

Cell Salt Series: Yellow? Think *Calc sulph*



When you think of “yellow,” you may think of bananas, sunflowers, rubber duckies or even a yellow submarine! Instead, I would like you to think of the cell salt *Calc sulph*.

As we continue with my blog series on cell salts, next up is [*Calcarea sulphurica*](#). It's great for infections, especially those with a yellow hue.

Even acne presenting with a yellow tinge responds well to *Calc sulph*. For dental or bone infections? *Calc sulph* is an excellent choice. Frankly, when any infection arises, *Calc sulph* can also be added (in tandem) to whichever remedy best fits the picture for that specific infection.

Infected wounds most assuredly call for *Calc sulph*. If

there's suppuration, drainage, an abscess or if the injury doesn't heal readily, think of *Calc sulph*.

Let's say you cut yourself. From previous experience, you know every time you get a cut, it becomes infected. Using *Calc sulph* to *avoid* that infection might be a good thing to consider.

I used to discuss using cell salts prophylactically more often, but I've become more conservative about it now. Many of my students and clients are using several remedies for chronic conditions, and there comes a point when we should keep a lid on the number of remedies we are taking.

But if you are sure an infection is imminent, in my experience, there is no reason not to enact a preventative plan.

And as they say on late-night infomercials, "But wait! There's more!" As if all those uses weren't enough to encourage you to own this remedy, *Calc sulph* can also help abort a cold when utilized at the onset of the symptoms!

When my son was younger, he was often plagued with sore throats announcing a cold. The first couple of times, I chose *Belladonna*. It didn't help him.

So, the next time his sore throat began, I immediately used *Calc sulph* 6X. (And by "immediately," I mean the moment he complained his throat was acting up.) It worked beautifully and became my go-to remedy for his sore throats.

Calc sulph has so many other uses – certainly more than I can discuss here in a blog post. In fact, as you have no doubt learned from this cell salt series, *all* of the cell salts are highly versatile, first-rate medicines. I encourage you to continue your study into the myriad applications for cell salts with my digital download (or as a 2-CD set), "[Cell Salts: The Easy Homeopathy™](#)."

I also devote an entire lesson to the power of the cell salts in my *Gateway to Homeopathy II*. However, in order to access this continuation curriculum, you must have completed the prerequisite [Gateway to Homeopathy I](#) Study Group. (*Gateway II* will then become available for purchase on your Student Resource page.)

Until then, be sure to read the other blog posts in my series on cell salts. I've provided a great deal of free information to help you acquaint yourself with the situations calling for each remedy. And most importantly, be sure to own them *before* you find yourself in need. There is nothing more frustrating than knowing which remedy would relieve your condition, and then not having it on hand.

As always, pass on the good news of homeopathy!

Warmly,

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

P.S. If you're looking for all of the posts in my series on the cell salts, here are the links for your convenience:

[Calc phos](#)

[Ferrum phos](#)

[Mag phos](#)

[Nat phos](#)

[Kali phos](#)

[Calc fluor](#)

[Nat mur](#)

[Nat sulph](#)

[Silicea](#)

[Calc sulph](#)

[Kali sulph](#)

[Kali mur](#)



Remedy Cards

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Giving Thanks

**Giving
Thanks**

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

Thanksgiving first calls to mind the importance of family. I am thankful for my beautiful family – today and every day.

Through the years, my family has certainly enjoyed their share of traditional celebratory food.

But there was a time in my life when I couldn't touch the stuffing, because of the bread. I didn't dare enjoy the green bean casserole, because of the almonds.

And I certainly couldn't even nibble at the cannoli I had slaved weeks earlier, making the shells from scratch as any good Italian would. The cheese and wheat in those little treasures would have done me in.

Do you have any idea what kind of torture it is for a Sicilian *not* to eat a cannoli?

So today, around our Thanksgiving table, I will give thanks for a great many things – not the least of which is for the ability to enjoy all of the beautiful traditional foods with my family.

Thanks to homeopathy, my food intolerances have been uprooted. Which means I no longer have them, so I can fill my plate with the bounty we serve at dinner, and yes, leave room for those little flaky tubes of deliciousness!

Just like the meal, my lifelong study, practice and teaching of homeopathy are all “intellectually” delicious. Thanks to you for joining me on this path. Your support and enthusiasm keep me not only bolstered but also passionate about my mission to bring homeopathy to 200,000 families by the year 2020. (We've already surpassed my goal of 100,000 just this year.)

Happy Thanksgiving to you and each member of your family, as you continue to pass on the good news of family and homeopathy!

Warmly,

Joette

Podcast 63 – Posology 101



IN THIS PODCAST, WE COVER:

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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Join our Community:](#) Get on our mailing list for updates on upcoming, new courses

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

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

[Get Your Kids High:](#) blog post on fevers

[How to Raise a Healthy Child in Spite of Your Doctor:](#) Robert Mendelsohn, M.D.

[Aconitum 200](#) with [Bryonia 30](#): general cough

[Spongia 200](#): croupy cough specifically with the sound of a saw sawing through wood

Kate: This is the Practical Homeopathy Podcast Episode Number 63 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 Joette!

Joette: Hi Kate! Nice to see you.

Kate: Nice to see you. It looks like you're in Florida. And you know how I can tell that?

Joette: How can you tell? By my dress that's all flowers and pinks and blues?

Kate: That's right. That's right.

Joette: Most folks probably don't realize that we see each other. We're remote. You're up North. I'm in the South. But we see each other, and everyone else just hears us. But we watch each other and do this on a podcast that's video. It's fun.

Kate: Yeah. So Joette, before we get started with the meat of this podcast today, I know that there's something that you have in the works. Why don't you just share a little bit about what's going on?

Joette: Well, we're starting a course soon. It's on the subject of toxins and homeopathy. How to address toxins; how to remove toxins; how to not fear toxins; how to live in a world that might have toxins in it. So, just watch out for that. If you happen to be a student, be sure to go to the student page because it will all be written up there.

If you're not a student, *become* a student! Learn how to do all of this. Watch for it, we'll be giving information out about it on the blog, et cetera. Be sure to [get on our email list](#) because *that's* where you're going to get the information.

Kate: Yes. People will be notified when you have new courses that come out.

All right, well, here we go with another podcast today. I have a subject that comes up quite a bit. We just finished actually a study group for the [Gateway to Homeopathy II study guide](#). I had a lovely group of women. It was super fun. I'm sad actually to be finished with that because – you know how it is – when you can connect with like-minded women every week. It's just, it's awesome! So, I already miss it.

Joette: Yeah, it is awesome because it's like, you know, like a pajama party.

Kate: Right.

Joette: Probably I'm showing my age now, but we used to set each other's hair, put music on and talk about boys. Now, this is the mature type of pajama party.

Kate: Exactly. It's a mentally stimulating pajama party.

Joette: Right. I can guarantee that the ones that we had in high school were not mentally stimulating.

Kate: So, these women, when we get together, there are certain number of questions that seem to come up time and time again, or we just always want to dig deeper into them. One of the questions is: when we figure out the right remedy, how do we determine what potency to use and how often to give that particular remedy? I know you've talked a little bit about this before, but I was wondering if we could dig a little bit deeper into that today.

Joette: Actually, I'm going to correct you, Kate. I talk about it all the time. You have not apparently been paying attention.

No, I know you know that. I do mention it frequently. But people who are new to homeopathy may not have gotten that opportunity to hear me say it 500,000 times before. So, I'll say it 500,001 times, and we'll make it an odd number today. Let's do it again because this is an important subject.

The subject actually is called posology, P-O-S-O-L-O-G-Y. I'm going to read this directly from my [Gateway to Homeopathy II book](#) – the curriculum that you've just been talking about that you use with your group, and that folks would use if they started or joined a study group. The title of this is Posology, and I'll just read from it.

Posology

"The word posology comes from the Greek words: posos (how much) and logos (meaning study). Indeed posology – the frequency and potency of a determined homeopathic medicine – is a deep study unto itself. Even today, there are differing opinions from homeopaths on how to determine posology. This subject is so complex because there are so many variables."

So, what are the variables? For example, *"How anxious is the person who is offering the remedies?"*

I have to mention. This is really important. Just because the mother is anxious doesn't mean that the remedy that she's given her child should be given more frequently. We have to have a cool head when something's going wrong in our child, our husband, our pet, our neighbor, our mother, et cetera. So, don't use *your* anxiety as the administrator of the homeopathic medicines as a determining factor to how frequently the remedy ought to be given. That is absolutely *not* a good way to determine posology.

Kate: That's a tall order.

Joette: Well, it is a tall order but it's an order that's worthy of learning how to control. Because if you don't control it properly, and you get freaked out, you give the medicine too frequently. You're going to mess things up. Now, it's not dangerous. It's not horrible. But you really want to keep a cool head – just like if you were using conventional medications, and you were told to use an antibiotic, for example, every six hours. Do you freak and say, "But the child is really sick! He's got a high fever, and he's got strep throat. I'm going to give it every 15 minutes just because I think my child needs it more." No, no, there are certain rules that we have to follow. It's the same in homeopathy.

Another example of a variable: *"Is someone else hovering over you as you give the remedies waiting for a response?"* So, is it your husband saying, "You know, you need to give this more frequently. Something's going wrong. You got to do something. Do something now. You better move along." That can also be a factor that can mess up the frequency that you give the remedy in.

"How severe is the illness?" Now we're getting to something more substantial. Now, we're getting to the girding of how important it is that you do what's correct, not what your psychology or someone-else-around-you's psychology is about. So, how severe is the illness? In other words, if someone is vomiting relentlessly, you're not going to wait and give the remedy only twice a day. You're going to give it more frequently.

Or, *"How frequently is the person sick, and how healthy are they in general?"* These are all questions that do need to be considered.

"Are other medications involved?"

(I'm reading from my text here, and I'm skipping around a little bit.) But, *"What access is there to conventional care if needed?"* All of these are factors in determining how frequently and even the potency that's used. So, I'm going to read again:

"However, using Practical Homeopathy® [which is what I teach in these classes] and the Banerji Protocols [which is what most of this is based upon], posology is made easy." Did you hear me? I'm going to repeat that: Posology is made easy with the method that I teach.

"That is, simply use the protocol that is assigned to the condition."

I'm going to read that again. *"Simply use the protocol that is assigned to the condition. The potency and frequency are given with the protocol so there's no need to question further. However, when you do not have a protocol to use and need to determine a potency for a homeopathic medicine, in general, I usually teach that it's best to begin with a 30C or a 30X – unless you are quite sure of your remedy choice, and you've done it before, and the symptoms are severe."*

So. There are circumstances in which you don't have "the recipe," so to speak. So instead, you have to use the information at hand. That is: How severe is this? Et cetera.

So, *"Having said this, I've also found that some medicines act more effectively in a lower potency such as a 3 or a 6C. You will see these lower potencies used quite often in the Banerji Protocols."* So, use the protocols first. If you don't have a protocol, then start – generally – with a 30th potency and go from there.

Start collecting remedies

Kate: So, this is a good time to ask that, I want to say,

age-old question: “Can I substitute if I don’t have the correct potency?”

Joette: Well, I get this question frequently on my blog. My answer is consistent. You may use any potency you want. But, if you want to enjoy the kind of responses that I’ve grown to expect by using homeopathy and especially these practical protocols (the Banerji Protocols), then use *exactly* the potency that I’ve taught you to use. For example, in these courses, in these study guides, on the blog, et cetera.

So, if you’re doing this because you’re wondering whether or not you can use a different potency because you don’t want to spend money on another one – you only have it in a 200, and the protocol calls for a 30, or a 3, or whatever – this is not a time to be worried about the cost of an \$8 bottle of a homeopathic medicine! If on the other hand, you live in an area where it’s very difficult to get ahold of the remedies, then you use what you’ve got *until* you can get the correct potency, and then add to your collection. As I always say, **she who has the most remedies in the end wins.**

So, what I’m saying is start collecting. Get the potencies you need. How do you know you need them? Well, if you go through the blog, take the course of Study Guide classes, and you learn what remedies are used for what conditions in your family.

If you have all boys, then you don’t need remedies that are regarding female reproductive organs. But if you have all girls, you certainly want to have all the remedies – on hand – for those that might be useful for dysmenorrhea, menorrhagia, for all of those conditions, for menses, the menarche that has not begun properly. You need to *know* those remedies and *own them*.

There’s nothing wrong with owning remedies you don’t use for 20 years because they last a very, very long time. I don’t

even know that they have a true “end date,” even though some of them will have expiration dates written on them. Remedies are *investments*. I own them from the 1980s. I still use those medicines, and they still act. So, own them, put them aside and consider them an investment in your and your family’s future.

Let me also mention this. By knowing these medicines, by owning them, by owning the protocols, the freedom from fear and angst and worry about this or that condition is so uplifting and so grand that it will be worth your \$8 purchase. Sometimes they could be as much as a whopping \$18 for a bottle of a remedy that could save someone’s life, that can make your family member more comfortable, that can uproot a strep throat, otitis media, conjunctivitis, flu, eczema. I mean, the list goes on and on. It gives us comfort in knowing that we have the capability of making this happen.

Kate: It’s funny you should mention that because in the last podcast (that I think will be aired just before this one) when [I interviewed a group of men who did this Gateway to Homeopathy I study guide together](#), they talked about that very thing, Joette. They said they felt a sense of freedom that they could handle whatever came along. They didn’t have that fear, that worry, that dependence on someone else to help them in this situation – that they felt that freedom. So, that’s interesting that you brought that up.

Joette: Yeah. Well, true health is freedom. So, it’s not just freedom from worry because now you know what to do just in case, but also the freedom to be able to live your life fully. As you gain better quality of life through homeopathy, you’ll find that you want even more of it. We humans become greedy. I want even better health than I had before. I want my child to be even smarter than he was before. Some of that can be accomplished. Not all, but some of it can be accomplished through using homeopathy and using

these protocols.

Kate: I would like to ask you to go on reading. You're actually reading from Lesson 3 (just for those of you who might have – or in the future purchase – the [Gateway to Homeopathy II](#)). So, can you just go on? Because this next section, I want to talk about just a bit?

How often to administer

Joette: Sure.

“Now, let's say you've determined which homeopathic medicine and potency to use and are ready to administer. How often should you administer the chosen medicine? In general, remedies can be administered approximately every 3-4 hours, especially for an acute condition. [That's what we're talking about here.] However, taking a remedy every 3-4 hours is only necessary as long as you still have symptoms, and the remedy is helping.

If you're concerned about waiting because the symptoms are more severe and warrant taking the remedy more frequently, this time may be shortened. In such a case, you would take a medicine every 1-2 hours or even every 15-30 minutes, which might be appropriate in some cases. Make sure that you are doing this because it is warranted and [once again] not out of your fear.”

Kate: So, I hear a lot of people talking about a “loading dose,” and I think you know what I'm referring to when I say that. Can we just talk about that a bit? What are your thoughts about that? I know what you just read to me. It says, “If it's severe, we can use the remedies more often. If it's less severe, you use it less frequently like every 3-4 hours.” So, when they talk about this loading dose, what do you have to say about that?

Joette: Well, they're talking about this for an acute

condition, right Kate?

Kate: Yes.

Joette: Yes, for a flu, or a cold, or an ear infection or something like that. Well, it's a term that some homeopaths use, and they like to use it like a jumpstart: bam-bam, then bam ... bam ... bam! There's nothing wrong with it. *I* don't use that method. I don't think it's wrong. I just don't teach it; I don't use it; it's not what I've learned to use; it's not what I've used for the last 30-some years. So, I don't discuss it because it's not part of my method.

But I don't think it's wrong. It's not a bad idea. To me, when people are talking about loading, it means to me that they've been studying under a homeopath who uses that method.

Remember now, homeopathy was begun in the late 1700s by Dr. Samuel Hahnemann, and then it went throughout the world. So, it's been used for over 200 years by many, many physicians in many hospitals, clinics and in universities throughout the world – in very large hospitals and very small practices. So, there are many ways to skin this cat. I know folks very much want black-and-white answers. I do the best I can to parse out the complexity of homeopathy and make it super-simple. But ... there are many ways to skin this cat.

In France, they do it differently than in Germany. In Germany, they do it differently than in India. In India, they do it differently than in the Midwest of the U.S. I mean now, of course, the U.S. is pretty much all one because of communications. But back in the early 1800s, there were segments of the U.S. that used higher potencies: 1Ms. In other segment of the U.S., there were homeopathic physicians who were using lower potencies.

So, there are many ways to do this. I'm teaching a specific method, and there are variations on that theme. People can

use whatever they like. But if you want to see the kind of results, as I said, that *I've* seen using these particular protocols then stick with the program.

Kate: Yeah, okay, good explanation! You haven't done that, and you haven't felt a need to.

Joette: Here's another way of looking at that loading. If someone ... let's go back to vomiting relentlessly. If someone's vomiting relentlessly, I'm not going to say, "Okay, I'm going to give this remedy every 3 hours."

No! They're really suffering! We want it to stop! We want to give them comfort, and we want to move the condition along faster. So, we're not going to give it one dose at noon, and then another dose at three. Of course, we're going to give it about 15 minutes later. I would call it: you give it closer together until there are results. As you see the results accruing, then you can open it up. Instead of every 15 minutes, you might give it every 2 hours.

So, it's just really, it's *nomenclature* more than anything else. I just don't call it "loading." I call it: "Use it as it's needed." That could be construed as needing to load up.

We're not talking about loading on the number of pills, by the way. We're loading up on the *frequency* that it's being administered.

Kate: Yes, yes, good point. If it's a cold for instance, you wouldn't necessarily do that. If they're not suffering greatly, it's a cold. They have a sore throat. You would just give it every 3-4 hours.

Joette: That's right. That's right. But ... others might say, "Well, that's loading! Two doses in three hours, that's loading!" I would say you're just giving it accordingly – as it's needed.

Kate: Yeah, that's a good point. So Joette, let's continue reading from Lesson 3 on posology.

One remedy at a time for acutes

Joette: Alright.

"It is best to use one remedy or protocol at a time, so you know how the remedy is acting or not. This gives you the information you need to determine if you should continue using that particular medicine. If the person is suffering horribly, you can add another remedy as needed for symptoms."

Now, we're talking about an acute here, not a chronic. That's why I'm urging folks to use pretty much one protocol or one remedy at a time, so that we can read the symptoms.

I'm reading again from the manuscript. *"If the remedy you have chosen is not acting, stop and consider a different one. Keep good records that include date, time, noteworthy symptoms and remedy choice. I guarantee that unless you have monumental memory skills, you're likely to lose track of what you've chosen and changed."*

Remember, this is not a supplement paradigm. These are medicines. Decrease the frequency of the remedies you are using as symptoms improve. STOP taking the remedies [or using the remedies] when you are very much better. You should not continue taking the medicines after you feel well. Compare this to taking an aspirin for a headache. You take the aspirin every so many hours as needed. You do not continue to take aspirin for a headache even after the headache has gone. And finally, if the condition appears to be beyond your capability, get to the doctor! Use medicines [your homeopathic medicines] on the way."

So, we're talking here about an acute situation because I know what will probably come of this podcast is people will

say, "Wait a minute! I know you used more than one protocol at a time." Well, yes, but that's more often for a chronic condition.

We're talking about an acute such as conjunctivitis, or otitis media, or strep throat or something like that. That's what we're discussing now. So, the paradigm is slightly different.

Kate: Right. But for an acute like a cold, you still may use a couple of different remedies to layer – to address different symptoms if they have some symptoms that really stand out (several of them).

Joette: Yes. But generally speaking when someone has for example, otitis media – it's a child who has an ear infection – they generally have a fever, pain, and they might have some cantankerous personality aspect of this, or anxiety, or something. Those three can all be distilled down to one remedy! It can often be *Chamomilla*.

If the fever is super high, say 104 or 105, then *Belladonna* fits it – all three of those: the anxiety, the pain, the fever, et cetera (even being cantankerous). So, generally speaking when it comes to an acute, you're not going to be dealing with otitis media, *plus* conjunctivitis, *plus* strep throat, *plus* sinus infection. Generally, it's *one* area that's being affected. So, in that case, we're using only one remedy that will probably cover all of the symptoms of that particular condition.

Kate: Okay, so, let's go back to the cold example. If you have a cold, you might start with *Aconite/Bryonia* which is the combination that the Banerjis often use for that, and you recommend. But maybe the person also has a croupy cough along with that. Then are you suggesting we stop the *Aconite/Bryonia*, although *Aconite* can be used for croupy cough ...

Joette: Absolutely, yeah.

Kate: ... or it could be *Spongia*. So, do we keep the *Aconite* and *Bryonia* and add the *Spongia*, or do we ...? You know what I mean? Just stick with the *Aconite* and *Bryonia*, every 3-4 hours and not add the *Spongia* in?

Joette: I know what you're saying. *Aconitum* is one of the most powerful remedies known to mankind for croup, so if *Aconitum* ... And *Bryonia* is for a cough as well. So, if [*Aconitum* 200](#) with [*Bryonia* 30](#) is being administered, and the croup is not growing, not getting worse, not coming more frequently and in fact it's backing off, then the *Aconitum/Bryonia* is acting. If, however, you're using *Aconitum/Bryonia*, and you've used it in a few doses – two, three doses – and you don't see a change, then you abandon *Aconitum/Bryonia*, and you go to perhaps *Spongia* or *Hepar sulph*.

So, for an acute, you will likely find that one remedy – and *Aconitum* mixed with *Bryonia*, some will argue is actually two remedies, but **mixed together they make one**. So, I consider it as one remedy. It's one protocol. So, if you find that that one remedy is not acting, and you've given it a good try (three, four doses), and you've seen no improvement – then it's time to abandon it and go to something else for that croup.

Now meanwhile, if the child has a little diarrhea or is lethargic, et cetera, et cetera, but they have a croupy cough, what is the most obvious thing we need to go after? A little diarrhea, fatigue compared to croup cough? Croup becomes the king, and we have to pay attention to the king. So, *that* becomes what we need to focus on. Everything else is subjected to a croupy cough. And, it will likely abate dramatically once a croup cough is corrected with the correct homeopathic.

Fever

Kate: So, the child has a fever now, and they're super uncomfortable because of the fever, do you then add in a remedy for the fever?

Joette: If the fever is 101, 102, 103, let the child be a little uncomfortable. I'm serious about this. We don't treat symptoms. We treat the person. We use the condition. So, instead of worrying about a fever – and I've talked about this many times – I would urge you, folks, to go to my old blog titled, ["Get Your Kids High."](#) Just look that up, and it talks about fevers.

Fevers are not innately dangerous. So, allow the fever to do what it's supposed to do. A fever is intended to cook off the virus.

Now, if the fever is causing delusions, and now, the fever is up at 105 or 106. And, even then, to be honest, I let my first child go to 105.5, and it worked beautifully. When I gave him the remedy *Sulphur 30*, it came down right away, and everything that he was sick with was cleared up.

So, if it's just a little garden-variety 103 fever – I know many mothers think 103 is high – that is not high. That is average, and it's normal. It's to be expected, and we *want* it.

The danger with fever always is dehydration. That is the danger! I'm going to say it again. **The danger with fever is dehydration.** Now, we're talking about garden-variety childhood illnesses. We're not talking about a fever from a head injury. We're not talking about a fever after surgery. That's not what we're discussing here. We're talking about regular, old, croup- cough, childhood illnesses for most children that are normal. So, by making sure the child is hydrated and allowing that fever to cook itself off, we're going to get the best results in the end. So, I don't treat

fever per se, unless it's something that is out of the ordinary.

Now remember, I keep emphasizing about the mother and how nervous she is. The more nervous she is, the more likely she's not been studying. She's not been reading. Mothers need to do their homework if they're going to take this on. If they're not going to take this on, or they don't want to do their homework, or they feel it's just too much for them at this point in their lives, then they must count on the advice of a doctor and go to the pediatrician. But if you want to take this on yourself – and I urge you to do that – but if you want to do this yourself, then you *must educate* yourself.

I'm going to harken back to a book that I've mentioned so many times people are probably tired of me mentioning it, but I'm going to repeat it again. It's a fabulous book written by Dr. Robert Mendelsohn called, "How to Raise A Healthy Child in Spite of Your Doctor." It's an old book. [You could probably find it on Amazon.](#) I've seen it there for a dollar. I would run – not walk – to your Amazon account and purchase that book. In fact, buy a few of them! Make them part of gifts that you give to friends that are about to have babies because it is a very, very important book. It explains how important it is to understand what it is you're seeing and not freak.

Some cold and cough remedies

Kate: So, getting back to that cold example, Joette. Let's just talk this through a little bit further. Say the croup has stopped. There's no longer that barky cough. Now, it's turned to a deep coughing up the phlegm. Now maybe their throat is sore as well. They're miserable more with the congestion and that sort of thing. So, we would stop the *Spongia*, correct?

Joette: That's right.

Kate: We would now look for a different remedy that fits the picture now.

Joette: That's right. But I'll be honest with you. What I see time and time again is if it's croup, and you use *Aconitum/Bryonia* [[Aconitum 200](#) with [Bryonia 30](#)]- or you've used just *Aconitum* all by itself for that matter in a 200 potency - it usually will abort the croup. If it doesn't, then the next choice can be either *Hepar sulph* (depending on the time of night that it shows up), or *Spongia*. (Now, *Spongia* has a very distinct sound. Croup has a distinct sound as it is. But *Spongia* has a sound like a saw sawing through wood. It's a very strange sound of a cough.)

So, now let's say you've used the *Spongia*. It's highly unlikely that that child is not going to recover from that.

In other words, we don't usually see croup go into lingering fever, and another kind of cough and lethargy. Generally speaking, those remedies that I've just mentioned - any one of them if they are correct (and they will be if you choose properly) - will correct the entire condition.

But I know what you're getting at. I just wanted to make that distinction, however, that what I often see is that when a child has croup, and you've used the correct medicine, it's done. When it's done, it's done!

Now, it doesn't mean that the croup can't come back three days later. What do you do? You go right back to the medicine that you found acted last time. If it was *Spongia*, then you repeat it again. If it was *Aconitum* and *Bryonia* then you use that again and go from there.

But I understand your point. What you're saying is what if something else comes up? Now, let's say the child does go into relentless vomiting or something, then indeed that's no

longer a call for *Aconitum* with *Bryonia*, or *Spongia* or *Hepar sulph*. Now, we're talking about a remedy such as *Veratrum album*, *Arsenicum*, *Nux vomica*, that kind of thing. So yes, now you move on to the next medicine for the next condition.

So, what we would do in that case is we go right back to the remedies that helped. *Spongia*, if it helped then you continue with it. *Aconitum/Bryonia*, you continue with it. Again, *Spongia* is for a cough that is a pretty specific kind of a sound. If *Spongia* doesn't act properly, then we might go back to *Aconitum/Bryonia* because that's for an overall cough.

Kate: Right. If you have a cough that you're not sure, you've tried several remedies, then maybe *Hepar sulph* is an overall cough. I think that's what we talked about here in the Gateway II is *Hepar sulph* for a cough that you can't figure out.

Joette: Yes, you can use *Hepar sulph* for that. I always start out with *Aconitum/Bryonia* at the onset. But if it's confounding you, and it's not acting thoroughly enough or not acting at all, then yes – *Hepar sulph* is a great medicine for when we don't know what else to use for a cough.

Kate: Okay. I think maybe in general, people go overboard with their remedies. Do you see that as far as the number of remedies? That they try one right after the other instead of sticking with something for a longer period of time?

Learning with study groups

Joette: Yeah. Again, that harkens back to a mom who's too anxious. First of all, a mother needs to know what is truly serious. She has to be able to determine what is serious. What should I be freaking over and getting to a doctor for? What is not serious and is a common childhood illness that

she can handle on her own. She needs to settle into that and understand it.

It's not a belief system. It's an intellectual pursuit. So, she has to read. She has to study. She has to go to the blog, read books on homeopathy, study, take courses, join the study group, meet with others.

Then I'll tell you what I love about these study groups is that it is made up of – as you said earlier – like-minded women, more often mothers and grandmothers who are going through *exactly* the same thing. So, I find that the best way to learn or to at least *remember* something is through stories. So, if I give you a story of what happened to me with my child, and then I tell you what remedy I used, I guarantee you'll remember that. Pretty much you're going to remember that for years to come! What better way to do that is with a group of women who are all telling their stories?

"I had a child Saturday night who had a croup. I gave *Aconitum* all by itself, and it aborted it right then and there. Then three days later, it came back again. I gave *Aconitum* again. And it acted for a while, but then the croup continued to develop. So, I decided to go to *Spongia*. I used [*Spongia 200*](#). I used it three times over a period of about 10 or 12 hours, and it's done."

That is a story!

Now, you can imagine: "It was in the middle of the night; my husband was traveling; there I was all alone with my child, and my other kids were in their beds." Now, you've got a whole picture. You will remember that. That in itself is worth its weight in gold: listening to other people's stories and what they used. And, you're all studying from the same manuscript. It's invaluable.

Kate: Yes. And they're bringing all of their experiences

and learning to the table. So, I feel like you learn exponentially because you're drawing from all of their knowledge and experience. So, it just makes learning so much faster. You can learn so much more with these groups.

Joette: It doesn't have to be my group. I just happened to have them. But what I'm telling you is that any time you're learning something as a group...

You know, my son years ago, was taking piano lessons from a piano teacher who taught one-on-one. Then we moved, and we found another piano teacher who insisted on teaching three kids at a time in the studio, all of them doing their practicing and their repertory with two other kids there.

Now, she could explain, "You see how he did that. That's the proper way to do it. You see how she did that? That's how I want you to do it next time. Or you see how all three of you kids did it? That was wrong."

You learn from each other. That's why we're on this earth together. We don't want to be an island. We want to share our experiences and learn from others. I just have one little statement I was going to say. **"Suffer the pain of discipline or suffer the pain of regret."**

Kate: That's true!

Joette: It's all about disciplining yourself to learn this stuff. That was written by Jim Rohn, R-O-H-N. I found it online. I think it's so poignant that if we don't learn and don't discipline ourselves to learn what's important to us – regardless of what it might be, learning how to cook, learning how to take care of a family, learning how to keep a house, learning how to run the finances of the household – then in the end we will suffer the pain of regret.

There's nothing bigger and better and more satisfying than raising children. If you can raise them and actually treat

their health conditions yourself, that adds the frosting on the cake. So, with that, I urge everyone to learn as much as they can.

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, Stitcher, and TuneIn radio.

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



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Where There's Fire, There's Smoke



We're all concerned by those affected by the devastating fires in California. There are so many who have lost their homes, and even worse, lost their loved ones.

Fires of this magnitude are detrimental not only to the immediate burn area but, of course to the surrounding communities suffocating under clouds of smoke and ash.

When experiencing breathing difficulties due to external causes (such as particulates in the air), we should first think of [Arnica 30](#).

Coughing, especially a gagging cough (as one resulting from having inhaled too much smoke or air of poor quality), calls for [Ipecac 30](#) (*Ipecacuanha*).

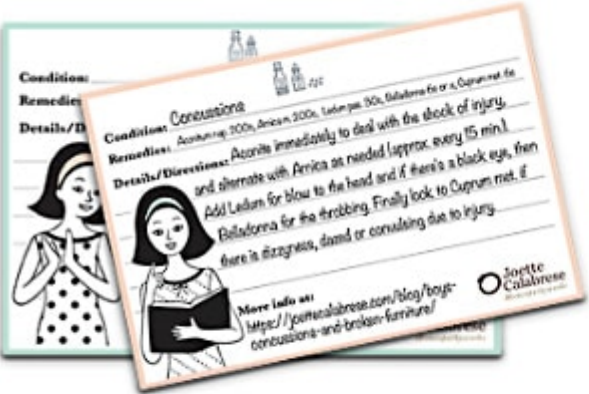
Arnica 30 and *Ipecac 30* can be alternated within minutes of each other, as necessary until normal breathing is restored.

This combination may be needed for extended periods of time.

Additionally, [*Euphrasia 30*](#) is a capital choice when the eyes stream and burn, while [*Carbo veg 30*](#) is indicated for when it feels as though there just isn't enough oxygen getting into the lungs.

Can all of the above be used by one person? Yes, as long as the conditions present, all may be used separated by a few minutes or so.

I hope this will offer hope to some.



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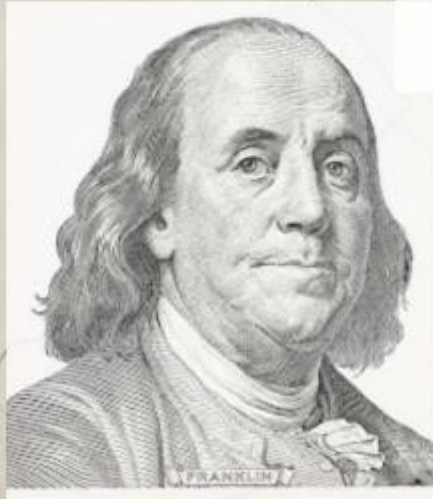
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The Disease of Kings (and Commoners)

The Disease of Kings (and Commoners)



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

What do Benjamin Franklin, Henry VIII and I all have in common?

All three of us have experienced a gout attack.

Luckily, I have only had one event, but those two men, among many others, are well-known for having been relentlessly plagued with the pain, and eventual crippling, gout can cause.

In fact, rumor has it that Thomas Jefferson had to deliver rough drafts of the Declaration of Independence to fellow Founding Father of America Benjamin Franklin for his input, as Franklin was too infirmed from a gout attack to attend the meetings!

Because of Henry VIII of England's well-documented association with the malady, gout earned its nickname, "The

Disease of Kings.” A sufferer certainly doesn’t feel like an entitled royal during an attack, though. I can attest to that!

At the time mine occurred, years ago, I didn’t even realize that’s what it was. The great toe on my left foot was swollen, red and incredibly painful, but it never occurred to me it could be gout. I was too young! I ate well! I drank plenty of water.

Well, maybe I really didn’t.

It must be a bee sting – at least that’s what I thought – and bee stings call for *Apis*. Well, let me tell you, even though it can sometimes be used for gout as well, that *Apis* didn’t work. At all. I suffered for a couple of weeks with the pain until it eventually, very slowly, diminished.

It’s an essential story for me to share because it shows that I make mistakes just like everybody else.

Mistakes are how we learn.

This incident highlights what a tremendously important part diagnosis plays in effectively utilizing my method of Practical Homeopathy®. It was not until many months later after the gout symptoms were long gone, I realized what they really indicated. Had I received an accurate diagnosis immediately, I would have chosen the correct homeopathic medicines and shortened the length of my suffering a great deal.

This is why I always reiterate to get a proper diagnosis whenever possible before choosing your remedy.

Gout, of course, is the result of an increase of uric acid in the body. This excess uric acid crystallizes within the body’s joints, causing debilitating arthritic pain. We have [discussed before that the cell salt *Nat phos*](#) is one of the

remedies we think of for acidity.

In cases of gout, however, it is generally used in combination with other remedies, depending on how the condition is presenting. In a recent podcast, one of our [Moms with Moxie discussed](#) having success against gout with *Nat phos* 30, but the more familiar potency for this use would be [Nat phos 6X](#) twice a day, regardless of whether being used for chronic or acute situations.

But that's not the only way to approach gout. There's actually a lot more than just *Nat phos*.

There's a Banerji protocol for chronic gout: [Ledum palustre 200](#) and [Belladonna 3C](#) taken together in the mouth two to three times a day, in addition to *Medorrhinum* 200 taken twice a week, until the condition is resolved.

During acute attacks, that same Banerji protocol may be utilized every two to three hours, alternating the two remedies (*Medorrhinum* and the *Ledum/Belladonna* mixture), until very much better.

(As a side note, *Belladonna* 3C is challenging to locate in the United States. If that is a problem for you, the 6X potency will work.)

Upon taking the appropriate remedy, I never had another gout attack again. Why? I don't know. I don't know why I had the first one. What I do know is if it ever does recur, I am at the ready to attack it with our victorious homeopathy! (I bet poor Benjamin Franklin and Henry VII wish they'd been so fortunate as me.)

So, get ready for Thanksgiving! Don't let anything (especially gout) stand in the way of your having a lovely and delicious holiday.

And while we're on the subject, Thanksgiving dining tables

are infamous for family discussions – most stay pleasant, but some conversations may border on adversarial. If you find yourself engaged in a debate about homeopathy during the holidays, be forearmed! Skeptics in every family usually respond best to facts.

Where do you get facts?

Well, you know about my blog posts – you're reading one right now! But did you also know my website houses a [resource area containing](#) useful downloads and a vast collection of pertinent articles I've curated regarding the efficacy of homeopathy? Just log in and utilize the area as much as you want – it's all free! I want you to have the power of facts behind you as you pass on the good news of homeopathy this Thanksgiving!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in black ink and is positioned below the "Warmly," text.

P.S. If you're trying to get a jump on your Christmas "hinting" over the Thanksgiving holiday, might I suggest a remedy kit? *Nothing* is more important than having the correct remedy on hand at the exact time your family needs it. Whether you ask for the Top 100 Remedies kit, a 200C Remedy kit, the [kits that are offered through my office](#) will give you the confidence to know you are ready for anything.

But hurry and order soon!

Oh, for crying out loud, I sound like a high-pressure salesperson; the truth is, our inventory of these kits runs out quickly.

So, encourage your “Secret Santa” to get your name on our list to receive one as soon as possible so you’re not disappointed on Christmas morning! There’s never been a more practical, lifesaving, confidence-building gift. (And it’s fun, too. Nothing makes me happier than to organize my remedies, and I’m sure you’ll enjoy it just as much!)



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

Joette Calabrese
Author of The Homeopathic First Aid Kit

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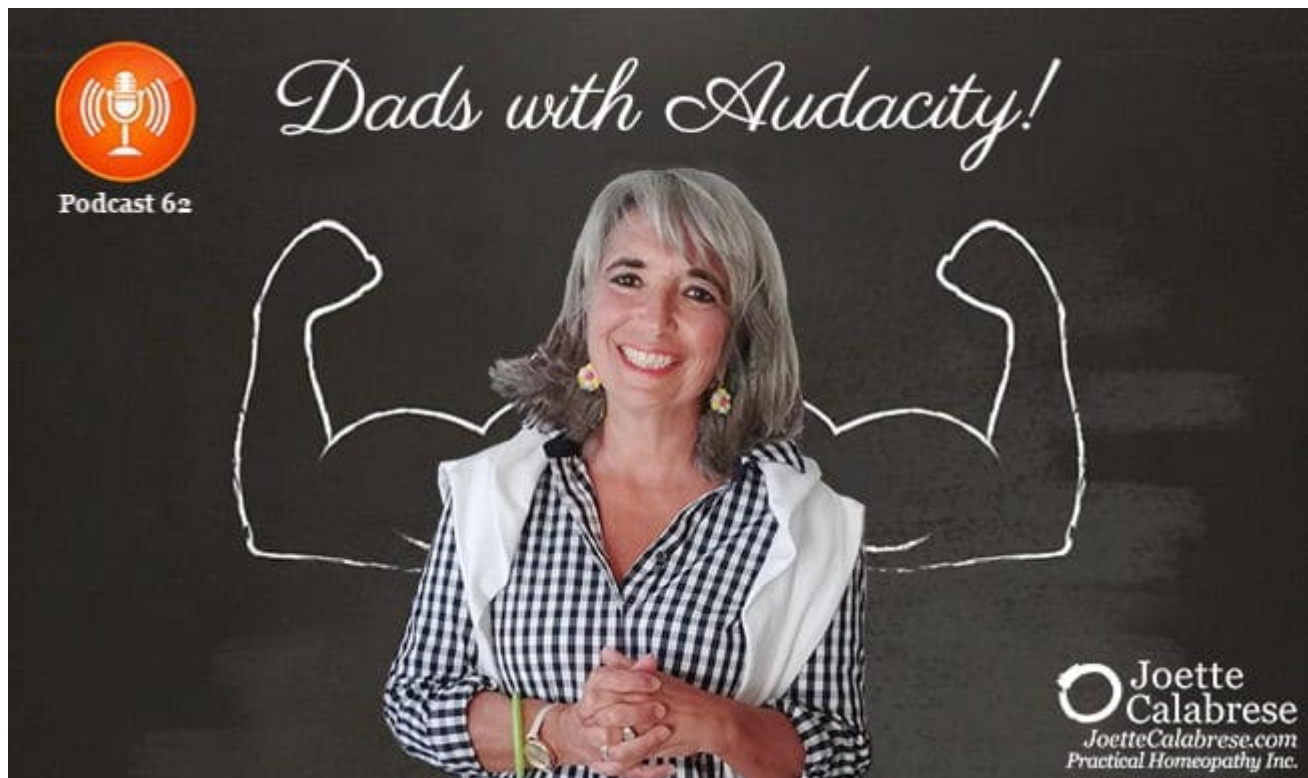
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Podcast 62 – Dads with Audacity: A “Guys Only” Study

Group



IN THIS PODCAST, WE COVER:

- 01:51** Kevin and the *materia medica*
- 09:35** **Tyler and his daughter's concussion**
- 14:36** Daniel and the inventory of remedies
- 17:53** Neil, the study group, Trent's condition
- 27:05** Building a homeopathic community
- 40:56** Calling the doctor
- 43:17** Some tips on starting a men's study group

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Gateway to Homeopathy study group curriculum](#)

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

Kate: This is the Practical Homeopathy Podcast Episode Number 62.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi, I'm Kate, and we are in for a treat today! We're going to hear from four men who are studying homeopathy together using Joette's [Gateway to Homeopathy curriculum](#). I'm super-excited for you all to get to meet them, hear about how this guys' study group came to be and find out how they are using homeopathy. So, welcome guys!

Neil: Hey, thanks for having us.

Tyler: Thank you, super-excited to be here.

Kate: Yeah! I'm excited, too. I want to welcome to the podcast Kevin, Tyler, Daniel and Neil. So, Kevin, you and I have been talking over the phone, organizing this podcast. You've been telling me about this group of men studying homeopathy together. So, give us a little bit of information

about yourself, and how that came to be.

Kevin and the *materia medica*

Kevin: Great! Well, first thanks for having us, Kate. I've been listening to the podcast for a while now. Actually, this podcast was my first introduction to homeopathy maybe only four or five months ago.

Other guys in this group ... our wives have all done the [Gateway I class](#). Some of them are doing the [Gateway II class](#) right now. The group kind of originally got together seeing our wives doing what they're doing, saving our kids' lives on a daily basis. We eventually started to get behind it more and more. Seeing their passion for homeopathy encouraged us, gave us something to support and something to connect with them on another level.

Kate: Kevin, when we were talking last time, you were telling me how you and your wife are opposites in a lot of ways. So, tell me how homeopathy has brought you together.

Kevin: Sure. I approach things from a very intellectual mindset. When I first heard about homeopathy, I, of course, was skeptical and was asking a lot of questions that my wife didn't know how to answer or sometimes would brush off altogether.

So, I remember one time, I was laying on the couch feeling sick, called into work, and my wife, on the way to taking the kids to the bath, popped some little sugar pills into my mouth. I don't even know what they were to this day. But, you the story – you've heard it before – within minutes, I was feeling better, called back into work to tell them I was going to make it, and ended up feeling just fine within maybe half an hour.

So, I started asking her questions about what was going on, what happened, "How did you do this?" She pointed me to her

Gateway I book. I started reading and ended up in front of my computer with Wikipedia researching Samuel Hahnemann and these laws of cures – and had no clue what I was doing or what I was reading. My questions just weren't getting answered because I didn't really know where to look.

Kate: Well, first of all, I think Wikipedia ... was it a positive spin on homeopathy? I've heard that Wikipedia can be pretty hard on homeopathy because everything that's positive is taken off of there right away. That's not true? Did you find good information?

Kevin: I would say I found both. That's sort of the problem I have with approaching an intellectual topic like this is that I get confused because I am very willing to read both sides of an argument. Homeopathy is so vast I wasn't really sure how to approach it. It was too complex for me. My wife's approach was very practical, which is obviously what Joette is an expert in ... is breaking it down to make it easy to understand for families. So, she is great at that. She gets the emotional aspect. She gets this mothering, nurturing way of approaching homeopathy that I don't necessarily get. But, that has brought us to a point where if we have a problem that we come across, and maybe she doesn't remember a remedy and something that might antidote it, or something that might be similar, or she doesn't necessarily take into account all the symptoms, that's where I excel in that textbook sort of recall, and we are able to assist each other really well in that way.

Kate: Yeah. It's interesting. So, for those of you listening, you'll get a kick out of this. So, Kevin, what do you love to do in your spare time?

Kevin: Oh! I know what you're asking. Very quickly, I found that there was this thing called the *materia medica* and I had to get one. But I didn't have one; my wife didn't have one, had no desire to have one. So, I downloaded a few

different apps on my phone. I just sit in my spare time – whenever that is at work or at home – I just read through the *materia medica*: learning about plants, the animals, the minerals, whatever, things that I like knowing about anyway, things I can teach my kids later in life when they're older. But finding that poetry and that symmetry between how these things act in the material world, and how they act in homeopathy. It absolutely satisfies my longing to research and learn. And I love reading the *materia medica*.

Kate: That is so great! I hear that now, you and your wife have something in common that you can share on a deeper level where you're just not talking about how your day was, but you're actually sharing this thing that you both are passionate about, right?

Kevin: Yeah, absolutely. I mean, I am the sort of textbook-research kind of person. I like having intellectual conversations. Not to say that I'm smart or super academic or anything like that, but it's just the way my brain processes information. My wife and I definitely connect in a lot of ways. We met through playing sports like volleyball and Frisbee and things like that. We love raising kids and getting into Weston A. Price kind of stuff. There's not a lot of intellectual content there. So, having this connection with homeopathy has been great.

However, at first, there was a lot of resistance on my wife's end because she found this new thing where she has this intellectual knowledge above what I knew. And she was very, I guess, protective of that. We eventually had a conversation when we talked about getting a guys' group together and learning homeopathy and she was uncomfortable with it. She didn't want me to know the things she knew, and maybe she felt that I would challenge her or steal it from her – which was totally justified for her to feel that way, absolutely.

But, when we finally broke down that barrier to understanding what my motivation was to learn about homeopathy, she absolutely accepted me into her level of intellect and understood that my approach was to not only connect with her intellectually (and I think that that has and will continue to grow our marriage), but I just wanted to be able to support her knowing that she wouldn't do a lot of this kind of research. She was always "boots on the ground, first aid, save the kids' lives on a daily basis" kind of mindset. She doesn't have the time to, I guess, research like I do.

Kate: I can imagine right now a lot of women listening to this podcast wishing that their husbands would have that desire – to really dig deep into homeopathy and to support them in what they're doing. So, I think this is an *amazing* thing that you guys are doing together and learning and growing together. So, yeah, kudos to you Kevin for supporting your wife, and *all* of you guys who are here because I know that's why you guys got together. You wanted to learn more and to be able to share in this and support your wives as they utilize homeopathy daily.

Kevin, thanks for sharing a little bit about your story. I want to move on right now to Tyler. Tyler, tell us a little bit about from your perspective, how you're using homeopathy, or what you're getting out of this study group and a little bit about yourself.

Tyler and his daughter's concussion

Tyler: Sure, yeah. So, my wife and I have two little girls. It seems to us that around homeopathy, there's this ethos of everyone sharing their stories. That's where people are connecting. So, I had a story for you if you're interested in hearing one of our experiences.

Kate: Yes! Of course!

Tyler: One night, we're at church, and it's the middle of the service. Instead of our numbers coming up on the screen for our kids, which never really happens with ours, the children's pastor just starts calling me. So, I know that this is serious. I told my wife, "Hey, if I need you, I'll text you. Keep your phone visible." I ran out there, and it turns out that the kids were playing this game where they're running at full speed and not necessarily looking ahead of them. And her and another kid crashed onto each other, and the other kid ends up sinking some of his teeth into her head.

Kate: Oh!

Tyler: So, she gets a concussion. And the little boy's parents were dentists, so they went on their merry way to take care of that. Naomi, my daughter, she's groggy and not able to focus her eyes. Meanwhile, there's a small group forming around her. She's got a bloody nose. I've been friends with Kevin now going on about 20 years. If you glance at Kevin's nose, it'll start bleeding. So, he has shown me ways to try and stop a bleeding nose. So, she's pinching the bridge of her nose, and we're tilting her head back – which actually tilting the head was a bad idea because she's now swallowing blood.

Kate: Oh, Kevin led you astray?!

Tyler: Well, this was pre-homeopathy. So, in front of everyone, she throws up blood. And we've got people trained in Western medicine. There's a nurse, and there's a pharmacist. They're all running around like one of those old, black and white movies with no sound. They're trying to be respectful of us in our decisions, but you can tell that they're bothered that we're not making a beeline for the emergency room.

So, my wife comes over. (I've texted her at this point.) She

starts asking about the symptoms. She heads out to the car, and she comes back, and she pulls out these little white beads that look like topping to some candy. She turns to me, and she goes, "Watch this."

She goes, "Hey, Naomi." I know she's not supposed to have it in her hand, but she holds the medicine out in her hand and says, "Naomi, take two of these from my hand and put these under your tongue (to see if she can follow the direction)." She very groggily does it. Within about five or ten minutes, her eyes focus; her voice clears. She says, "I think I remember what happened." Everyone's kind of confused, and she starts to explain how she ran into the little boy, and how she had gained her injury.

So, through the course of the next week and a half, she's got a huge bruise on her face, and it turned into a black eye. But we were able to help her body heal – with homeopathy and bone broth and all this good stuff – within a week and a half. I've never seen those kinds of injuries heal that fast. I've had black eyes before, and I didn't get rid of it that quickly.

So, that was really meaningful to us to see it play out in that way. It seemed in short order. It's also curious to see when they looked back, and they described the situation, they don't say that she had a concussion. They'll use words like "semi-concussion," or they'll try and downplay it as much as they can to explain it away in their mind. That it wasn't really what they saw with their own eyes.

But then, the fact that she had a black eye a few days earlier, and then it's gone – there's no really denying that.

Kate: Yeah, thank you, Tyler, for sharing. That was great. What a great homeopathy story!

Tyler: My pleasure.

Kate: I want to move now to Daniel. Can you share with us a little bit about how you got involved with this group, and about your family, and how you're feeling these days about homeopathy?

Daniel and the inventory of remedies

Daniel: Oh sure. Let's see. Well, I mean my wife and I have known Neil and his family for about four years now. So, that was how I first got connected with the group. As far as homeopathy, my mother-in-law has been studying and taken most of Joette's classes (if not all of them), for a few years now. My wife started studying about two years ago.

From the first class that she took, she saw the value in it and asked about hosting a class at our home, which I was fine with. I didn't really know much about it at the time. I was skeptical because of course ... you know. I remember a 20/20 episode from about 20 years ago where John Stossel was making fun of the whole thing actually.

Kate: Oh, wow!

Daniel: I didn't know it was homeopathy. But I mean, I remember him talking about the stuff that's just diluted in water. And the more that it's diluted supposedly, the more helpful it is; and the lower the dosage, the stronger the result. That just didn't make any sense at the time.

But, seeing the results articulately ... well, there was one lady in I think it was the second class that we hosted who had a number of health issues that has been greatly helped by it. And then, of course, Neil's son has been tremendously helped by it. So, just having those experiences ... I would say within our family, we've had smaller issues like Tyler had. We haven't had any major issues in our family. But seeing it being helpful with day-to-day stuff, and then also just wildly successful with similar folks that had more

serious health issues, we're very excited about it.

Aside from being a mother and a wife, this is kind of my wife's passion. She is really excited about helping people to having natural alternatives to the traditional Western medicine. So, she's looking for ways to help: so, hosting classes, and also, we've built kind of an inventory of homeopathic remedies at our home – some of which are not necessarily available at the local store. So, that's been, I think, just very good for everybody that we know who's involved.

Kate: Yeah. I heard that you guys are sort of the local go-to house when someone's looking for a remedy, and they can't find one. They know that they can count on you guys, usually right? You usually have it?

Daniel: Oftentimes, yeah. Or we can put it on the next order because we have monthly orders now that we're getting from OHM.

Kate: That's so fascinating what you guys are doing in your community. You're building a resource – from what I heard, from what you described – where people know that they can count on you guys to get them what they need which is really, I think, commendable. It's super helpful because even health food stores don't usually carry a wide variety of homeopathic remedies, or if they do, it's the top 20, 30. And then if you want a 6C in something or a 200C remedy, it's hard to find those usually locally. Maybe not where you guys live, I don't know. Where I live? Yeah, forget it!

All right, Daniel, thank you so much. So, Neil, let's get a little bit of background from you, and how you're feeling about this study group, and what you might be learning.

Neil, the study group, Trent's condition

Neil: Yeah. Thank you, Kate. Really appreciate the

opportunity to share on the podcast. My wife, Danielle, she has kind of really led the way here, I think, for many of us involved here in the class and also our spouses.

Kate: Neil, why don't you tell us, where is your group located in the states.

Neil: That's a very good question. We are located in Southern Oregon. So, that's just slightly above the California border.

Kate: The state of Oregon is better in general as far as natural medicine goes, from what I understand.

Neil: Yeah, absolutely. I think we kind of have that reputation, and I think we've earned it.

Kate: Yeah, you're fortunate to live there in that respect. That's for sure.

So, Neil, tell me, how do you feel about this study group of the guys? Do you guys look forward to it? I'm wondering – okay, this might sound crazy – but I know what a women's study group looks like. We get together, and we might have some snacks. We talk. But I'm trying to imagine, you know, I'm hanging out with the guys. What does your study group look like? Do you get right to business? Are you all pretty serious, or what does it look like?

Neil: Yeah, yeah, absolutely. We definitely have snacks. We do no business until we have snacks. And then it's straight to business after that. But that is definitely a requirement. The group, I think we all kind of came together – I might be speaking mostly for myself here – but my wife, Danielle, she's really passionate about this. I really want to complement her as much as possible as her husband and father of our children. So, I kind of felt like I was maybe getting in the way a little bit of like an "effective" process here with the remedies.

So, with the men's group, I really learned a lot just about the process, and kind of like, how to take a case, how to be observant in identifying symptoms, and then how to kind of work together with my wife to provide the appropriate remedies for the symptoms. So, I really learned a lot about just the process and kind of the "rhythm," I guess, for homeopathy – and how to provide it to the family and also myself.

Kate: I think, I'm sure actually that your wives must be super appreciative of you guys doing this. I remember hearing you guys talk about this group. There was something that you guys did when you ... it's like a club. You said, "No women are allowed!"

Neil: Yes, yeah. Because we definitely wanted to keep, I guess, the essence of "man" here and not maybe have, like, a cross gene, I guess. But I think it was really nice to just have a guy's group where we could get together and talk about the challenges that we might be having at our household and kind of how to maybe get some ideas from the other guys in how we could better support the family.

On a sidebar, I'm going to kind of go down this road. Just this last Sunday, my son, Trent who was born premature, and he's had struggles with acid reflux. He has a very easy gag reflux. And he's had some other dietary issues and some challenges. But again, I really commend my wife for leading and being a great mother and getting him a lot of good services and also bringing homeopathy to him.

But anyway, we woke up Sunday morning and noticed that Trent was not feeling well. He had some water, and then he threw up. He started to dry heave. Luckily, we were able to calm him down and kind of stop doing that. Then we took a quick inventory of kind of his symptoms and noticed that he was very cranky. He was very clingy. He was easy to gag.

So, Danielle jumped right into her homeopathic role there and started to administer some remedies. That was, like, at 7 o'clock. And then around 9 o'clock, he was very tired and lethargic still, very cranky. In fact, I was preparing some rice with beef broth on the stove. Right next to me was Trent, kind of leaned up against the refrigerator looking very unhappy, and then he started to kind of just lie on the kitchen floor.

It's just amazing that someone that miserable at the time, within the next hour, his whole mood and personality changed to where he was smiling and happy. He had two servings of the prepared rice, and then he took a nice two-hour nap. So, kind of that image of him being miserable on my kitchen floor kind of sticks with me and just highlights the power of homeopathy. So, Danielle and I are very thankful for that.

Kate: And how quickly he turned around and things changed, yeah.

Neil: My wife and I talked after that, and we were both, like, "Well, that was awesome." Because we had great communication, we were both on the same page as to why she was asking questions, and what the information was for, and how it was going to be used. We were able to kind of bring it all together to help Trent. Instead of calling the doctor and freaking out and all that, we were, like, "Hey, we have this," with just a lot of confidence. So, definitely was excited to have an opportunity to maybe share that. I think Kevin echoed in and Tyler and Daniel also on just how we can come together and have a stronger relationship with our wives and the family.

Kate: I think that's key. You guys can work together then, and you're not going in opposite directions where one is saying, "Oh, we need to get to the doctor." Not that you don't want to go to a doctor, obviously, if there's a

situation that requires that. But you both kept calm, and you worked together in coming up with a solution and felt confident in what you were doing. You supported each other in that. So, that is really great!

Neil: Yeah. I mean I love it very much. There are a lot of little elements about homeopathy that I find very valuable to me. Like, it's non-addictive. I really would hate for my son or daughter to grow up with this Tylenol or whatever. Then they kind of get that feeling that, "Oh, you know, I don't feel good. I'll just mask the symptoms." Then that's just kind of like, what they go through in life. Then we always think about, like, those pharmaceutical commercials. It's like, "Oh! I have eczema on my skin. I get a rash. So, I'll take this pharmaceutical." But then I end up with side effects that I have to take more medications for and you're just compounding the problem. So, I really appreciate that it's not addictive, and it's not manufactured by some large pharmaceutical company that they're going to just kind of continue to feed us pills.

Then I also really love that it is organic, and it's from the earth. It's not some sort of engineered product. I always think of, like, Tylenol. I go to that because I'll be out working, and my back will get hurt or sore. And then you take a Tylenol. The pain doesn't go away. It's just masked. It's still there, and you could still get injured. At least with homeopathy, you're actually *fixing* that. You're able to live a healthier, better life because of it.

Kate: Yeah. You have a pretty dramatic homeopathy story with your son, too, right? So, tell us a little bit about that.

Neil: Yeah. Our son Trent, he was born premature – a month. I'm not an expert at this in any way, but he has what I think is called hypotonia. So, he has really low muscle tone. I always think kind of, like, Gumby, you know. You can

just move his legs around or arms. He's just, like, double-jointed almost and super-cute. I think that last few weeks in the womb also delayed the little valve in his throat that keeps things down and some of his other stomach muscles that might help him with potty. So, I think there's been some delays in his development from that. So, we struggled a lot when he was young with vomiting and colic and speech and a lot of other things.

My wife shared some stories with me just to make sure I was on the same page. My wife gave Trent the homeopathic for speech. Within a day or so of administering that remedy, Trent's speech really started to come along. The remedies have also helped kind of cure his dietary allergy to milk and dairy. It's helped him keep his food down. One of the remedies we gave him on Sunday was for GERD. I have the paper right in front of me, and it shows all the different remedies and times that we administered it to him. It's kind of neat to look back at that. But, I think homeopathy has really helped Trent come along and given him a better quality of life.

Kate: Right, without medications like you said. So, that is really good. It's not going to cause other side effects.

Neil: Yeah, it's great. We're very thankful for it.

Building a homeopathic community

Kate: So, does anyone else have a homeopathic story that they wanted to share?

Tyler: Yeah, I got one. This is Tyler again. I shared this story about my oldest daughter, but there is another one with my youngest. She has really sensitive skin. One day, she started getting something like hives or ... I'd have to check the paper because my wife takes those notes like Neil and his wife did. The coolest part of this story is I was at

work and Neil's wife, Danielle and my wife paired up and brought all the remedies they had to my work because they were out and about. They contacted Daniel's wife, and we've got this group text going immediately with pictures and descriptions.

The coolest part of the story to me was the community aspect. It was not long until a strategy was developed, and we were in communication with our doctor. We had an appointment later that day to take her in, but we kept giving him updates saying, "Hey, it's moving from head to toe. I don't think that we actually need to come in." We have a really supportive doctor. He goes, "That's great! Keep doing what you're doing."

So, that community aspect, I think, is something that is crucial and it's helpful and I would encourage everyone to try and plug into something like that. When Daniel was talking about the veritable *lot* of remedies that they have in their house, it is like, a *hoard* of medicine. It couldn't be more helpful. So, yeah, having that as an anchor point to this community is very much appreciated.

Kate: Yeah. It sounds like you guys have a really great group and the start of an amazing homeopathic community. I'm assuming you're going to be studying together some more and reaching out to some other men. I think I heard you talk about some other men maybe wanting to join a group. Tell me a little bit about what your future plans are.

Tyler: Yeah. I think Kevin has already taken the second class. Is that right? You already plugged into that one?

Kevin: Yeah. Yeah, I actually ... Gateway II, I think was released right when we were coming to the end of our Gateway I class. Being all gung-ho like I am, I enrolled for both. Before I finished Gateway I, I was I think two or three weeks into Gateway II. So yeah, that's the kind of community

we have here.

We had, I think, a couple of the ladies in our group ended up getting the special bonus material for being in the top 50 that signed up for Gateway II or something. So, that's how on top of it they were, just ready to jump on that. In the country or however many people that are available to take this worldwide, they were right there at the outset and were already through four weeks of that.

So, I wanted to emphasize one thing that Neil said, which I hope would be encouraging to some of the other mothers that are listening. It's the way that his wife has corralled some of the other people into taking these classes. It was really through persistence. I don't think she ever even spoke to me or my wife personally. I mean, we've known her for a long time. But about this specific thing, it was sort of, like ... we'd hear from Ty's wife that, "Hey, Danielle is doing this class with herbs or something. You guys might be interested. You're into natural healing and stuff." So, I was, like, "Oh! Yeah, we don't have time."

And then we'd hear a couple of months later from somebody else, "Oh! Danielle's doing another class. Is that something you'd be interested in?" Like, "Ah, we don't have time. We're about to have twins. We got four kids now. We can't spend the time to do a class. That's just crazy."

Well, finally, another few months goes by, and somehow, I see Neil around town or something or Tyler, and they're, like, "Hey, Neil's wife told me to tell you to tell your wife that you *have* to take this homeopathy class!"

It was, like, "Oh! Well, I guess we'll talk about it since we *have* to."

So, my wife, I guess had done a little bit of research. This is maybe not even a year ago now. She did a little bit of research and said, "Okay, I really want to do this." I think

my wife called Danielle, and they talked. She was convinced, and I said, "Okay, well, here's the deal. It's either essential oils or homeopathy. We can't afford both this month." There's an initial upfront cost to starting homeopathy. She wanted a kit and the book and a few other things. She convinced me that in the long run, it would be cheaper, so we went with homeopathy.

I guess that's a testament to maybe the organic process. It's going to be different for other people. But the way that Danielle went about it to get into my heart eventually to say, "Hey, your wife's serious about this." She finally took the time out of her day to research this even though our house was just a mess of children. It finally worked. There was never any pushiness. There was never any convincing, never sending emails or Facebook posts of, "Hey, you have to research this. Read about this. Go look in a book." It was never any of that. It was just, "Hey, trust me. You're going to like this."

So, I think that was just really helpful and maybe encouraging to some other mothers. Maybe find the dad in the group that does support his wife and get him to talk to his friends or him to tell the other guy to tell his wife. That's kind of how this came about. We just sort of started talking about it. It was, like, "Hey, there's a bunch of husbands now that support their wives in this. None of us really feel effective in supporting our wives. Maybe we should take a class. Oh! We don't have to pay because our wives already did? *Awesome*. Let's do this!"

That probably wasn't really a roadblock for us, but it was nice. It was just another little thing, the way Joette sets it up to say, "Hey, if one spouse pays for it, the other can join in." That is really wise on her part to set it up that way.

So, there are some little ways, maybe some wives can nudge

other people and just be persistent. It is totally worth it. I'm so *grateful* that Danielle took the time to just drop a line every couple of months. That's all it took. Eventually, we had no excuse. So, we looked into it. That was it. There was never a debate at all. We still knew nothing about it, but we trusted Danielle and all these other people.

Kate: Thank you. That is super encouraging. I think that's a great tip for those women who are listening who are trying to figure out how to do this together in a partnership with their husbands. So yeah, thank you for sharing that. I hope that's helpful to some of you listening today.

Kevin: There are so many other reasons to do homeopathy *obviously*. But for the guy that's maybe listening to this or maybe the wife that wants to approach her husband, it doesn't take an argument. It's totally not worth it. It just takes a little bit of love and patience – like with most things. You can't change people.

Kate: Right.

Kevin: Yeah, I would like to share a story that maybe will characterize how my relationship with my wife has grown through homeopathy.

Kate: Sure.

Kevin: So, this was just a few weeks ago. I was at church helping move some furniture, and I had a long sleeve shirt on. I was busy moving. All of a sudden, my left arm started itching. Felt just like poison oak which I am very susceptible to. So, I knew that mental aggravation that went along with that. I couldn't think about anything else. So, I went over to my wife, and I said, "Hey, note this time down. My left arm just started itching like crazy."

She said, "Oh, okay, well, there's nothing we can do about it right now. We'll talk about it after church."

Like, okay, no big deal.

It's about 45 minutes later, we're driving out to somebody else's house. I have my sleeve rolled up, and we're looking at it and trying to decide what the best remedy is. I'm thinking, "Well, this *feels* like poison oak." My wife is saying, "Well, it doesn't feel right to me because you didn't touch any poison oak. It must have been some kind of bug," whether insect or arachnid that was somehow in my shirt and got spooked when I was moving around and bit me. So, there's about maybe 20 different welts going up my left arm from my elbow to my wrist.

She is looking up stuff in her phone as we're driving. I'm just holding the steering wheel with my left hand – can't really think about anything else but how *badly* this itches. She says, "I think it's *Apis* because of this and this. I think it's a bug bite. I think the redness, you know, and this." I said, "Well, I think it's *Rhus tox*. Let's really explore this."

So, she's reading the *materia medica* on both – just to sort of appease me. She says, "Okay, after reading that ..." I'm more convinced that it's *Rhus tox*, and she's more convinced that it's *Apis*."

I said, "Okay, you know what? Let's do the *Apis* first. And then when it doesn't work, I'll take *Rhus tox*."

So, she just slides it over under my tongue while I'm driving, and I start counting in my head, one, two. I get to seven, and I feel this rush of cool lymph or some kind of energy into my arm, and I feel it go up each little prickle on my left arm and just suck out the agitation and the itching. And it's just gone! Seven seconds is when it started, and by ten seconds, I wouldn't have even known without looking at my arm that there was anything wrong. I was *shocked*!

So, I started counting again. I didn't even flinch. I didn't say anything to my wife because, you know, maybe I didn't want to be wrong. She was just patiently sitting there onto her next thing, probably knitting or something. I started counting again. "Okay, I'll let her know when it starts itching again. Then maybe it will come back even stronger, who knows? I'm not sure what's going on right now. That was weird."

So, we finally get home, and the redness has gone. The bites are barely visible. It never came back at all. Obviously, at some point I stopped counting. So, I explained to her what happened – how quickly it happened. From that point, I was the homeopathy evangelist. I was telling people that had never heard of homeopathy how this remedy made from a honeybee took away this itching in my arm in seven seconds, and it's awesome! You should look into it.

To be honest, it changed my language when I talked about homeopathy from calling it "witchcraft placebos" to calling it "magic pills." (That was a compliment coming from me.)

So, yeah, I felt growth in myself, deferring to my wife. Maybe in the past, I would have said, "No, we're going to take *Rhus tox* first. I want to try the wrong thing first, just make sure it's the wrong thing." My wife didn't gloat over this. She was just happy my arm stopped itching. But it was such a wonderful thing to *know* that she has that power; she has that capability.

To put it in a slightly different perspective, I hope some of your listeners can relate to this. A couple of guys in this group, including myself, were familiar with the Dave Ramsey Financial Peace University. I'm sure that some of your listeners know that feeling of going through these classes and no longer having this fear that they're going to go bankrupt, or something's going to pull out the rug from under them, and they'll be left destitute. (It's a great

thing and if people haven't heard of it, it's worth looking into.)

But this feeling I now have with homeopathy is like medical *peace* – where I can have a conversation with people, and I don't say the word fever with the same meaning that I used to. It doesn't scare me – or broken bones, or even meningitis, things like that. It's like those things used to really *terrify* me, like, "Oh! Watch out for the *Listeria* and watch out for the *Giardia*." And it's, like, "You know what, you got a stomach ache, you can just take this. Or if the food is spoiled, we'll just throw some *Arsenicum* at you later when you're on the couch." I've had that happen which is why I can say it. I've had that experience where I was vomiting; I was so sick. And then all of a sudden, I was better. And reading the stories, reading the anecdotes that are on this podcast and, of course, all over the internet really helps to promote this feeling of freedom that you cannot find with the fear-based Western conventional medicine system.

Kate: It just gives you a confidence and a sense of peace that whatever comes your way, you have tools to address the situation, and you don't need to fear. That's so powerful!

Calling the doctor

Kate: So, what else might you like to share with those dads or husbands that might be listening to this podcast?

Neil: I just think if you kind of, maybe, stumbled upon this, and you're just kind of, like, "Oh, yeah. I'll just call my doctor. He's on speed dial. Just fill my prescription." Maybe just question that a little bit and consider homeopathy as a valid alternative. It's a much better life.

Kate: Yes. So, at one point, were you like that where your

instinct was to call the doctor, go in and get the prescription? And now you've changed that thought process?

Neil: Well, in my life, in my experience, when Trent was first born, we would call the pediatrics' office. And a blessing for us, I believe, is they were very understanding. They were almost, like, "Whoa, guys! Take a breath. Calm down! If this persists for a while, maybe come in, but you guys don't have to come in right now. It's normal." They were, like, "Maybe give him some chamomile tea or something like that." So, I was very thankful for that experience in our life. That may not be everyone's experience, but at least that was ours.

But now, we're kind of more confident in our own ability to handle a lot of things that come up. I know I was raised with my mother, you know, whenever something was going on, she would always say, "Oh, you got to go get a..." (What is that called? What is that called that they always say to get?)

Tyler: Like a flu shot or something?

Neil: Not a flu shot.

Kevin: CAT scan?

Neil: Not a CAT scan.

Daniel: X-ray?

Kevin: Where do you go?

Neil: She's always, like, "You got to go get an *antibiotic*."

Kevin: Oh!

Neil: She was always, like, "You need antibiotics!" Yeah. So, I was always raised by my mother to always call a doctor

and get an antibiotic.

Daniel: Brush your teeth with antibiotics!

Neil: Yeah. Now, she says it. And she'll say that and, like, "You should always eat a lot of protein." I'm kind of, like, "Mother!"

But anyway, thankfully my wife Danielle, she's a terrific woman. I love her to death because she will just consume information and knowledge. And then when she believes in something, she becomes very passionate about it. Because of her, I've learned about homeopathy and the benefits of that. So now, I'm not that person who just calls up the doctor.

Some tips on starting a men's study group

Kevin: There were a couple of things I wanted to say to sort of summarize, I guess. One is in encouraging maybe some other guys out there. From what we understand, we're sort of the first "guys' group" that has done one of Joette's study groups together.

Kate: Yeah, you're pioneers!

Kevin: Yeah, which is awesome on one hand, but on the other hand, it's sort of confusing to us. Because the guys that made up the core of this group felt like this was just a natural process. This was going to happen because we love our wives. We support our wives. It may be that there are other guys that think this is a great idea, too. They might attend one of their wives' classes and see how its run and maybe feel like, "Eh, I don't know if I want to do this."

So, let's go back to the question sort of near the beginning where we talked about how our guys' group is. Snacks were important, but we *joked* a lot. From what I had heard about the women's groups that went on, they got down to business. They talked a lot. They shared a lot of anecdotes, and they

all have kids. They were talking about a lot of their own issues.

Well, we had the luxury of already being treated by homeopathy from our wives. We weren't really the "boots on the ground" kind of stuff with our kids on a daily basis. So, when we were sitting down going through this material, we would just shoot the breeze a lot. We would joke about it. We would try to learn about it how we wanted to learn about it. We would come out with all kinds of funny stories and examples of ways you could use homeopathy, and it really helped us to remember it.

Here is a perfect example. We were having a hard time wrapping our minds around succussion and potentization. Somebody in the group started joking, "Well, if you don't get rid of that original amount, and you keep going up more and more and more and just adding to it, eventually, you'd have, like, a *pool* of *Arnica*. Right? It'd just feel like this healing pool."

And then the next guy is, like, "Oh, yeah! You just jump off the diving board. 'Hey, I'm going to do a cannonball. We're going up one potency. Everybody get ready!'"

That made sense to us.

So, we did that kind of stuff every week. It was this really lighthearted approach because maybe we didn't have the pressure of having to figure out our families' deepest ills in that session because we knew our wives were already on it. So, it really was nice. I would encourage if guys are going to do this again, don't be afraid of a different format than maybe you've seen the other women do – because we sort of have that luxury.

Another thing I wanted to say – and this is for the men and the women that might be listening – is know your resources

on homeopathy. Our local library keeps two different homeopathy books on hand. My wife and I have checked them both out more than once.

Also, phone apps. If it's inconvenient, there's a ton of phone apps that have repertories, and Samuel Hahnemann's "Organon," and all kinds of *materia medicas*. They just sort of simplify things in a different way. People may find something that works better for them. It's in a better format. Maybe they use their phone a lot like I do. My wife *hates* using her phone. If she doesn't have a hard-back book, she's not going to look through it at all. She's not going to get on a website, usually.

The other thing is the Facebook group – that kind of stuff. Our group started out with ... they would text each other and have this text circle with the wives and stuff. And then they eventually started a Facebook group locally. There were times where one person would get on, and they would just get an answer from a random person who happened to be awake or available within minutes. Knowing that is available just adds to, I guess, that peace and that freedom that homeopathy can bring.

Kate: Yeah. Good tips and information. I loved how you talked about your group being different and how you guys learned. I hadn't thought about that before, but that is one of the reasons why you would have a "guys only" group.

Neil: I kind of want to dovetail what Kevin was just saying because absolutely our illustration of the *Arnica* pool is highly effective. It does clarify, kind of, the process. I'm going to assume that if Danielle was here, and she heard that – and we were joking and kind of making light of it – that might come across as us not taking it seriously. That might result in me getting, like, "a look" or something or being questioned about, like, "This was serious, and you weren't taking it seriously." But it's just kind of, I

think, our way of learning and how that might be a little bit different. It did definitely make a complicated subject a lot more enjoyable.

Kate: You guys should come up with your own homeopathic curriculum and your own illustrations, "The Guys' Homeopathy Study Guide." Oh, that's funny.

Neil: I think Joette's welcome to use it if it helps illustrate a point.

Kate: So, thank you so much for sharing your wisdom of the *Arnica* pool and so many other things with us. I know I've gotten a lot of tips from you guys about just how to relate this to the husbands or men out there, just a way to present this to them. So, thank you so much for taking the time and sharing your stories and sharing about your group. I would love to hear about other men-only homeopathic study groups out there. So, thank you so much.

Neil: Our pleasure.

Daniel: Absolutely.

Tyler: Yeah, our pleasure.

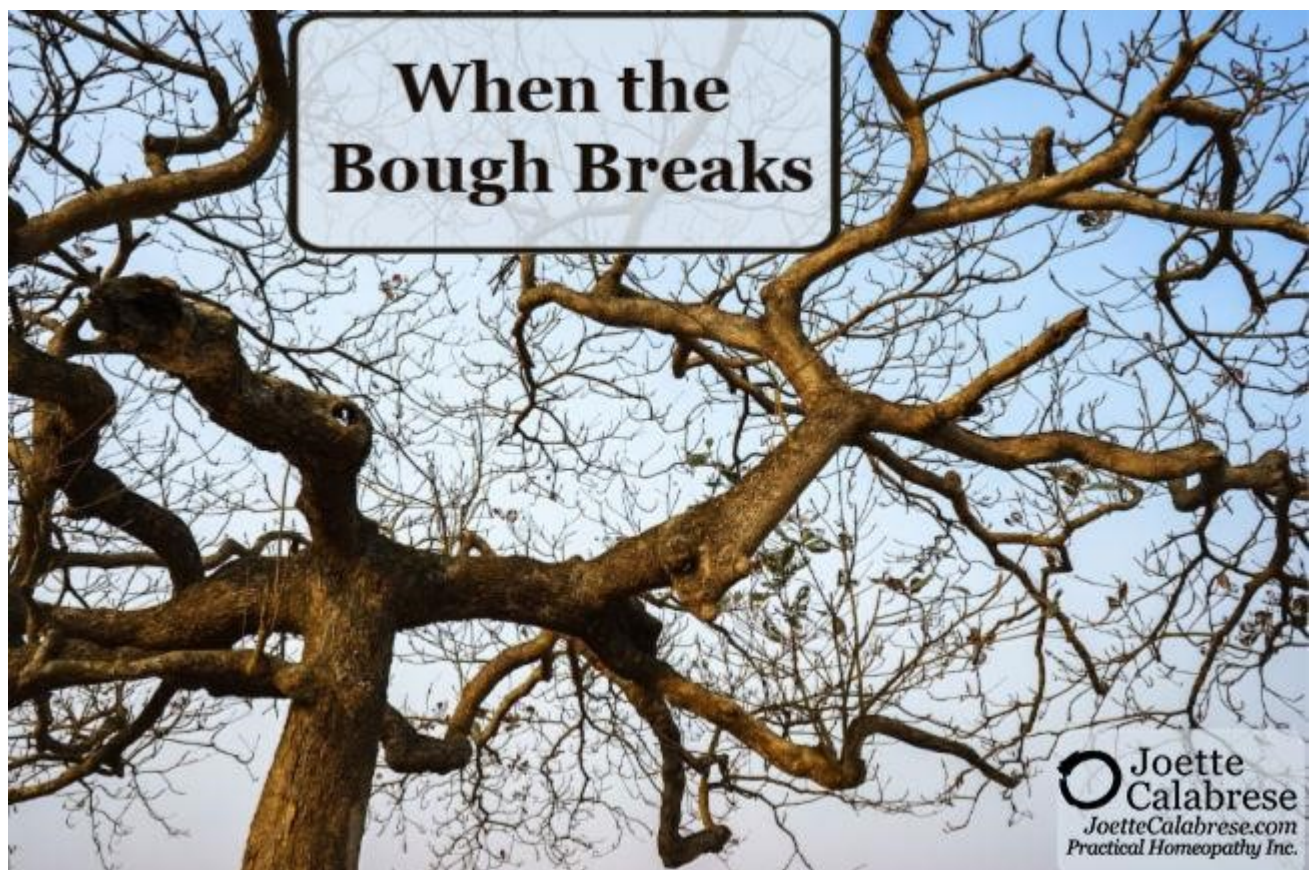
Kevin: Thank you.

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, Stitcher, and TuneIn radio.

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

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

Cell Salt Series: When the Bough Breaks



Remember this line from “Rock-a-Bye Baby,” the old children’s nursery rhyme? “When the bough breaks, the cradle will fall, and down will come baby, cradle and all.”

That never seemed terribly comforting as a lullaby, did it?

I doubt anyone would *intentionally* place their baby in a tree. But when our kids get old enough to climb, they certainly can't resist – despite our warnings! So it was with the young daughter of one of my clients. But unfortunately, with one wrong move, a bough broke.

Yes, down came baby.

On the way down, as she grappled to break her fall, her hands were impaled by the branches of the tree. It was horrendous.

Her mother was a medical professional and knew this situation called for a trip to the emergency room. Indeed, surgery was required to remove the branches embedded between the little girl's fingers. The surgeons were later able to confirm with post-operative x-rays, "We've got it all out!"

But did they?

A year or so later when she consulted with me, this little girl was still experiencing trouble with the injury sites. I suggested she try [Silicea 6x](#) twice a day. Within a short period of time (I actually don't recall how long, since this happened years ago), pieces of bark – despite not having shown up on the x-rays – started poking out of her skin at the injury site!

Silicea, the next in our series on cell salts, is nothing mysterious. It's silica, quartz, the stuff that makes up everyday sand. It's one of the most abundant materials on our planet, used in the process of manufacturing many products from glass to electronics. It's all around you, but the most important place it should be is in your homeopathy kit!

Silicea is great for our skin, nails and hair. Some call it

a cleansing, detoxifying cell salt, working in conjunction with perspiration to release toxins in the body.

However, one of its most amazing uses is for suppuration and eventual expulsion of sharp, pointed foreign objects in the body such as splinters or glass shards.

So, how did *Silicea* work in the case I just shared with you? It caused a natural response to a sharp foreign object embedded in the body. The suppuration it set up functioned to push the bark and wood splinters out of her little hand.

I've had similar successes with *Silicea* pushing out glass as well. It is an effective medicine to rely on when something is in the body that shouldn't be there – and you want it out!

However, I know what many of you are thinking right now. I get questions like these about five times a week:

"Can I use *Silicea* if I have a surgical mesh after a hernia procedure? Wouldn't *Silicea* push it out?"

"*Silicea's* not for me because I have pins in my ankle after a bad break. Right?"

"But, Joette, what about my artificial hip?"

"I have dental implants. Will *Silicea* loosen them?"

"What about my cataract lens implants? Will *Silicea* force them out of my eyes?"

My answer to all of these questions is that in my experience, after 32 years of homeopathy study and decades of practice and extensive reading, that's not the way *Silicea* works.

Instead, it encourages festering that the body should be able to do on its own but hasn't because its expulsion power

is lacking. The remedy simply encourages the body to regain that power.

Silicea pushes out foreign, randomly embedded matter – as I said earlier – sharp, pointed objects like slivers or shards of glass. It is not associated with acting on medical devices that are carefully designed, placed and intentionally integrated into the body.

Additionally, *Silicea* does not usually produce immediate results. In my experience, there is no reason to believe that you could pop *Silicea* into your mouth and then BAM! Your artificial hip disconnects, and your leg falls off!

No, it takes time for *Silicea* to push an object out of the body. If, for any reason during that time, you feel that an implant or surgically-placed hardware feels sensitive or painful, then – as with any remedy – *just stop taking it!*

(Kind of reminiscent of the old doctor joke, right? “Doc, it hurts when I do this!” The doctor’s answer? “Then don’t do that!”)

Silicea, along with the other cell salts, can play a significant role in your homeopathy kit at home. I keep it on hand so that my family can begin treatment immediately after receiving a splinter or similar injury.

And as an extra little bonus, here’s a previous podcast of mine where my reporter and I discuss [how *Silicea* works for her houseplants!](#)

Until we meet next time, be careful if you climb any trees – and pass on the good news of homeopathy!

Warmly,



P.S. It's invaluable to have a *materia medica* on hand to research appropriate remedies during an illness or injury.

To that end, I've written [A Materia Medica: Practical Homeopathy® for Busy Families](#) in my own, easy-to-understand language. I've also included my personal insights and experiences – the signs I've learned over the years that help me know when to use a particular remedy.

In it, you'll learn more about all of the cell salts, as well as many other commonly used homeopathic remedies. (Is now too early to start hinting for Christmas?)

P.P.S. If you're looking for all of the posts in my series on the cell salts, here are the links for your convenience:

[Calc phos](#)

[Ferrum phos](#)

[Mag phos](#)

[Nat phos](#)

[Kali phos](#)

[Calc fluor](#)

[Nat mur](#)

[Nat sulph](#)

[Silicea](#)

[Calc sulph](#)

[Kali sulph](#)

[Kali mur](#)



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.

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Put Down That Chocolate!

Put Down That Chocolate!



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

I've given you four days to eat the chocolate left over from Halloween. Now stop it!

Put it down.

I'm not kidding. Step away from the chocolate!

Here's why:

Years ago, in the days when I was still answering my own phone, I twice received the same desperate and fearful call: "Oh, my gosh! I think I'm going to die. I feel like I'm having a heart attack. I have palpitations, and my heart is racing outside of my body!"

One caller was actually in her car on her way to the Emergency Room!

Both calls came in early November.

(Are you starting to figure it out?)

Well, because I've experienced this personally – and certainly because of the timing – I figured it out rather quickly. “Did you eat too much Halloween chocolate?” I asked each caller.

“Well, I did have a lot of chocolate last night, and ate a bunch more of it today.”

“More than normal?”

“Well, kind of a lot more. My kids brought home quite a bit of candy they collected ... so ...” their answer would trail off sheepishly.

Yep. It was the chocolate. These frightened ladies were not having heart attacks (in fact, heart attacks do not generally present in that manner for women).

It. Was. The. Chocolate.

When experiencing these symptoms, [Nux vomica 200](#) is a perfect remedy choice, especially if nausea is being experienced as well. (*Nux vomica* 30 can also be used if that's all that's on hand, but 200 is my preference.)

If the symptoms are strictly those of heart racing and/or palpitations *without* nausea or other GI symptoms, then most likely [Coffea cruda 200](#) would be the more effective medicine.

It's worth mentioning, we can generally handle the occasional binge when we're younger. But as we get older and our bodies and our metabolisms change, we, unfortunately, can't get away with overindulging anymore.

This is true for a lot of things. Coffee may keep us awake more frequently at night. Wine may make us feel sick. And chocolate may make our hearts race.

I hear many students and clients say, “But I never had this happen before!!”

Well, join the club. We’re not spring chickens anymore, Sister!

These are natural changes we all go through, so we have to be more attuned to the signs. And on those rare occasions when we tell that little voice in our head to mind its own business, we should have the appropriate homeopathic remedies on hand to save us from ourselves.

So, put down the chocolate, and pass on the good news of homeopathy!

Warmly,

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

P.S. Now, if you have a serious chocolate addiction, that’s a horse of a different color. Understand, I’m not talking about a post-Halloween binge, here – I’m talking about a year-round inability to walk away from any piece of chocolate within your reach.

Other remedies can facilitate your transition from addicted to in-control. In fact, I wrote an entire article on this very subject for the Weston A. Price Foundation: [Hey Cravings, Meet Homeopathic Chelidonium and Friends!](#) Scroll down that page to the section on chocolate, and regain your

ability to say no.

P.P.S. You need to know how to handle these situations yourself. Continue your homeopathy education! I suggest you participate in [Gateway to Homeopathy I](#), my guided study group curriculum. Assemble your own study group with friends and family, or we can help you find a group through our dedicated [Facebook page](#).

If you've been on the fence about taking *Gateway I* now is the time to do it! We now also offer more – *Gateway to Homeopathy II* – as an exclusive offering for those who have completed the prerequisite.

These study groups are inexpensive, practical tools for becoming or staying self-reliant. I can't always be at the other end of the phone.

YOU, on the other hand, are on the front lines. You can learn how to care for yourself and your family without having to turn to someone else.

Gain confidence.

Gain independence.

It's yours for the taking.

And I guarantee that you'll never regret the small amount of time and investment it takes to accomplish this.



Remedy Cards

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Podcast 61 – Myth Busters!!

Part 2



IN THIS PODCAST, WE COVER:

- 01:02 Treatment delay, allopathy and homeopathics
- 05:12 Joette's health
- 06:48 How long before homeopathy acts
- 11:24 Provings are horrible
- 16:40 What Joette has to say about myths

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Aconitum 200](#) with [Bryonia 30](#): Banerji Protocol for sudden onset colds

[Oscillococcinum®](#) for flu

[Camphora 200](#) to antidote

Learn more about homeopathy with my [Quick Start Guide](#)

Help determine which course is right for you with my [Course Selector](#)

[Americans for Homeopathy Choice's Citizen Petition](#) (please read my P.S. at the end of this podcast)

Kate: This is the Practical Homeopathy Podcast Episode Number 61 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: I'm excited to be with Joette again today. We are going to be talking about those myths again. We're going to bust open some more homeopathic myths. So Joette, let's get

to it.

Joette: Sure, let's go.

Treatment delay, allopathy and homeopathics

Kate: The first one is that homeopathy may delay people from getting the medical treatment that they need. So Joette, let's talk about that for a bit. Is that really true, do you think?

Joette: No. I don't believe it's true. In fact, I encourage folks to get a diagnosis. So, I *want* them to work with their doctor or naturopath, I think it's important – chiropractor – because it's important that they have a team. How do we know what's going on if we don't have a diagnosis?

So, I never tell people, "Get off of your drugs." I never tell people, "Don't go to a doctor." That's not in my vocabulary.

Instead, I encourage them to get a good diagnosis. I even tell people what kind of doctor to look for because I think it's important that people choose someone who has lots and lots of clinical experience. I believe that people should choose a doctor who's older. And I think that's very important – to have someone who has lots of experience.

So, it would not delay treatment because we're always looking for a diagnosis, particularly with the method that I teach which is Practical Homeopathy®. We want to know what the conventional diagnosis is – not the reason for the condition – but rather what the conventional diagnosis is.

Additionally, I guess another aspect of this is that homeopathy works beautifully alongside conventional medicine. What I mean by that is we're always looking to correct the problem so that the drugs are no longer necessary. But, I would be really remiss if I thought I

would live in a world where people would come to me who are not taking drugs or would be willing to stop their drugs. That could be dangerous, number one. Number two: most people are not willing to do that or not interested in doing that.

I do not encourage anyone ever getting off of their drugs without the supervision of their doctor or pharmacist.

Kate: Okay, yes. So, that brings us to myth number two that allopathic medicines cannot be taken with homeopathy.

Joette: The idea that allopathic medicines cannot be taken in combination with homeopathy is erroneous. In fact, I urge people to stay on their medications and to work with their doctors as they improve. That's the goal.

They go back to the doctor and say, "Look Doc, I think I'm improving. Can we back off?"

If the doctor feels, "No, no, no. We're still not there yet." You just stay on that medication.

The goal here is to uproot the condition. Now, not all conditions can be uprooted. Not all people who have specific conditions can see 100% improvement.

In fact, let me say parenthetically that we're not looking for perfect health. So, if that's what folks are looking for, forget it! There is no such thing. We have to know that there's "relatively" good health. I've never met anyone who has perfect health. I've looked! I've sought them out, but I've never seen that. Everyone has a cross to bear.

So, what we're looking for is that that condition, whatever it might be, is reduced enough so that perhaps the person can go back to their doctor and say, "I'm feeling well enough that maybe I don't need as much, or I don't need it as frequently, or perhaps I don't need it at all." But that's up to the doctor and the patient!

Kate: You know, Joette, that's really helped me a lot to hear you say that in the past that no one has perfect health because I think – whether we care to admit that to ourselves or not – each of us is thinking that at some point, we're going to arrive – like, "Ta-da! Now, we have perfect health." And it just has helped me to have realistic expectations. That yes, we might get rid of one thing and then, you know, just life and our body is aging ... something else is going to creep up. But thankfully we have homeopathy to deal with those things.

Joette: Well, that's right. So, it will help with the acute problems and the chronic problems. But don't think for a second you're not going to have them. That is what life is filled with.

Kate: Maybe we should discuss another myth, and that is that Joette Calabrese has perfect health. Is that true, Joette?

Joette's Health

Joette: Oh, my gosh! No. Absolutely not. No ...I mean, I've come around. I was very, very sick for long periods of time. That has ended. I no longer have fatigue or asthma or severe allergies, and food intolerances, et cetera.

But I don't know if you noticed, my voice is a little hoarse tonight. I do get that every once in a while. It's not plaguing. It's not painful. It's not uncomfortable. But it does happen to me from time to time. I might ask, "Well, why is that happening?" I don't really know necessarily why it's happening. I don't have more mucous or anything else going on. I'm not around any pollens that are shifting around that I'm aware, but maybe there are. I don't really know. I don't worry about it. So, it is what it is. When it goes away, it goes away, and I don't give it a thought.

Kate: And you're not automatically searching for that right homeopathic remedy because it's not severe enough, right?

Joette: Right. I don't want to take pills for every little thing. I'd rather just wait and see how things bear out. So, I'm in Florida right now. And just by going in the water, it's really great. I feel so energized by being in the water. So, I might spend a little more time in the water. I might swish some water – the ocean water – in my mouth for a while, gargle with it a little bit. But I'm not going to put an awful lot of effort into the fact that my voice is a little off.

And you know, I struggle with issues from time to time. I still get colds every once in a while. I mean, we all have stuff. It's all part of being human. That's why we don't live in the Garden of Eden anymore.

How long before homeopathy acts

Kate: That's true. So, let's talk about another myth, and that is that it is going to take *forever* for a homeopathic medicine to take effect and to make us well.

Joette: Yeah. That is a common ... let me put it this way, it's based on some truth. It does take a while for homeopathy to act when it comes to a chronic condition. Not always, we often see with eczema we can see someone turn around in sometimes a couple of days. For other people, it can take eight months. It doesn't mean, however, that there isn't improvement along the way. That's what gives us not only hope, but it gives us information as to whether or not the medicines that we're using are correct and should be repeated.

But our medicine, homeopathy, has a loftier goal than just using drugs. Whereas with drugs, if you have a thyroid condition – let's say hypothyroidism – and you're taking a

synthetic thyroid, you're told that you'll be taking that the rest of your life. You might find that your energy has returned by taking it, and that your hair is not falling out quite so dramatically, but the thyroid is not corrected. With homeopathy, we're using medicines that may take a while – months, many months perhaps – to correct the problem with the hypothyroidism. But, when we're done after eight months, ten months, a year, et cetera, the medications can sometimes be eliminated and even the homeopathics can often be eliminated as well. Now, the correction has been made and the thyroid is back to where it ought to be.

Now, if someone has a thyroid condition, that might be their weakest link. It might be an area where they have a propensity for that problem. So, two, three years down the road, after having a third child or a fifth child, the thyroid might come to its knees again. (If it has knees. I don't think it has. I think it has lobes, instead.) It'd be brought to its lobes, and it may need another boost again of the homeopathic.

So, we never get to as we said a few minutes ago, to perfection, but what we're looking for is to correct as best we can within that organism. I think that's pretty darn lofty and quite hopeful because it means that we can *fix* the condition often. Not always. It's not for everyone. But we usually can fix the condition instead of supplementing it with a synthetic drug.

Kate: Right. So, we have to have patience. That's something that also comes to mind working with you over the years, Joette, is that it may take us a while – whether I'm taking a course and learning on my own or brainstorming with you – sometimes it takes a while. But if we have patience, I always say, "There is a remedy for that!" It's *finding* that remedy sometimes that can be tricky. But again, with the protocols, it makes it so much easier. That was one of the things that frustrated me in the beginning is it would take

forever to even figure out what to give for a cold, right? But now, it's so much more simple.

Joette: It's super easy. I mean, I tell people all the time. I love the product [ColdCalm®](#). I love the Banerji Protocol: [Aconitum 200](#) with [Bryonia 30](#). I love those remedies because they cover a large percentage of the population who have colds.

Kate: Just even yesterday, my daughter started coming down with something, a sore throat ... ummm, what else did she have ... she just said she wasn't feeling quite right, a little bit dizzy. And I thought, "Uh-oh! She might be coming down with a cold." I used that *Aconite/Bryonia* combination – *Aconite* 200 with *Bryonia* 200 mixed together.

Literally by the afternoon, she was up, and she said, "Mom, I'm feeling good. I'm going to go to Youth Group tonight." It was just amazing how she recovered so quickly.

Joette: Yeah, it's not that complicated. It really isn't if you own some of these medicines. Have them on hand.

[Oscillococcinum®](#) is another good one for a forthcoming cold or flu. There are a lot of good remedies. *Aconitum* by itself. *Nux vomica* is a great remedy for colds or flus. So, when you own a good number of remedies, you'll then realize that there are only a certain number of them that are specifically for colds. As long as you own them, you can always give it a try and go on with ... if one doesn't work, you can go to another one. If that one doesn't act, then you can go to the next.

Provings are horrible

But I think what happens is that people are afraid, and I think this is probably another myth. Let's talk about the myth that provings are horrible and that we want to avoid them at any cost. That's the myth.

Provings can be uncomfortable. And a proving means that you have used a medicine – homeopathic medicine – too long, or it was incorrect in the first place, and it starts causing symptoms.

But, that does not mean that you're stuck with it. Because we do know that we can sniff mint – essential oil of mint really heartily up into the nostrils, pretty deeply with a good sniff.

You hold the bottle to the nostril and sniff. And then you take another sniff, or you put a couple of drops of essential oil of mint on a cotton ball, and that brings down the action of the medicine that has been ill-chosen. Or we can use *Camphor*: [Camphora 200](#), one dose, one day. That often brings down the ill effects of a remedy that's poorly chosen, or that has been used for too long and has gone in the opposite direction.

Kate: That reminds me. We were talking a little bit earlier about your cute dog, Buster, and what happened with him. Tell us.

Joette: Yeah, Buster is the Bad Office Dog. That's his nickname. He has his own blog. Every once in a while, he writes for us. He tells the other dogs what to take – cats, too. He's got an affinity towards cats as well.

But at any rate, my son called because he's taking care of Buster for us while we're away. He said Buster is not feeling very well. He's shaking, and he screeched out. He's messing in the house, and that's not like Buster. He doesn't generally do those kinds of things.

We had been giving Buster *Arsenicum album*. I had told my son, "Give him *Arsenicum album*," about five days ago. "Give it to him twice or three times a day," because there were some other conditions that were showing up. He had some diarrhea and some nausea, et cetera. So, I told him to give

him *Arsenicum*.

I believe that what my son is reporting tonight is a proving. Buster is not well. He's very anxious. *Arsenicum album* should help with the anxiety. But given that it's perhaps the wrong medicine – and I think that's what's going on here – is that Buster is now very anxious and panting and his heart is racing.

So, I said, "Okay, now give him some *Camphor* 200 and just put it in his mouth. He should calm down quite a bit." (Now, it would be hard to give Buster some essential oil of mint, and so we just decided to give him *Camphor* 200.)

While I was on the phone with my son (while he was holding Buster), he said, "Yeah, I think he's getting a little bit better. He's not as shaky. Okay now, he's not panting so much." I would say that over a period of about 20 minutes while we were on the phone, Buster started to calm down and calm down and calm down.

So, it didn't take very long. Now, it depends on the circumstance and what remedies are being used, et cetera. Sometimes we see a proving calm down within 20 minutes, just like what happened with Buster tonight. But sometimes it takes longer than that. It might take a day or so.

So, then Buster got feeling much better; he fell asleep on my son's lap. And then we just got another call – Kate, you and I were interrupted – because it's coming back again. So, it's not as severe as it was, reports my son (the anxiety, et cetera). But I said give him another dose of *Camphor* 200.

So, he'll probably just get those two doses, and that should probably take care of it tonight for Buster. And then tomorrow, over the next couple of days, we'll see how he fares. Will he still have that nausea and the diarrhea that he had about six, seven days ago when we started the *Arsenicum*? Or has that been resolved now that he's been

given *Arsenicum* for a few days and *Camphor* shortly after?

Kate: Poor Buster. Yeah, that's a misconception for sure. People are concerned that they might give the wrong remedy. Or how soon can they give another remedy if they don't feel like one is acting? So, they're worried about giving too many remedies. But, I barely ever see that happen with people. How about you, Joette? Do you feel like people give too many, one right after the other, or do they err on the other side?

Joette: Well, I think it goes both ways. Some people are very cautious – and so cautious that they don't give enough doses – and others who throw caution to the wind and are too zealous about it and give it too frequently.

Probably in this situation, I should have been observing the dog. But my son is gone during the day and wasn't watching the dog as closely as it would have been useful to have done – so that we could say, "Oh wow! He's not getting better. In fact, he's getting worse. Perhaps this remedy is not right for him. Let's halt the use of the remedy." But by this time with this kind of behavior and how he's acting tonight, it's pretty clear that the remedy is incorrect.

Kate: Right. So, if you are observant and take note of how the person is feeling, then anything that would be dangerous can be avoided.

Joette: That's right. We've got a stop gap measure, which is great. We don't want to be too cavalier about using these medicines – because indeed they *are* medicines. I always encourage folks to follow the protocols that I teach on the blog and in my courses and in my books, CDs, et cetera. Stay true to the protocols and how frequently they're used, as well as the potencies. And *that's* how you're going to get your best results.

What Joette has to say about myths

Kate: So Joette, these last two podcasts that we've done about myths have been super-fun for me. I think that there are even more myths that we could cover. So, maybe we'll do some more of these in the future?

Joette: Yeah, I look forward to it.

Kate: Joette, leave us with some words of wisdom.

Joette: Oh boy, there's the pressure. I guess what I wanted to say that when it comes to myths about homeopathy – or *any* kind of myth – it is sometimes hard to parse out what's myth and what's truth. We must be the busters. (Oh my! I don't mean Buster, the poodle! I mean the "Myth Busters.")

I mean you must do your research. You must never stop. That's what life is all about is constant learning. It's self-educating. We must pursue a lifelong interest in how to take care of ourselves and our families and become lifelong students. We must be skeptical of others' motives and do our homework, and it's up to you to do that. So, go for it, folks and be your own Myth Buster.

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, Stitcher, and TuneIn radio.

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

Warmly,



P.S. To do your homework, as I discussed – to keep pursuing your interest in taking care of your family – I encourage you to spend some time reading my [Quick Start Guide](#). I've tried to present you with as much information as possible to get started – much of which is free. If you're ready for more, my [Course Selector](#) can help point you to the course that might be the best fit for your current needs.

P.P.S. Here's one more myth that we all are guilty of believing: homeopathy will be around forever. Unfortunately, we can no longer make that assumption. The Powers That Be are looking to strangle homeopathy's foothold in American households. Only our voices can stop them.

Please take a moment to support Americans for Homeopathy Choice by leaving a comment on their Citizen Petition to the FDA. If each of us whose families have been positively impacted by homeopathy were to comment on this petition, imagine our sheer numbers! It would be an overwhelming testimony for these efficacious, safe and practical medicines.

Homeopathy has been there for us when we've needed it. Now, let's be there for homeopathy! Every signature counts. Read and comment on the [Citizen's Petition here](#).

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Breaking News



We interrupt your regularly scheduled week for a special blog post regarding recent breaking news.

In the last week, the news has been filled with reports on the recent increase of a very rare polio-like condition called Acute Flaccid Myelitis (AFM). While [CNN reports](#) this disease only seems to affect “fewer than one in a million people each year across the country,” it is garnering a lot of attention right now because it mostly affects children.

And let’s face it, “breaking news” involving children can be frightening.

Although I have not treated anyone with this condition, when

you've used homeopathy as long as I have, these remedies start to make sense for new situations – logically.

So, I decided to share my thoughts with you in this unscheduled blog post. I want you to be prepared, not scared!

Apparently, the common element in those children contracting AFM is they have recently experienced a respiratory illness. This is leading the CDC to try to determine if it is either caused by a specific virus or a complication from a virus added to other factors.

Seeking the exact cause is the way conventional medicine works. Practitioners of such want to determine precisely which microorganism is causing a disease or illness. If it's caused by bacteria, you'll get antibiotics. If it's a virus, then antivirals will be the drug-of-choice.

However, in homeopathy, we don't have to have that information. We need to know how the child presents. Have they recently experienced a respiratory illness – cold, flu, fever? And now are they experiencing weakness of the muscles in their limbs?

If this situation occurred in my family, my first thought would be [*Gelsemium sempervirens* 30C](#). (In fact, interestingly, *Gelsemium* is an excellent first thought in *any* case involving muscle weakness.) I would handle it as an everyday acute: using the remedy every 3-12 hours depending on the severity. As improvement occurred, I would lengthen the time between doses – backing off from every three hours to every six to every eight, and so on, until the ordeal was complete.

After the *Gelsemium* did its job, and my child was very much better, I would follow up with [*Lathyrus sativus* 200](#). *Lathyrus* is indicated in neurological disorders, especially for weakness of the lower limbs. I would only consider this

once the use of *Gelsemium* was completed – after the last of the original condition.

The use of *Lathyrus* after weakness resulting from neurological issues is one of my protocols, generally used every three days for a month after an event – as a “clean-up crew,” if you will.

Because the current fear is AFM results after a respiratory illness, perhaps the best defense is a good offense. If someone in my family were getting a cold, I would make sure they took [ColdCalm®](#) (one of Boiron’s combination remedies) immediately upon the first symptoms – before it could progress to anything worse.

If it came on suddenly and they were going down hard and fast, then it’s the Banerji Protocol of [Aconite 200](#) and [Bryonia 30](#) – as usual in those situations. Hopefully, that protocol might abort the whole event entirely, and there would be no need for *Gelsemium* later!

What could be better than that?

(In case I haven’t mentioned it in a while, I get no affiliate income from your purchase of these remedies. This is just information from one mother to another. I wish someone had told me this stuff when my children were small, and the news made it sound as though disaster and disease were around every corner.)

So, what are you waiting for? Own these remedies. Like I said earlier: Be prepared, not scared.

And please, pass on the good news of homeopathy!

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