. I might have done two weeks of it, but I didn't go all four weeks of it.

Kate: So, *that* led you to Joette.

Janet: Yes. I knew about Joette at that point. But what really got me into homeopathy is I'm on a Northern Virginia Holistic Facebook group. One of the moms was forming a [Gateway to Homeopathy study group](#). I've been wanting to learn more about it but didn't really know how to. So, I joined that group and loved it. While *Arnica* was my gateway medicine into homeopathy, the study group was my gateway into learning so much more about homeopathy.

Kate: So, that was your bridge to Joette and her teaching?

Janet: Yes, absolutely.

Kate: What did you think about starting with that? Because you've gone on and taken other courses from Joette as well and even consulted with her, correct?

Janet: Yes. I've consulted for myself. Joette was kind enough to let me sit in on my sister-in-law's. I learned even more about homeopathy when I sit in on her phone calls.

Kate: I know. You would think it's just learning what remedies to take for yourself, but every time that I have a consulting appointment with her, I learn so much.

Janet: Me, too.

Kate: Yeah, it's good.

So, what are your thoughts about that whole path that you took to learning homeopathy, the Gateway group? Then did you consult next, or did you take some courses?

Janet: No, I took courses. I loved the study group. I went in thinking, "Well, I'm the old geezer here. I'm a grandma. Everybody else has young kids. Am I going to really learn stuff that's applicable to me?" Well, I learned stuff that I could use for myself as well. Now, that I have a grandson, I'm very happy that I did it with young moms because I learned all good stuff that I can use if my grandson ever has any issues.

Kate: Nice! Now, have you guys stayed in contact, the group that you studied with?

Janet: I think a lot of us have gone on and taken new courses, and we got a discount because we did a group buy. So, we are on [Joette's Students of Joette Facebook group](#). A lot of times, I see people that I know there. But while the group was going on, one of the mom's son was having teething issues. I forget exactly how she worded it, but it was pretty funny. I think she only had 30C of *Chamomilla*.

She said, "That's just not doing it. I can't stand it anymore. I ordered 200. Does anybody have the 200?"

At that time, [I had already bought my kit, and I did buy also a 200 kit](#), and I had it. So, she came over, and I let her borrow some until she was able to get her 200s.

The next day, she said, "Thank you so much. It definitely helped."

Kate: So, you are actually leading a study group right now that I think is very interesting. So, tell us about that.

A family study group

Janet: Yes, I am and I'm excited about it because as I'm leading the group, I'm also learning and remembering things that I had forgotten or that are now more relevant to me.

Kate: So, who are all in this study group.

Janet: Well, we have a family reunion every year. At this last one, we have a great picture: eight young children sitting on a couch, and there are all these new moms there as well. So, I offered to lead a Gateway to Homeopathy class if they wanted me to. Four of them actually took me up on it. So, I'm thrilled to be helping my family learn about homeopathy and be able to treat their children with more holistic means.

Kate: That's wonderful! Every mom listening out there is probably super-excited for you and wanting that same thing that their families would all embrace homeopathy. So, that's really great.

Now, is it just your family or are there other people that are joining you for the study group?

Janet: Well, right now, it's just my family, but I have two friends who are also grandmas. They're kind of my posse. They're interested in it as well. So, I said that I would do a group with them, but they want their own little private group. They don't want it on Zoom. They want it in person, so we can have an opportunity to get together and have *snacks*!

Kate: That's a huge benefit to meeting in person – snacks!

Janet: Yes.

Kate: So, why don't you tell us about some of the ways that you've used homeopathy over the years?

Janet: First, before we move on, I still want to – while we're on the subject of talking about this current study group – I want to tell you a couple of exciting things for me that happened during this study group.

In Week 1, Joette immediately gives two remedies that you can use. One of them was *Chamomilla*. And one of my nieces said, "Wow, my daughter is very irritable." I think the irritableness of it got her attention thinking, "I bet that's teething."

So, the next morning, she went out to the store and found Camilia. She actually bought the drops that were from Boiron that had *Chamomilla* in it and gave her two doses of it. She said she was fine, absolutely perfect the rest of the day. She was very irritable the previous day.

Kate: So right away, Week 1, she got to put this knowledge to use.

Janet: Absolutely. And while that niece was mentioning that, another niece said, "Oh, my daughter has the same issue. I think I might try that, too."

Kate: Oh, that's great.

Janet: Yeah, so the very next day, they put it to use.

Then on Week 3 when we talked about first aid, one of my favorite remedies is *Ledum* because we live in a tick-infested area. So, I told a hiking story that I had a little first aid kit of homeopathic remedies. I got bit by some

bug. I wasn't sure what it was, and it started swelling up. So, I immediately took *Ledum*. I think I only had a 30C in there at the time, and I took one or two doses of it. Five minutes later, I couldn't even tell I got bit. So, I told that story in the group.

Then the next evening, my sister-in-law called and said, "I got to tell you. My other daughter got stung by two wasps and took *Ledum*." Fifteen minutes later, they couldn't even tell that she got stung by wasps. I was so excited that they used that. So again, the very next day after our study group meeting, they put it to use, and I said, "You know, you don't have to *use* and *test* everything out that we learn each week!"

Kate: That's great.

Janet: So, I was very excited about that.

Kate: Yeah.

Janet: I'm also empowering them. They can figure out what remedies to use, and they don't even need to call me.

Kate: That's wonderful that they're learning it for themselves because then they can teach their children.

Janet: Absolutely ... and grandchildren.

***Aconite* and the surgical protocols – for a dog**

Kate: I know that you use homeopathy with some of your animals. Why don't you share with us how you've used homeopathy with your dogs?

Janet: Yes, I have, and I love it. It's not a placebo because they take it, and they feel a lot better.

Kate: Yeah.

Janet: Well, first of all, I love [Buster, the Bad Office Dog's blogs](#). One of his blogs even helped my sister with her knee arthritis, and she can walk and play with her grandkids now. She keeps calling me, "her cure."

I was like, "I'm not your cure. Homeopathy is your cure."

I got that from Buster's Blog. It was [From Tendon, Bone and Cartilage Problems to Healing with Homeopathy](#).

Kate: Oh! Buster would be so happy to know that he helped

someone.

Janet: He helps me a lot especially with my two dogs and my two granddogs. So, tell Buster, "Thanks."

Kate: Okay, I will. When I'm talking with Joette next, I'll be sure to pass it along.

Janet: Good.

But the biggest help that homeopathy was for my dogs was I came home one day, and we have a dog door, so the dogs can go in and out. They usually come out. This time only, one of my dogs came out to greet me. I was looking for King – and nowhere to be found. He is usually the one who is always by my side.

Then I looked out back, and his butt was on the ledge of the pool, and his paws were in the water. He just kind of looked at me with these sad eyes, and he couldn't move. So, I ran out, and I pulled him out of the pool. I ran back in, got a bottle of *Aconitum*. Took one myself and then gave one to him. Then ran back in to call the vet, and I grabbed the bottle of *Arnica*.

He couldn't move when I went in. When I came out, he had walked over to this little bush to hide where he thinks I can't see them – even though his heinie is sticking out. *Aconite* worked *that quickly* just by itself.

Kate: Wow! What was wrong with him?

Janet: Well, he had a huge mass in his spleen. When I called the vet, they usually say, "Can you hold or is this an emergency."

This is the first time I had to say, "Well, it's kind of an emergency."

So, I had to take him in. When I had come in and was talking to the vet, I'm thinking in the back of my mind, "Oh no. I'm going to have to carry this 80-pound dog to my car and then put him in the car and bring him to the vet."

But all I had to do – because he could walk a little bit – is just help him along over there and just lift him into the car. So, I was so impressed.

Then he had the mass in his spleen, and they finally figured it out. They said, "This is an emergency. It could rupture."

I was giving him lots of *Arnica* because it's good for hemorrhaging. They said, "Well, call the hospital right now and see if they can get you in. You should bring him over there."

So, I brought him over there and left him there for the night. They were saying this is what could happen. We'll do some tests first. As I was leaving, I was giving him *Arnica* because that was the night before, and I wasn't going to be able to give him some before the surgery. I was trying to use Joette's surgery protocol with the dog, but I couldn't sneak it over to the vet in the middle of the night and help him out, or to go over there before he went into surgery.

But he made it through, and he had the best possible outcome, and he's fine.

Kate: Oh, good!

Janet: Yeah, completely fine, yeah. Afterwards, I was giving him *Arnica* and *Hypericum* for pain.

Kate: Yeah, *Aconite* can be great for pain as well as *Arnica*. I used *Aconite* when I had a horse accident, a horse stepped on my arm. Joette had mentioned to me that *Aconite* can actually be good for pain after a shocking injury like that. I hadn't thought about it that way, but it did help the pain as well. We always think shock when we hear *Aconite*, right? But it can also be good for pain after a shocking event.

Janet: Interesting. Yeah, I didn't know that. Good. I learned something new today!

Lyme remedy

My other dog, Xena, was not to be outdone or felt left out that her brother Kingsley got homeopathy. Her labs came back from the vet, and she had tested positive with the Lyme titer. Luckily, our vet doesn't want to treat Lyme unless she's showing symptoms. I did notice that she was showing symptoms. She was having random lameness on different legs.

So, I decided to give her a protocol I had read about from a vet to help with Lyme. It was *Ledum* 1M – which I had never used an M potency before (which is a one thousand) – and use that three times a day for three days, and that's it.

So, it was like, "I'm going to give this a try because she's really limping, and I don't want her to have chronic Lyme." Then on day four, she was no longer limping at all. That was the only symptom that I had noticed. So, I haven't taken her back to the vet for her labs, but I'm curious to see what her Lyme titers are like and if she would test negative on it.

Kate: Right. She hasn't had any more symptoms since that time?

Janet: No more symptoms. Oh no, she is definitely back to her old self and running and jumping and doing everything.

Kate: Now, when we were talking earlier, you were saying something about using the protocol that Joette has on a blog as well. What was that for?

Janet: For Lyme, you mean?

Kate: Yeah.

Janet: Yeah, that was for whenever we get bit by ticks.

Kate: Oh, okay. So, if you're out, and you get bit by a tick, then you use the protocol that Joette has on her blog. I think you have the name of that blog.

Janet: Yes, the name is [Chronic Lyme Disease: Are You Sure About That?](#) That holistic Facebook group was how I found Joette's Gateway Study Group. Everybody's posting all the time: "Oh no! My daughter got bit by a tick. My son got bit by a tick. I got bit by a tick. I'm freaking out! Where do I send the tick to, to get the tick report, to see if it's this, or that, or the other?"

And, I used to freak out, too. Now, when I get bit by a tick, I don't freak out. I just use Joette's protocol that's on that blog for me, my family, friends. I take it, and I don't worry about it.

Whereas before, I had called my doctor, a functional medicine doctor, and he actually put me on antibiotics. I thought, well, I didn't question it, and I said, "If he's telling me to take antibiotics" So, I did.

Then the next time I got bit, I called him, and I said, "Well, isn't there something more holistic?"

He gave me ... I forget even what it was, but it's not antibiotics but something else. Also, he sent the tick in and waited for the results which took forever to come back. So, I was worried about it the whole time. But now, whenever I get bit by a tick, "Okay, here's the *Ledum 200*. Take this."

My husband, Pat, while I was out of town, he got bit. He went to Joette's site and looked up the protocol, and then he told me after the fact that he started taking it.

Kate: Awww!

Janet: I was so happy about that.

Kate: Yeah! So, Janet, I know you also have used homeopathy with your garden. While I have several books on using homeopathy with plants and in gardens, I've yet to use homeopathy on them. So, tell us how you're using it.

Bioplasma on plants

Janet: Well, I started with getting Hyland's Bioplasma which I'm also on a gardening homeopathy site, and that's what a lot of people seem to use. That's kind of the gateway into gardening homeopathy. So, I thought it was going to be expensive. I'm going to be using all these pellets. Like how am I going to apply it?

It's really pretty easy. I take two pellets, put it in a liter jug, and shake it. Then I pour that into a watering can. (They say to do it into a 3-liter watering can, and I don't have that big of a one.) Then I water the plants with it. If it's a tree, you can water the bark; you can water the leaves; and/or you can water the base of it.

My tomato plants weren't doing all that well. They had brown spots on the bottom of them. Once I did Bioplasma – which I think it was a magnesium deficiency, I think – it didn't matter because I was doing all the cell salts at once. So, I watered it. Then I probably didn't go out for like maybe another five days. When I looked, first of all, the leaves were so much more lush. The new tomatoes forming ... none of them had any brown spots on the bottom.

I also put it on my herbs. We've had such dry, hot, hot weather that the leaves were limp. I thought one of the plants might be dead or dying. So, I watered them with this Bioplasma water. Probably a few days later ... well, the next day the leaves were definitely not limp anymore. The plant that I thought might be dying was sprouting out new growth

on the bottom of it. So, I'm convinced it helped.

Kate: So, have you only used the Bioplasma with your plants or have you use used any single remedies.

Janet: Actually, I have used a single remedy that Joette mentioned to me. On one of my consults, we got to chatting about dogs and fleas. She mentioned *Psorinum*, and that helped some of her clients keep bugs off of dogs and themselves. I was like, "Well, if that can keep bugs off of humans and dogs, maybe it can help with plants."

So, I made up that same concoction the same way. I put two pellets of that remedy in a jug. Then I watered my kale because these white flies were all over and eating all my kale. So, I poured it on the leaves, and they kind of all flew off. Then I watered all the soil. Then the next day, I went out, and I shook one of the kale plants, and there were still some white flies but not nearly as many. Then I watered them again with the same concoction. Went out the next day, and there were hardly any white flies on it.

Kate: Wow!

Janet: I think you have to do it everyday because I did not do it every day religiously. After I waited a couple of days, they were all back. It's not a permanent solution, but if you're on it, and I think can do it every day, then that might help.

Kate: Well, good job. That's awesome. You've shared some very interesting scenarios with us today on how you've used homeopathy. I want to wrap this up by asking you the question: What advice do you have for those people who are listening today?

Janet: Well, I'll share a quick story to make a point of my advice. When I was on a consult call with my sister-in-law, Joette mentioned to her to think of homeopathy as medicine because it is medicine and reach for that *first* instead of Tylenol or Advil. Then, because homeopathy won't interfere with those drugs, if you still feel like you need to take them, so you've got nothing to lose. So, you take your homeopathy first, and then if you still need to take them, you can. But a lot of times you won't even need them.

That really made an impact on my sister-in-law because she never thought of homeopathy as medicine. Her go-to was always to grab that bottle of Tylenol or grab that bottle of Advil. I know she was reaching for homeopathy because the next time she needed an over-the-counter drug, she called me and asked, "Okay, I've got this, and I want to use homeopathy medicine first. So, what remedy should I use?"

[Because she has a kit](#), she had what I recommended to her, and she could take it. She let me know later that it definitely worked. She didn't need to go for the conventional medicine.

Kate: Janet, I think that's a really good point that a lot

of times when people learn about homeopathy, they think, “Oh well, it’s good for that one thing.” But they don’t think about the broader picture, and that it *is* a medicine. We have to respect it, but also that it is powerful, and it can help. So, I love that point. I think that’s really good.

I hope that those of you listening today feel encouraged as well about starting study groups and sharing with your family. I think that was a great idea how you brought the [Gateway to Homeopathy Study book](#) with you to the family reunion and talked about it. I think that’s wonderful. So, I hope that other people feel encouraged and inspired. Thank you.

Janet: Thank you.

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 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.

Tick. Tick. Tick. BOOM!



Listen. Can you hear it ticking? The tick, tick, tick of the time bomb we trigger when we suppress symptoms with allopathic drugs?

The word “symptom” in Latin means “sign.” Hence, symptoms are merely the outward manifestations of a more deeply seated imbalance.

When we simply *remove* the signs of illness, we will be obliged to suffer a more serious illness down the road.

Tick. Tick. Tick.

BOOM!

Josephine Agro had dark, fluttery eyes, and a temperament to be reckoned with.

Some may have politely said she was “spirited.” But may I be

frank? Josephine was known to have violent tantrums. We're not talking about little fits of anger; we're referring to slash-and-burn behavior – the kind of rage that would be grounds for neighbors to call the police.

And Josephine was only thirteen!

But she wasn't always this way.

It seemed as though things shifted in her conduct around the time Josephine hit puberty. Josephine had always had pretty disfiguring eczema, though around the time it cleared up, her behavior had drastically changed.

Her mom sometimes wondered if Josephine was the target of ridicule at school because her skin used to be so unsightly. But that didn't make sense, because her skin was now pretty clear.

In spite of Mrs. Agro's usual natural health standards, in order to potentially relieve her daughter of embarrassment, she had taken Josephine to a dermatologist who, predictably, prescribed steroid cream. Within short order, Josephine's skin was clear. So that couldn't be it.

However, within a few months of getting her skin straightened out, Josephine began to exhibit fierce fits of anger. She was increasingly becoming more demanding, out of hand, and wayward in her actions. Her behavior was caustic at home and her mom hoped that none of it had seeped out into other settings outside their house. Then one afternoon, Mrs. Agro witnessed a disturbing incident at school.

There to take her daughter to dance class, she found Josephine screaming at the top of her lungs – spitting at a group of her classmates. It was a sobering sight. When she queried her on what happened, her daughter stated one of the girls didn't laugh at her joke.

“Her behavior at home has been horrible, but this behavior was downright abnormal.”

A few years back, Mrs. Agro had taken one of my Gateway to Homeopathy Study Group and had become enamored with homeopathy; enough so to continue on with her studies.

A certain book she purchased on her own was one that was written as the very foundation of homeopathy. Though the book was fairly heavy-duty, she had enthusiastically plowed through it last spring. It was titled, [*The Organon of the Medical Art by Dr. Samuel Hahnemann*](#), edited and annotated by Wenda Brewster O'Reilly.

Now, she thought she recalled that in homeopathy, if skin conditions are suppressed with allopathic drugs, other conditions that are more sobering can come forth. She pawed through the pages and readily found one she had dog-eared when she first studied it.

This is what she read:

- *“Removal of local symptoms results in a heightening of the whole disease.”*
- *“Almost all mental and emotional diseases are one-sided diseases in which the somatic symptoms have diminished, and the mental and emotional symptoms have heightened.”*

The dermatologist had said with confidence the steroid cream was the answer to Josephine's skin problem, and it certainly did make it look remarkably better. But according to the medical text above, the illness was driven to a deeper state. She couldn't help but suspect that the skin eruptions were perhaps removed, only to be replaced by a behavioral problem.

As she read on, Dr. Hahnemann elaborated:

- *“Find out about the patient’s somatic disease before it degenerates into a mental and emotional disease.”*
- *“Homeopathic treatments can produce rapid and striking results in cases of mental and emotional disease.”*

“My God! What have we done?”

“That’s it!” she declared, “I’m throwing that ointment into the garbage!” At the same time, she also knew something else was needed to replace it.

The first remedy Mrs. Agro gave her daughter was [Nux vomica 200](#). She chose this because she knew it was a good medicine for ailments resulting from synthetic drugs and was also useful for outbursts of anger; particularly when someone takes simple comments as insults. What completed her decision was the fact that Josephine had been complaining of constipation. At the very least, it was a good place to start.

Just as one might expect, Josephine’s skin condition returned and became even *more* prominent along her face once the topical steroid was no longer being applied.

It wasn’t easy to witness this development, but Mrs. Agro held steadfast, even against her daughter’s protests.

That’s when Mrs. Agro gave her [Antimonium crudum 6C](#).

In just about three weeks, Josephine no longer complained of constipation but more importantly, her formerly out-of-control behavior moderated. Even her sleep seemed to have improved.

Then a month later, the last vestiges of Josephine’s eczema pretty much disappeared, leaving behind only lightened spots on her tanned skin. Like a choreographed *pas de deux* of the intellect and the corporeal, the human body displayed its harmonious response to her mom’s well-chosen homeopathic

medicines.

Today, Josephine is mostly clear of any skin ailments or constipation and has been liberated from the burdens of bad behavior, prior to which could have likely been diagnosed as mental illness!

And Mrs. Agro is more committed to homeopathy than ever before. (Subconsciously, I'll bet the kids at school are grateful, too!)

She recognizes firsthand that it's not really the side effects of drugs that are the scoundrels, but rather that the drugs can drive illness to a deepened state.

This is the potential seed of chronic physical and mental illnesses. Josephine and her family are more convinced than ever that they will remain drug-free. No more ticking time bombs!

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in dark ink on a light background.

P.S. It is noteworthy to observe that Dr. Hahnemann's work is not mere theory but reflects proven laws of human health. These truths have been proven in hospitals, university research, clinics and private practices around the globe. Homeopathy is honored by history, science and proud standing

in the world community of medicine. You can learn more about how to treat every day and even not so everyday illnesses in my [Gateway to Homeopathy: A Guided Study Group Curriculum](#).



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Podcast 81 – Ladies Only



Podcast 81

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IN THIS PODCAST, WE COVER:

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Kate: This is the Practical Homeopathy® Podcast Episode Number 81 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively. So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration you need – as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Hi. I'm Kate, and I'm here with Joette again today for another podcast. Today, we're talking about female issues. So, all you ladies, listen up. This is going to be an important podcast for you. We're going to talk about a common condition that a lot of women experience. Get your pens and papers ready to take some notes.

All right, Joette, let's get down to business and talk about these feminine issues. What do you want to discuss today?

Infections

Joette: Well, one of the most common female conditions is infections: bladder, kidney, urethra, ureter, et cetera. I do want to cover that. Particularly for those who have chronic UTIs, I'm speaking to *you* because everyone believes that they have to take antibiotics. In my experience – not my personal experience, although I've certainly had a few UTIs many years ago – but in my experience in listening to my students and clients and taking cases for the last 25-30 years, I have noted that the history – because I take the history and I take the history of a person's health quite seriously – that the history is often, "Got a UTI, used an antibiotic. Got another UTI, used an antibiotic; another UTI, antibiotic; UTI, antibiotic; UTI, antibiotic." It gets faster and faster and tighter and tighter.

Now, they're using that more and more frequently until after many rounds of antibiotics, we often see women left with interstitial cystitis that *feels* like a urinary tract infection, but they don't find the microorganisms in the urine.

So, it's declared, "Nope, you don't have an infection!"

"But it feels like it. I have the urgency. I have the frequency. I have the pain, pain afterwards. Sometimes the pain radiates down the legs. I have aching in my kidneys. What is going on? You don't find anything?"

That is often interstitial cystitis.

Kate: What is “interstitial cystitis?” That’s a tongue twister.

Joette: Yes, it is. Well, interstitial cystitis is what they often call bladder pain syndrome. It is a feeling as though you have a bladder infection and those other areas: lower urinary tract, upper urinary tract, in the back, et cetera. Often if it lasts more than about six weeks, that is frequently what is then pronounced as, “Well, it’s a syndrome instead of an acute infection.”

Not nice! Because what it is – a syndrome, especially in this particular case – means what was originally an acute condition is now a chronic condition.

What’s the difference? An acute comes and goes, and it’s over with. If treated properly, it comes and goes and is often over with for many months or years or perhaps even forever. If treated incorrectly, in a sloppy manner such as just throwing drugs at it that only kill microorganisms, then we often end up with a chronic condition – which means that the person, the woman is suffering (it’s usually a woman) ... suffers from this chronic pain and discomfort and urgency and frequency. But more often, it’s really awful pain.

One person described it to me once as, “It felt like someone set my uterus on fire, and then stomped on it with combat boots.” The pain was horrible! So, it felt like she had been kicked. But before she was kicked in the bladder, there was tremendous burning pain.

And so, their entire lives – and I’ve worked with many, many women with this condition – their entire lives are focused around one organ, the bladder (and those that are relative to the bladder, so, the kidneys, the ureter, the urethra, et cetera), and it ruins their lives.

Now, they can’t go anywhere. They can’t count on anything. They have to wear pads. The pain is all encompassing. Being tethered to the bathroom is chronic. It’s not nice.

I believe that the problem has to do with the sloppy, poorly way the urinary tract infection was dealt with at the onset. If we use a homeopathic medicine that is correct, that suits this condition and this person, we will find that there is no need to go to a bazooka to kill a mosquito.

Kate: A bazooka. What an image.

Right! That happens so often.

Joette: Listen. I know that antibiotics have been lifesavers in the past. They have saved people from disease and death. There is a place for antibiotics, but not if you

have homeopathy, to be honest. But let's say you didn't have homeopathy; I have to give credit where credit is due.

However, what has occurred in our society, not just the U.S., North America, but all over the world. Certainly, the same thing happens in South America and Europe and India, et cetera, and China, is that any time there's any infection, the doctor automatically gives antibiotics.

So, infections come. We live on this earth where there are microorganisms everywhere. It happens frequently. So, that means that antibiotics are administered frequently. They become less and less valuable as time goes on, not only for that particular person but for that particular microorganism. So, we want to try to avoid them at almost any cost, if possible.

Now, if you don't have the homeopathic medicine or you've used it, and it's just not working for you ... because most of these medicines, when we discuss this, will work on approximately 80% to 85% of the population who has this particular condition. That's a very high percentage.

How do we know those numbers? The Banerjis have done the research. They have shown time and again that by using their specific protocol for this condition, that is the kind of result that they can expect.

Now, what happens if you happen to be in the 20% to 15% of society in which that doesn't do any good? And I will say

parenthetically, most people think they belong there?

Kate: That's true.

Joette: It really is true. Most people feel, "Oh, well, what if I'm there? I guess I am there. It's not working fast enough, et cetera."

We have a second line. I teach this particular condition in [Alternatives to Antibiotics](#), my course. But I also teach it in our course [Feminopathy](#). We're going to be talking about that. Should you be interested, this is where I train you how to use this. But I'm not going to leave you high and dry now. We will go into, in-depth, what remedy I would certainly begin with. I've also talked about it on my blog.

So, any time ... also parenthetically, let me also mention ... any time you have a condition, just in your browser, put in the words "Joette Calabrese" and the name of the condition. You'll find that I have probably covered it with the name of the medicine, the potency, the frequency, and often a story behind it so that there's a little more understanding of how to use it.

When it becomes a more *complex* condition, then I say I have to save that for when I teach courses. That's where we really dig in and learn how to use these medicines.

Kate: Joette, when someone has a urinary tract infection,

they want relief right away because they're suffering. So, how easy is this to solve with homeopathy?

When the remedy is acting; use of observational skills

Joette: Well, I think it's relatively easy. But I will tell you that the most difficult part is not finding the homeopathic medicine. That's the easy part because I give it to you. I'm going to give it to you today. I give it to you in all of these forums. If you get a simple homeopathy book on the shelf of a bookstore, you will find the medicine that probably will do the work. The hard part, I believe, is in observing "what is it that you are now seeing."

Most of us want *more, faster*. A lot of times, they'll say, "But I still have the urinary tract infection!"

Well, does it still feel as though someone set your bladder on fire, and that you've been stomped on by boots? Or is it now maybe a 6 instead of a whopping 10 in degree of pain and discomfort, urgency, frequency, et cetera? *That is the part that folks don't understand that they need to pay very close attention to.*

Kate: Right. They just want it all gone right away within hours, I think, really.

Joette: Right. It can happen that way. But more often than not, we see not only the condition abating (so, that is the pain is not as extreme; the frequency is not as grand; the urgency is not as trying), but we also see that their disposition has changed.

I know that sounds like, "How could that possibly matter?"

But it *does* matter because they become less frantic. They feel as though they can take a nice long nap and when they get up from the nap, they can feel refreshed. Or, they find they have more energy now, and their focus isn't on the constant sensation in the bladder. They still have the sensation, but now they're able to prepare their meals. Now, they still have the sensation of urgency, but it's not so bad that they can't get to the grocery store and get what they need for their families.

Kate: If this isn't yourself that you're treating, say you're helping one of your children or another family member, you can often tell how a remedy is working by looking at their face, I've found. Because like you said, if their facial expression is that of pain and they're not talking, that's often a higher pain level. Then when they start to relax a little bit, maybe take their mind off of the pain and do something else or start talking to you, that is often that the pain is lessening. They may not realize how much their pain has lessened. But if you watch their body language, you can tell.

Joette: That is absolutely so! What homeopathy offers us,

as the person who is healing the members of their family, is the opportunity to gain observation skills that they might not have had before. Instead of asking questions, we just observe:

- Is her face still in a frowny position?
- Is she still rocking back and forth?
- Is she still running to the bathroom sighing and freaking every time she goes?

If you see that that's changing, then you know it's very likely that you're onto the right homeopathic medicine.

Kate: The person, themselves, may not realize that there's a change, but you can see that there's a change. That's very important.

Joette: Yes, it is. They probably won't realize there's a change until there's quite a dramatic shift. You're looking for the nuances to observe.

One of the things that I love about homeopathy is that when we're using a homeopathic medicine, whether it's for an acute condition or a chronic condition or a species of both, is that the medicine, if it works 10%, don't give up and say, "Oh, it's only 10%. It's not good enough. I have to go to another medicine."

No, no, no. This is where the mistakes are made.

Continue using the medicine and go to 28% improvement. Then keep using the homeopathic medicine and use it accordingly – meaning you’re going to use it according to the need. In other words, the greater the symptoms, the more frequently we use it, usually. Then it goes to 28% improvement. Then we watch, and we watch. Now, we’re on the second day. Now, we’re seeing 60% improvement. If we keep going, we will see that it will most likely take us to 100% – particularly in an acute condition or an acute UTI.

Kate: But, Joette, what if the person has that 8 out of 10 level pain? You hate to see someone suffer like that. We just went through this with a family member. How often should you give it? You’re talking about that 10% you’re watching. And say, the remedy works, and their pain level comes down now from an 8 to a 7. Right? That 7 is still very painful. You’re talking about, “No, stay with that remedy because it still helped that 10%.”

Joette: If the pain is severe enough, then we’re going to use it more frequently. We would use the medicines maybe every hour. If the person was in danger, let’s say hemorrhaging, and you’re on the way to the hospital, you might use it every 15 minutes. I don’t imagine that someone is going to generally hemorrhage from a urinary tract infection but using that as another example. Or if the pain is very, very severe, yes, you can use it every 10 minutes. As the pain minimizes, then you start going to every 30 minutes. As you see that the person’s shoulders are now dropping instead of being tight up against their ears with angst, now it’s getting better and better. Now, you’re going to administer it every hour ... every three hours ...then

perhaps every six hours.

If you start every six hours – let's say by the second day or even later in the first day – and now at six hours, you can see it's not close enough, then go back. You're looking for that tipping point. You go back to every five hours or every four hours and allow it to do its work. And then try to go back to six hours later, and then to 12 hours. Usually, a urinary tract infection that's an acute, particularly in a young person, will abate within hours. You see some shift within hours or a day or so. Then over a period of three or four days, we can put it to rest.

Uprooting the condition

Kate: Say that infection clears up. Now, two weeks later, a month later, the infection comes back, now what do we do? Do we just repeat those medicines again?

Joette: I never tinker with success. Certainly, we start with the medicines that were used last that did the best work. We start in exactly the same fashion. We're going to use it again, start it up again.

But! I pretty much guarantee – it's not hundred percent of the time so maybe it's not a hundred percent guarantee – but I see it so frequently that the second round (without antibiotics and all the medications that are allopathic and using only homeopathy that the *second* time this infection

comes back, it doesn't come back as a screaming 10 like the bladder was set on fire and tromped on by combat boots.

Now, it feels like it's achy. It's back again, and mostly more often than not, women will say, "Oh, no, it's back again."

I say, "Oh! It's great that it's back! Not because I want you to suffer, but here's another opportunity to uproot it." Because homeopathy's unique ability is to uproot the condition, not suppress it, not kill the bugs, not kill the microorganisms. There's no need to determine whether this is a bacterial, it's a strep B, whether it's a viral infection. That's *unnecessary*.

What we need to know is what is the name of the condition (it's a UTI), and how is it presenting. Once we see that, we know what to use. We use it a second time around. Now, instead of it coming back as a 10, it's come back as say a 7 – 7 is still pretty painful or still too much urgency and frequency. However, once you started at 7, now you can go down to a 3 or a 4 faster. Then we go down to a 2, and then we go down to a 1 – administering all along. Now, the infection is gone again.

Now, let's say it happens again. Let's say six months from now, it happens again. This time – and it's not always perfect like this, but it often presents this way – this time in pain, in urgency, frequency, et cetera, instead of starting at a 7, now it's more likely to start at a 4. However, what most often women experience is the *angst* that

goes along with it. The first thing they think is, “Oh no, it’s coming back again!”

No, no, again, another opportunity to uproot.

Now, how many times does this take? It depends on the person. It depends on how many drugs have been thrown at this condition.

Let’s say this is honeymoon cystitis. Honeymoon cystitis, you know, when young couples first get married, the woman often has pain and gets urinary tract infections from a greater amount of activity at that time in her life. So, it’s going to be more frequently that way. When we use these medicines, we’re looking to uproot the conditions so that the allopathic drugs are no longer necessary, and they actually become superfluous. Then we uproot the propensity for this to become a chronic condition – which is what we want very much to stay away from.

UTI and honeymoon cystitis

Kate: All right Joette, let’s get down to the remedy. You have to share with us what remedy we should use for a UTI?

Joette: Well, there are a number of them as you probably would have guessed. But my all-time favorite is *Cantharis*. Every classical homeopath knows the use of this medicine. We

usually start it in a 30th potency, [*Cantharis* 30C](#). If you only have X, then certainly you use *Cantharis* 30X.

But make sure that you're well-stocked, folks. There's nothing worse than knowing exactly what medicine to use and not owning it. You need to own the top 100 medicines. [I cannot urge you enough to own a kit.](#)

Cantharis 30 and it's generally used every few hours depending on the severity. If it's very severe, you might use it, as I said, every 15 minutes to get started or 10 minutes. Then you open it up to less frequently, as needed.

Then I also like *Medorrhinum*. That is in a 200 potency. That is generally used twice daily during this period of time. Sometimes when it's a very severe case, then we increase the use of *Medorrhinum*, and it's used perhaps every 3 hours.

Now, all classical homeopaths, all homeopaths of any stripe know that these two medicines are some of the best medicines. But the Banerjis have done even more work than that, and they used *Medorrhinum* much more frequently than the way that I was ever trained to use *Medorrhinum*. I don't have a worry about it as long as you know that this indeed is a urinary tract infection. It is appropriate.

Kate: And that is important. You have to know what you're dealing with because you don't want to be taking *Medorrhinum* frequently thinking that it's UTI, and it's not.

Joette: Or *Cantharis* or anything else for that matter. What you want is always to know what it is you're dealing with. You don't have to know which microorganism is at play. What you need to know is what is happening to the bladder or urethra, et cetera.

Kate: The honeymoon cystitis that you were talking about Joette, does *Cantharis* address that as well?

Joette: Well, it can but we, homeopaths, we all know that one of the grand homeopathic medicines is [Staphysagria 200C](#) for honeymoon cystitis. It's those women who after having relations are told they absolutely must empty their bladder, or else they'll get a urinary tract infection, it's *Staphysagria*. I like to use it in a 30th potency or a 200 potency. It is used in the same fashion as *Cantharis*.

Kate: So, every ...

Joette: Every 3 hours is the general rule of thumb in the very beginning. If it's very extreme, it can be taken every 15 minutes. If it's not so extreme at all, it's just mild and the person is expecting that this is going to turn into something, but it hasn't quite yet, then we might use it only twice daily.

Feminopathy relaunch

I have an article on this, a blog article. It's called UTIs and antibiotics. You can look at it, "[Recurring UTIs and Antibiotics: Stop the Cycle.](#)" So, check that out. You'll be able to read up on it a little bit more. But we go into much greater detail in all of these – because these are not the only three homeopathic medicines for this condition. It depends on how it's presenting in other ways as well. And we'll go into great detail in my course Feminopathy.

Kate: You also have an infographic called [The Three Feminopathy Fates](#). How do they get that though, Joette?

Joette: I believe it's going to be down below, and you [just click on it](#). It will tell you how to go about doing that. You can download it, and you'll keep it on your refrigerator or keep it in your medicine cabinet right by your homeopathy kit. If you got a book going that you're putting together -- a loose-leaf binder. Many people tell me that's how they do this. Under the category of "Female," you put this infographic in there, and you can refer back to it time and time again. For those infographics that you use time and again, I urge people to put them in a plastic sleeve and put them in their loose-leaf binder.

Kate: That's just what I've done, Joette. I have the infographics for all of your courses. Again, these are free resources that Joette and her staff offer. You just go on her website, and you can download any of these infographics from the courses. I'm looking at the one for the Feminopathy

course right now. You have some things on here for menstrual cramps, for PMS, varicose veins, hot flashes, flooding.

Joette: Osteoporosis, that's right, cystic breast, uterine fibroids, endometriosis, morning sickness. We tried to pull from as many different areas of a woman's life as we possibly could. But [in my course Feminopathy](#) ... which, of course, we're re-launching, that's what we're talking about. We're re-launching this course. You will be able to learn each of these and many, many, many more. Because we start at menarche in young girls and go all the way to women of a quite elderly age and cover all of the conditions that I could come up with that would be useful to most folks.

Kate: I lead a lot of the Gateway study groups. People are always asking me, "What should I do next? Should I take a course? Should I purchase a *materia medica*?" I often tell them that you're going to get the most protocols from Joette's courses. I'm not just saying that because we're doing a podcast. I honestly believe that if you want to learn protocols, you need to, after taking the Gateway study groups, take [Joette's courses](#) because she details so many protocols in those courses that those courses are your best resources.

Joette: Well, that's right Kate. But for those folks who cannot afford a single course right now, just stick around the [blog](#). Hang out on the [podcast](#). Watch me on [Facebook Live](#), and you will learn plenty. Then buy as you can. Buy a [materia medica](#) when you can. Order a number of homeopathic medicines when you can and make this a focus of your life.

Kate: When we were talking at the beginning of the podcast, I was talking about being prepared. If you want to be able to treat these conditions yourself, you have to have the knowledge, the information, and you have to have the medicines. I just want to kind of wrap up this podcast by saying it is so important that you be well-stocked in your remedies like you said earlier Joette, and that you have the resources.

Whether it's studying free information that you offer or your courses, just have that information at your fingertips and have some friends that you can talk to about these things. Have your study group buddies on your speed dial and be ready to contact them when an emergency situation arises because it's hard to think when you are in that situation.

Joette: That's absolutely so. We have to be *fiercely* interested. If you take this very lightly, it can still work for you. But if you really want this to become an important part of your lifestyle, then you almost have to be fierce about it. What I mean is that focus on it, learn as much and as fast as you can, own as many homeopathic medicines as you can. Go to Wal-Mart or Wegmans or Whole Foods or your local health food store and look at the section that Boiron puts out and Hyland's puts out.

Boiron is in blue tubes. Hyland's is usually in white bottles. Look at even the combination medicines. You don't have to just use single medicines. You can find combination medicines.

Now, I put a cautionary note to this. Those are the companies that I trust for combination medicines that are out there for the public. I'm not impressed with those pharmacies that manufacture homeopathic medicines that have 30 medicines in them all at once. But I do trust, and I've used them myself through the decades, these companies that I just mentioned and their combination medicines.

You can actually find some that are called bladder pain or something like that. I mean, they have their own names to them. And then you look on the bottle, and there are the medicines I'm talking about. I don't think you're going to find *Medorrhinum*, but you'll certainly find *Staphysagria* and *Cantharis*.

Also, buy those because those are good for in a pinch. Leg cramps or overuse or restless legs or insomnia, sleep medicines or ColdCalm. There are many that are combinations.

Now, that is not a classical suggestion. Classical homeopaths do not normally suggest this. Because I've gone into a more practical way of teaching and using homeopathy, I find that it is so necessary for folks to learn how to use these medicines whether they're a combination or not.

So, be diligent. Be curious. This is your secret weapon folks. This is a quiet way of taking care of yourself and your family that's inexpensive. What I always say is this is what I call "intellectually delicious" because this work is so rewarding.

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 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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Ditch Birth Control Pills



Ditch Birth Control Pills

Freedom – we Americans love it, and we *expect* it!

Ever since the 1960s, when the contraceptive pill became widely available, women have celebrated the “freedom” it granted them. No longer bound to child-rearing, women embraced “the pill” for affording them a freedom that was unimaginable in millennia past.

But also unimaginable were the pill’s side effects. And I’m not talking about the immediately evident ones, such as the weight gain, depression and blood clots, which the drug insert casually mentions (as if it were normal to experience them).

The risk of those side effects made the choice to stay with the pill (or not) one that women confidently felt in control of. Particularly because their doctors were in favor of the drug.

No, I'm talking instead about *long-term* effects that surreptitiously invade a woman's life and manifest themselves in a more sinister way, many years later.

I'm talking about an increased risk of breast, liver and cervical cancer, as well as behavioral effects that include postpartum depression.

That's certainly a high price for freedom.

The [World Health Organization \(WHO\)](#) classifies the pill as a Group 1 Carcinogen, along with asbestos, smoking and mustard gas.

Granted, that doesn't mean they are all equally dangerous, but that statement is enough to get one's attention.

What Group 1 classification *does* mean is that there is more than sufficient evidence that the substance is carcinogenic to humans. If you've ever been a juror, think of it this way: it can cause cancer "beyond a reasonable doubt."

In the interest of full transparency, some may argue that the pill, while causative to some cancers, may actually protect against others.

Okay.

Yes, I see that in the report. But is it worth the risk? Sounds more like a game of Russian roulette to me.

Let's face it, many women take birth control pills because it's easy. It may even be the only answer they know of to prevent unwanted pregnancies. But with a little research, you can find safer options.

There are a myriad of books on the subject.

I don't have a favorite recommendation, but a quick look on Amazon led to several intriguing choices I'll list at the

end of this blog.

But you know what really gets me? The laws in our country are set up so that when the discussion of birth control pills is brought up by doctors to underage girls, mothers are ushered out of the room!

Because the retail arm of the pharmaceutical industry (your doctor) is a trusted advocate. Of what? Sexual activity in girls? The doctors are now the child's confidant. Not the mother.

"Are you sexually active?" Asks the doctor. "I'll not tell your mother. Just take these pills, and it will be okay."

'Drives me out of my mind! In my estimation, this is partially because of heavy congressional lobbying by "not-for-profit" organizations that benefit by targeting minorities and the innocent. You know the ones.

Those who promote sex education in schools while positioning themselves as the sex experts so that when a girl gets pregnant and abortion is being considered, they're poised.

And just as serious is the message the use of the pill conveys. Need I go into the problem with the fabric of society that's been torn as a result of "modern" thinking?

Granted, I'm not prepared to give you a foolproof homeopathic medicine to avoid pregnancy. Although, I suppose if you were to hold a pillule of *any* homeopathic medicine tightly between the knees at all times – that should do it!

But frankly, other conditions for which birth control pills are prescribed can be effectively addressed with homeopathy. For instance, The Pill is prescribed to young girls for acne! For *acne*, for crying out loud! Talk about a systemic "solution" to a localized issue!

Synthetic hormones foisted upon a young girl when her

natural hormones haven't even been established yet! Why risk a girl's health and future fertility when a safe, polite, efficacious [homeopathic medicine can address her skin issues](#)?

We, as mothers and grandmothers, need to take more control of what is put in our daughters' bodies – and take more time assessing the danger of what we put into our *own* bodies.

Maybe some of you have learned that lesson later in life after the damage has been done, such as: squelched libido, frank and unwarranted disgust for your husband, headaches, weight gain, depression, and hirsutism (unwanted facial and body hair).

Not to mention how the tinkering of hormones can affect subsequent offspring's masculinity or femininity.

Yes. Think about that one for a moment.

Once you examine it closely enough, many of the conditions women experience come as a result of synthetic hormones.

But for every condition that results as a side effect of birth control pills, there is a homeopathic medicine to help make the correction.

That is, of course, whether or not we've made a direct connection between The Pill and our/our children's individual conditions.

For those whose hormones have **definitively** gone awry from previous "tinkering," consider [Sepia 200](#), every third day. Sepia addresses hormonally-related conditions, whether, from The Pill, Depo-Provera shot, or any synthetic reproduction drugs.

It is not advised for girls who have not already been pregnant but more specifically for those who are older or have been pregnant and have been **definitively** damaged by

synthetic hormones.

Of course, homeopathy's ability in this area, as well as other areas of a young, middle-aged or older woman's life, is sweeping. This week, we are relaunching my course [Feminopathy](#). It covers women's issues in great depth. I created a short video to tell you more about the course – [click here](#).

In honor of all the pregnant moms and/or *moms* of pregnant moms, I have decided to add over a **dozen** new protocols to the original [Feminopathy course](#)!

These protocols will focus on pregnancy, labor, nursing and newborn care.

I'm excited to teach you about homeopathic medicines every pregnant woman should know. Some of these medicines are **protective** for both mother and child while others address **potential problems** that may arise.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a long, flowing tail on the final letter.

P.S. By the way, when you ditch those birth control pills, don't flush them down the toilet or throw them away where they can contaminate water sources. 'Want to read something really scary? [Research has shown the hormones from birth control pills adversely affect fish!](#)

P.P.S. As promised, here are the natural birth control books I found during my cursory search on Amazon:

[Natural Family Planning: The Complete Approach](#) by John and Sheila Kippley

[The Billings Method: Controlling Fertility Without Drugs or Devices](#) by Evelyn Billings

[Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health](#) by Toni Weschler

Last but not least, the title that cracked me up (and you know how I love a catchy title): [The Sinner's Guide to Natural Family Planning](#) by Simcha Fisher



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Barefoot in the Park ... Ouch!



It happens every year, just like clockwork.

Well, come to think of it, it is *exactly* clockwork ... it's the end of summertime.

As these last days of summer transform into fall, all of us want to sneak in a few more outdoor activities while we still can. On a sunny, late-summer day, nothing feels better than walking around barefoot in the backyard, until one of your tender feet lands smack-dab on a stone or a root or a pinecone. Ouch! Stepping on something hard can saddle you with a painful stone bruise.

For soft tissue injuries, two remedies immediately come to mind: *Arnica montana* and *Bellis perennis*. I would put *Bellis perennis* a little higher on my list in this circumstance because while *Arnica* can sometimes be useful for soft tissue damage, *Bellis perennis* is always helpful.

So, how would I employ it if I were to suffer a stone bruise? To alleviate the ensuing pain, I would use [*Bellis perennis* 30C](#) every few hours, until the pain diminished.

Now let me interrupt myself here because this brings up a

basic tenet of homeopathy I've wanted to reiterate. And this is key – one of the real gifts of homeopathy. Even though I said I would be utilizing the medicine based on the level of pain, I would *NOT* merely treat the symptom.

No.

While pain is certainly classified as a symptom, more importantly, it is the *representation* of a pathology. If the pathology didn't exist, the symptom wouldn't exist. For instance, in our example of a stone bruise, the symptomatic pain informs me that *Bellis perennis* is required. By taking it, I will correct the underlying pathology – the injury to the soft tissue of my foot. When the pathology is uprooted, my pain will then disappear.

This is one major way in which homeopathy differs from allopathic pain relievers. In traditional medicine, to treat the symptom of pain, one could take aspirin, or Tylenol, or morphine until the cows come home. But, those wouldn't do anything to get to the *root* of the problem. They would only cover up the symptom.

In homeopathy, we go deeper than that. We *use* the symptom to determine the state of the pathology. So, when the pain goes away, it indicates that the pathology is no longer grand enough to cause the symptom anymore. We have not only relieved our pain, but we've also gone further than an allopathic "band-aid." We have successfully rectified the problem!

Homeopathy performs in this same manner with all conditions, not just stone bruises. It goes deeper than allopathic medicine when addressing the pain of otitis media, stiffness of arthritis, or itching of eczema (to name but a few).

That's why I love symptoms! They are gifts to us – helping us discern which remedy is appropriate. This is how I train people in my [Gateway to Homeopathy study groups](#) and [courses](#).

If you want to become confident and competent in your use of homeopathy – and who wouldn't – I cannot adequately express how vital it is to be well-trained.

So, put your feet up (especially if you are nursing a stone bruise), and read as much information about homeopathy as you can get your hands on. Start with my blogs and podcasts right here on PracticalHomeopathy.com. They're completely free!

And just because summer is waning, don't put the *Bellis perennis* on the back shelf. Stone bruises can happen in the winter, too! There's nothing worse than stepping into your boots without realizing there's a tiny little stone in there just waiting to make you regret getting dressed! And, of course, if you have children, an errant Lego can make your foot miserable at any time of the year! Our feet deserve our respect – and, occasionally, a little *Bellis perennis*.

Remember to pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in dark ink on a plain background.

P.S. While we're on the subject of your training, you may have noticed I'm removing potencies from my infographics. Here's why: When it comes to homeopathic medicines, I tread a fine line between my wanting to give all this information away and my understanding that proper utilization takes training!

I don't want homeopathy to get a bad reputation from folks saying it didn't work for them when the only reason it may

have been ineffective was that they had the details incorrect.

It's essential to fully understand the principles of this medicine rather than just taking a shortcut with too much information in a simplistic infographic. *Homeopathy is a medicine!*

But not to worry! I will still give the complete remedy and potency in my [blogs](#), [podcasts](#), remedy cards, and [Facebook Live events](#). In those formats, I have more time to present the complete picture of a remedy so you are better informed in its proper use.

I assure you I'll never be stingy with this information, but it is my responsibility to be prudent in order to safeguard the future of homeopathy.

P.S. (Boy, a lot of postscripts recently, but this is important!)

Americans for Homeopathy Choice (AFHC) is a grassroots organization that was created to protect your access to homeopathy through continuing communication with the FDA.

They have the support of a special congressional delegation who will be meeting with the FDA soon, but they need your help in order to continue their legislative strategy in Washington, D.C.

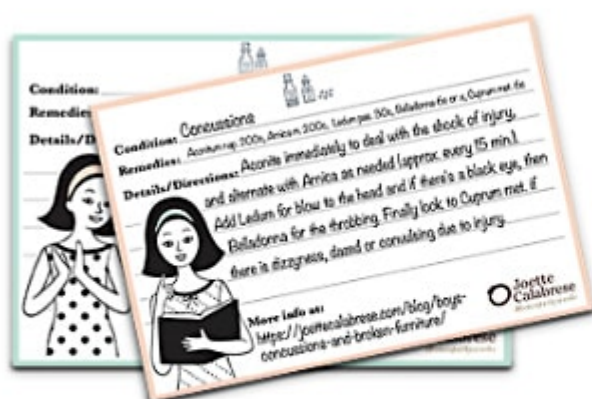
They're hosting their semi-annual pledge drive fundraiser on Facebook this week. During this special event, you will hear from homeopaths and people who use homeopathy from all over the world!

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Each of you who purchase will receive my booklet: *Homeopathy: A Brief History of an Expansive Medical Paradigm*. (The Congressional Ethics committee would not allow AFHC to give this informative booklet to congressional members.)

Plus, if you are among the first ten to purchase, I will **double** your donation by matching your purchase price as my own personal donation to AFHC. [Click here to learn more.](#)

I'm doing all I can to support *Americans for Homeopathy Choice* and ask you to do the same. [Click here for more information about the event's schedule](#), and be sure to catch my talk on September 10, 2019, at 2PM EDT titled, "Secrets of a Prepared Homeopath."



Remedy Cards

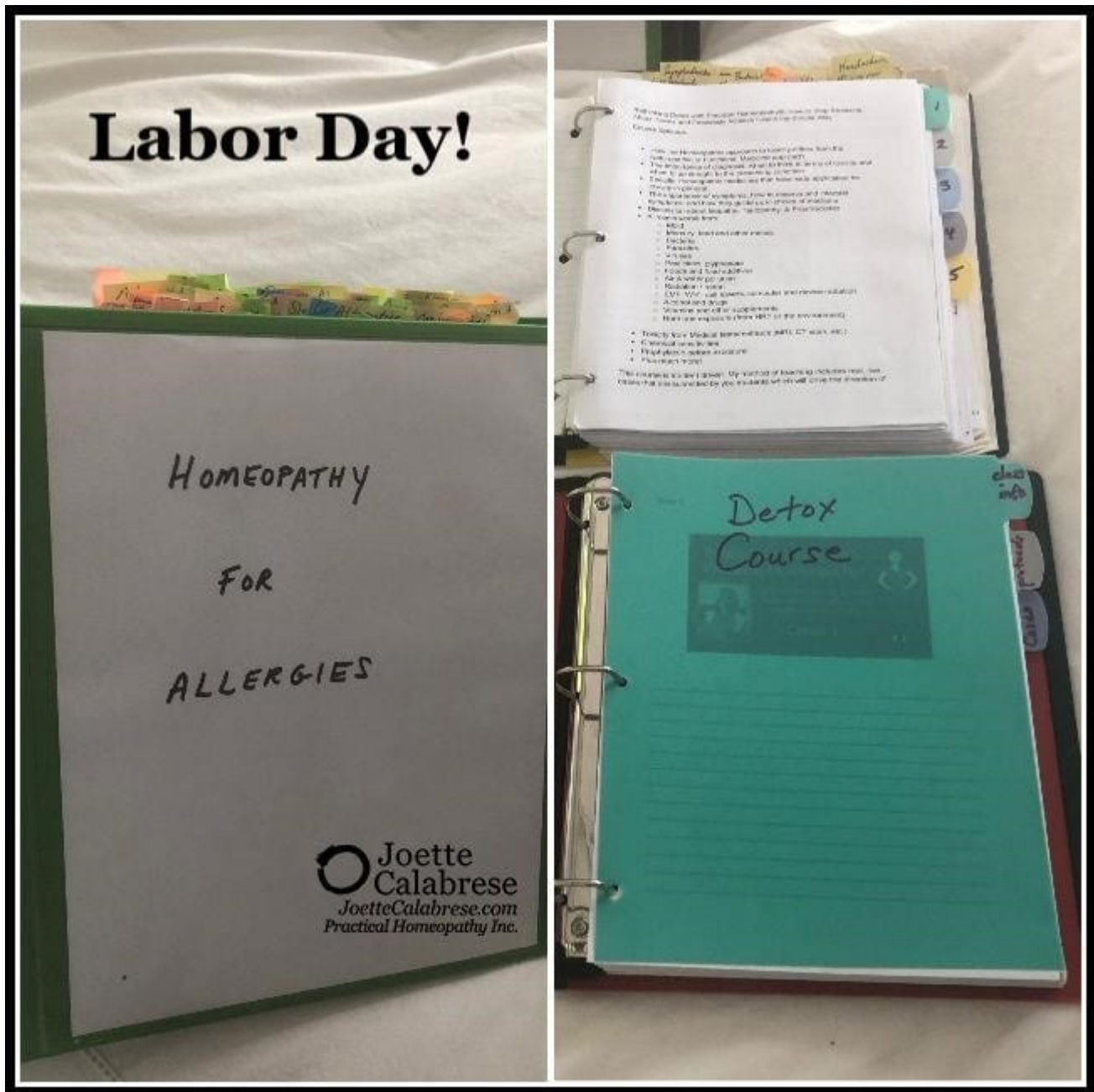
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Labor Day



(The photo above is an example of the notes one of my students took and organized after taking my courses, Allergic and Detox.)

As we celebrate Labor Day today, I began thinking about what this day means. But we discussed all its various meanings sufficiently in my previous blog, "[Happy Homeopathic Labor](#)

[Day](#),” so I wouldn’t want to belabor the point.

Instead, I want to take this opportunity to congratulate all you moms on the beginning of yet another school year. For many of you, Labor Day means freedom!

Since the day you went into labor, you’ve tended your children’s needs – at every moment. But after Labor Day, for those few hours a day that they’re in school, you have the time to do something special.

Reward yourself!

And by “reward,” I don’t mean a manicure or a spa treatment. Although those are nice, I’d prefer you to reward your *intellect*.

Since you have a bit of free time now, set some aside to learn homeopathy. I promise you; it won’t be laborious. If you join one of my [Gateway to Homeopathy Study Groups](#), learning can actually be fun! You’ll make new, like-minded friends as you join other mothers to learn how to take control of your family’s health with Practical Homeopathy®.

Trust me, your Gateway night will quickly become your “girls’ night.”

If you’ve already gone through the Gateway series, [take one of my courses](#) – whichever one best fits your family’s current health needs. Don’t labor under the delusion that I’ll be around forever. I will be here to further your education as long as I possibly can, but I’m not immortal! While I’m here, I’m trying to pass along the torch of homeopathy.

Please take it and run with it!

Learn as much as you can, as quickly as you can. Plan out your day with your homeopathy education in mind. Get organized (take inspiration from the photo above). Set

goals. Consider it a labor of love!

Happy Labor Day! And pass on the good news of homeopathy!

Warmly,

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

P.S. *Americans for Homeopathy Choice* (AFHC) is a grassroots organization that was created to protect your access to homeopathy through continuous communication with the FDA. They have the support of a special congressional delegation who will be meeting with the FDA soon, but they need your help in order to continue their legislative strategy in Washington, D.C.

They're hosting their semi-annual pledge drive fundraiser on Facebook this week. During this special event, you will hear from homeopaths and people who use homeopathy from all over the world, including a presentation from me on September 10, 2019. I call it "Secrets of a Prepared Homeopath."

Also, [if you purchase my Gateway to Homeopathy Study Group Curriculum during this limited time](#), I will donate your entire purchase price (minus the appropriate shipping and handling) to *Americans for Homeopathy Choice*. Each of you who purchase will receive my booklet that was "banned" by Congress: *Homeopathy: A Brief History of an Expansive Medical Paradigm*. (The Congressional Ethics committee would not allow AFHC to give this informative booklet to congressional members.)

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Emergency Remedy Series: Just One Lick



Hi! Buster, the Bad Office Dog, here.

Mom was recently discussing her latest subject for the Emergency Remedy Series:

Food poisoning.

Just thinking about it makes me want to run out and eat grass. You, too? Oh, wait. That's right ... you humans don't eat grass, do you?

Well, trust me. Don't knock it 'til you've tried it.

Anyway, she reminded me of a story about my birth mom, Dolly. Before I was born, she had a wicked case of food poisoning. Seems she got into the neighbor's garbage and mistook it for a smorgasbord.

Blech.

She was soooooooo sick! She started horphing all over the house and was desperate to get outside into the fresh air.

Then the diarrhea and the vomiting started. Both! She got so dehydrated and thirsty; she'd crawl over to her water bowl but just take one lick – not even a full drink. Just one lick, and then she'd collapse with exhaustion. Dolly was terribly sick. (Why she ever ate garbage is beyond me! Ewww.)

Of course, Mom took great care of her (as she does everyone) with homeopathy. She gave Dolly [*Arsenicum album* 30](#) as needed until Dolly was back to her old self.

Apparently, it worked really well, or I might never have been born! What would my family have done without me?

Anyway, I found out the same thing happens when you humans eat some bad food. (Just please tell me you're not getting into your neighbor's garbage. You should know better than that!)

You'll probably know you have food poisoning from the nasty (and relentless) vomiting and diarrhea. It's no fun at all! When the humans in my family are this sick, they always say, "Everything on my inside wants to be on my outside!" (At least they keep their senses of humor, huh?)

You may also experience burning in your stomach, chills, weakness, fatigue, and especially find yourself craving small sips of water just like Dolly did. Mom says anxiety is a big tell-tale sign as well. Lots and lots of anxiety.

Well, guess what? Humans can take *Arsenicum album* 30, too! (In the exact same way – as needed until very much better.)

In fact, Mom says even though *Arsenicum album* is the first remedy she thinks of in a case of food poisoning, it doesn't actually *have* to be food poisoning for it to work. You can also use it when you have those same yucky symptoms, no matter

what the cause.

So, be sure to keep *Arsenicum album* on hand with your other emergency remedies. You never know when something you eat will disagree with you, and it's way too hard to drive to the store when you can barely leave the bathroom!

And don't look at me ... I don't fetch!



Remember what Mom says, "Pass on the good news of homeopathy!"

P.S. Mom's *materia medica* contains other remedies that can help in these cases, like *Veratrum album* or *Nux vomica* or *Ipecac*. So, you may want to have your very own copy of [A Materia Medica: Practical Homeopathy® for Busy Families](#) at home for reference. It has lots of different remedies in it. You'll learn so much!

P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from [Boiron's website](#), you can receive 20% off your order by using the coupon code: joette. And while you're at it, be sure to download Mom's [First Aid Chart](#).

(And just so you know...I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)

[Aconitum napellus](#) (Shocking events)

[Arnica montana](#) (Fatigue)

[Rhus toxicodendron](#) (Delayed onset neck pain and headache)

[Pyrogenium](#) (Sepsis)

[Ledum, Apis, Arsenicum album](#) (Bites and itching)

[*Aconitum napellus*](#) (Eye injuries)

[*Hypericum perforatum*](#) (Injury to nerve-rich areas)

[*Arsenicum album*](#) (Food poisoning)

[Cold Calm®](#) (Colds)

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