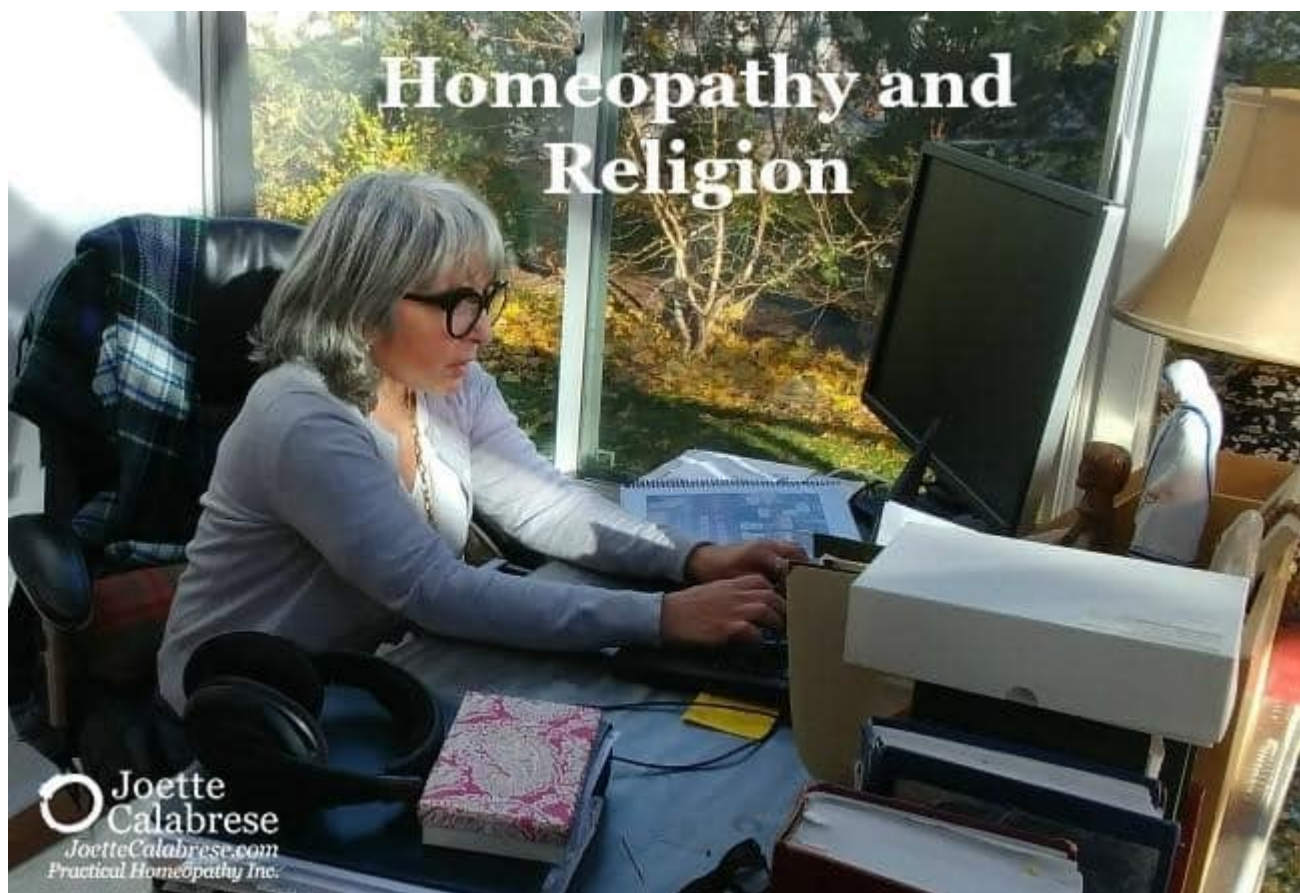


Homeopathy, Religion and Your Freedom to Practice Them



There's a battle out there to keep mothers from believing they are the experts in their families' health care.

Why?

Because if mothers take back their power, it weakens a medical industry that has had a stranglehold on the family for centuries.

Homeopathy debilitates the current medical paradigm in place – one that insists you relinquish your rights by utilizing the newest, hottest technique or drug prescribed by medical doctors to care for your family, by giving those rights back to you instead.

There's a lot of psychology that has gone into the marketing

of these professionals.

We're told their treatments are unique – though allowed *only* through prescriptions. It's not unlike the battle between any two competing persons in the market square.

ok, I get competition but some of the tactics are downright deceiving.

For example, a constructed effort is ongoing to convince mothers that homeopathy is anti-religious – “black magic,” if you will.

Nothing could be further from the truth. The names of the medicines are Latin medical and botanical terms – not magic spells. Homeopathy requires no belief in a religion or cultish order.

It is a science.

Mother Teresa and the sisters of the Missionaries of Charity consistently utilized homeopathy. I wonder if the powers that be would accuse her of being a practitioner of magic?

Of course not! So why, then, are they trying to brand the mothers who use homeopathy with that terrible, frightening label?

Because homeopathy could pose a threat! Indeed for over 100 years.

Homeopathy is a medicine that is inexpensive, efficacious and puts the power of healing into the hands of the family by eliminating the need (in many circumstances) for a mother to be reliant on a medical doctor for every little sniffle.

Don't forget: Homeopathic medicines can't be patented. And we all know the answer to most questions regarding “why” is to follow the money!

So, the reason the naysayers are threatened by homeopathy is the reason why I love it!

There is no other medicine – I repeat, **no other medicine** – that gracefully bows to the family like this one does.

It *supports* the family because it gives back to the mother her God-given right to heal her family. Why *certainly* you can tell that your child has a sore throat ... from across the room! You don't need someone to tell you that!

The next step is to administer the homeopathic medicine you've learned that will address such. In a day or so, all is well.

Don't you think that measure of autonomy, if this trend were to catch on, as it did a century ago, would put a dent in the antibiotic market?

Or pediatric practices?

The well-baby checkups?

The yearly mammograms or the demoralizing human roto-rooter, otherwise known as a colonoscopy?

Yes! A *huge* dent.

So, the industry is threatened and reverts to the tactic of fear-mongering, causing legitimate religious organizations to become their unwitting co-conspirators.

But don't fall for it! Homeopathy, my fellow Christians and other religious believers, is not magic.

If you don't understand how a homeopathic medicine works, don't become suspicious of it. Instead, learn how it works – or don't bother and simply use it *because* it works!

I don't fully understand how an airplane flies or how a cell phone can transmit information from one part of the world to

another in nanoseconds yet still be used as a simple telephone, or how computers are programmed to perform the exact tasks we ask of them.

Does that mean we assign “magic” to the explanation of it? No. We accept the science of it.

Right now, I am holding in my hand a smartphone containing more computing power than the computers first used to put a man on the moon. The original explanation of how a computer works – how it calculated – was “power on to power off.”

How does that morph into my smartphone’s ability to translate the Greek language, allow me to shop online or call someone in Australia from my home with no connecting wires?

I don’t know. Do you? What I do know is it’s true, even if I don’t completely understand it, because I’ve seen the proof.

The reason magic is not applied to computers and smartphones is that there is no competing industry feverishly working to taint the market with propaganda.

There’s no “abacus” business being threatened by these mathematical wonders of the 21st century. Most *everyone* is behind these products.

But clever pharmaceutical marketers and lobbyists want to be certain that their market survives intact through the questioning of modern medicine, which has occurred in the last few decades.

An *incredible* amount of money depends on their ability to hold onto their share of the market and keep their position at the top. So, how smart is it for them to target the fears of religious believers by labeling homeopathy – their threatening (albeit small) competitor – as *devious*?

In fact, modern-day immunology and allergy treatments derive

from the primary principle of homeopathy, “the Law of Similars,” – the ancient principle that “like cures like.”

Both of these conventional medical treatments, vaccinations and allergy shots, work by augmenting the immune response by subjecting the patient to a specifically prepared amount of similar material. Sound familiar?

Sure, homeopathy was developed over 200 years ago when there were no electron microscopes. Even today, much of modern medical science is unknown as to exactly how this or that works.

But we know clinically that a drug works because when it is used, it acts.

The clinical evidence in favor of homeopathy is undeniable. The Banerjis alone have provided years of clinical-based evidence that has been reproduced in high-profile cancer centers around the world.

As Dana Ullman cites in his article, [The Case FOR Homeopathic Medicine: The Historical and Scientific Evidence](#), “... American health care which has been so resistant to homeopathic and natural therapies in its mainstream institutions is presently ranked 37th in the world in the performance of its health care system.

“In comparison, the number one ranked country in the world is France, a country in which around 40 percent of the population uses homeopathic medicines and around 30 percent of its family physicians prescribe them.”

But, homeopathy is the only medical paradigm I’m aware of that doesn’t hype itself. Even supplements rely heavily on hype. Look online and you can’t miss “the latest, greatest” supplement du jour.

Instead, homeopathy is low-key. We don’t need hype; we have

results.

[Join my free website community](#) by creating a username and password (a necessity to keep the spammers away). Here, you'll be able to access several research papers written on the topic of homeopathy.

One particular file is over 200 single-spaced pages of research! And, when I teach homeopathy on my blog, it's free! If you buy the remedy that the blog article is linked to, I get no payment whatsoever. I provide this as a **free** service. (In fact, buy the remedy at [BoironUsa.com](#) enter my name "Joette" at checkout and get a 20% discount.)

Lastly, allow me to offer a personal consideration that may help you sort out the difference between the integrity of homeopathy and the kind of medicine that is prominent in North America – the one you've likely been using for decades without giving it a passing thought.

If how a system of medicine is practiced on the innocent is a measure of its honor, then we must consider this: You will never find a homeopathic physician performing an abortion in a women's clinic, nor will you catch one behind closed doors inducing an adolescent girl to take birth control pills (while the mother is intentionally left clueless by being assigned to the waiting room).

Indeed, if any questions of legitimacy ought to be asked, should they not be directed toward those who perform questionable – nay, immoral – practices?

Unlike substantial segments of its modern medical counterpart, homeopathy provides wholesome, non-violent, truthful and curative medicine based on scientific pharmacology.

So, have no fear, fellow Christians, Catholics, Hasidic Jews, Amish and all religious believers. You can feel

comfortable following in the footsteps of over 450 million users of homeopathy on earth today: Catholic priests, nuns, popes, Christian missionaries, conservative Christians, an eminent Saint and traditional Jews – and yes, even seculars (atheists, agnostics, and new-agers).

Just as when you utilize a microwave or cell phone, you don't betray your religion to use homeopathy, nor should you be bedazzled by its ability. It is not magic; it is science. You can count on this gentle and effective medicine to heal your family no matter what your religion or discipline.

Religion and homeopathy are not mutually exclusive.

After all, it's simply good medicine.

Warmly

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

P.S. As our fellow countrymen revolt against the powers of the pharmaceutical and medical lobbies, like-minded candidates are rising up to lead.

I invite you to listen to [Scott Adams' fascinating interview](#) with an amazing man, Dr. Shiva Ayyadurai, who is running against incumbent Elizabeth Warren for the office of United States Senator from Massachusetts.

He is a successful self-made man, with four degrees from MIT, whose parents immigrated from India to allow their children to be part of the American Dream.

He firmly believes in putting the power of healthcare back in the hands of families. He speaks of his grandmother's natural healing techniques for the people in her Indian

village. His personal experiences, along with strong economic and political factors, inform his plan to change legislation so that American individuals are allowed more freedom – and more responsibility – to govern their families' health care.

Podcast 57 – My Dirty Little Secret



IN THIS PODCAST, WE COVER:

01:50 Dirty little secret

08:08 Protecting our family
11:51 Fibromyalgia
15:45 Not to take no for an answer

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[How I Cured my Fibromyalgia with One Simple Medicine](#)

[Rhus Tox 30 or 200](#)

([Symphytum 200](#) mixed with the *Rhus Tox* is the Banerji Protocol that I teach now – see Remedy Card below)

[Sepia 200](#) – for motherhood fatigue

Joette: I have to tell everyone what my dirty secret is?! Okay, well, I think everyone has a little bit of this, but maybe mine is worse.

Kate: You are listening to Podcast Number 57 with Joette Calabrese at practicalhomeopathy.com. Thank you for joining us on today's podcast as Joette shares her experiences and insights into healing our families with homeopathy. As you just heard in the intro to this podcast, Joette is going to let us in on a little secret. Those of you who know Joette or follow her posts or podcasts might be a little surprised at what she has to share with us today.

If you enjoy these podcasts, we'd love to hear from you. Drop us a note on our Facebook page or post a screenshot of this podcast on your social media platform using the hashtag #JoetteCalabresePodcast. Your encouragement and willingness to help spread the message of homeopathy is central to our mission. And, we may just feature your review on one of the

upcoming podcasts.

Kate: So, Joette, you and I are here together today, and we've been hashing through some ideas for the podcasts, and what people might want to hear. As we've talked, I always have a lot of questions for you, Joette. I could go on and on. But, the thing that intrigued me was – as we were talking – you told me that you have a dirty little secret.

Joette: Are you going to bring that up today? I have to tell everyone what my dirty secret is?

Kate: Yes, Joette, you have to tell the world.

Dirty little secret

Joette: Okay, well, I think everyone has a little bit of this, but maybe mine is worse. I have to admit – I have a temper. Maybe it's because I'm Sicilian. Sometimes it's good, but sometimes it's bad. But I will tell you, it really drives me.

Kate: I have to interrupt you for a second Joette because I have known you for five years now. (Can you believe that? We've known each other for five years.) I have never seen you get upset in the least. I mean I know you're spunky, but I've never seen that side of you. So, this is interesting to me. You know, you got to share more.

Joette: Well, it's really all related around my family. You've never hurt my family. When it comes to them, I become super protective. I have anger skeletons in my closet. In fact, I have so many of them that they talk to each other and party at night!

Kate: I'm imagining them dancing around.

Joette: Yeah, they're dancing, and the problem is they're all Sicilian. I think that's the problem is that this anger

comes from this deep-seated desire to take care of the family. I mean, you know all about families in Sicily. But, it has been a problem from time to time. But that's what's *driven* me! It has driven me to such resentment and anger when someone makes a medical mistake or declares something medically regarding one of my family members, and it really gets to my core.

Kate: That's understandable. Everyone has that component to their being.

Joette: Well, yeah, but I've actually attacked doctors.

Kate: Well, what do you mean "attacked," Joette?

Joette: Well, not physically. But, I could tell by the look on my father's face – when I've had to practically attack them when my father was around – that he was worried that I might just lunge at them.

Kate: He was giving you that look like, "Joette ..."

Joette: "Joette, calm down, Honey. Calm down." I remember one time when my father was in the hospital, and I always stayed with him when he went in. The doctor came, and he said, "We're going to give you the flu vaccine." And I said, "No, no, no. My father is not going to get the flu vaccine." He said, "No, no, it's our *policy* to do that."

I said, "No, no, no. You don't understand. *We* have a policy. We have a family policy. My father does not get flu vaccines. End of discussion. Now, if you have a problem with that, I'll get a cousin who's an attorney to make it clear to you." Because they've always got these policies and as soon as someone hears policy, they think, "Oh well, maybe I should back off." No, no, no. You come back – or I've always come back – with, "No, I've got my own policy. My policy is *bigger* than your policy."

Kate: Yeah, I was going to say ...

Joette: "I *hired* you pal."

Kate: ... my policy supersedes your policy.

Joette: That's right, that's right. There was another one. Another doctor came in once and told us about this study that my father could become a part of. He was just trying to get himself published. I know what he was trying to do. He turned to my father. (I could tell that he was a little worried about me. Maybe I had said something before that I didn't remember, or he could tell by the look on my face and my arms that were folded, and the scowl on my face.) "But he said, "I would like you to be part of this study. Wouldn't that be a great thing for you to do essentially?"

Before my father could even open his mouth, take a breath, and say anything, I said, "My father is *not* a lab rat. He will not be part of your study." And, he backed off. He backed off. He went on to tell us about how important this ... "No. He will not be participating in your study."

So, we have to be like that sometimes. Now, had I thought that my father was going to have to go back to this doctor again and again, I maybe would have softened a little bit. But, I knew he wasn't going to be seeing this cardiologist again. Because we do have to be careful, they have an awful lot of power – especially if it's over your children. That's when you don't argue, and I've talked about this many times before.

So, I'm making it sound like my dirty little secret of having this anger is only mine, but I think that everyone can develop this. I think it's a good thing to develop. Because if we don't have a wound that's rubbed raw, then we won't come back fighting to protect the rest of the body (or the rest of the person). So, the deeper the wound is rubbed, the more equal on the other end is the anger and resentment

and frustration – and even frustration is not a good enough word, as far as I’m concerned – anger and resentment that we have to exert in ourselves in order to come up with the correct solutions.

Kate: So, if we don’t have that deep “why” within us, then we’re not ready to take those steps that we need to, to be bold, to be protective of our families.

Joette: Yeah. Had my life been filled with medical successes, had my eczema not been suppressed with steroids, had my asthma not been a result of taking decades of steroids – I mean we could go on and on – had all of those events not occurred in my life, and they were saying this, then I would say, “Wow! Dad, a study! You could be on the leading edge of a study.”

But, I’ve had a lot of experience seeing the medical foibles that were foisted upon my father and myself and my child and my mother, and it goes on and on and on. And I had connected the dots years prior, so that when another dot was being presented to us, I said, “Nuh-uh-uh-uh, no more, no more. We’re done.”

Originally, it was driven by curiosity. “Gee, I wonder if there’s another way to do this?” It goes hand in hand with irreverence. That’s what I’m expressing now is irreverence. Because with irreverence, it fosters an open search for ideas, and then a reverence and respect for life.

So, in a way, you have to build your imagination. Everybody’s got this. You just have to flex it. Imagination is part of the human spirit. It’s the dynamism of the human spirit. So, if you’re trying to build your imagination, you want to imagine that you can take care of many of your family’s ills – maybe not all of them, but how about trying for 50%?

Kate: So, this is almost like a workout regimen. I mean is

that what you're alluding to?

Protecting our family

Joette: Yes, you're flexing your muscles. You know, years ago, I worked with this FBI agent. I found it so fascinating because he taught me about muscle memory. He said that when he went to bed at night, he put his pistol – honest to goodness (I think it was a pistol; I imagine that's what it was) – that he had on his leg that he wore all day, and he would put it by his bedside in exactly the same place and exactly the same position every single day for years. He was *trained* to do that so if something happened, all he had to do was reach over and grab it, and his finger went right into the placement, and his hand was holding it in exactly the posture it needed to be held. He said, "It was muscle memory. I just had to do it over and over and over again. After a while, I felt confident that if something came along in my family, if something was a threat because of what I was working on in the FBI, I was able to protect my family."

Well, you've got to have a pistol, first, of your own, so that you can protect your family. After a while when you build that muscle memory, "I can do this," and then you do it, and then you do it again. It's not unlike the first time I cured my son of sniffles, I felt *alive*! "Wow! Look what I just did!" Within two hours – after knowing that a pediatrician would have given an antibiotic that would have kicked the can down the road and cause more trouble later on – I did it in a couple of hours. Holy cow!

Then I cured his strep throat. Oh my gosh! I know what a pediatrician would have said about strep throat. "You got to use antibiotics and the big guns," so to speak. I don't mean this to be such a bellicose conversation today about all the anger, pistols.

Kate: Are you hungry or something today? You're kind of

worked up.

Joette: Yeah, I think I am. No, I am hungry, as a matter of fact. That's why I'm talking like this probably. But at any rate, we almost have to *stir* our anger so that we can get that alpha mother out and onto this theatre, this stage of our lives. Without controversy, as humans, we have no interest in moving forward and examining options.

So, people who live a charmed life and don't have illness – which is pretty much nonexistent – but if they have mild illnesses, and they trust that the doctor has got the answer, and they take the Tylenol, and the headache goes away. And they have a cyst, and they have it extracted, and then another cyst comes out, now four cysts come up. And then they have not put together all of the strands of understanding that you remove one cyst, and others will pop up later. Or that you treat an illness that's met with an antibiotic, and you find that there's another one that shows up shortly after that. If they don't make that *connection*, then they just fall for the methods that are handed to everyone.

But, once you realize and make that connection, you sort of can't help yourself. I urge people to read the book, "Medical Nemesis." I'm pretty sure it was written by Robert Mendelsohn. We almost have to have drama, we humans, to fan our hostilities and resentments. So, we can say, "Whoa, whoa, whoa! What just happened? I can't believe this happened." And *then* we dig and look for the answers. So then, once we start digging and looking for the answers, and we start coming up with a few – maybe just a handful – then that starts to determine our identity.

I mean how do we identify ourselves? Are we someone who's acquiescent? Who's passive, and who says, "Yes, Doc. Okay, Doc. Whatever you say," and believes all that the doctors have to offer? Listen. I'm not saying you throw your doctor

off of the ten-story building. I'm saying that you need your doctor to identify conditions. But, don't for a second believe that that's the *only* solution. There are thousands of solutions.

Kate: Or that he has all the answers, because they can't possibly.

Joette: It would be impossible.

Fibromyalgia

Just the other day, there was someone who commented on my blog post. She had commented about the fact that I had cured myself of fibromyalgia. And I had! It was pretty severe. I mean, I was chronic fatigued, and joints were all aching. You're just touching my tendons, just touching my arm, you push, "Ow. Ow. Ow." Everything hurt! It was achy. I felt very out of sorts; slept too much. I used [*Rhus tox*](#). Now, I can't remember what potency it was. I wrote about it in [*one of my blog posts*](#). Maybe it was a 200. Maybe it was a 1M. It was long enough ago that I don't remember.

That is key, mind you. *It was long enough ago that I don't remember.* I cured myself of fibromyalgia. And I did it for my aunt. I've taught many, many people, and they've reported back to me that it has worked.

So, this person wrote and said, "You shouldn't talk like that. You shouldn't say on your blog post – and give people false hope – that you cured your fibromyalgia. It must have been some other reason. Maybe you helped some of your symptoms. , fibromyalgia is incurable."

I thought to myself, "Really? How do you know that? Because what? Somebody told you that or because you haven't been cured yet?" I would have believed fibromyalgia was incurable because I was told the same thing. But I said, "I'm not

going to believe that. I'm going to look further." And so, I did.

So, I wonder why the person just doesn't take the *Rhus tox*. That just confounds me! Oh well, if you've had it for all these years and you've been told it's incurable, well, I guess – okay. So that's what I said on the blog, "Oh, all right. So, I guess you just have to live with your fibromyalgia then. Don't look anywhere else. Just listen to what you've been told and accept it."

Kate: Well, the other thing is that some people may think they tried it. It's not working exactly to the extent that they thought it would, or that it did for you. But you have to remember, there are so many variables: how often are they taking it, what potency? There are so many things that you need to look at. So, you can't make a blatant statement like that, and say, "It doesn't work because I did this one thing."

Joette: Well, yes and no. Because when we use protocols as I teach them on the blog and in my courses (but I try to give as many away as I can for free on the blog), if you follow the protocols – the right potency, the right frequency – and you have the condition named properly – it is fibromyalgia, right? It's not a broken arm; it is fibromyalgia – then you will likely have success. It's when the *diagnosis* is incorrect – not from your doctor, but that perhaps maybe you have misdiagnosed it. And you didn't realize that, indeed, it was a broken arm, and it turned out that you were calling it "fibromyalgia" all this time.

Kate: Or it could be the doctor because that's one of those things.

Joette: Could be.

Kate: I don't know that they can ...

Joette: Yeah, it's subjective. No, they can't. It's very subjective. Listen. As I've said before, my mechanic can't figure out what's wrong with my car! He can't diagnose my car's problems. How was it that we expect another human being to always understand exactly everything that's going on in the human body? So, you try, and if it doesn't act, you try something else. Give it a good shot and try something else if that doesn't act.

So, I find that very frustrating. But all I can say is as I said on the blog, "Oh, okay." I don't even know what to say to someone like that. Really, you don't get that you should be trying and looking further? Just not sitting back and saying, "Well, I've been told ..." So, as long as there's an opportunity to make alternations, and we throw up our hands and we say, "There's no way," then we're never going to get ahead. There's always a way. Always. Not just in health but in every single concern or problem on earth.

Kate: I was just listening to someone who was talking about why she was so successful. And she said, "It's because I learned not to take 'no' for an answer. Someone else hears the word 'no,' and that's where they stop. I say, 'I'm not going to accept that as an answer. Don't tell me you're not going to do this or whatever it is,'" and she pursued it. She dove in. She had moxie!

Not to take no for an answer

Joette: Right. Everyone needs to have had a job in sales. If you haven't ever had one then you ought to get one, because sales is all about hearing, "No, no, no." And you keep saying it, "No, no." And you keep explaining why your product is so great. "No, no, I don't want it. I'm not interested."

Then bam! Someone says, "Yes." Oh, you just made a sale. No one knows about all the "no's" you had to hear, but you

become callous to it after a while. You don't even hear the word "no." In fact, if you hear the word "no," it should get your cockles up and get you thinking, "Oh yeah? I don't take 'no' for an answer!" You don't have to say that to him, but you think, "That person thinks I can't do this. I'm going to do it. I'm going to show them *and myself* – they may never hear from me again – but I know that I can do this." And it takes that.

Kate: So Joette, do you think this is something that's innate in us, or something that we need to learn?

Joette: Well, I do believe it's the *heartbeat* of being a mother. Every quiver of our heart is dedicated to our families. But, I don't know that everyone recognizes that by going to "the expert" that we can still fight that off – that information that we got. Because it's only an opinion that this pediatrician or this doctor is giving us. You go to ten more doctors, and I'll bet you get different answers. But when we are a mother or a grandmother, to be honest, we have no choice. Look to the animal kingdom – minus the animals that eat their young – but besides those ... (We've all had those days, right?)

But aside from that, if you don't feel as though you have enough to fight, if you don't feel as though you're an alpha mom enough, you probably need a couple of doses of [Sepia 200](#) because you've been exhausted by the hormones changing, and too many babies, or too many years of birth control – not too *many* babies – I mean, having many babies all one after another, or just having had a baby, or having had years of birth control pills. Take a couple of rounds of *Sepia 200* for a few weeks. That really gets things up and running again.

Kate: Right. So, most likely, you get caught in this web of busy-ness and life and kids and stress, and you can't see clearly.

Joette: Right. So yeah, you can't get caught up in the web. You have to parse it out. Think about all the things that we worry about all the time over the last year. Just think about that. Actually, do this: just jot down all the worries that you've had and really write them down. I'll wager that no more than about 2% or 3% were really realized.

If we don't try, we won't succeed. It's important that we realize that a lot of the worrying we mothers engage in is superfluous and never really comes to fruition. So, it's important to put those aside and start focusing on learning how to take care of your family.

In case you haven't noticed folks, this is not just about being able to take care of your family's ills but your mothering *style*. Our mothering style almost becomes a political statement or more importantly, a human rights movement. It's about the fundamental dignity of the family.

So maybe my feistiness today has to do with that book by Saul Alinsky, "Rules for Radicals." Because we can learn even from scoundrels, and he was. His goal was to overturn the American government back in the 40s, 50s, 60s, 70s, and is still going on today in his political camp. He's no longer alive, but that is what his goal was. But by learning what radicals do and how they change the political scene, and more importantly, what he taught in his book was how to change your thinking so that you can become a radical.

And in a way, we *have* to be that way inside of us. We don't want to go out and picket and hate doctors and modern medicine. We *need* them to a certain degree from time to time. What we don't want is a ruling over us in terms of what we can and cannot take care of ourselves, and how we can take over many, many of the ills that come along in our families' lives on a day-to-day basis.

Kate: So, be strong, be brave.

Joette: Yeah, have guts, spunk, and moxie – and pluck. I love that word, “pluck.” And then in the end, it’s all about being radical, baby. Radical!

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.

Watch Out for the Chiggers!



Quite a few of you have asked me this year for a remedy for chigger bites.

I must confess, I had never heard of chiggers until about ten years ago. Perhaps they are more of a Southern thing, and I just wasn't exposed to them in New York.

But now that I'm in Florida and it would appear I am going to get to know them better.

Technically, they are called *Trombiculidae* – so yes, “chiggers” is much easier to pronounce. Some of you may also know them as red bugs, berry bugs or harvest mites.

Not actually insects, they are arachnids (members of the spider/mite family). They live in forests, woodlands, grassy areas – anywhere there is low, decaying, damp vegetation.

In their larval stage, they climb aboard unsuspecting humans, burrow a tiny hole into the skin and inject a digestive enzyme to break down a small amount of skin for the little nuisance to eat. Those little attacks leave

behind lesions, rashes and extreme itching as their calling card.

Even though they have a funny name, they are no joke.

A member of my staff recalled being warned about them when she was a little girl. Her grandfather would rake all the pine straw and leaves on his property into huge piles to use as mulch.

Those mountains of vegetation were tempting to a little girl who wanted to run and jump headlong into the pile! But her family urged her not to with a simple, "Watch out for the chiggers!"

How she was supposed to "watch out" for them is rather laughable, as they are practically microscopic (or at least require a powerful magnifying glass to see). I think instead, her parents were politely trying to say, "Don't you dare jump in that pile, young lady!"

Frankly, the only way to "watch out" for chiggers is to avoid the areas they frequent, but in the summertime when playing outdoors, that's pretty hard to do.

And you know from last week's blog post on the dangers of pesticides, I am not about to systemically poison my surroundings to kill a microscopic predator I can avoid instead.

As life would have it, though, there are times you just can't avoid certain things, no matter how hard you try!

Sometimes, merely a slow walk on a golf course can result in picking up a community of microscopic chiggers (especially if you're a golfer who ends up under the trees more than on the fairway).

So, what can we do *after* we've become a buffet for these teeny red bugs? Why, homeopathy, of course!

A good baseline for any bite (puncture wound) is [Ledum 200](#), twice a day.

If the itching is over-the-top maddening, then our next line of attack would be [Antimonium crud 200](#) mixed together in the mouth with [Arsenicum album 200](#), twice a day (maybe even three times a day, depending on the crazy-making level of the itching).

This is a Banerji Protocol combination that works beautifully for a lot of itching conditions. (It's important to expand our thinking as we learn to use homeopathic protocols. For instance, if this remedy works well for one itching condition, it is an excellent place to start when faced with another itching condition. So, remember this one!)

If the itching is so severe it awakens the person at night, then [Coffea 200](#) twice a day is an effective addition (with the second dose being timed for right before bedtime).

Let's face it unless you carry a microscope into the backyard, you're not going to be able to "Watch out for the chiggers!" If you are unsuccessful in avoiding them, it's best to be prepared to relieve their aftermath with homeopathy.

Warmly,

Joette

P.S. Speaking of expanding your thinking as you learn about different remedies, a perfect place to start is having a *materia medica* front-and-center in your homeopathy library.

Most of you already know a *materia medica* is a listing of remedies, along with their keynotes and what symptoms and illnesses they treat.

Well, I've written my own as a framework to guide you

through your remedy choices. It's written in my easy-to-understand language, and 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.

I encourage you to own [A Materia Medica: Practical Homeopathy® for Busy Families](#) as a stellar foundation for your continuing homeopathy education.

Podcast 56 – Moms With Moxie: From Learning to Leading



IN THIS PODCAST, WE COVER:

02:33	Journey to homeopathy
06:55	Accepting homeopathy
12:24	Setting up for success
16:14	Treating diarrhea
21:54	Success stories
24:42	Kidney stones

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Wise Traditions journal](#)

[Good Gut, Bad Gut course](#)

[Joette's Quick Start Guide](#)

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

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: You are listening to Podcast Number 56 at PracticalHomeopathy.com.

Hi everyone. I'm excited to be here today with another fabulous Mom with Moxie. I'm Kate, and today, I'm here with Sheena. She has a great story to tell and some amazing tips for us. So, get ready to take some notes. And if you have a husband or another family member that's not onboard with homeopathy, you'll want to stay tuned because Sheena has some great insight for you. So, Sheena, welcome!

Sheena: Thank you.

Kate: As we begin, I like to ask our moms to share with us a little bit about their lives. So, I want to ask you to do that as well. Tell us about your family and yourself.

Sheena: So, we live in Jupiter, Florida. I have two daughters, 14 and 10. My older daughter is a gymnast and my younger daughter is a dancer. So, they're athletes. My husband is a doctor. I pretty much spend my time geeking out on food and homeopathy – which are my passions.

Kate: Those are great passions to have. But I tell you, when you said you live in Jupiter, Florida, I'm still trying to get over that. Because when someone asks you, "Where do you live," I imagine if you say, "Jupiter," they look at you like you're crazy, right?

Sheena: Yes, it was really fun when we moved. We sent out a cute note that says, "We're moving to Jupiter!"

Kate: I have never heard of Jupiter, Florida. So, I guess we're all learning something today.

Journey to homeopathy

So, tell us, Sheena, a little bit about your journey to learning about homeopathy.

Sheena: So, I have been into traditional foods based on the work of Weston A. Price (which is a foundation) for about 14

years since my first child was born – and I realized that I had to learn how to cook, and I had to feed this child. That was great for many years. But in the last – I would say – five years, I realized that as a chapter leader for the Weston A. Price foundation, that people were too sick for food to be their medicine. In addition, people really don't want to be restrictive with their food. They don't want to *not* go to dinner. That they want to go hang out at coffee shops, and they want to let their children indulge in the foods at school and such. So, it became very difficult to help people with food.

I would read the [Wise Traditions journal](#) which Joette authors a column in. To be honest, I was a skeptic. I kind of glanced at them like, "Huh, that's interesting." But I never really dug into it. Then my younger daughter crushed her fingers in the door, and I had nothing. I didn't know what to do. I did manage to keep her out of the ER, but I really was scared. I was like, "What do I do? This child who has never had antibiotics or drugs before, I'm going to have to take her in, and stuff is going to happen."

Kate: Because you can't give her bone broth for a crushed finger, right?

Sheena: Right. It's not going to do it. I really had no tools in my mommy-tool-chest for that. And then the same child – I think maybe a year later – got some sort of bug bite on her eye, and it swelled up huge. And for a week, I was trying everything. It was getting to a point where my husband was like, "It's time for her to go to the hospital." Fortunately, I actually did resolve that, but it was tense. So, I realized I did not have the tools I needed, especially for these acutes. So, I really was looking for something for acutes.

So, then I thought maybe this essential oil thing is the thing for me. So, I tried that. I learned about it, spent a

ton of money and realized that, “Hmm, there are some benefits, but it’s not what I need.” So, then I told my husband, I said, “You know, I’m going to dig into this homeopathy.” He was like, “Yeah, whatever.” He’s a scientist, and so he did not believe that it would do anything. But, he also didn’t feel that it would do any harm, so he was like, “Fine. Check it out.”

So, I remembered seeing Joette’s articles in the Wise Traditions magazine and went on her website and decided to take her [Good Gut, Bad Gut course](#). I don’t know – maybe two hours into the video, I’m like, “Hmmm, this looks very interesting.” Then I started trying it, and I couldn’t believe it. I couldn’t believe that this medicine existed, and that it took me so long to find it. Now, I think I’ve taken every one of Joette’s classes except for one. I mean, I can’t wait for the next webinar or whatever that she’s got to put out. I’m soaking it up. It’s amazing.

Kate: I went through a similar journey. It seems to be a common thread among moms. You have children and then you think to yourself, “Uh-oh, I got to figure out how to take care of this child.” So, I – like you – started with food, learned about herbs and essential oils. That was all great. But like you said, it doesn’t take care of everything. So, it’s nice to hear that other moms are on a similar journey, and how they came to homeopathy.

Accepting homeopathy

You talked about your husband, and you mentioned that your husband was a doctor. I know you mentioned that at first, he wasn’t a believer. How did that transition take place from him *not* believing to – I think – now he’s a supporter, right?

Sheena: Yes, he is! So, a lot of my women in my study groups have difficulty because they want their husband to be

onboard (or their spouse). I've only had one man in my study group, so it is mostly moms. What I tell them is it's *reasonable* for your husband to be skeptical. So, the thing to do is to demonstrate competency to your husband starting with the little things – with the acutes, with the sprains, and the bumps and the bruises. Most people are not going to object to *Arnica*. It's really effective. Your kids bump into something, and you would expect a bruise. Or your husband falls off a ladder or whatever, you give him some *Arnica*. It's amazing! So, I just demonstrated to my husband. I learned, and I treated people every opportunity I had.

We have a bearded dragon which is a lizard. She is about 8 inches long. She overindulged in kale. And she was throwing up all her crickets.

Kate: Oh no!

Sheena: So, this was really early on. So, we thought, "Okay, over-indulging, that's *Nux vomica*." So, we made a little solution of *Nux vomica* with water and got it in her mouth, and it was crazy. Within minutes, she stopped throwing up the crickets.

Kate: It's such a funny story. She was throwing up crickets, and the *Nux vomica* helped her to stop throwing up the crickets. It's a great story!

Sheena: Yeah, it was amazing! So, my husband witnessed that. He's witnessed me treat my kids' bumps and bruises and anxiety and stomach bugs. So, my younger daughter would get a stomach bug. One day – we have a pretty long hallway – she was literally *running* to the bathroom, and I chased her with *Arsenicum* and popped it into her mouth. And then she's – maybe this is too graphic – she's leaning over the toilet. She was like, "Okay, I'm good."

Kate: So, she didn't throw up?

Sheena: She didn't throw up.

Kate: Oh, my gosh, that's fast!

Sheena: Yeah.

Kate: And then what happened after that?

Sheena: She was done! That was done.

Kate: Really?

Sheena: Yeah, my family – me and my kids – we get stomach bugs, and it's *bad*. I've been like down-and-out. Once I start throwing up, it's game over. But, since I have discovered *Arsenicum*, if I catch it fast enough, it's done. The illness is over.

Kate: And you don't get to the throwing up stage, right?

Sheena: Correct. So then, you don't have to go through the dehydration stage and the recovery from that stage.

Kate: I have found the same thing with *Arsenicum album*. Actually, I've gone as far now as putting it in my kids' bedrooms so they each have an *Arsenicum album* there. So, if they were to wake up in the middle of the night, they just pop an *Arsenicum album* in, and they're good. In fact, they have not thrown up in over five or six years. So, I just think *Arsenicum album* is one of those remedies I cannot live without. I think we were talking about that earlier, right? You feel the same way.

Sheena: Yeah. I mean I have a hard time deciding between whether I couldn't live without *Arsenicum* or *Hypericum*. So maybe *HyperArs* is the remedy I can't live without!

Kate: Right. And if you could take two to some remote location, that would be the ideal, because then you could have *Arsenicum*, *Hypericum*, and then you could combine them

for infections.

Sheena: Yeah. I would be very sad if I couldn't have those remedies.

Kate: Yeah. So, your husband has witnessed this all along, and he's seen the changes in your family and your kids and you. Right?

Sheena: Yes. So that and I think seeing that I've been taking classes, that I listen to all of Joette's podcasts, that I'm reading, I'm researching, I'm thinking about it. I'm not just trying things willy-nilly and shown him that I'm making myself competent to use this medicine – and seeing that it's working. I've been studying homeopathy now for just over two years. About a month or two ago, my older daughter at the dining room table said, "Dad, do you think homeopathy works?" And he said, "Of course."

Kate: Oh! That's a long way to come from, "Yeah, just try that thing that doesn't have any effect."

Sheena: Yeah. So, you have to demonstrate that it works – I think – and not just *want* people to believe you.

Kate: You have some advice for people as they're starting out using homeopathy: how to go about it in a way to set them up for success. So, why don't you share that with us?

Setting up for success

Sheena: My biggest failure was a young woman who had – and probably still has – chronic diarrhea. I had done Good Gut, Bad Gut, so I knew all the protocols. But, I hadn't tried homeopathy *enough*. I hadn't used it enough for such a serious case. I also didn't present it to this woman as, "I have no idea what I'm doing, but I think this might work. You want to give it a try?"

Kate: So, you said you *didn't* present it that way. How did you present it to her?

Sheena: This is the other thing. Her mother wanted her to try homeopathy. So, I told the mom that, "Here's the protocol, this should work. This stuff is amazing! It's going to work," and so on. And so, when the first remedy didn't work, she was done. That was it. The young woman did not want to try the next remedy which I have been using successfully for someone else. So, I'm sad that that happened. But I think had I either waited and not taken her case yet, or presented it to her a little differently, that perhaps maybe she would have tried other remedies. Because you're not always right the first time, which is why Joette says you try a remedy for eight weeks. And if there is no improvement, you move on to the next remedy.

Kate: The other thing that seems like it was hard in that situation was it *wasn't* her that was wanting to try the remedies, it was her mother.

Sheena: Yes. I learned that I needed to communicate directly with the person. Especially for something chronic, I needed to make sure they understood what the process would be, and that the correct remedy might not be selected right away. In fact, now, I ask – if someone's not in a study group or something with me and they want to try homeopathy, and they have a chronic condition – I say, "Look at these and then let me know if you want to try it."

Kate: So, you refer them to Joette's website. If you go on to her main page, you'll see on the right-hand side, it says, "New to Homeopathy." And then if you click on that little brown go-button, it will take you to the next page which is a [Quick Start Guide](#). Then if you scroll down, you'll see under "Read," the links to "What to Expect When Using Homeopathy Part 1, 2 and 3." On the right-hand side, under "Listen," there is also some great information for

people who are newer to homeopathy. So, you're right, that is a great place to refer people.

Sheena: Yes, because it's too much to explain. And, for chronic cases, you want people to be a little bit invested.

Kate: That's a good point. They have to know because otherwise if they're just taking this, and they have no idea what it is or how it's used, then they are less likely to continue. Especially like you said, if it's something chronic, it's good that they be invested in it as well. So, very good point.

Sheena: Most people now that I have helped are in one of my study groups that I've led or somebody they're helping. That's only for chronics. If it's an acute, I will help. I just ordered my third set of 50 little containers that I use to put samples in, if you will, of homeopathy – which means I've given away 150 little jars of homeopathic remedies.

Kate: Oh wow! Well, what do you use?

Sheena: They're tiny, little amber-colored glass bottles that I purchased on Amazon. They come in packs of 50.

Kate: Okay, great!

Sheena: I learned, very early on, don't give your bottle away. Because the minute you do, you'll need it!

Kate: Right.

Sheena: So, I put the remedies in those, and I give them to people.

Treating diarrhea

Subsequently, I searched out for someone who was willing to let me practice on them. I found a woman who had horrible, chronic diarrhea and ten-plus bad bowel movements a day. She

would have to fast, and she could get it down to about four, literally eating nothing but broth. So, I explained to this woman that I hadn't worked with someone successfully with diarrhea. She had quite a few issues: asthma; she got pneumonia often; celiac disease; colitis. So, there was a lot going on. I knew this was going to be really challenging.

Right up front, she committed to giving it a try, and I committed to giving it my best shot to help her. So, I made a spreadsheet, a table, and we could talk about that later. But, I listed out all her issues, and we listed out all the possible remedies and found that the remedy for acute diarrhea also happens to be a celiac remedy. So, that made it pretty easy to choose that remedy. And, it worked in about two months. She was able to be diarrhea-free – not permanently. We've had some ups and downs. But, she was actually able to eat food and not have diarrhea at all – zero.

Kate: Wow! That's life-changing for her!

Sheena: Yes, life-changing. I mean it's significant. She had really tried everything – food and all the best advice as far as natural medicine.

Kate: Wow, that's great! So, when we were talking earlier, you told me something kind of interesting about her journey to that remedy, and a little mishap that happened. (I guess you could call it that, right, Sheena?)

Sheena: Right, yes. So, the diarrhea was gone. That was October of 2017. Then in March, it came back. So, I said, "Okay, go back on the remedy. We know what worked. Go back on it." She had been adding more foods. I knew from Joette's teaching that things come back, and then you just treat them again. The idea would be that it would last less time and come back less frequently and less severe.

So, it came back, and we struggled a little bit to get it under control. The remedies weren't working as well. It would kind of go away, and it would kind of come back. But it didn't go away like it did the first time. Well, about three weeks ago, she sent me an email and said, "Don't cry. But, I've been taking the wrong remedy for the last nine bottles." So, she had ten bottles. The first bottle was the correct remedy; the other nine empty bottles were not quite right.

Kate: Oh, my gosh! It was just a little bit off. It was a combination remedy – right Sheena?

Sheena: Yes. So, it was *Ipecac 30* mixed with *Merc sol 6*. It was what she was supposed to be taking, and what she took initially which cleared it up. And then she maybe was in a rush. Anyway, she bought the *Ipecac 30* mixed with *Merc salts*. And I don't even know what that remedy does, mixed.

Kate: Oh, wow!

Sheena: So, it was very close.

Kate: Nine bottles of the wrong remedy.

Sheena: Correct. She kept reordering somehow the wrong remedy. But, we had taken her whole case. So, she was still treating the colitis, and she was still treating the celiac. She just didn't have the right diarrhea remedy.

Kate: So, she was taking other remedies for those other things.

Sheena: Right. I think that's why she was still kind of making progress, but not like she did initially. We even went to the second line diarrhea remedy, and that didn't help at all. So, then we went back to the first line – which was still the *wrong medicine*.

Kate: Oh, my gosh!

Sheena: But once she got the correct medicine, I think about three weeks ago, she's been fine. No diarrhea for the last two weeks!

Kate: So, for all of you listening today who are worried about provings, aggravations, not getting it correct, so that ought to put your mind at ease – that this woman is alive! Right?

Sheena: That's right.

Kate: It just didn't work like it should have, and that was the only consequence. It's not like she developed any new symptoms, right?

Sheena: No, she didn't. She did, we think, prove *Calc carb* which she was taking for something else. We antidoted that within 24 hours. She had a hoarse voice with no pain, just kind of out of the blue. She sniffed some peppermint. It was gone. We removed the *Calc carb*, and that's gone.

Kate: So, we're not saying that a proving can't happen if you're taking the wrong remedy, *but* I think sometimes people get really nervous about something major happening. But if something changes, a new symptom appears, then like you said, what – she just sniffed some peppermint, and she was better, and it antidoted that *Calc carb*.

Sheena: Yup, it was no problem. I've proved remedies. I mean it was really so inconsequential to how beneficial it is to *try* the remedies. At least in my group, we just don't even worry about it.

Kate: Okay, good. Are there any other cases that you think might be useful to someone listening or had an amazing experience that you want to encourage someone else with?

Success stories

Sheena: Sure. Treating people's acutes is just a great way to get people to be like, "Wow! What is this?" and learn more. One of my daughters is a dancer. There have been several instances where one of the other dancers was not well. I've been able to give them a remedy and thankfully – or maybe just because the medicine is so amazing – it has pretty much almost always worked. *Nux vomica* for teenagers with unknown stomach pain – amazing! I've used that three times successfully – and zero times unsuccessfully.

Kate: So, when you use that, do you use it in a 200 or a 30?

Sheena: 200. The first time, I kind of did it by accident. This girl, her stomach was just really hurting her, and I was pretty new to it. I knew *Nux vomica*, but I thought 30 would be better, but I only had 200. So, I gave her 200, and it worked within minutes. Her mom went on to get some more remedies and use homeopathy. So, that's just a great one. I'm sitting in my daughter's bedroom because it has better audio, and she's got her *Nux vomica* on her bedside.

Kate: Good visual! Too bad we can't see this on the podcast.

Sheena: So, that's just a great one. A story that is one of my favorite stories to share is – I think it was my second study group – one of the moms came to me after the first or second class and said can I help her with her daughter. Her eight-year-old daughter was afraid of bowel movements. She wasn't constipated. She just was terrified of having one. So, you can imagine for an eight-year-old how difficult that would be. She would hold it until she had an accident.

Kate: Wow!

Sheena: And this had been going on since she was out of diapers. So, it was a problem, obviously, for the whole family. So, I worked with the mom. We thought about it. She

put her on *Ignatia*. It resolved it! The wonderful part of it is her daughter told her mom, "Mom, you're the *best* doctor!"

Kate: Ohh!

Sheena: Just the high of being able to heal your kids because sometimes you can't go get an allopathic solution to something. People just run out of options. It's like you have to live with this. So that's one of my favorite stories.

Kidney stones

Sheena: Another great homeopathy success story is kidney stones. I have found that the more painful it is, the faster homeopathy works sometimes.

Sheena: Wow! I went again to my daughter's dance, and the woman working there was in agony – clearly in agony. I asked her what was going on. She said she had a kidney stone. I said, "I'll be right back!" So, I zoomed home, got out my Banerji book, looked up kidney stones (which I didn't find), and I finally figured out it was *renal* stones.

Kate: Oh!

Sheena: And realized I didn't have any of the remedies. So then, I went on to Joette's Facebook group for the students who have taken her courses and looked it up and found that someone had posted a protocol there using cell salts and *Belladonna* – which I had. So, I grabbed those remedies, went back, gave this woman the *Belladonna* to take. And I had thrown the cell salts into a water bottle and said, "Here, sip this." Within 20 minutes, she was standing up and basically, nearly pain-free except for some low back pain.

Kate: Wow!

Sheena: She continued the remedies and passed the stones in

little pieces, and that was that!

Kate: So, she didn't have any more of that extreme pain?

Sheena: No. She managed it with the *Belladonna* and the cells salts.

Recently, another woman at dance was talking about her husband who was really sick because he had terrible kidney stones. My daughter was like, "Mom, don't you have something for that?" Sometimes, I don't always say something – I try and just, like, bite my tongue. I was like, "Well, okay, yes." I mentioned, and she was like, "Really?"

Well, I happen to have those cells salts and *Belladonna* with me because I carry such things everywhere. So, I gave them to her. Actually, I didn't have *Belladonna*. I have the cells salts. I told her, I said, "You really should get *Belladonna* for the pain, but these cells salts should help break it up." So, she started giving those to her husband, and he was like, "You got to learn about this stuff. What is this?" And, she got the *Belladonna*. I think like a week later, he went into the doctor's office to have them help him with the stones. He went in, and he peed out the stone, went back to the front desk and said, "Here is the stone. Can I have my co-pay back, please?"

Kate: Oh my gosh! "Can I have my co-pay back? I don't need you anymore."

Sheena: "I don't need you! Stone's out!"

Kate: Oh, funny! That's funny. So, you're talking about a lot of people that you've helped. I know that you've led a number of [Gateway groups](#), haven't you?

Sheena: Yes, I've led four Gateway groups.

Kate: Local or virtual?

Sheena: So, three were local, and one was virtual. I really – I can't recommend it enough to either get part of a group or lead a group, because now I have this great community of women. We communicate all the time. We meet in person. We meet over Zoom. If anybody has a problem, we have a Facebook group that's secret – just for us. So, we share all kinds of information, and not only are we helping each other with homeopathy, we have all these new friends.

Kate: I love the Gateway groups. We help one another out. We share remedies if one of us doesn't have one. Someone is going to have the remedy.

Sheena: Yes. So, having a local group is really nice, especially for that.

Kate: Yeah, I agree.

Sheena: Getting together and building a community is just so wonderful. So, I keep my groups small – 10 people, each one. So, I have about 40 women and one man in my group. We collaborate, and then they're helping people. Some of them have five people that they've been helping, so it gets exponential.

Kate: Yeah, okay. We have the Gateway II coming out soon, so that's exciting. If you haven't already taken the Gateway I, you might want to consider taking that. So then, you can just jump right into Gateway II together.

Sheena: Yes. Our whole group is waiting for Gateway II.

Kate: Yay! Me too, I'm excited. So, thank you, Sheena, for taking the time to be with us today. You've given us a lot of information, some new tools, and so I thank you for your willingness to share.

Sheena: You're welcome. 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 for your health strategy, visit practicalhomeopathy.com.

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

Pesticides: The Steep Price of Perfection



I am passionate about this subject. And while I have a strong feeling that you are not an indiscriminate user of pesticides, you very well may be concerned that your neighbors and loved ones haven't yet seen the light.

So, I need to take a step away from my usual blog subjects to give you the fodder you need in order to inform those you love.

Granted, this post is unusually long and dense.

I wanted to provide you with as many resources as I possibly could so that you can tailor your conversations to the specific concerns of each friend or relative who still uses pesticides. There are many reasons not to use toxic chemicals, but only you will know which reason will most deeply resonate with your loved ones. Together, we can stop the poisoning of our planet – one lawn at a time.

Note: if you know someone who is currently experiencing an adverse reaction to pesticide exposure, please refer to my previous blog, [Three Homeopathic Remedies for Pesticide Exposure](#).

It's summer. Time for backyard barbecues or picnics in the park.

In our winter imaginations, many envisioned their summer yards and parks as manicured fields of green, inviting grass, lush foliage and brightly-colored flowers – that endless bed of green with only our desired plants and no pesky insects.

Perfection.

But at a price – a stark-raving-scary price.

Giving up our idealized versions of green spaces is hard. But pesticides (to kill bugs and rodents) and herbicides (to kill weeds) are filled with uncertain risks, making the entire world their guinea pig!

Concerns abound that pesticides and herbicides are hazardous to animals. [A Harvard study](#) strongly links pesticide use to the mass-damage or complete disappearance of bee colonies (Colony Collapse Disorder).

If this collapse remains unchecked, without bees to pollinate crops, our food supply could be gravely affected. Also, birds and amphibians are affected by the pesticides we spray – both directly, and by eating their prey that have been poisoned. Fish are affected by the pesticides contained in the runoff from our lawns into the waterways and oceans.

And, our beloved little dogs are subject to increased risk of nasal and bladder cancers when exposed to lawns that have been treated. Would you willingly do [something hazardous to your little pet](#)?

Of course, you wouldn't. (But, I have your attention now, don't I?)

You might ask, "Aren't they're registered with the EPA and FDA? So, they're safe for humans, right?"

Sure, they may be registered. But that does *NOT* mean these chemicals have undergone adequate safety testing. Here's a sobering statistic from [BeyondPesticides.org](#): "Fourteen of the 36 most commonly used residential pesticides are probable or possible carcinogens, 15 are connected to birth defects, 21 with reproductive problems, 22 with liver or kidney damage, 24 with neurotoxicity, and 34 are sensitizers and/or irritants." [A UCLA study](#) linked pesticides to Parkinson's disease. The Ontario College of Family Physicians [published a paper](#) linking pesticides to non-Hodgkin's lymphoma, leukemia and tumors (stomach, renal, pancreatic, lung, ovarian, breast, prostate and brain cancers).

Did *that* make you sit up straight?

If not, how about this? The elderly, pregnant woman and our children may be even *MORE* sensitive to the effects of pesticide and herbicide exposure. [The National Academy of Science](#) had this to say: "A fundamental maxim of pediatric medicine is that children are not 'little adults.' Profound differences exist between children and adults. Infants and children are growing and developing. Their metabolic rates are more rapid than those of adults. There are differences in their ability to activate, detoxify, and excrete xenobiotic compounds. All these differences can affect the toxicity of pesticides in infants and children, and for

these reasons, the toxicity of pesticides is frequently different in children and adults." [A study showed](#) autism and developmental disorders can be linked to the mother's proximity (exposure) to pesticides during pregnancy.

That *had* to get your attention.

But let me put it in plain language: We are adversely affecting our children so that we may have green, critter-free, golf course-quality lawns.

Seriously?

An [article in Men's Health](#) reported this regarding pesticides: "The Centers for Disease Control and Prevention tested more than 9,000 people about 9 years ago, and the scientists found pesticides— or the products created when the body breaks them down—in everyone they tested, according to a summary by the Pesticide Action Network, a group advocating alternatives to pesticides. Among people whose blood and urine was tested, 13 different pesticides were found in the average person's body. At least half the people tested had 18 pesticides in their bodies. Concentrations generally rose the younger the person was."

When I read that, I translate it to mean *we are becoming the pesticides that we spray!* Our bodies are [absorbing it at alarming rates](#); assimilating it.

Forgive me for shouting, but WHAT ARE WE DOING TO OURSELVES??

We think we're merely using atrazine to kill weeds? But at the same time, we're causing endocrine disruption and increased risk of breast and prostate cancer. (Adding insult to injury, atrazine also interferes with the drugs used to *treat* breast and prostate cancer!) We think we're killing fire ants by using bifenthrin? But, we're also overstimulating electrical signals in human nerve cells

increasing the risk of tremors and paralysis (not to mention that it is also a potential carcinogen).

And then we reach for the Roundup.

It's everywhere. No Home Depot or Lowe's garden department is without it. And what a seemingly friendly name it has – "Roundup." Sounds like a Saturday morning cartoon.

Well, there is nothing friendly about it. [Roundup is glyphosate](#). Glyphosate kills unwanted plants by interfering with an enzyme used in the synthesis of amino acids the plants need to live. Humans don't produce that enzyme, so Monsanto, the manufacturer, tells us that Glyphosate (Roundup) is safe.

I beg to differ!

(And so do a lot of authoritative individuals and organizations. See links below.)

The problem is, the beneficial bacteria in our guts DO REQUIRE that enzyme that Roundup kills. When the glyphosate (Roundup) is absorbed in our systems by our good bacteria – they die. Dead. You know humans *need* those good bacteria to live a healthy life. Minerals, vitamins and nutrients we ingest are no longer properly absorbed, leading to deficiencies. Glyphosate inhibits enzymes that help our bodies detoxify harmful chemicals in our systems. Our natural gut flora is disrupted, which may lead to disorders resulting from gut dysbiosis (such as gluten-intolerance, IBS, Crohn's Disease, chronic inflammation, auto-immune disease and allergies).

We risk all that – so we don't have to look at weeds.

What sense does that make?

The active ingredients of these lawn treatments are not even the entire danger. Nathan Diegelman said in his treatise,

[Poison in The Grass: The Hazards and Consequences of Lawn Pesticides](#), “Many components are classified as “inert,” which allows them to be kept hidden from the public and not listed on product labels. These are more than just fillers or solvents. “Inert” does not mean “inactive” – some, such as benzene and xylene, are more toxic than listed chemicals.” Scientific American’s article, [Weed-Whacking Herbicide Proves Deadly to Human Cells](#) reported on the conclusions of recent studies: the inert ingredients in the product can *increase* the adverse effects.

Roundup has been declared a possible human carcinogen by the United Nations, and [other influential nations have begun to ban the use of it](#). Yet it is still widely used in the United States – if not by you, then by your neighbors or your community.

How do we avoid exposure to glyphosate? Biofoundations.org published the following advice in their [excellent article](#) (previously mentioned):

- ***“Avoid using Roundup and other similar products.***
- ***Avoid consumption of GMO foods which are directly contaminated with glyphosate.***
- ***Avoid animal products such as milk or meat for which GMO foods were used to feed the animals.***
- ***Eat organic foods as much as possible.***
- ***Avoid living in areas where glyphosate is applied.”***

If you find that you experience a reaction to the pesticides or herbicides sprayed by others, Homeopathy is here to help – as always. Read my blog, [3 Homeopathic Remedies for Pesticide Exposure](#) and listen to my podcast, [The Worst Kind of Pollution](#).

You know me. I’m not one to use scare tactics, but this is *genuinely* scary. I’ve been involved in the fight against the indiscriminate spraying of pesticides and herbicides since

my children were small. In fact, I facilitated change in public policy in my town of Buffalo, NY – the first American city to stand against the use of these harmful chemicals. But, the fight seemingly never ends. I was reminded of this recently in Florida when my neighborhood association began spraying for bugs! The fight must go on. [Californians are fighting against Monsanto](#), and we each need to do what we can in our communities as well.

But, as with most causes sometimes the fight begins in our own backyards – this time literally. I know this can be a bone of contention between husbands and wives. Our husbands may seem as though they're in competition with the golf courses on television – trying to achieve that perfection. Perhaps you've wanted to have this conversation but were not adequately armed with information. Below are some additional links to helpful organizations to support you in your efforts:

[National Pesticide Information Center](#)

[Beyond Pesticides.org](#)

And here are a few educational articles to assist you in fact-finding:

[Pesticides Increasingly Threaten Human Health](#)

[Bad News About Pesticides](#)

[Reducing Residential Exposure to Pesticides](#)

Also, to help you start the conversation with others, this week instead of a free remedy card to download, I would like to share with you a free video – containing all this information and much more.

Sit down with your family and watch it; then decide if the perfect green lawn is worth the risk. Do what you can to protect your family in public spaces as well. We mothers

must band together and present this information to our local authorities.

We *can* fight City Hall. In fact, the city of Portland, Maine has recently [banned pesticides and toxic chemicals](#). Pardon the pun, but this is indeed a “grassroots” movement, and it up to each of us to do our parts.

Warmly.

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

P.S. Consider doing as my husband Perry does to keep our stone walkways free of weeds. Instead of pulling them, he sprays them with a concentrated solution of salt (the kind used for melting snow on wintery streets and sidewalks). He admits it requires repetition – about once weekly during the heaviest growing season. But, he reminds me that it only takes about five minutes as a part of his weekly lawn care.

Vinegar can also be a very effective weed control. Howard Garrett, also known as The Dirt Doctor, [shared his recipe for a vinegar-based herbicide](#). (This spray will injure any plant it touches, so use it only on those you want to remove):

Vinegar-based Herbicide Formula

- *“1 gallon of 10 percent (100 grain) vinegar*
- *Add 1 ounce orange oil or d-limonene*
- *Add 1 tablespoon molasses (optional – some say it doesn’t help)*
- *1 teaspoon liquid soap or other surfactant (such as*

Bio Wash)

▪ *Do not add water"*

P.P.S. Gut dysbiosis has become such a prevalent problem in our society; I created a course strictly devoted to this subject. I've given you a wealth of free information in my blog posts and podcasts, but if your family's issues require you deepen your education, please consider taking my course, [*Good Gut, Bad Gut*](#). First, throw away your lawn chemicals, and then learn more about the course [by clicking here](#).

Cell Salt Series: David vs. Goliath



David vs. Goliath

Joette
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JoetteCalabrese.com
Practical Homeopathy Inc.

You may be asking, “What on earth do David and Goliath have to do with cell salts?” Well, let me tell you a story about my father’s experience with *Nat phos*.

You see, my father carried a five-pound jug of Tums around with him in his car. I have no idea where he even found this gargantuan size. But, I’m not kidding; he practically bought Tums by the oil drum!

Why did he need so many? Because he popped them in his mouth *all the time*. They’d work for a short time, but then he’d eat something again and have to pop a couple more. Tums were his constant companion.

When I first started learning about homeopathy, I said, “Dad, why don’t we replace your Tums with the cell salt [Nat phos 6X](#).”

Visualize this – my little, itsy-bitsy bottle of *Nat phos* was suddenly in a face-off against his giant drum-size of Tums. It was like David versus Goliath. You remember how that battle turned out, right? Well, this battle was no different.

Dad loved this small, elegant homeopathic medicine because it fit in his shirt pocket, whereas his giant Clorox-bottle of Tums wasn't exactly portable.

He most especially loved that he no longer was popping tablets into his mouth continually.

At first, he had to take his *Nat phos* several times a day: before every meal and before bed. But in short order, he could take it once a day (before lunch and wouldn't need it again before dinner or before bed).

Soon, he only required it every couple of days. And, eventually, he could eat almost anything! He just needed it on certain occasions when he ate poorly – most specifically, fried foods from restaurants.

David – little, tiny *Nat phos* – beat the stuffing out of the Goliath Tums!

So, you can imagine my surprise, when a couple of years later, I noticed my father popping a Tums into his mouth.

His acid indigestion had returned, and – even though he was a brilliant man, a trained musician, and an excellent businessman – he had completely forgotten the success he had with *Nat phos*. (Or maybe it was just because he had an inventory of thousands of Tums in “back stock” and wanted to use them up.)

I said, “Dad, what are you *doing*? Why aren't you taking *Nat phos*?”

“Oh, yeah. That's right!” And with that, he returned to his shirt-pocket-sized homeopathic remedy. This time, his acid indigestion was uprooted in much shorter order – a couple of weeks rather than a couple of months. That's how homeopathy works!

So, when you think of acidity, think of *Nat phos*. It can be

beneficial in cases of gout (described in a [Moms with Moxie podcast](#) as one remedy we use in conjunction with others).

It can also help with weight gain, as described in my blog, [Fat, Frumpy and Frustrated](#) (especially for those with acidity issues indicated by soft, sour stools or even turning jewelry green on fingers).

Like all homeopathic remedies, *Nat phos* may come in a small bottle, but it packs a powerful (and victorious) punch!

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a large, flowing loop at the bottom.

P.S. If you're interested in learning more about the cell salts, and how I use *Nat phos* for a host of other conditions, check out my CD/digital download entitled, [Cell Salts; The Easy Homeopathy™](#) to help you get a firm grasp on all of the cell salt remedies. *Nat phos* actually has hundreds of uses that I know you'll put into service in no time.

And of course, if digestive issues are your specific interest, my course [Good Gut, Bad Gut](#) goes deeply into many seemingly complicated topics relating to the digestive system. (Actually, with my protocols, they're often super easy to fix.)

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](#)

P.P.P.S. For all [Gateway to Homeopathy Study Group](#) graduates, keep your groups together. You'll want to know Cell Salts like the back of your hand – Gateway II should be at the top of your list.



Condition: Concussions
Remedies: Aconitum nap. 300c, Arsenum 300c, Lachrym. 30c, Belladonna 6c or 4c, Cuprum met. 4c
Details/Directions: Administer immediately to deal with the shock of injury, and alternate with Arnica as needed (approx. every 15 min). Add Lachrym. 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://jornetcalabrese.com/blog/brain-concussions-and-broken-furniture/>

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.

Fill out the form below to download your remedy card

Podcast 55 – How to Take a Case



- 04:00 Laying out a case
- 12:48 Starting with chronic conditions
- 21:17 You can't mess up homeopathy
- 27:21 Remedy has to be repeated
- 28:02 Writing down the most important issues only
- 36:33 Figuring homeopathy as our focus

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Ooh! Ooh! Cardoons!](#)

[Ignatia for anxiety](#)

You are listening to a podcast from practicalhomeopathy.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Joette: So, the satellite conditions that you hadn't

necessarily thought of as important could be *critical* in determining whether or not the remedy acted in the first place, and secondarily, if it should be repeated and started up again.

Kate: You are listening to Podcast Number 55 at practicalhomeopathy.com. On today's podcast, Joette describes how to write out an acute case. And she will share with us some great tips on how to know when it's time to stop taking a remedy. So, let's get started.

Hi. I'm Kate, and I'm here today again with Joette. We're excited to bring you another great podcast packed with information. So Joette, welcome, nice to see you again.

Joette: You see, we see each other, but people who listen in or read don't know that we're looking at each other. So, we can make funny faces at each other. It's really fun.

Kate: So, Joette, it's summertime there, and I see lots of things blooming. Are you doing anything fun with the garden ... or what's going on outside?

Joette: Well, this is the first spring that I've lived in this little cottage that my husband and I just got, and we're really enjoying it. So, I'm *totally* into my garden. I've planted a couple of rhubarb plants and some asparagus so that sometime in the future, I'll be able to harvest those. But, I've planted a lot of ground cover because I am not making a commitment to weeding every day – although I'm actually out there doing it every day. I go out for about an hour, and I water, and I weed, and I pull up this, and I move that. It really is fun. And then in the evening, I do the same thing. So, it's a blast.

But one of the things that I'm sad about in my garden is that I've moved from my property – that had 15 acres – to a little plot, and I can't find cardoons. Do you know what cardoons are?

Kate: It sounds familiar, but I don't know.

Joette: Well, cardoons are burdock, and they are eaten by Italians and French. You can buy them at some upscale grocery stores, but they never taste the same. And so, I'm accustomed to harvesting my own cardoons every spring just as the lilacs blossom, just a little later, just as they're kind of dying off then the cardoons come up, and they're at their prime. And I go with my kids every year ... we've just gone and gone to the back end of our property and dug them up and washed them and cooked them up and fried them, and they're absolutely delicious. I actually have [a blog on it](#) ... I wrote a long time ago about cardoons. So, I don't have any here. So, as I drive through the countryside in Canada, I drive very slowly looking to see if I can find a wild patch somewhere, and I say, "Where are the Canadian cardoons?" I don't get it. I don't understand where they are. But I'm sure to find ... one of these days, if I keep my eyes peeled ... I'll find them somewhere.

Kate: I imagine you going to your neighbor's property and digging around.

Joette: Well, I've asked people. We've got a fellow who comes and helps me do some of the heavy lifting here in the garden, and I said, "Okay, do you see this plant? Do you ever see this anywhere?" He said, "What is that?" I said, "It's a burdock. It's the burrs that get in your dog's fur ... that's what this is." He said, "No, I can't say I really noticed them." So, he's not looking, in the same way, I'm looking. I've got my eyes directly on the ground looking under disturbed soil and places like that. Maybe next year when we do another podcast, I will be able to say, "I found them, yay!"

Kate: Or maybe they just don't grow there like they grow in ...

Joette: No, they do. I did find one on my property, and I told my husband. Under penalty of the law, he will not weed-whack that cardoon. You leave that cardoon. It's one sole, little, struggling cardoon that I'm hoping is going to invite others to join it.

Laying out a case

Kate: Let's talk about some homeopathy. We thought that it would be helpful to our listeners to talk about laying out a case. How can we make this practical for our families? So, grab some paper, grab a pen and get ready to take some notes as we talk about laying out a case and making this practical for your family: How to get started. How to know when to stop. So, Joette, walk us through as we determine how to use homeopathy with our families.

Joette: Sure. So, when you have a family of ... let's say you have two boys and two girls. You get a file folder for each of them. So, the two boys get blue folders – maybe a light blue for the younger one and a dark blue for the older one (file folder). And the girls might get a dark pink folder, and then the younger one gets a light pink folder. That's so that you can find these folders lickety-split. Your husband gets – I don't know – a dark green or something like that so that you can differentiate. And if the dog happens to be a white dog, like Buster, then you get a white folder – so you can find them super-fast.

Don't bother buying a book. I've said this before. For those of you who have followed me, this might seem trite. But, don't bother buying a book for each member of the family. It's a waste of time because I guarantee you will not keep that book with you when you're traveling or when you're at grandma's house and someone gets sick. You're not going to say, "Uh-oh, I can't do anything because I don't have my book." Instead, you jot down what's going on, on a sheet of paper.

So, this is what you write down on your little sheet of paper when someone gets sick. You write down the date, of course, and you write down the CC (Chief Complaint) on the upper left corner. This is the way I've done it for years. So, I'm just going to pass this along. You can do it any way you like, but this is my method. And then, you write down what's happening on a margin all along the left. So, on the left, you want to categorize it. So, if the person is freaking out, you want to put down ... not "Freaking out," that's too many words (you want it just along the left margin) ... you write "Mind" or "Mental," (so, what's happening in the mind or the mental condition).

And then, to the right of that margin, you've got the second column, and you write next to that "Freaking out, anxiety over exams," for example.

Then, what else is happening? Oh, the person has stomach problem. So then, you go down further in the left column in that margin, and you write "GI." Don't write "Stomach aches" because that's too much information because what you are going to be doing is looking at this in a year from now perhaps, or even a month, or five years from now. You might need this information, and you don't want to be reading voluminous words. You want to have a simple method of scanning down the left-side column, along the margin, so that you can find what you're looking for.

Okay, now let's say there's a stomach ache that's associated with this person's suffering. So, you write "GI" in the left margin. And then, the next column over to the right of that, you're going to describe that. "Oh, there's pain, with gas. So, it was worse before bowel movement. There's burping. The person finds that it's always worse after eating ice cream, et cetera."

Now, what else is happening? Oh, by the way, this child is tugging at his ear. So, you go further down in the left

margin, and you write "Ear." And then in the column next to that, you're writing what's happening, "Tugging at the ear." Don't assume it's an ear infection. You don't know that it's an ear infection. Never leap over the logical, most obvious condition (or the obvious situation) and make an assumption. Assumptions are not scientific. They can be useful if we're at a loss.

But the first things we always use are obvious – tugging at the ear. Or nausea – they look green and they're burping, and they vomit. Okay, you're going to just write down what you've seen or what they've actually reported. Don't assume. From that stomach, don't you dare assume, "Oh, it must mean that this person has got leaky gut." That's a big, fat erroneous assumption! Or that they've got yeast, or they've got – I don't know – gastroenteritis. Don't leap! Just go with what you've got.

Now, if they've *had* ear infections many times in the past, and the child is tugging at his ear in the same fashion as every ear infection has ensued, then of course, now you can make that assumption. But don't go any further than that – at least not at this point. We want to use only what's obvious. You want to look at the hierarchy. What is the most trying aspect? The child is freaking out. The child is absolutely so terribly anxious. If the anxiety is greater than the tugging at the ear and greater than the stomach touching or nausea, burping or whatever, but the anxiety is really maddening, and those other areas are just satellite conditions, you want a remedy that's specific for the *mind*, for the mentals, for the condition that is presenting most readily. Those others are secondary and tertiary conditions.

So, the first thing you think of is, "What's a good remedy for anxiety?" And now, let's say you choose *Ignatia*, and you're going to write at the top of the page, "I chose *Ignatia*." (Don't write, "I chose," just "*Ignatia*.") What potency? Usually, we use *Ignatia* in a 200. Very rarely do we

use it in anything else. "How often do you think I'm going to give this? Well, I'll give it now, and then we'll see what happens." So, you write "[Ignatia 200](#)," and you administer the remedy to the child. Now, three hours later, the child – let's say even an hour later – the child is much improved, calmed down, still tugging at the ear a little bit, still a little tummy going on, but the *anxiety* is gone. Now, you can go back to your paperwork and say "VMB," very much better. We're always looking for abbreviations because remember, you're going to be using this as a reference someday in the future.

The reason I tell you that you're going to be using it as a reference is because when a remedy acts for one of your family members, don't try to figure it out again in three years from now. Three years from now, your child gets anxious. If you don't remember that *Ignatia* helped, you're going to go back to the file. Now, you've written it on a sheet of paper. When the child is very much better, you're going to toss that paper into the file. Open it up. Put it right on top. That's the most recent condition. And there'll be other conditions. This child will skin his knee. This child will hit his head. This child will get an ear infection or whatever. And those will go on top. Each one of those will be represented in a different sheet of paper.

This is what I teach in my courses. I'm very, very specific on how to do this. The reason that I'm so committed to this method is because it's worked for me for over 30 years, and it was taught to me by other homeopaths who have used it for decades as well. I think it works beautifully. So, now let's say it's five years from now, and this child is obviously much more verbal. Now, he's, let's say, nine years old, and he gets anxiety, and he's freaking out – not very unlike the way it was five years previous. You open up the file, and you look. "Have I ever used anything for his anxiety in the past?" And you go through the pages of all the conditions

that he's had. "Lookie here! Back in July of 2018, he had anxiety, and I gave him *Ignatia*. I wrote there that it took two hours for it to abate [or one hour, whatever]. That's what I'm going to use." So, we never tinker with what has been successful. If it's worked once, we have to make the assumption it will likely work again.

Now, someone just asked me today, "Well, what if the circumstances are different? What if the first time, he had anxiety about – I don't know – people coming over to visit. And the next time, he had anxiety because he had a test forthcoming." Those are two different kinds of anxiety; there's no doubt about it. But if it's presenting in the same way, meaning he's acting in the same fashion, I would first consider the remedy that worked most readily last time. You can always change it should you need to – that now it's anticipatory anxiety rather than social anxiety. So, you could parse that out if you had to, but I would start with *Ignatia* first because we know it acted in the past.

Kate: So Joette, you're talking right now about acute cases for our family members. Let's step back just for a minute, and let's talk about starting out. We want to address chronic conditions, as well, with our family members. How do we get that overall picture or even know where to begin with homeopathy?

Starting with chronic conditions

Joette: Well, interestingly, the case I just described to you of the anxiety can be a chronic condition. This child might have had anxiety since he was six weeks old, and nothing was done about it because the parent didn't know what to do. And so, now that the parent finally learns what to do and starts using *Ignatia* – and it looks perhaps like it's an acute because it's just gotten to a pitch – but this child might have been suffering all along. And just by using *Ignatia* 200, twice a day for some time, that can easily

uproot the condition that was lifelong – even a short little life (because it's a child). So, it actually works in the same fashion.

Now, just because the child was tugging at the ear does not necessarily mean that it's otitis media. It could mean that the child had otitis media a year before and was given antibiotics and now has a chronic ear condition that renders the child with a discomforted ear that is maybe a feeling of stuffiness or fullness. I hear this a lot from folks who have had previous ear infections that were, of course, met by antibiotics and rendered a sensation that stayed with them for a lifetime of hearing loss, or distorted hearing, or sensation of plugged-up ears, or itching in the ear, or a fullness in the ear. That could be what that child's complaining about by just tugging at the ear.

So, we could call this an acute case, but it might even indeed be a chronic case. Do we really, absolutely need to know? To answer that, in some situations, it would be useful to know. But a lot of times, an acute is simply a chronic that's come to the fore for a period of time. And if left to its own ways, it would dissipate eventually and go back down to its chronic level, meaning it's still there, but it's not horrible. It's not a screaming five or six or an eight in the pain or discomfort scale. It's just a quiet one or two or three.

Kate: What's interesting is, I think, sometimes people get so used to things that they don't even realize that they have that discomfort in their ear. And then when it bubbles its ugly head, then they acknowledge it. But otherwise, they don't realize it, right?

Joette: Not only that – I think you're right about that – but not only is that something that muddies the waters, but also people often say, "Oh, he tugs at his ears, but his father has always done that, too. Oh well, let's just forget

that then." No, no, no, no, no. Just because his father does it, it doesn't mean that it's not a condition. It's probably that his father has the same condition, and that the child has inherited it because after all, we are only DNA. That's all we really are, plus a soul. That's the way I see it.

Let's say this child is suffering on a chronic level with anxiety and worries, then I would call it more of a chronic condition. And then, I've had people ask me, "So, how long do you give *Ignatia* for? Does this mean they have to have it the rest of their life?" Well, one of the best parts about homeopathy is that generally, it's not so. So, no, we use it until we no longer need it.

So, how do you know that? Well, if it's a chronic condition, I generally use a remedy that's for a chronic condition for about six to thirteen weeks, depending on the severity of the condition and the degree of shift after having taken the remedy. You can always test the remedy out and say, "Okay. I think maybe we've had enough. We've done it twice a day for five days. Let's try doing without." More often than not, people don't do it that way. They go on vacation or they go away for the weekend, and they forget to bring the remedies.

Kate: Right.

Joette: And then Friday rolls around, and they're on the road. Saturday, they've gotten to their destination. Sunday, they're enjoying their vacation, and they realize, "Uh-oh, we forgot the *Ignatia*." Monday, they're driving back. Tuesday, they stop. They don't get home until Wednesday, and the child's doing pretty well. Then you know, *Ignatia* is no longer necessary. It would be superfluous to go back to it again if the child no longer needs it. How do you know? Because the anxiety is gone – beautiful!

So, now let's say on Monday, they're driving home, and they're going to stop on one more day on their trip home,

and the child starts to get anxious. He gets just a *little* anxious. It only lasts 15 minutes, whereas before, this anxiety would be perpetual and would be low-level – almost like MUZAK or background music all day long – and then would get pitched when this or that happened. But now the child has a little anxiety, but it goes away on its own. It's like he handled it. He was capable of subduing it on his own and moved on, and it washed over him. He no longer needs *Ignatia* on a day-to-day basis, at least at this point. So, when you get home, he does *not* need another dose. Just because Monday, he had a little bit and had some problems doesn't mean that we start it up twice a day, every day.

If, however – here's the third scenario –now you're on your way home; he's not had it for three days: Friday, Saturday and Sunday. Monday, he starts getting anxious. He's bouncing in the backseat, and he's worried and, "When are we getting home? And Dad, you're driving too fast. And Mom, what would happen if something happened to you? And what about that test I have to take on Thursday," et cetera, et cetera, et cetera. It keeps going and going and going. *Ignatia* is needed again. He was not able to correct it within himself. He was not able to just let it wash away. So, when you get back on Tuesday, what do you do? You start *Ignatia* 200, twice a day, every day. You give it another week or so – or two weeks, or three, or four, or six weeks – depending on what you're seeing.

It's not unlike, in many ways, conventional drugs. We stop using, let's say, Tylenol once the headache is gone. We ensue using it again when the headache returns – kind of the same idea. This is not a supplement, obviously. Homeopathy is not about supplements or herbs or vitamins that you take forevermore, and you take just "because" that *perhaps* maybe you're low in calcium, or *maybe* you need some extra synthetic Vitamin D. (I'm being a little facetious here as you can tell by my sarcastic method of saying it.) But

instead, this is called a “correction.” It changes the person in a very gentle, polite way. It does not *slam* us into submission. It gently stimulates, so that it knows its manners. Homeopathy knows its table manners. It knows how to be polite. And it gently nudges. When we need it again, we bring it out again.

Kate: Okay. So, this brings up a really good point. You were talking about when we go away some place, and we forget to take the medicines for chronic for two or three days, how many times can you do that before you’re really messing yourself up? Do you know what I’m saying?

You can’t mess up homeopathy

Joette: I don’t think you’ll mess yourself up, period. I really don’t. That’s what I mean about being polite. It’s forgiving. Homeopathy is forgiving. It would just gently stimulate again and get you going where you left off. And if you mess up again; you mess up again. But, I can guarantee that you’re not going to mess up. If that child is all over you with anxiety, you will never, ever forget that. *Ignatia* again then before you leave on a weekend. It’s true for any symptom. If you husband has got a lot of pain in his knees, and he’s driving, and he’s talking about the pain, he will *not* forget it next time. The reason we always forget remedies is because the suffering is not severe enough. So, if the suffering is severe enough, those are the reminders. Pain and anxiety and worry and insomnia and stiffness and constipation are *really* powerful reminders.

Kate: That’s so true, so true. This scenario that you’re discussing happened recently to someone that I know. She was taking *Ignatia* twice a day, and she stopped taking it because we weren’t sure if she needed it anymore. And so, time passed, and I wasn’t thinking about it. And then, we were trying to figure out why she’s having such a horrible time. And then we realized, “Hey, wait a minute. You stopped

taking that *Ignatia*." She started taking it again and guess what happens?

Joette: Exactly.

Kate: Yes. She was good again, and she thought, "Wow! Now I know that that was working."

Joette: That's how you find out. That's a great way of knowing. A lot of times, I work with folks, and they're feeling as though there's not much change in their case. I say, "Okay, look. Let's do this. Don't take any remedies anymore. Let's not schedule any more appointments for a while. If you start feeling like things are coming back (that you hadn't recognized were actually resolved), then start up again, and you'll know." It's a great way to test it out. A lot of times people just can't get their remedies. The pharmacy that we work with sends remedies all over the world. Saudi Arabia – very difficult to get remedies to Saudi Arabia. Very difficult to get remedies to Egypt and certain parts of South America – although homeopathy is pretty big in certain countries there. But nonetheless, if you can't get your remedies, and you expected them to come in, you'll know! Because what you thought was no improvement really *was* an improvement – because you didn't realize there were a lot of satellite conditions that also fell to the wayside.

So, let's go back to this boy again. For example, *Ignatia* is not only great for anxiety, it's incredible for sleep! The parents hadn't really been thinking about his sleep because they figured, "Well, he's a busy boy, and he doesn't fall asleep. So, it takes an hour. Yeah, it's no big deal. What the real big deal is this anxiety that he experiences all the time." So, meanwhile while he's taking the *Ignatia*, sleep is restored. He can actually fall asleep within a few minutes. That's within the range of normal. Now, he stops taking the *Ignatia*, and perhaps the anxiety is gone, but the

sleep problem has returned. That's reason enough to start on *Ignatia* again. So, the satellite conditions that you hadn't necessarily thought of as important could be critical in determining whether or not the remedy acted in the first place, and secondarily, if it should be repeated and started up again.

Kate: Joette, isn't sleep often an excellent indicator? If you do sleep deeply, soundly, you wake up feeling rested – then you know that remedy is really acting.

Joette: That is so true, Kate. What I have found time and again is that when a child ... and I use them as an example because they're so easy to comprehend particularly because children get more acutes, and we can see it so readily with an acute (but you can also see this in a chronic). But, let's use an acute example: Child has a sore throat – strep throat for example – and you use *Belladonna* or *Hepar sulph* or *Mercurius sol*, *Mercurius cyn*, and you use any one of those medicines that act for strep throat so beautifully. Not *all* of them, you use. Choose one based on the symptoms, if possible. Then, you give that remedy, and the child falls asleep.

Sometimes people say, "Well, of course he fell asleep. He's sick!" No, no, no. You're rationalizing. The child was not asleep for several hours until you gave that medicine. The fact that the child fell asleep tells us something. You're watching. Remember, homeopathy hones our observational skills. We *have* to pay attention. That's why it's so *valuable* for mothers because it's the watchful eye of the mother that knows what's going on with the children. It's not that the dads don't care, they just don't have that fine-tuned aspect to them the way mothers do.

Kate: Right.

Joette: So, a mother will notice. "Wait a minute. Yes, he

fell asleep. But, he hasn't been sleeping for 15 hours! It only just happened after the remedy – within 20 minutes, or 5 minutes, or even 30, 50 minutes.” While the child is sleeping, he's healing. One of the best places to heal is sleep. So, the child is healing. Now the child wakes up, screaming, let's say, with the sore throat again. It's really painful. The first thing an inexperienced mother would say is, “Oh, I guess the remedy didn't work because look, here's the pain again.” No, no, no. It means that's the time to give it again. The child was doing quite well until the remedy wore off. It's got to be *repeated*. These medicines need to be repeated. We're talking about an acute here. So, it has to be repeated pretty frequently. So, he wakes up. He's crying again. “Oh, my gosh! This is horrible.” Give him the remedy. Bam! Asleep again.

Now, in the morning, the child is a little bit better. The mother's thinking, “Well, it's a little better. But, why isn't this remedy curing this?” Well, because it's not one dose that does it – although I do report stories about that because I love telling these stories, and they're so interesting. But more often than not, depending on the condition, let's say whooping cough, it could take two weeks – but better than 100 days!

Remedy has to be repeated

So, we're always looking at relativity. How long will it take for this disease to be corrected with conventional methods or by doing nothing? Well, whooping cough, they call it 100-day cough. So, it could take 100 days. With homeopathy, we cut that back by large, large number of days, months. Or strep throat – instead of it lasting for two weeks (or even 10 days with an antibiotic), we can uproot strep throat in two, three days, but being mindful that the remedy is going to be repeated again and again until the condition is completed.

Writing down the most important issues only

Kate: So, let's get back to that overall family picture. So, what we would do, Joette, you're saying is make a folder for each family member. Maybe in that folder, we could start with a piece of paper that lists out their chronic conditions as well as something that they commonly have – if they frequently get ear infections – and start to study the remedies that are needed in those situations, right? Is that what you were saying?

Joette: Well, that's a little different. It's not a bad idea, but it's different than what I am saying. What you're saying is, "Let's figure out what it is my family suffers from, and own those remedies, and then know how to treat them." That's something different. That's your study sheet. What I am saying is what we're doing is taking notes. We're writing up essentially a medical chart of sorts. We're keeping notes on what the condition is that we're going to be treating right now, not all the others that are also occurring. What is right now presenting? What is the biggest issue? Anxiety? Okay, then that's what we're going to write about. Is the other biggest issue strep throat? Okay, that's what we're going to write about. What if both are happening at the same time? Then they both are written about in that same sheet of paper. And then, we approach the remedy specific to those two major hierarchal conditions.

What I mean by hierarchal is that the child may also have insomnia, but we didn't note that. Remember, the mother didn't really notice that so much because the other two issues were so big. So, once the anxiety is complete – and the strep throat is no longer repetitive, and it's gone – I would imagine the sleep has been restored as well because we used a remedy that was also useful for sleep. Now, we can look at the fact that the child bites his nail so deeply that it's causing bleeding. But interestingly, *Ignatia* is used for that, as well. Most likely, that will somewhat

abate. The mother may not notice it even though she's watching. She may notice that there is no more anxiety and may sort of notice that he's sleeping better and then notice, "Look. He's not biting his nails to the nub any longer." She'll think, "Well, that's because the anxiety is gone." Maybe, I would think it's because the *Ignatia* acted – because *Ignatia* is specific for that as well.

Kate: So, what you're saying, just so I can get this straight in my mind, is if there's a situation with a family member, write it down. Just take the case, like you're saying. Write the body part on the left-hand side (or mind, gut, whatever). And then, on the right-hand side, write down the symptoms. And then, you're going to look at the overall picture, acutes and chronics, everything. You're going to list on that one sheet of paper, right? Is that what you're saying?

Joette: Right. Well, you would only be writing down those issues that are the most important at that moment because if you start writing everything down, you'll have page after page.

Kate: See, that's what I'm thinking, page after page.

Joette: Yes. I wouldn't go that far. I have a lot of times people tell me, "Well, 20 years ago, I broke my wrist. And I'm not really interested in that unless that wrist is a problem today. I'm not interested unless that wrist was broken, and it caused osteomyelitis or osteoarthritis that remains today. Otherwise, that's kind of inconsequential. Now, if that person broke a wrist 20 years ago ... and then 18 years ago they broke their ankle ... and 17 years ago they had a concussion ... and 16 years ago ... and it's injury after injury after injury, now *that* becomes reportable, or that's something that is noteworthy. Why is this person having so many accidents?

So then, the first thing I start thinking – I don't ask it yet, I wait until the person tells me more – "Is there a balance problem? Is this person uncoordinated? Is this person a daredevil? Is it because he loves to jump off of cliffs that this is happening?" I'm wondering why this is happening. Is this person a daredevil skier? Okay, well then, if it's someone who loves to ski and does extreme skiing, then okay! I understand. But if this is just someone who's a secretary and is walking to work, and this is happening all the time, that tells me either she's clumsy, or she's got a bone problem. There could be something going on with her bones. Is she vegan? Is she not absorbing her nutrients, so she's not getting the right nutrients so that her bones are too frail? So, you have to start thinking of all those. You don't start asking those questions, but you listen, and you pay attention. Always listening and paying attention.

So, sometimes details are superfluous, and other times they can be very telling and lead us in the right direction – old symptoms, old history. So, what I often put in that left margin is I write the word, "History" and then what part of the body it's related to: "History: ankle broken; History: wrist broken." Also, under that category, that cell – if you were to break this down into, say, a word, it would be a "cell" on the left or margin on the left – I would write down, "Concussion." Then, if there was more to say about it, then I would obviously take note of that.

I mean, I worked with folks who have had a broken ankle just by tripping on a sidewalk. I mean, a mild trip – almost nothing. And then, a couple of years later, a tooth was loose, and this person is only 25. My first question is, "So, when was the last time you had milk? Do you eat yogurt? Do you drink kefir?" "Oh, no. I'm vegan." "For how long have you been vegan?" "Oh, since I was 10." "Why are you vegan? Do you have trouble with milk?" I mean, so you want to know

these things. “Do you have a belly that distends? Do you have eczema that comes forth? Why are you not drinking and eating dairy products?” “I can’t stand the thought of what they do to cows.” So now, we’re talking about a person who has a problem with *great* empathy, and now they have a bone problem that needs to be rectified. That’s when I always have a discussion about how important it is to just buy good dairy from farmers who are responsible and take care of their cows.

Kate: Yes. There are a lot of things to think about.

Joette: Some of it just comes from experience. That’s why I always tell folks, “Treat everyone you can get your hands on. Have a lot of kids.” I’m not being facetious here. I mean it. Have children! If I’m speaking to a young married woman – have children! Have as many as you can possibly have. I’m serious about this. On many levels, it is very important that we grow our families. If that’s not possible, you’re in your 50s now, and you’ve only had x-number of children – I wish I had had more – then treat your pets. Own livestock. Treat your mother-in-law, your sister-in-law, your neighbor, your church mates, your homeschool friends. [Join our study groups.](#)

Look, I’m not here to try to promote my study groups – maybe I am. Okay, I am. I do want to promote it because I think they’re great. I really do. They’re very inexpensive, and it’s an opportunity to really learn. Because you’re not going to be subjected to just *your* family’s conditions, you’re going to hear everyone *else’s* family’s conditions. Guess what’s going to happen? You’re going to learn. It’s like being in private practice and listening and learning and growing your understanding, and your experience will grow exponentially.

Kate: I agree. The more you use it, the more it’s going to stick in your brain. And then, when you need that

information, it's going to be there. Boom! You won't have to dig out your *materia medica*, your repertory, all your course materials. You'll know it! And in an emergency, that is so important.

Joette: Well, it's remembered more readily via story. As you hear someone's story, and you hear about a husband who – like that blog that was written by my student several months ago about her husband being handed a glass of wine in South America at a vineyard where they were wine-tasting. As it was handed to him, it shattered in his hand and severed his hand. You will never forget that story! Once you hear it; once you read it; it will be memorable to you. Maybe you won't ever forget it, but it's more likely to stick. And then, you'll remember the remedies that were used, and what she did and how she used those medicines to help her husband. I can guarantee *she* will never forget nor will *her husband* ever forget nor will *the taxi driver* who drove as fast as he could to the emergency room hours away from where the accident had occurred. So, it's one of those things that if we can learn through other's sufferings, it's the best way to learn.

Figuring homeopathy as our focus

Kate: So Joette, we could spend our entire days just studying this day and night. What's your recommendation for how much time we should put into this?

Joette: Well, it depends on what you want to get out of it. Of course, that's true of any subject for that matter. But Joan Rivers once said ... I actually like Joan Rivers. I think she was kooky and funny and irreverent. But anyway, she once said, "If there's no door in the room, blow a hole in the wall." That is so profound to me. It's so simple. But it means, if you don't think you know the way to do it, make it bigger than ever to find it out. Make it your life's focus to figure it out. That will give you your pathway, by

blowing a hole in the wall that will open up your world. And say, “I am not going to sit back any longer and take drugs as an answer. I am not going to sit back any longer and allow someone else to make the decisions about my children and myself and my husband. I am going to take the bird in the hand, and I’m going to *run* with this – right through that blown-in-the-wall hole.”

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.

Buster & the Battle of the Fleas



It's me, Buster, "The Bad Office Dog," here. I was thinking about you recently. Remember last year when I told you I had never had fleas? Well, guess what?

Yep, you got it!

About two days after I was bragging to you that I had never had fleas, they were all over me. It's like they read my blog post or something.

I hate fleas.

Boy, were they itchy! Mom assumed it was my allergies acting up – maybe I'd had too much raw milk. Believe me, I tried to tell her, "Mom, I've got FLEAS!!!!" But apparently, all she heard, was "Bark, bark bark BARK!" (This language-barrier thing can be very annoying.)

Luckily, because I was persistent, Mom figured out I had become a little white playground for an entire community of ravenous fleas. And you know my mom; she didn't waste any

time. She went right to work, giving me relief without exposing me to toxic chemicals.

What did she use? Well, for my itching she used [Antimonium crud 6](#) mixed together with [Arsenicum album 6](#) twice a day. Let me tell you, those medicines made me feel so much better!

Some dogs might need to have it dissolved in their water, but I just lick the little pellets up off the floor. (I know they work, so I'm always happy to take them ... besides, they're pretty tasty).

And then Mom went to work killing those annoying little fleas. She sprinkled something called [food-grade diatomaceous earth everywhere](#) my little hitchhikers and I usually roamed. There was dust sprinkled in every nook and cranny of the house – the carpets, floors, bedding, chairs, and couch. Everywhere I went, the dust went.

She even sprinkled it outside on my favorite walking paths, where I lie in the grass and ... ahem ... my toilet area.

Mom was relentless. She even sprinkled the diatomaceous earth on me!! It was kind of dusty and dry, so I gave a really fast shake when she was finished. I might have shaken a little too hard because the diatomaceous dust “poofed” out all around like an explosive dust cloud and then fell to the floor in sloooooow motion.

Mom laughed super hard (which was a good thing because at this point dust was everywhere, and I thought I was about to get in trouble).

She vacuumed the house – every day. Then re-sprinkled the diatomaceous earth – every day. It seemed like a lot of work for her, but she said not exposing my family or me to chemical flea killers and foggers was worth any amount of work.

And sure enough, it got rid of those fleas! Believe me, I've never been so happy to see visitors go.

Mom said she's going to start early this year and sprinkle some diatomaceous earth around my areas before the fleas get any ideas. She used a really big word to describe it. Um, "prophylactically," I think she said? Anyway, it means to stop the fleas from coming. (Why humans have to use such big words is beyond me.)

I'm just so glad my mom knew what to do about the fleas and most importantly, knew what remedies to give me to stop that terrible itching.

Thank goodness, as always, for Mom and homeopathy!!

Bark, bark,



Buster

P.S. Speaking of big words, if you want to know what all those long, Latin homeopathic remedy names mean – and what illnesses and symptoms they treat – I think you would like Mom's new book, [*A Materia medica: Practical Homeopathy® for Busy Families*](#). Instead of being complicated, it's written in Mom's voice, so everyone can understand it.

I've overheard people say it is so useful to have on hand when someone in your family isn't feeling well, and you need to decide between several potential remedies.

Cell Salt Series: Grab Your Mug; It's *Mag Phos* !



It's time for another in our series of posts about the cell salts. This week? One more of my favorites: *Mag phos*. Truth be told, don't be surprised if you hear me say each cell salt is one of my favorites. I love 'em all!

[Magnesia phosphorica](#) is more commonly called *Mag phos*. But I like to call it "*Mug*" *phos* because of the method I generally

employ when I use it. You see, magnesium is more effective in heat.

So, when cramps are present, I reach for a very special mug – aptly labeled, “*Mug phos.*” One *Mag phos* 6X pellet is dissolved per one ounce of hot water in the mug and sipping is commenced; it is often quick acting in providing relief.



(I would love to call this remedy “*Thermo*” *phos*, but that would just ruin the pun, right? However, in lieu of a handy mug, a thermos would indeed be an excellent container to keep the liquid warm throughout the day.

Plus, when feeling unwell, how convenient – and comforting – would it be to have the thermos right there at the bedside?)

But I digress ... back to having cramps. You may be asking, “What *kind* of cramps, Joette?” Well, a variety, actually. Whether menstrual cramps, leg cramps, gut cramps, writer’s cramp, or even growing pains, a mug of diluted *Mag phos* 6X is often a good choice.

A picture of a mug pops into my mind with any kind of muscular spasm – even relentless hiccups!

When using a mug, the liquid is sipped quite often – at least often enough so the healing fluid is still warm by the last sip. The greater the suffering, the more frequently it ought to be sipped!

One might consider this remedy as an SOS with a shorter

duration, so sipping as often as necessary is allowable – as long as one is experiencing the need for it. In other words, if symptoms were to last for hours, then so would the sipping – until very much better.

Once the symptoms subside, there is no longer a need to continue the remedy. Obviously, it's not the only medicines in our repertory that's used for such conditions, just one of the first to think of. If there's no improvement within a mug or two worth of sipping, it's probably time to move on to another choice.

I've written about *Mag phos* several times in the past, including a [memorable story](#) from the days when I was a newcomer to homeopathy and a [podcast episode](#) of how I utilized it for my father's angina (yes, that's a cramp of sorts as well) while sitting outside the emergency room.

But the wonder of this simple little medicine bears repeating because a mug of *Mag phos* has successfully served me, my family and many people in my practice more times than I can count as an outstanding answer to cramps and muscle discomfort/pain.

P.S. *Mag phos* (and all the cell salts) has other applications requiring more time to explain than we have in these blog posts. If you want more information, I have produced a CD/digital download entitled, [Cell Salts; The Easy Homeopathy™](#) to help you get a firm grasp on all of the cell salt remedies. Because there are only twelve of them, they are much easier to get started with than the entire *materia medica*.

Plus, I present the information to you using the same system I used myself when memorizing over 300 remedies for my certification exams. It works!

Warmly,

Joette

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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Podcast 54 – Moms With Moxie: Homeopathy Started with the Cat



IN THIS PODCAST, WE COVER:

- 03:59** Homeopathy started with the cat
- 05:55** Knowing Joette
- 07:06** Back pain
- 08:18** Using homeopathy with animals
- 09:20** Bleeding remedies
- 11:53** Pregnancy cell salts, tick bites, and scared dogs

14:47 Homeopathy with people

20:40 We are all aging

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Joette's pregnancy cell salts program](#)

[Joette's "Gatorade" alternative](#)

Gina: *It had its fallouts, and I wasn't happy with what I was seeing in my own pets and then also in pets that we were caring for.*

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: You are listening to Podcast Number 54 at practicalhomeopathy.com.

Hi! This is Kate. I'm here with Gina. I'm excited to have Gina on the podcast today because Gina brings a different perspective to homeopathy. She's going to share with us today some interesting information that she has about using homeopathy with animals. So, Gina, welcome to the podcast.

Gina: Thank you so much, Kate.

Kate: It's great to have you, and I look forward to hearing all of your wisdom because I see your name quite a bit on Joette's Student Facebook page. I see how you jump in, and you're always willing to help other people out and give suggestions. I so appreciate that about you, Gina. Thank you so much for your willingness to take that time out of your busy schedule and to help so many people.

Gina: Oh! No problem. It seems like I've always wanted to do things like that. So, Facebook actually is good for that. It's a good hobby.

Kate: It could be worse, right?

Gina: That's right. My addiction is a healthy one.

Kate: Exactly! That's what I always tell my family. I collect remedies. It could be other things that aren't as useful that I could collect.

Gina: Yes! That's so true, so true.

Kate: So, why don't you tell us a bit about yourself?

Gina: Well, I am a licensed vet tech. So, I graduated college in 1989 from the University of Maine. From there, I moved right into a local practice in my hometown. I absolutely loved everybody I worked with. The practice was super busy. So, I worked there for the first 15 years of my career. I did mostly anesthesia and surgery and care. We were a full-service clinic. So, we did everything from neutering to emergencies to any type of surgery, so super busy. But, I could see where the regular conventional medicine was falling through. It has its fallouts, and I wasn't happy with what I was seeing in my own pets and then also in pets that we were caring for. So, I decided that I had to probably move on. At that point, I move to a holistic clinic that I work for now – which has been about 16 years.

Kate: Wow! That's great that you found a holistic clinic. I don't hear of too many holistic vet clinics.

Gina: No. No. There aren't. So yeah, that was a lucky find. I happened to go to a conference and the veterinarian from there was speaking. My sister nudged me and said, "Hey! You should work for this person." I said, "Oh! I doubt they need anybody." And she said, "Hey, you got to go up and ask." She had me ask, and she hired me basically almost on the spot.

Kate: Wow!

Gina: Yes, it was fate.

Kate: Yeah. So, tell me how you got into homeopathy.

Homeopathy started with the cat

Gina: How I got into homeopathy is kind of why I became less enamored with the medicine I was doing. So, what happened is I had my own personal cat, who I loved and adored, and he just happened to be not feeling really great. He was a young cat. He's six years old. So, I did some lab work on him. I was quite surprised to find kidney failure. Kidney failure can be pretty common in cats, but certainly, even today, it's not common in a six-year-old. So, I kind of went head-spinning and crazy – because at that point, again, I was just working conventional medicine. I was trying to figure out, "Why is this happening?" So, I went to a specialty clinic, and they ended up doing a bunch of tests and basically gave me the prognosis that he had two weeks to two months to live.

Kate: Oh, wow!

Gina: Yes. So obviously, just like any pet owner (or any mom or dad), you find this out, and your head is spinning. You just don't know what to do and can't believe it. But, I put my nose down and said, "No, he's not going to die in two

weeks!" So, I just started doing a whole bunch of homework. This is back in the late 90s. So, we didn't have a lot of internet access at all in personal homes (in Maine anyway). So, it was a lot of library trips, a lot of ordering books. I hadn't heard about homeopathy at that point.

So, I was going to the health food store which was about 50-60 miles from my house. I walked in and the owner there, Jane – I'll never forget her name – she said, "Why don't you consult somebody about homeopathy on your cat?" I was just there to pick up some herbs to help with his blood and et cetera. So, I said, "Well, I don't even know what that is!" So, she gave me her homeopathic veterinarian's card, and I called him – he did phone consults. And, with his constant care over the phone, that particular kitty ended up getting two years of excellent, quality life. So, from two weeks to two months then we got two years. So, I was happy.

Knowing Joette

Kate: Oh, that's so great. So, let's talk about how you came to know Joette.

Gina: Okay. Obviously, I had seen homeopathics work with animals – because then at that point, of course, that cat was the start of it all. But I had other animals that obviously I'd played around with and did homeopathy and also consulted that same vet and had great success. So, years later, after I had relocated to the holistic clinic, I was experiencing some chronic fatigue and a lot of muscular pain. And all the normal diagnosis starts coming in: "Well, maybe it's fibromyalgia, chronic fatigue syndrome." I do have Hashimoto's. I knew that for years. So anyway, I went to a lot of different local homeopaths, and I just wasn't having any success. But at the clinic I work for now, we get Homeopathy Today, the magazine. So, I was flipping through that, and I found Joette's name. I don't even remember the article specifically, but I read that article by her and I

thought, “She really resonates with me. I really like her approach.” So, I said, “I am going to call her and see if she’ll take my case.” And so, the rest is history.

Back pain

I went from ... I honestly could not stand upright. I was having a lot of back pain at that point. I had to stay bent over a lot which isn’t so good if you’re an animal nurse because you need to pick up things. You need to bend over. You need to move. She had me moving. It was pretty quick. Within a couple of weeks, we were seeing some major improvements. Then I pretty much stayed her client for about two and a half years. All that time, she was teaching me how to care for myself. So anyway, it’s been years since I’ve had to consult with her because she did such a good job!

Kate: Well, that’s good!

Gina: Yes! Yes! It wasn’t long after that we actually met at a conference. It was so good to get to meet her in person. Her hugs are the best.

Kate: Oh! Oh! That’s sweet. Joette, we all want a homeopathy hug.

Gina: Yeah!

Using homeopathy with animals

Kate: So, Gina, give us some tips about using homeopathy with animals since this is an area that you have expertise in.

Gina: Sure! The biggest thing is keep your eyes wide open because unfortunately – or fortunately maybe – animals don’t talk. They also don’t lie! So, if a remedy doesn’t work, you’ll know it. And if it does work, you’ll know it. But obviously, it’s your observations that make the remedy

choice successful. Don't make excuses for a particular symptom like, "Well, he's itching today because he went swimming in the ocean, and the salt ..." You know, if you rinsed him off ... just don't make excuses for the symptoms you're seeing. Just write them down. Repertorize them. They're not your enemy. Symptoms are actually your friends, especially in animals because it's going to be subtle. So, that's the biggest thing is really be observant with animals and don't make excuses about their symptoms. It is what it is. Use them. They're very important to making them well.

Bleeding remedies

One of the things that I was going to mention is that even conventional medicine – or the wrong remedy – can give me quite a bit of information like a breadcrumb leading me down my path. For example, a dog the other day we were doing a dental on had to have anesthesia for the dental because he had extractions that had to happen. The dog ended up with the extractions, a lot of bleeding. Of course, we give *Arnica* during this process, and *Arnica* was not working. The bleeding was quite profuse, and it wasn't stopping. Despite *Arnica* in different potencies, we weren't getting anywhere.

So, this was a great example of where a symptom and the wrong remedy can lead you to the right remedy because the symptom was bleeding. The wrong remedy was *Arnica* (because it wasn't working). And our next choice was *Phosphorus* which immediately stopped the bleeding. So, sometimes when people give wrong remedies (or even in conventional treatment), they end up with a new symptom or a symptom that's not clearing up, and then they become discouraged with the treatment or the remedy when actually it's just eye-opening! Like, "If *Arnica* isn't working, and this bleeding is happening, I need to move on." And my next choice, in this case, was *Phosphorus*. It worked lovely.

Kate: I think that's beautiful. I just had a conversation

with a friend of mine the other day, and she's newer to homeopathy. She's been trying some things. I mentioned to her as well ... I said, "Don't get discouraged because I know there's something that will help. You just have to figure out what's the right remedy. Because there are over 6,000 homeopathic medications, so, that's a lot to choose from. Don't get discouraged. Just keep researching and trying to figure it out and trying things. Something *will* work!"

Gina: Yes! Exactly, exactly, "Something will work." That's what I always say. It's just a matter of if you can find it. Sometimes you can never find it. I mean, I understand that, like you say ... 6,000? Sometimes you can never find it. Or maybe there's a problem that's occurring that you don't even understand. Like let's say, if somebody is truly allergic to a particular food, and you don't know that, and you're continuing to feed it ... simply omitting a food then makes your remedy choice clear everything up nicely. So yeah, we step back sometimes, look at the whole picture again, but there's always a remedy that could help.

Kate: Yes, I so agree. Okay, so what else do you have for us, Gina?

Pregnancy cell salts, tick bites, and scared dogs

Gina: I actually use [Joette's pregnancy cell salts program](#) – that she has for women – for pregnant dogs. So, that was kind of fun to see that work really well through the gestation of a dog.

Kate: How can you tell that they're making a difference with the puppies?

Gina: It's hard to absolutely say that's what made the difference, but the puppies that I have used it on have grown very nicely. The mom had absolutely no troubles in the whelp. And the puppies nursed well right away. The mom had

lots of milk to give. They grew nicely. It learns well, very intelligent, not hyperactive, just even puppies. Yes, you absolutely could get that without using cell salts. But I believe, in my experience, that it's helped give them a leg-up to being healthy right from the start.

Kate: Oh good! That's a great tip. Thank you. So, Gina, is there anything that you like to use when you have animals that get bitten by a tick?

Gina: I do; *Ledum*, I'll give. But honestly, I find it's about 50-50. So, if the bite isn't responding to it ... because all I can go by is how the bite looks. Because the dog, honestly, often doesn't act different – unless later they get sick with the disease. So, if I go by how the bite looks, I'm using *Ledum* initially. And if the bite isn't responding – if it looks still red, inflamed and hot – I'll switch to *Apis*. And the animals that I've seen that didn't seem to be responding to *Ledum* respond quite nicely to *Apis*.

Kate: Okay, thanks for sharing your experience with tick bites with us because I know that it's pretty prevalent, and a lot of people ask about that. So, when we were talking earlier, you were telling me about some remedies that you have for dogs that get scared easily or scared during thunderstorms. Tell us about that.

Gina: Yes, yes. How many dogs are scared to death of thunder?

Kate: Probably a lot.

Gina: Yeah, a lot unfortunately. There's a lot of reasons why that can occur which is deeper. Most popular remedy was *Phosphorus* and then the cell salts: *Kali phos* and *Nat phos*. Which, I would say, *Kali phos* is amazing, I've found, in dogs for just a general tonic for nerves. I really had a lot of success with that cell salt.

Then of course, conditions to be aware of when you think it's just thunder or just anxiety from noises: You may think that, but sometimes when animals don't feel well, they become more reactive to noises. So, it's not the noise per se, but it's that they don't feel well. Medication reactions can cause these behaviors, or anxiety and, of course, physical issues. And also, we can't forget good training. Desensitization training is obviously needed if it is truly sound sensitivity. So, I will say – just like homeopathy in people – that what works for one doesn't work for everybody.

Homeopathy with people

Kate: Right. So, we've talked a lot about using homeopathy with animals. Let's switch gears now and talk about using homeopathy with people. Tell us some of your stories.

Gina: Well, my friends got me a t-shirt that says, "That's a symptom," because that's all that comes out of my mouth. I'm a lot of fun at parties. They start sneezing after drinking wine, and I tell them, "That's a symptom."

Kate: That's amazing.

Gina: Oh! But, I know I'm annoying because I'm always trying to make people and things better and more well. I know that's an annoying part of me.

Kate: Oh well, I don't think it's annoying. I think that's great!

Gina: Oh, you don't live with me. So, I'm always hounding, "Did you take your remedy today? Did you take this? Did you take that?" So, I'm honored that anybody would come to me and ask me for advice and think that I could help make them well. I always want to try to make people better and feel as good as I do. So, I obviously recommend Joette, but sometimes people aren't onboard with homeopathy that much to consult with somebody, or financially maybe they're not at

the point where they want to make that commitment. But I tell them, "If we don't have our health, we don't have anything else." So, to me, my health is right at the top of where I'm going to spend my money.

So yeah, my friends, they come to me; I tell them all the time to make sure that they don't make excuses for their symptoms. A lot of people think symptoms are bad or negative. Symptoms are just symptoms. The more unique they are, the more special you should feel because they're easier to find in your repertory!

Kate: Oh, yes! That's for sure. Yeah.

Gina: And that's my biggest advice to anybody getting into this is I learned on my own mostly until the internet came along, and obviously, once I started seeing Joette. But, I just read, and I read, and I read a page out of the *materia medica* or I read two or three pages out of the repertory. I wasn't trying to put any one thing together. I was just reading it – because I think it's fascinating. So, there are little bites that will stick in your head by reading a remedy in a *materia medica*. Then all of a sudden, you'll meet somebody, and that will come up. You'll go, "That person's ... I don't know, *Gelsemium*. What he just said. What he's doing." So, there's no shortcuts, I don't think, in learning it. It's just reading. Just like the old ways: studying.

Kate: And then like Joette said, the more people that you think about what remedies will be helpful, the more kids that you have, the more experience that you have, you see that over and over again. That *Gelsemium* is great for this, and then you use it over and over again. You remember it, and then it becomes second nature.

Gina: Yes, absolutely. You forget how second nature it is because somebody will be talking to you, "Hey, I've got

this. What do I take?" "Oh! Just take this." I mean, it just comes out of your mouth. You *know*.

Kate: Yeah. It's interesting. As I look at homeopathy kits – and now I read through the list of medicines in a homeopathy kit – and I think, "Okay. This is what you use this one for typically. This is what you use this one for." And now, in a kit of 100 remedies, I can (most of them) say the top symptoms that you would use each of those medicines for. Whereas when I first started, it was only a few! I find that exciting!

Gina: Yes, it's an amazing medicine!

Kate: So, the other thing that we were chatting a little bit earlier about is how people have a tendency to forget how homeopathy has helped them. Why don't you talk about that a little bit?

Gina: Like we were talking earlier, for some reason, when it comes to a natural medicine, they don't like to keep taking it. I haven't quite figured out why that is because people will take their blood pressure medication every day – almost right to the hour. But if you tell them that they have to do this remedy for maintenance for a chronic condition they have, for some reason, they just don't like that. I try to explain to people, my family members or whatever, "Your house needs to be maintained. Your car needs to be maintained. Your health has to be maintained. Then if it can be maintained with something as natural as homeopathy, why wouldn't you just maintain it with that?"

I guess people tend to get discouraged. You know, they get a bad knee, and they have to keep taking the *Rhus tox*, and they have to keep taking it, and keep taking it, and keep taking it. It works – but they have to keep taking it. Well, their knee is a real *mess*. So, their knee is never going to be brand new again. So, if it comes down to having to

regularly take a remedy, that's not a bad option. People, like you mentioned, sometimes they forget that the last thing they took made them well, and then they got well. And now it's reoccurring, and now they're discouraged. I often have to remind them, "Well, when you had this before, you took this remedy, and it made you much better. Remember? We just need to go back and use it again."

Kate: Yeah, that's when those notes come in handy. We can look and see, "Yes! Last time I had that UTI, this is what I did, and it helped. Okay. Now, I'll go back to that."

Gina: Yes, yes, exactly. Like Joette tells us, "Write it down, write it down."

Kate: You talked about writing things down because you can then remind people, too. When they come to you, "Oh, I have another UTI" (or whatever it might), you can say, "Well, last time this helped. Remember?" And then you can remind them.

Gina: Yes. I do it for my family and my close friends. Luckily, I do have a really good memory, and, hopefully, it stays that way.

Kate: Yeah! I think we all hope that. So, something else that you talked about earlier is that we forget that we are all aging. Talk a little bit about that.

We are all aging

Gina: Yeah, we are all aging. That was one of the reasons why I actually reached out to Joette. Because again, it seemed like the homeopaths I was going to ... they definitely wanted to help me, but they were giving me like *one* remedy and having me wait 30 days. And I wasn't seeing anything whatsoever. I was becoming frustrated with my own body, my own self – feeling like a failure. Like, "Why isn't my body healing?" When supposedly, I *knew* homeopathy worked because

I was using it in animals. So, it got to the point where once I saw Joette's articles, I realized she was using remedies more frequently. And, that's what really resonated with me. Because, I thought, our bodies are all aging – we're not getting newer every day; we're getting older every day.

Kate: So yes, we're never going to arrive at this place where we never have any problems again. There are always going to be things that come up. I'm thankful that we have tools to address those things, and we're not stuck just having to go to a doctor and get a medication that's then going to bring on other symptoms that we need to fix. So, I'm thankful for what Joette teaches, and the tools that we have.

Gina: Oh, absolutely. Homeopathy is probably 99.9% of what I use on my immediate family and my pets. For example, my boyfriend did his very first Ironman last year, and he never even took so much as *one* aspirin. He was powered completely by Joette and homeopathy.

Kate: Nice!

Gina: He was. [Her "Gatorade"](#) – her natural "Gatorade" that she makes with the cell salts in it – that's what he drank. I mean he trains 8, 9, 10 hours a day. It took him a year of training to get to this Ironman in Canada that he did last year. Everybody else was walking around there all bandaged up. They're popping the Advil, and he's popping he *Arnica* and not one injury. He came away from that event without an injury and without a drug.

Kate: That's incredible! Wow!

Gina: Yeah. He is incredible. He does what I tell him, and it proves it works. He's quite an athlete.

Kate: Wow! Well, thank you for sharing. I think if you

don't know about Joette's "Gatorade" recipe, you should look it up. [I think we'll include a link here](#) with this podcast, but it's a great thing to have if you are out in the heat or doing something like that – like a triathlon – or just working outside a lot.

Gina: Yes.

Kate: So yeah, check that out. Well, Gina, thank you so much for sharing your stories with us, for encouraging us, and for all those great tips on using homeopathy with our animals. We appreciate you, what you do in helping so many people on the Student Facebook page every day. So, thank you for being with us and sharing your knowledge.

Gina: Thank you so much for having me. Thanks, Joette. Thank you, Kate. And just my motto: Be more stubborn than the disease you have.

Kate: I love it!

Gina: That's great!

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