Breaking News



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

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

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

Although I have not treated anyone with this condition, when you’ve used homeopathy as long as I have, these remedies start to make sense for new situations – logically.

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

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

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

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

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

After the *Gelsemium* did its job, and my child was very much better, I would follow up with *Lathyrus sativus 200*. *Lathyrus* is indicated in neurological disorders, especially for weakness of the lower limbs. I would only consider this once the use of *Gelsemium* was completed – after the last of the original condition.

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

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

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

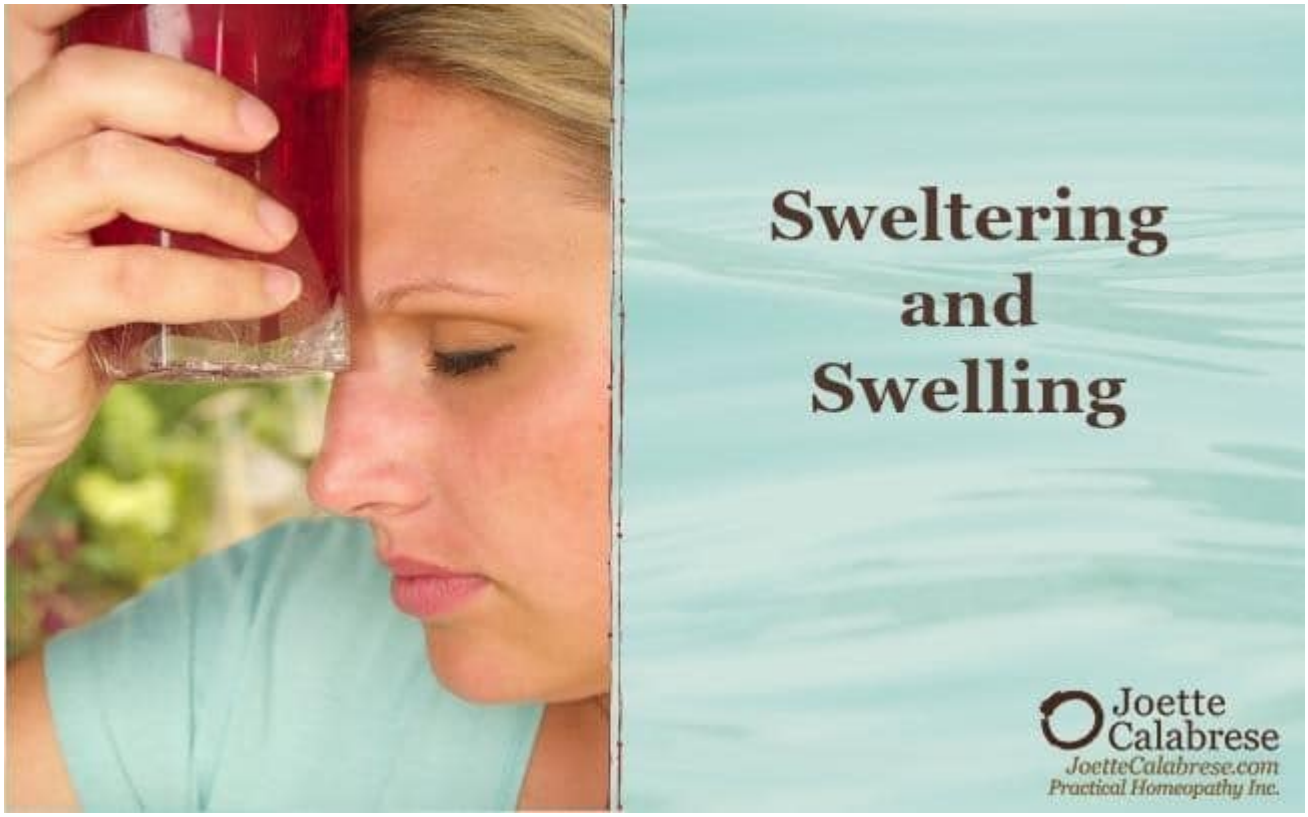
(In case I haven't mentioned it in a while, I get no affiliate income from your purchase of these remedies. This is just information from one mother to another. I wish someone had told me this stuff when my children were small, and the news made it sound as though disaster and disease were around every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

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

And please, pass on the good news of homeopathy!

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Cell Salt Series: Sweltering and Swelling



Not to get too personal, but have your ankles ever looked like water balloons? (And felt like them, too?)

If you have swelling in any particular part of your body – not just generalized swelling but swelling you can press on and leave a dent – that's called edema. Some call it water retention. Some just call it miserable.

Many times, the build-up of toxins can be the root cause of the edema (for example, too much salt in your body can cause water to build up in tissues). Edema can range between extremely uncomfortable to downright painful.

Last week, I wrote about *Nat mur*, The Water Distributor. But for water retention – edematous swelling – *Nat sulph* is

called for as a first remedy.

The difference between the two is *Nat sulph* is all about the liver and gently encouraging its ability to release toxins.

I'm reminded of an old descriptive term you don't hear much anymore: people used to complain of "liverishness." This wouldn't be a typical stomachache right after eating.

No, this would be something that happened in the latter stages of digestion. Just an uncomfortable, ill feeling, as if their digestion wasn't working properly (and it probably wasn't).

The term "liverish" eventually became synonymous with someone who was cranky and ill-tempered. No surprise there, right? When someone doesn't feel well, they don't always behave well.

If only they'd used *Nat sulph*!

I probably should have written about this tremendous cell salt a bit earlier in the summer, because *Nat sulph* is especially called for in those who are adversely affected by hot, humid weather.

In fact, it's perfect for Florida! They should put it in the water down here!

We've been coming to Florida for years, but when we first moved down here, some days were so oppressively hot and humid, I couldn't even function properly. I took *Nat sulph* 6X twice a day until I felt like myself again. Don't get me wrong – I was still hot (it is Florida, after all). But, I could function again!

As you can see, *Nat sulph* has many applications. Here in my blog, I can only focus on just a few. Keep in mind though, it is also thought of for asthma, especially when it becomes worse in humidity. It also is effective for arthritis that

is made worse from humidity.

Simply said: if you're thinking about oppressive heat and humidity, think of *Nat sulph*.

So, next time you have friends sweltering in Florida or the tropics or wherever they may be, remember to pass on the good news of homeopathy!

Warmly,

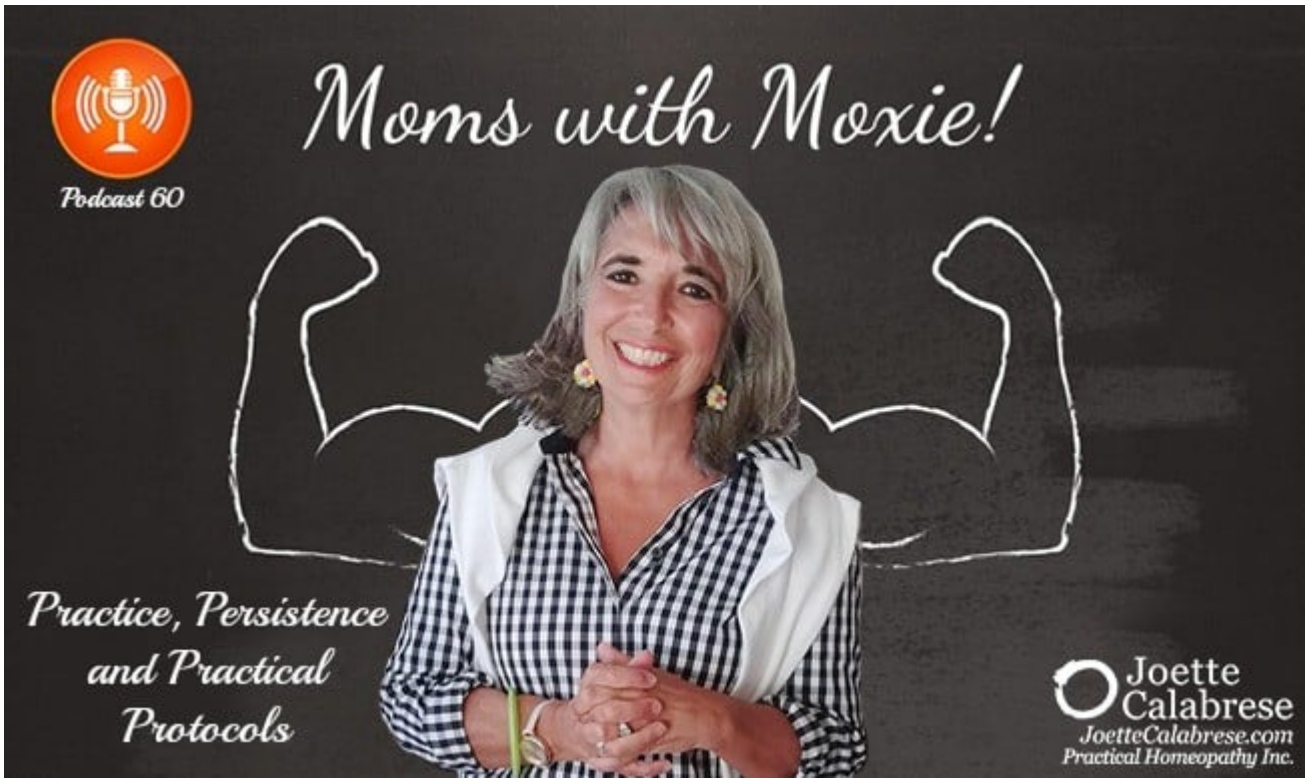


P.S. As I mentioned, there is only so much room in this blog environment to teach the complete picture of a remedy. If you're intrigued by the amazing powers of these cell salts, you will benefit from the additional information contained in my digital download, Cell Salts: The Easy Homeopathy™.

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



Podcast 60 – Moms with Moxie: Practice, Persistence and Practical Protocols



IN THIS PODCAST, WE COVER:

03:44 Brain surgery

13:02 Some animal stories

22:20 Some human stories

25:33 Skin conditions

30:42 Some useful information

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Pre-surgery protocol

Post-surgery protocol

Weston A. Price Foundation

A Mother's Journey

Cell Salts: The Easy Homeopathy

Baby Grande™

Remedy Kits

How to Raise a Drug-Free Family

Facebook post: Quail eyes: before and after photos*

*The Facebook group referred to in this podcast is a closed group specifically formed as an added benefit for those who have taken my courses. Those who have not yet taken courses are encouraged to follow my Facebook page "Joette Calabrese."

Good Gut, Bad Gut

Skin, the Ugly Truth

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy Podcast Episode Number 60.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any

longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call “Moms with Moxie.” Sometimes we even interview “Dads with Audacity.” See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi! I’m Kate. I’m super excited to be here today with another Mom with Moxie, and her name is Lisa. Welcome, Lisa.

Lisa: Thank you, Kate. I’m so happy to be here.

Kate: We’re glad to have you and excited for what you have to share with us. So, Lisa, tell us a little bit about yourself and your family.

Lisa: Well, I am a mom. I am a hobby farmer. I am a student of homeopathy. I am currently attending a homeopathic college in Ontario because this is what I want to be. You know what? I have Joette to thank for that actually. So, I have two children. I have cats, dogs, horses, ducks, and quails – and a husband

Kate: Oh quails! And a husband, I like how you say that last, “And a husband.” That’s funny.

So, I think many of the people listening to this podcast might be super-interested, and their ears might have perked up when they heard that you were actually attending college for homeopathy. So, tell us a little bit about that. Are you loving it?

Lisa: Oh, definitely. Absolutely, I am. I am picking away at it slowly at night because I have my days quite preoccupied and full with all these children and animals. You know, it’s just such a lovely thing to do at the end of the day. It’s like kind of my reward. I get to study.

But, during the day, I can listen to Joette’s webinars, and

it helps so much with my school. I'm able to go so much faster through it because I have got all of this foundation, first, from Joette. So, it makes it such a pleasure. You know, you've found something that you love, and you're doing it. I'm able to apply all of this knowledge to everything on the farm and my kids.

I use nothing conventional – and not that I have anything against conventional medicine. My son had to go through a couple of brain surgeries, and I'm very thankful for modern medicine. But for 99% of what we have to deal with in our lives, I can do it myself which is so empowering and so wonderful. So, thanks, Joette … love ya!

Kate: Wow! Your son had to have surgery? That is really difficult and hard. Tell us the situation if you don't mind sharing.

Brain Surgery

Lisa: No, of course! He had hydrocephalus. Which is when … I mean if you look on the internet, the pictures are quite freaky, especially for a mother. So thankfully, we were able to get a brilliant surgeon. Who – and I won't go into all the details – but who managed to correct it. It had to happen twice.

So, the first time, we did the pre-surgery protocol. It was great. He came out of it amazing, like flying colors, no infections, nothing. But, the one thing that I will never forget … because *Ignatia* was so amazing for me at that time. When you're preparing for your son to go into brain surgery, and you're told by the physician that he could die or there could be something that you touch in the brain where you wish your child had died – because they're a vegetable now. So, you hear those things and, you know, it's a little traumatic.

Kate: Of course! Yeah. I can't imagine.

Lisa: No, and nobody should have to. But, we did a lot of prayer, and I remember being in the hotel room (because we had to go to a different city to get the operation). I remember thinking, "Just take some *Ignatia*." And so, I took … like, one dose is all I really needed. And I was able to … immediately just a peace came over me. It was amazing! And we were able to go forward.

And then for the second surgery, the same thing. So, we did the pre-surgery protocol which Joette gives free on her blog, I believe, and then the after-surgery protocol.

And then hydrocephalus, it's very bold. It's a clear one for the usage of *Calc carb,* and he was a very *Calc carb* baby. Anyways, so Joette had given me some advice that maybe give him *Calc carb* for a month afterwards. He's been fantastic ever since. We're so grateful. We're so grateful. So, that's that surgery. Leaving out some details, but – you know – we only have a certain amount of time, right.

Kate: Yeah. Now, did you say he had to have two surgeries?

Lisa: Uh-huhm. So, with this certain surgery, they make … they would usually put a shunt in from his brain to his stomach, which is …

Kate: Oh, wow!

Lisa: Oh! It's such a pain because they get blocked; they get infected. It's terrible. But, this particular surgeon went and studied in Africa, where they don't have access to shunts because they just can't afford it. So, they have to do a different surgery where they make another hole in the brain for the cerebrospinal fluid to drain out. And, that's what they did.

So, the first time he went in and did it – I mean, this is

right by the brainstem, right? So, it's a very, very serious thing. So, he didn't want to go too close. So, he made the hole, but it wasn't quite big enough. So, a month later, it completely closed up, and then we had to do it again. The second time, there's a 25% chance that it will work. But I knew in my heart that it would; it just needed to be bigger.

So, once you get past like the six-month mark, that's when the doctor says you throw a party – because it's done!

So now, he's over two. The second surgery happened when he was eight months. So, we're all good. He still has to go once a year for an MRI, but yeah … he's really good. So yes, yay, indeed. Yep.

Kate: Wow!

Lisa: But, you know what? I really don't mind because, I mean, no one escapes, right? No one escapes. Everybody has gone through stuff. Right? It's all in how you handle it. And these surgeries have given me such empathy for other people. I'm working with a woman whose son has a brain tumor. And I was able to reach out and help her, and she listened to me because I had gone through something similar with my own son. Not a tumor – but something very scary, right? So, we use … God gives us these situations, so we can use it. I don't say, "He *gives* it." He gets us *through* it. He uses it to make it something *beautiful* in somebody else's life and to give them encouragement that you went through it, and you can do it, too. So, I really don't mind these situations.

Kate: And it gives us so much empathy for other people in those situations as well. It's just amazing how God does take that and uses it to bless other people.

Lisa: It makes it good.

Kate: Yes. So, let's talk a little bit about your history

because I think it's fascinating. When we were having a conversation before this call, you were talking about your family and their study of medicine. So, tell us a little bit about your family.

Lisa: Yes. So, my father's a physician. He's a neurologist. I'm going to talk about it a little bit later on in our conversation, but it's very helpful to have a physician in the family for diagnostics – because it is quite important. If the remedies I'm using aren't working, I can say, "Dad, what am I missing? What's going on with him?" And he'll say, "Oh! Well, that's because of this." "Oh!" Well then, now I know how to treat it, right?

Kate: This is such an important thing. I have that same thing happen when our dog was having some issues. I took our dog to the groomer – and not that the groomer is a vet –but she's like, "Oh, I think your dog has 'this.'"

I was giving homeopathy, and it wasn't working. When she gave me that little bit of information … "Oh my goodness! That makes total sense!" And now, I knew what homeopathy to use. I used that homeopathy, and within a day … those circumstances … that dog was feeling better.

So, it is so important. I feel like if the homeopathy isn't working, there's something that we're missing. If we know what it is, it's just so much easier to really nail that remedy down, that right remedy.

Lisa: Right, right, exactly.

Kate: So, do you feel like you inherited some of this passion for healing from your dad who's a neurologist?

Lisa: Definitely! Definitely. Yeah, my father … he's been in practice for over 40 years. He will do it until he's not here anymore. That's exactly what I would do. I don't believe in retirement. I want to do this until I can't do it

anymore. Right? Because that's what we're here for.

Kate: Yeah.

Lisa: We're here to help others in one way, shape or form. That's kind of what our role is on this earth, I think. So, I was always into herbs and essential oils and natural stuff.

It's funny because I was raised on margarine and skimmed milk powder, right? Because as a neurologist, you do whatever the Health Canada says. "Oh! Skimmed milk powder is right? Then, darn it, let's go get a big bag of it!" I remember that.

And then turning full circle away from that, you get a new, fresh perspective. Especially since everybody else is doing it? Do the opposite, and you're probably on the right track.

So, when I was first a member of Weston A. Price Foundation, I was reading Joette's article. (I had no idea who Joette Calabrese was.) She said it is your job, as a mother, to heal your family.s And that *totally* hit home! (And this was before I had kids – I had a couple of dogs, and that was it.) I said, "Yes! Of course, it is! That was it!" As soon as I read that article, the next day, I was Googling her. I was ordering the cell salts and the Baby Grande™ and I got myself one of those little, red Top 100 kits – and that was it. That was it. I was sold out for homeopathy.

Kate: I know. Don't you feel like once you find homeopathy, it just trumps everything else that you've done? Because, yeah … just the same story – a history of herbs and essential oils, and nutrition – and those are all great things. But homeopathy? You just want to shout, "This is it!"

Lisa: This is it. This is it. This is it. And all those other things are nice *additives*, right? That's it,

definitely. There's nothing else. There's nothing.

I talk to people all the time – I'm sure you do, too – that have said … you know. One person I know is doing like breathing. Not to say anything bad about that modality, but breathing isn't going to kill your allergies properly. It's this technique thing that people do. I said, "Okay. Well, yeah, I'm here if you need me."

Sure enough, okay, well, maybe we can try a little something else, too – because the breathing wasn't really doing it for them all that great. So anyway, yeah – homeopathy.

Kate: I'm curious. Going back to your dad for just a minute, is your father, as a neurologist, is he supportive of you learning homeopathy and using homeopathy?

Lisa: My dad is great. He had always said since the beginning that, "Whatever you want to do, and you're happy doing it – great." We can have a discussion like you and I are having, and it's completely fine. When I was teaching a class about homeopathy, and we were talking about fevers – and he's of the old school that fevers are not that great because he says he sees people who might have … you know, they had febrile seizures, and now it's affecting them later in life. I said, "There's no correlation." And we love to have these conversations. Then he's saying, "Well, whatever works, works. It doesn't matter. If that works for you, great. Good for you. Great, it worked."

Kate: Okay.

Lisa: But he's not willing to try. Like, he has so many things I could help him with but he's like, "No thanks."

Some animal stories

Kate: So, Lisa, tell us about some of the ways that you've used homeopathy to encourage those who are listening today.

Lisa: Okay. Some of the ones that really stand out in my mind. And a simple one: when I was pregnant with my first, and I just finished the Drug-Free Family course, and I was petting our little puppy. She was itching a lot. I looked through her hair, and I saw some lice. I quickly Googled it – because I didn't want to get lice. It was coming from my chicken coop. It was like chicken lice. So, it doesn't affect humans.

So, I started to use essential oils, and I did all that first. I don't know why I went there first, but I did. Then that wasn't working; it wasn't helping. So, I went into my Drug-Free Family course, and I looked under lice – because it doesn't matter if it's humans or dogs or sheep or cats or whatever.

I used the remedy for lice; a couple of days, it was gone. It's interesting because it works so fast. One, I think because my dogs are pretty pure. They eat raw. They have farm life. They have a good life, right? So, I find that the remedies work faster with people and animals that are pure. So, within a couple of days, she was lice-free. It was gone! It was great.

Kate: Yay!

Lisa: Yeah. So, that was the first. I was like, "Wow! Holy smokes! This is great!" Because this is one of my first real triumphs. And then later on, I got a couple of horses. They would always use just conventional deworming methods. I thought, "Well, why wouldn't I just use *Cina* for them?" So, I did!

I got us dropper bottles. I would just spray it into their mouth whenever I went to feed them. That was that. It's gone. It seems to work so well; I haven't even had to do it this year. So, it's gone. I don't know if it's just inhospitable for a while now … or I don't know. I guess I'll

do it again when I see signs of worms.

Kate: So, how long did you use that for? And did you use it when you started seeing worms? How did you do that?

Lisa: Hmmm, what did I do? Yeah, yeah, I would see one of the horses start to rub their bum. Because, unfortunately, I'm super-busy, so, sometimes it needs to hit me in the face before I remember that, "Oh, shucks, I need to deworm them." And then I'll do that to both of them and I'll just … so, they'll just start to rub. I *should* do it preventatively. That would probably be a good thing. But, I don't think it's a big deal if I'm doing it *as* it's happening, too.

Kate: So, we've got dogs. We have horses. And, you have other animal stories.

Lisa: Oh, yes! It's nice to see success stories on Joette's Facebook page, too. Everybody has so many issues. It's really encouraging to see pictures and success stories.

So, I saw one of my quails, and quails are kind of new to my farm. I've only had them for about a year and a half. I've noticed that they have some eye problem sometimes. I got these quails from probably a place that was not so clean. So, one of the eyes was completely covering over and infected, and it was happening to the other eye as well.

So, I'm like, "Well, let's try if we can get a success story." So, I took a picture and then immediately started treating her with a combo dilution of *Euphrasia officinalis* in mother tincture; I used *Calendula* in mother tincture; and I used *Hepar sulph* (and I dissolved four pellets into that). I gave her like a little concoction. I would spray that twice a day: once in her eyes – both eyes – and then I would give it to her in the mouth.

I don't have the exact dates with me, but I know within the week, it was completely gone. She was totally fine, totally

fine. It was amazing! So, I have the before-and-after pictures on the forum* (just Google my name and then "quails," "quail eyes" or whatever).

Kate: This leads us into your chicken story. You have one of those.

Lisa: Oh, yes! One of my chickens had bumblefoot, which is an infection in the bottom of the foot. Their foot gets … it looks like there's a nail in almost the bottom of their foot. It gets really swollen. You can tell immediately because they start walking funny. And then you just pick them up, you turn them over, and you can see it. So, normally the treatment is people do a little surgery at home, and then they give them antibiotics.

Kate: Oh!

Lisa: Yeah. You do a little surgery. You take out the nail-thing.

Kate: It's not a real nail. It's just … what? I don't understand.

Lisa: The bumblefoot?

Kate: Yeah.

Lisa: So, it's at the bottom of the foot. It looks like there's like a nail in their foot.

Kate: But there's not? There's not a nail?

Lisa: No. No. It's like a scab.

Kate: Oh!

Lisa: There is something … because we did … the first time, I thought it was a nail. So, my husband pulled it out with tweezers, and it was not. I'm like, "What the heck?" So, then I Googled it, and it was bumblefoot (because that was

our first time that we experienced that).

Kate: Oh, my goodness!

Lisa: Yeah. So, I went into, like, I have a homeopathy book for animals. And I started looking at that and tried that … tried some different remedies there. I'm like, "This isn't working." It's an infection, so I'm going to give her *Hepar sulph*. I did that, and – same thing – it started to heal up pretty quick. Within the first few days, I started to see a difference. Then at the end of the week, she was fine, and it was gone. It was gone.

Kate: Oh, my gosh!

Lisa: Yeah! And the only treatment is antibiotics.

Kate: I'm sorry, but every time I say that word, "bumblefoot," in my mind, I just have this funny image in my head of bumblefoot. That's an interesting name.

Lisa: Yeah, yeah.

Kate: So, they say it won't go away unless you treat it with antibiotics, right?

Lisa: Yeah, you do a little surgery, and with the surgery, obviously, they give antibiotics. Right? You give an analgesic to the chicken. And then you do your little mild surgery, pull it out, and then clean it up and give them antibiotics. And then, you know … So, I said, "Well, I'm not going to do *that*." I'll just try with *Hepar sulph*.

My chickens are great guinea pigs. I don't mean to be cruel, but chickens die. And if I lose a chicken, it's not the end of the world. Right? So, I can try stuff on them.

Kate: So, you would just put the *Hepar sulph* in the water?

Lisa: I just… well, I grabbed my chicken at night and

sprayed it into her mouth.

Kate: Oh! Okay.

Lisa: Squirt it into her mouth with a dropper. Yeah, I couldn't put it in all the water because then *all* the chickens would get it, right?

Kate: So, you used *Hepar sulph* 200 or 30?

Lisa: I started with 30. I think I just used 30.

Kate: Okay, yeah. Awesome! Okay, so, let's get to some human stories. Oh no, wait! You have to tell the story that you talked to me about earlier.

Lisa: Oh! The porcupine! So, you know, it's 7:00 in the morning, and you open the door about to do your chores. You look out, and your dog – one of your two German Shepherds – greets you with a mouthful of porcupine quills. It's … that's the worst … and my husband's *gone*. It's just me and the boys.

So, I called up some reinforcements, and my friend who's our CMP held each of my dogs down while I pulled them out one by one. It was *awful*. It was awful! At that time, I didn't even think to give them anything either because they didn't want to take anything in their mouth – nothing. They couldn't drink. They couldn't do anything. So, I was focused on getting these quills *out* and then dealing with it afterward. And dogs are super-hardy. And once you get them out, I mean, the quills are pretty sterile, too. Once you get them out, they're fine.

So, my black German Shepherd, she got them all out fine. My sable German Shepherd – one broke off in the bottom of her lip. Now, the thing is with porcupine quills, they have the barbs at the end of them. And so, if it's somewhere in, like, her chest or her head or something like that, you have

to go and get the vet to take it out – because it will work its way *into* the body and cause a lot of trouble. Yeah, we have a vet as a friend (which is also very convenient), and he just explained this to us.

So, what I did is, I said, "Well, of course, *Silica*. *Silica* pushes everything out!" And it was in the lip. I wasn't too concerned at all because it's in the lip where it's really not going to go really any place. So, I kept an eye out on it, and I put it [the *Silica*] into her water. I figured it's *Silica*! The other dog can get it, too, for her hair, skin, and nails. It will be fine. So, I put it in the water.

Kate: She'll have beautiful nails!

Lisa: Yeah, and teeth. So, I put it in the water, and I could see the pus starting to come out. Slowly but surely, it's working its way out. Then I talked to you, Kate, the other day, and you said you just used a 30. I don't know. I just used what I had – a 6 or a 9 or something like that. So then, I just started doing the 30, and I saw a little piece coming out at the top. So, I pulled that out, but I think there's still more. But it's very, very small; it's very contained. It's not going anywhere else. I just sort of push at it every day – my dog loves me for that, of course – but I just sort of push it out, and I see some pus. I see that the body's doing its job by containing it and working its way out. So, that's pretty awesome. You know, you're not scared at all, right? There's no fear. When you know what you're doing, there's no fear. "Oh, I'll just use *Silica*. It'll be fine." And it is! It's great.

Kate: Right, yeah, all right. So, share with us …

Lisa: Humans?

Kate: Yeah, some of those *human* stories, like with your kids. I'm sure you've had things that have happened.

Some human stories

Lisa: Oh yeah. I mean there's always the bump. There's always a bruise. There's always a scrape and scratch. I mean I couldn't imagine my life without *Arnica* and *Calendula* – *seriously* – and *Hypericum*, of course.

But the one, again, that really stands out in my mind that I found some real victory was croup. I had learned about croup in the Drug-Free Family course. My kids are super-healthy because I started this before I had kids. So, I was prepared, and I'm kind of just waiting for stuff to happen, so I can use my newfound knowledge.

Last Christmas, my son does his usual – when I know he's coming down with something. Mothers just know when their kids are … this is happening. So, he's on the couch. I think I'm making some Christmas ornaments at the table, and I hear this cough. I'm like, "Is that croup? I think that's croup!"

So, in my mind I'm going, "ASH: *Aconite*, *Spongia tosta*, *Hepar sulph*." Those are three top remedies for croup, and I'm going, "Okay, *Aconite,* it usually comes on powerful. It comes on strong. That's the first remedy we think of." But usually it happens around midnight, right? And it wasn't midnight. It's well before midnight. I'm like this is more like *Spongia tosta* which is like a saw going through wood. And I will never forget that, right? When Joette talked about it in that Drug-Free Family course. I thought, "I'm going to try *Spongia tosta*."

So, I started with *Spongia tosta* 30. I probably gave him four doses total. I stayed up with him. And he was very scared which is also indicative of *Aconite,* but I wanted to stick with *Spongia.* I just stayed up with him. We just read, and then he would fall asleep, and then wake up and then

that hacking cough again. And then we were able to … after about four doses, it was done for the night. It was done. He went to sleep. He was fine. The next night, it started again, but it was much milder. I used *Spongia tosta* again – probably only two doses – and that was it. I remember talking to my stepmother who is my father's wife. She said, "Croup, what did you do?" I said, "I used homeopathy." "Oh!" Yeah, that's it, like it was no big deal – because her daughter had to take *her* son to the emergency room three times when he had croup.

Kate: Oh, wow!

Lisa: So, I'm like, the emergency room is for a broken bone, not for croup! It's crazy to me.

Kate: So, that first night when you gave him the *Spongia*, how often did you give it?

Lisa: At first, I gave it every 30 minutes because it wasn't *crazy*. And I would take him into the shower and get that steam going. And that really helped him a lot, too. I gave him hot water with a little sea salt which he called "special water." So, that really helped him, too. Because I just remember the bronchioles – you sort of relax the bronchioles with the salt and the warm water. Right? So, that's all I did.

Kate: That's awesome.

Skin conditions

Lisa: I know a lot of mothers (and a lot of people, in general) have trouble with these skin conditions – the eczema. I was quite frustrated with it as well because I tried to help a couple of people without any really great success. This is when I just first started about the Good Gut, Bad Gut course and the Skin course. I probably didn't listen to it enough times, or I needed more information. So,

it’s cumulative! Now that I have all of these courses, and I listen to them all. And then I start from the beginning, and I listen again. And so, you start to really … I don’t want to say I’m an *expert,* but it’s coming together for me.

So, with the one little girl – and I don’t know all the circumstances – but I tried to help her, and it wasn’t helping that.

So, I was a little more cautious working with this little boy. He was probably eight months old. He’s blanketed in eczema – very bad. It’s to the point where people were staring at him and saying like, “What’s wrong with your child?”

His mother has psoriasis. So, it’s an inherited trait. She’s a nurse. He had a birth in which she called a very “normal” birth. All of the standard things were given, maybe except the epidural. “You know, we had this, we had this, and we had this. But, I mean that’s just normal.” I’m like, “Okay.” You know, you don’t say anything; this has nothing to do with it. What are you going to do? “What do you mean “*normal*?” So, I’m thinking in my brain, “Well, that’s what triggered it. All of these little things triggered the eczema in this little boy.”

So, I tried the first line for eczema, and it did not help. It made the eczema worse. It’s very interesting because that remedy may not have been correct, but it *opened the door* to the correct one. So, it peeled back that layer. We were able to see what the real remedy was. *And*, his mother realized that she had forgotten to tell me a very important thing where it’s burning, and it’s worse with hot water. It’s *burning*, right. So, I went, “Oh! *Sulphur*!” So, I said, “Quit that other stuff.”

She did the nosode to take care of that family inheritance and *Sulphur*. And it was done. She was thrilled! Thrilled.

She went, “You know what? We’re done. I think I want to take a break from the remedies, and, you know, everything is great.” I said, “Great! You can talk to me again if you want to work on those food intolerances,” (because, of course, he has those, too).

Kate: Yes.

Lisa: “Yes, I will for sure.” She was just elated. You make believers of people like that, right?

Kate: Yeah.

Lisa, you mentioned a couple of Joette’s courses that you listened to over and over again: Good Gut, Bad Gut and the Skin, The Ugly Truth course along with the others. For those of you wanting to know more about these courses, we will put a link to them in the resource section at the top of the transcript for this podcast. For those of you listening to this podcast *not* on Joette’s website, to find this transcript just go to Joette’s website, PracticalHomeopathy.com and look up Podcast 60. You can also just Google “Joette Calabrese Podcast 60” and you should find it that way as well.

And I love what you said about if we get that first remedy, and it doesn’t hit it, a lot of times people can get discouraged if it doesn’t take care of it completely. So, I’ve heard Joette say this many times that *that* remedy – though it may not have been 100% correct – it will often point us in the direction and make it more clear … the best remedy.

Lisa: Yes, that was a *huge* little tidbit that after listening and listening – I heard it. You know when you hear something because you listen again, and again and again. And then you hear that one thing that you almost needed to know, and you use that. And it’s so wonderful.

So, that's why when she's talking, and Lara is talking in the courses and saying listen to it again and again. I'm thinking, "Of course, you have to listen to it. You're listening to it once, are you nuts? You're only going to get like 10% of what you need to know if you're not hearing it again, and again and again." Because things start to come out and be clear and make sense to you, you know?

Kate: Yeah.

Lisa: So, sometimes I'm like, "Oh! I don't need to listen to the Skin course. I've heard it; I don't need it right now. And I make myself, like studying, you *make* yourself do it. Oh man! I'm so glad I listened to it because I got that little tidbit, and it helped. That little tidbit that pointed you in the right direction was huge for me at this time. I use it a lot.

Kate: As I lead study groups, the Gateway to Homeopathy study groups, every time I lead a group, I get something new out of that material in that book or something someone says.

Lisa: Totally.

Kate: And so, I just feel like you cannot study your materials – whatever it is that you're studying – enough. Keep going over and over them like you said, because you're going to find that little bit of information that you need. So, it will pop out this time to you, and it didn't even faze you before. You didn't even hear it before.

Lisa: Totally, totally. And that's with *anything*, absolutely with anything.

Kate: With anything.

Lisa: So, delve right in. Do it 100%.

Some Useful Information

Kate: Yeah. Lisa, you shared with us so much. Do you have any closing remarks for those who are listening – anything that you want to share that you think would be important for them to know?

Lisa: Yeah. So, for that person who is just starting out, this is kind of what would have helped me – had I heard it – is to not get overwhelmed because homeopathy is so big! It's wonderful that it's big because it's a lifelong study, and you never get bored. You never get tired of it. It's awesome! So, don't get overwhelmed. Just get started. Just start. Learn it. Use it. Use your pets and your family and your friends as your guinea pigs to practice – who don't mind if you get it wrong the first time, the second time. They'll still keep with you, right? (Or they're your family, and they have no choice.) Because that's how we learn.

So, there are times when you will get frustrated, and you think that you can't do it. But, you just keep trying. You keep learning, and you *will* get it – because that's just how it works with *anything*. And then that feeling that you get when you're able to help others is pretty addictive. Sometimes, it's all you need to spur you on to keep reading and to keep learning.

For the more experienced person, I don't know if I'm qualified to speak to those of you out there.

Kate: I'm sure you are.

Lisa: Here's what I got. It took me a while to think about what I wanted to say. But, currently at this time, I want to say never underestimate the power of a good diagnosis. Because when I was first starting to learn homeopathy, classically, I thought that all I needed were the symptoms, and that was good enough. And sometimes it is; sometimes it isn't. God gave us good doctors for a reason.

If I can just use one more example for myself – because I think it's a good one – I got something on my finger. It was starting to get a little swollen. It started to get a little painful to the touch, and I didn't know what it was. But, it had lasted for over a week. So, I knew that it wasn't just a little cut or something. There was no cut. There was nothing. It was just a little swollen finger. I tried numerous remedies to no avail, and I was very frustrated. You start to second guess yourself and going, "Well, maybe this doesn't work." For some reason, you forget about all of the successes you've had in the past!

Kate: It's so true.

Lisa: And then you second guess yourself. "Well, maybe I just suck at this homeopathy thing." Right? You start to think those things!

Kate: Yeah.

Lisa: And then we're sitting at the kitchen table, and my dad had come over. I said, "Dad, what is this?" He goes, "Looks like a little infection to me." "Oh, okay!"

And, I had already started doing it that morning. Because I'd looked on the Facebook forum, and I'm looking through seeing if I can find any bit of tidbits, right, because I wasn't getting anywhere by myself. And I thought, "You know what? Maybe it's an infection. I can't see anything. It is not super painful. But, I'm going to start." So, I started the infection protocol, and then my dad confirms it. It started to work that night, and then it was gone within three days. Now, it's like completely done. All I needed was a good diagnosis. And, apparently, homeopathy *does* work, and I *don't* suck at it.

Kate: Apparently, it still works!

Lisa: Yes. So, that's the thing. Even though you can be

super-experienced – you've done it for a long time – you can still get those moments. But don't be … what's the word? Don't be *discouraged*. Just keep doing it. You will find the answer. You *will*. So, don't give up. You have to go back and remind yourself of all of those successes that you've had. Then, "Okay, I guess this *will* work." So, the bottom line is don't give up. Don't give up!

Kate: That's when it's great also to have like either someone to diagnose or a community of people to come alongside you and say, "Hey, what about this? What about this?" "Oh, I didn't think about that." And, I *love* that.

Lisa: Yes, totally. I don't have a lot of people, you know. I'm not from a really big place. So, not many people are into this. I'm the most knowledgeable in my area. So, I don't really have anybody to help me. So, physicians – I think – are very helpful in that sense. And then I can go back and ask on the forum or go back to my books, you know? Stuff like that. Community is good. It's really, really good, very important. No man is an island.

Kate: Or woman, no woman.

Lisa: Yes, yes.

Kate: Well, thank you, Lisa. You've been an inspiration to me, and I loved our conversation. So, thank you for taking the time to share with us. I just appreciate you.

Lisa: Thank you, Kate.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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

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

(Buster's Blog) Hot Dog – Hot Spots!



Hi! Buster, the Bad Office Dog, here!

I've had a lot going on since the last time I was able to write to you! You know Mom and Dad moved this year, so I've been busy exploring new walking trails, testing new corners for napping and sniffing a whole bunch of new things. (Sniffing takes up so much time.)

Anyway, I wanted to tell you about a friend of mine named Lilly. I think she's beautiful! And I think she knows how I feel about her.

But sometimes, she gets withdrawn. She hangs back to herself

and seems sad. She might have allergies ‘cause this flares up in the spring and fall. It broke her mom’s heart to see her suffer.

(Hey, come to think of it you might know her mom, Kate – the nice lady who does podcasts with my Mom, Joette.)

Kate had been treating Lilly’s allergies with Calc carb 200 and Bovista 200 to uproot Lilly’s chronic allergies. It’s been a huge success overall for Lilly (when her mom continues it long enough throughout the allergy season).

That protocol is from a blog post Mom wrote about human-people-allergies. Of course, homeopathy works in the exact same way for us furry people, too.

It even works for non-furry pets. I remember overhearing a podcast about a lady who treated her bearded dragon! (Although, speaking for dogs everywhere, I don’t understand why someone would want a bearded dragon. Eww.

They aren’t fluffy at all.

But back to my story.

One day while Lilly’s groomer was giving her some pampering, she noticed a hot spot!

Do humans get hot spots? Well, they are acute areas of tender, raw irritation – red, hot sores we can’t leave alone even though you keep telling us, “No!” We can’t help it! THEY ITCH! So, we scratch, lick, nibble and gnaw on the spots until they get worse and worse – and become downright painful.

It suddenly clicked in Kate’s mind: she needed to reach for her homeopathy kit again – but this time for a remedy for an *acute* condition, not just a chronic.

Long ago, she had written down a remedy she had researched:

Kali carbonicum 30C for hot spots. (Believe me, if I could keep notes – I mean, if pens didn't slip through my paws – I would jot down every remedy I heard about. You never know when you might need those notes!)

Mom was proud of Kate's successful research. Most people first think of *Kali carb* for respiratory issues. But, Boericke's *materia medica* also mentions its association with burning in the skin "as in a mustard plaster" – which almost perfectly describes hot spots, right? Other *materia medicas* mention itching, hives, and sensitivities. So, it was a great remedy choice!

Kate followed the directions and gave four doses of *Kali carb* throughout the first day and then twice a day after that. She discontinued when the wound began to heal, and Lilly was no longer preoccupied with gnawing or licking the spot. (Naturally, just as with you humans, if Lilly had started picking at it again, then Kate would have simply resumed the remedy.)

Look! Is that a squirrel? Oh, sorry. I get distracted easily.

Anyway, Kate also knew to give *Apis mellifica* 30C which usually helped relieve Lilly's terrible itching.

Apis might not be the first remedy that comes to your mind. (Okay, maybe not even the second!) There are several remedies that work well for itching. For instance, I generally take something else. (You might remember I wrote a blog about what Mom used when I had fleas).

But Mom says it's always important to remember homeopathy is often symptom-specific – or in this case, dog-specific.

Kate had tried the various itching remedies and eventually found Lilly responded best to *Apis*, especially in a 30C potency. So, in addition to the *Kali carb*, she continued

with the *Apis* 30 for Lilly's itching – you know, just to get her through the "ruff" period.

So, don't let your furry pets suffer from hot spots! Remember to use homeopathy for them, just as you do for your human family members. We'll drink remedies if you dissolve them in our water or you can slide them between our cheeks and gums.

I lick my remedies right up off the floor when Mom puts them in front of me … but of course, I'm very talented.

Oops! Mom just caught me at her computer, and I really do think that was a squirrel. I'm going to check it out, and let Mom take over…



If you don't have a *materia medica* in your homeopathy library, you should!

They are invaluable resources to guide you through your remedy choices. There are many good ones available. But, I've also written my own in easy-to-understand language, including 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.

Warmly,



Let Me Google That for You



Allow me to be a proud Mama Bear for a moment, will you?

I don’t have a huge team; we’re not a big corporation. My virtual office consists of a small group of dedicated people, located all across the country, who have joined me in my mission – to introduce practical, proven, safe homeopathy to 100,000 new households by the year 2020.

They are the hardest working team I know.

Each course book you receive is individually printed for you by one of my team members.

Each product you order is hand-packed with care.

Each time you call my office or send an email, you are speaking with one of the very few people I have chosen to represent me.

Each question or concern is met with a sincere desire to help you develop your knowledge of homeopathy.

(Watch out … the Mama Bear is going to defend her cubs.)

Many of you are parents – a lot of you are moms – so you'll understand this.

When your child comes to you with a simple question, your first instinct is to give them the answer. Right? Maybe that *is* what you do – the first time.

But then that nagging little voice in the back of your head remembers the old proverb, "Give a man a fish, and you feed him for a day. Teach him how to fish, and you feed him for a lifetime."

As much as you love your kids, you realize it's a better learning experience if they look the answers up for themselves. It's your responsibility to *teach* your children, not do the legwork for them. After all, you won't always be around. Eventually, they'll have to "fish" for themselves.

The same realization occurs to my team. My phone rings off the hook – all day – across my virtual office.

The number of emails we receive is humbling.

While the team certainly enjoys talking to my clients and students, on many occasions, the questions received are something the questioner could have easily looked up for themselves.

The inside joke around here is they want to say, "Oh, let me GOOGLE THAT FOR YOU!!!"

Instead, they usually just look up the answer and give it to you. But, in the back of our minds, we realize when we spoon-feed the information to you, we have lost an opportunity to teach you to fish!

You need to learn how to locate pertinent information on homeopathy *without* my help because I won't always be around.

(Now don't panic! I'm not planning on going anywhere, but we have to be realistic. No one stays on this planet forever!)

So, on behalf of my team, let me give you a "fishing lesson."

Let's say you need more information about potential remedies for allergies.

<Insert buzzer noise here> Nope! Don't immediately ask us!

Instead, go to your computer, tablet or smartphone. I have been posting weekly blogs or podcasts for over ten years as free resources for you, and they are amazingly easy to search for.

You can either use the search box on my website at PracticalHomeopathy.com, OR you can start with Google! How simple is that?

Right in Google's search box (at the blinking cursor), enter "Joette Calabrese" and then the name of your health concern – it would be "allergies" in our example case. I just did it (look here).

There are pages and pages of my free resources regarding allergies, all available to you at the touch of a button.

To maximize the performance of your search, I also suggest you add a symptom of your health concern. Possibly search *every* symptom if you want your search to be more specific.

Words such as "remedy dosage" or "how to take remedies" are helpful if you need answers to those common questions.

Also, explore my website – there is a wealth of free information for you.

Under the Free Resources tab, you may join the Free Community for access to free downloads and a vast collection

of articles. (I realize I just said the word “free” a lot. But it’s something I’m very proud of – I want you to have access to as much information as I can give away!)

Under the Blog tab, you have access to hundreds of my blogs and podcasts.

Most blogs include a “Remedy Card” you can download and print for future reference. (As does this blog post, so, don’t forget to scroll down!) When you read my blog posts, please be sure to read the comments at the bottom of the post. There is valuable information in that section as well.

If you are new to homeopathy and even if you’re not so new but want to expand your knowledge, then check out Gateway to Homeopathy: A Guided Study Group Curriculum. It’s a cost-effective way to learn the basics of homeopathy as a member of a group.

Interested in diving even deeper by taking one of my courses? Click here to learn about my offerings. Please review each syllabus and video; search for your symptoms. I’ve tried to make it easy for you to home in on precisely which course will most benefit you.

I hope you understand I’m trying to help YOU develop your confidence *in* yourself, *by* yourself. I’m also trying to allow my team to free up some of their phone and email time to work on providing you with additional free information and new courses.

But if you do have any questions (or decide your situation requires a consult with me), we are here.

Please feel free to contact my office via email or phone. (But to prove I’m a good parent, I’m going to make you look up my office contact information for yourself!)

Now get out there and get “fishing” – and don’t forget to pass on the good news of homeopathy!

Warmly,

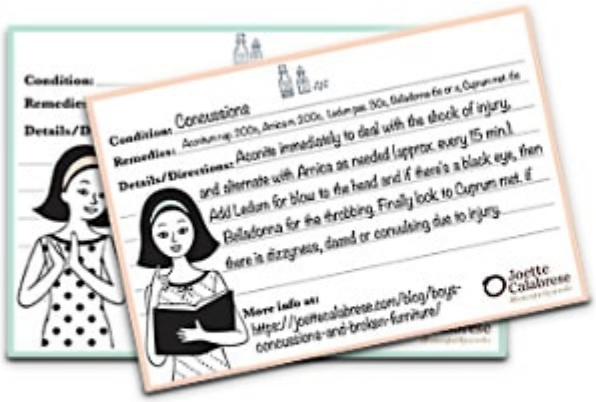


P.S. I’ve added value to my most popular course Good Gut, Bad Gut.

For everyone that purchases Good Gut, Bad Gut, they’ll automatically be registered for a free, live Q&A webinar with me in November 2018. You might want to do this quickly so you will have time to complete the course and then submit your course-related questions ahead of the Live Webinar.

Click here to watch a short informational video and opt-in to receive an infographic *From Bad Gut to Good Gut: Twelve Remedies, Twelve Solutions for Common Gut-Related Issues*. I produced it to give you hope that real solutions exist.

P.P.S. Attention Gateway study group folks! Gather ten study group participants together and make a group purchase. You’ll all get your group purchase discount.



Remedy Cards

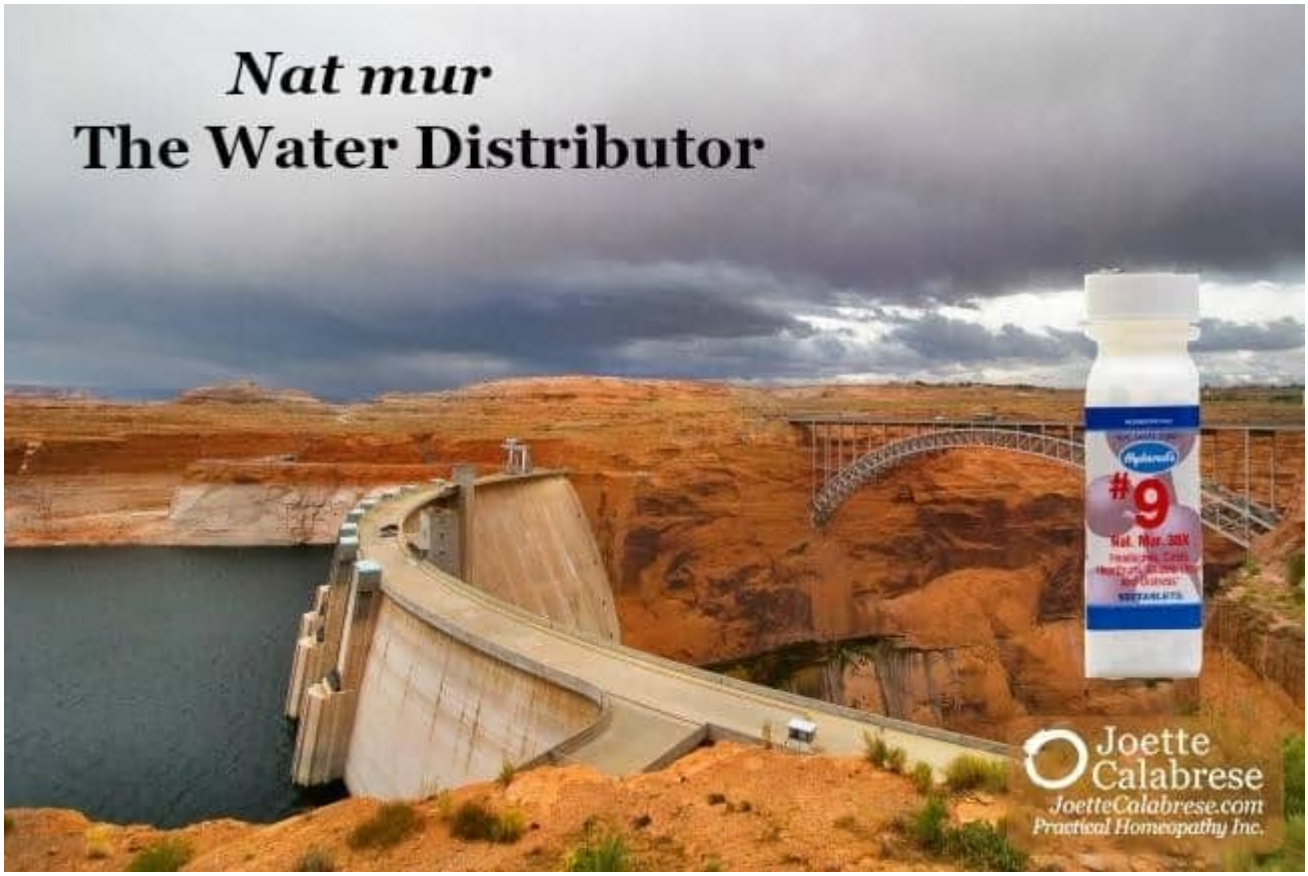
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Cell Salt Series: *Nat mur*, The Water Distributor



Did you know our human bodies are, on average, about 60 percent water?

Remarkable, right?

Doesn't it make you wonder, though, how the water stays effectively distributed throughout our systems? Why don't we slosh when we walk … or dry up and blow away, for that matter?

Well, it's because of salt!

While the human body contains a variety of salts, sodium chloride makes up about 0.4 percent of our bodies (fairly equivalent to the salt content of the ocean).

If the delicate balance between water and salt is off, our health – and even our emotions – can become disrupted.

The next in my series on cell salts is *Natrum muriaticum*. *Nat mur* (as it's more commonly called) is simply sodium chloride!

Because we're partially made of this salt, *Nat mur* is very powerful in its ability to keep our water content in balance – and the word "balance" is the key.

Nat mur is indicated for both ends of the spectrum – whether our symptoms involve too little fluid or too much. For instance, *Nat mur* would be called for when addressing either dry eyes or excessive tearing of the eyes (lacrimation), as it also would when craving either salty foods or having an aversion to salt.

There might be constipation (because there's not enough fluid) or diarrhea (from too much). An individual requiring *Nat mur* may experience low spirits or dejection. They may also experience weakness as a result of low potassium.

I had an elderly male relative who suddenly became so

profoundly weak, he felt as though he couldn’t even lift his eyelids. He thought he was having a stroke! His son immediately called me, not realizing I was sitting in traffic in the middle of Kolkata, India!

I learned the following technique from my friend Dr. Pratip Banerji. So, this long-distance advice was to dissolve about a teaspoon of salt into a glass of warm water and have him drink it.

Being half a world away, I couldn’t rule out the possibility of low blood sugar playing a part in this episode, given his history. So, I also suggested adding sugar in the water as well.

He began to sip the soothing beverage while I waited on the phone and within minutes, he returned to his usual self! Even in spite of this occurrence having plagued him for hours.

Interestingly, my relative had just come out of the hospital only a few days earlier where he had felt this same alarming sensation time and again.

A full blood panel was run and showed *no* problems! (This honestly makes me wonder if some of these blood tests are not as accurate as we are led to believe! I see inconsistencies far too many times. This, of course, can lead to unwarranted or erroneous treatments dictated by the results of the test rather than the symptoms the person displays – or lack of symptoms, which can be equally important. It’s my belief we should treat the *person*, not the lab report.)

Anyway, these episodes repeated occasionally, but never with this severity again.

Why? First, he continued to use the saltwater blend (with salt added “to taste,” as one might desire in a broth) daily

for some time.

What's more, we added the cell salt *Nat mur* 6X to his regimen, twice daily, to keep his potassium at a balanced level. Eventually, he no longer needed to sip the saltwater and depended on *Nat mur* 6X to keep his fluids in a healthy balance.

So, think of *Nat mur* as nature's water distributor. Whether too much or too little, *Nat mur* will prompt the body to regulate itself back into balance. And what could be better than encouraging the body to naturally take care of itself?

Pass on the good news of homeopathy!

Warmly,



P.S. If you're interested in learning more about the cell salts, and how I use *Nat mur* for 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.

If you are ready to continue your homeopathy education, I suggest you employ *Gateway to Homeopathy I*, my guided study group curriculum. You can assemble your own study group with friends and family. Or, if you don't have a group of your own, we can help you find one through our dedicated Facebook page.

We now also offer *Gateway to Homeopathy II* as an exclusive offering for those who have completed the prerequisite (find the link on your Study Group Resource Page). The *Gateway II* curriculum covers cell salts in much more detail.

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



Podcast 59 – Myth Busters!!



IN THIS PODCAST, WE COVER:

01:19 Dilution Misconception

03:51 **Storage, X-rays, and heat**

12:47 **More pellets, higher dose**

20:00 **One medicine only**

27:16 **Dosage**

33:01 Antidoting

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

How homeopathy pellets are made

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy Podcast, Episode Number 59 with Joette Calabrese.

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

Kate: Today, we have a fun podcast for you. We're going to do something a little bit different. Right, Joette?

Joette: Myth Busters!!!!

Kate: Myth … Myth … Myth Busters!

So hopefully, you guys got it (that are listening). We're doing a podcast entitled, "Myth Busters." And we're going to bust those myths wide open.

Joette: All those myths around homeopathy, of course.

Kate: Yes!

Joette: So those urban legends, those … that information that's outdated that needs to be updated, and how homeopathy is used in today's world. So yeah, let's go for it. This is going to be fun.

Dilution Misconception

Kate: Yeah! Okay, so right off the top of my head, one of the biggest misconceptions, I think, is that people think the higher the dilution, the weaker that it must be. So,

what do you have to say about that?

Joette: Well, it's the opposite in homeopathy. Often, the higher the dilution (if we go from a 6C to a 30C to a 200C), it *is* diluted more greatly. But it's going in the opposite direction, and it actually becomes a more *powerful* medicine.

But, when we compare the way I teach homeopathy – which is based on protocols (mostly the Banerji Protocols and other protocols, for that matter) – we don't have to worry too much about that, which is called posology: P-O-S-O-L-O-G-Y, which means the study of (or the science of) concentration of a medicine and frequency of a medicine.

So, we don't need to be as concerned about it as you would if you were using classical homeopathy when you don't have a specific potency to use, and you have to determine, "Should I use a 6; should I use a 30; should I use a 200?" With the protocols that I teach – especially those that are all free on the website, on the blog – it's very clear. If it says *Bryonia* 30, it means *Bryonia* 30! Don't bother using it in another potency – unless you have no choice; you have nothing else at the moment. But, you don't need to think about it to such a degree.

So, even though that is the truth – that the more it is diluted at a certain point, it becomes more intense in its medical ability as a medicine – it's kind of irrelevant when we use protocols.

Kate: Yeah, I think of it like it comes into greater focus. Someone described it to me once – or I must have read it somewhere – that think of it like a projector. That when you have a projector up close and then you back it up, and you're getting further and further away, you're actually getting a clearer, focused picture than when you're up close with that projector to the screen. So, you back it up. You're farther away but now it's coming into focus, and you

can see the picture clearly. I don't know if that's helpful for anyone. But …

Joette: Well, we could get into the science of it all. But to be honest, I find that it's not as interesting as the fact is that you will notice that if you use a higher potency, you'll get a different reaction than if you use a lower potency – in many situations.

Storage, X-rays, and heat

Kate: Okay, so one of the myths that I think about is when we're traveling. A lot of people are concerned about storing their remedies in their purse with their cell phone or going through the X-ray as they go through the airports. What do you think about all that?

Joette: Well, there was a time, before there was such a thing as X-rays at airports, when there was a concern that homeopathy – homeopathic medicines – could be ruined having gone through an X-ray machine. So, people were getting their homeopathic medicines and putting them in little carry-on bags that were made of lead … as though we don't have enough to carry.

Kate: That makes your purse really heavy.

Joette: Yeah, let's just put lead in our purses with the remedies inside. And I was very cautious for a long time myself. When I've traveled, I've asked that my homeopathic medicines not go through the X-rays. I explained that this is homeopathy, and it can't go through. I suppose sometimes I'm still a little bit cautious about it.

But to be honest, I've had so many of my medicines inadvertently go through because, "Oh, I forgot I put in that *Rhus tox*. It was in my makeup bag. I put it in there months ago, and it went through the X-ray." And then inadvertently, I go to use it, and it works perfectly!

So, I found in my experience – and I've done a lot of travel through a lot of X-rays – that they still act, and they act just as well. Now, I haven't done a double-blind study on this. If someone has any information on that, I certainly would be interested in reading it. But, this is my personal experience. Additionally, when you live in Kolkata as we have, every time you go into a shopping mall, you must put your purse through an X-ray.

Kate: Wow!

Joette: That's just the way it is in large cities in India. So, you don't go into stores without putting your purse through. There are guards there that are dressed like police, and they have weapons and all. They've had to live with terrorism for a long time. So again, inadvertently, my homeopathics go right through, and there's no trouble. I've gone through with some of the doctors who also have remedies in their purses, and the same thing – there's no concern. So, that's been my experience in the last, say, eight years or ten years or so.

Kate: So Joette, though, if you are traveling, and say you have a remedy kit or several because you're going to be gone for a long time, you would probably play it safe? Yes or no?

Joette: I have played it safe, but I'm becoming more and more nonchalant to be honest because I'm noticing that it doesn't seem to make any difference.

Kate: Yeah.

Joette: And then there's also the heat. People talk about, well, extreme heat. I've said that, too. "Be careful. Don't keep your remedies in a hot car that's going to be closed up – you know, in Atlanta – in the hot sun for a few hours. If the heat is too extreme – such as too extreme for a human to be in the car – then your remedies might be tainted."

Well, I've had enough experience with that. I suppose all of this happens, that all of these ideas come to me after having had lots of different experiences through the years.

My sons used to ski almost every day in the winter. We lived on a ski hill in New York. So, I always had them carry *Arnica montana* 200 or 1M in their parkas. So that, if one of the others of their brothers was injured, they knew exactly what to do. They'd just get it out of their pocket and just deposit it into their brother's mouth.

So, inadvertently every spring when it was time to wash the parkas, I'd say, "Okay, empty your pockets and put your parkas into the washer."

And you think they'd listen to me?

Kate: Of course! Of course, they did!

Joette: No! Right, exactly. They didn't. So, in would go the Kleenex with the parka and the *Arnica* 1M and *Arnica* 200 and of course, inadvertently, chocolate bars and all kinds of things – raisins full of dust and stuff in their pockets. They would go through the wash, and then I would not notice that the remedy had gone through the wash until it was in the dryer because I'd hear, "Ka-chink, ka-dlink, ka-chink."

I'd say, "Uh-oh. What is that in the dryer that's clicking around in there?" More often than not, it wasn't for a good 40 minutes later that I notice the sound … thinking perhaps that it might have been just the zipper clicking. But after a while, you start realizing. And I'd opened up the dryer, the parka would be fully dried and so would the *remedy*.

So, what I would do is get that remedy and label it, "In the dryer." (Because Peter didn't take his remedy out of his pocket!!!) "In the dryer." And then I'd put it back in the kit. When *Arnica* was needed next time in my family, I always used that first – unless of course, it was a super-serious

situation. But, I would use that remedy first, and it still acted! After having been in the wash – now it was cool water. But the dryer wasn't cool! It was pretty hot!

Then it also dawned on me, after spending a good amount of time in Kolkata, that that is a *very* hot country. Most homes don't have air conditioning. And yet, these homeopathic medicines still survive in little cabinets and little corners and hot places, and they still act. So, in my experience – and my deduction – I would say that I don't believe the heat makes a difference. I think these homeopathic medicines are more capable and robust than we give them credit for.

Kate: Joette, I had the same experience. I had some homeopathic remedies, and they were sitting in a case in my car in the summertime. And it gets *very* hot in the summertime in vehicles if you have your windows rolled up. So, I came out of a meeting, and the sun was blaring down on my homeopathic remedies and its plastic case. And the remedies were actually hot to the touch!

Joette: Yes, right.

Kate: So, I labeled them on the top, "Sun." And, I used them. Actually, when my daughter had asthma, and I gave her the one, the *Kali iodatum* that was labeled, "Sun," and it still acted. So, I had the same experience. They're hardier than we think.

Joette: Yes. I think that when homeopathy came back into the mainstream of thinking – and it's still not what I'd call "mainstream" – but once it started to have greater recognition, there were a lot of rules around it. And, there was not enough experience to set those rules aside and say, "Well, perhaps it's a possibility, but it doesn't look as though that is the *norm* that these remedies will be ruined after having been exposed to high heat or even X-rays for

that matter."

Which then brings us to cell phones, same idea. Be careful. It's electromagnetic fields and those kinds of things. We have to be so careful. We can't keep our remedies in our purse, because that's where the cell phone is. I have not found that to be – not only for myself, but it's been reported by many of my clients who keep their cell phones *on* in their purses, and the remedy is half-an-inch away. And they still act!

So, these are hardy little medicines. In fact, they're so hardy – I wish we could see the visual here – but up here above my bookshelf, I have a shadow box with remedies from 1918. They were given to me by a client of mine who was in his late 80s when he used to meet with me. And that was about 25 years ago … so, he would be well into a hundred or so. And it was his *mother's* homeopathic medicines; she was a homeopathic physician in the 1920s. So, he brought them to me as a gift and said, "I thought you might be interested in seeing these."

So, in this shadow box, I have – I'm going to take a quick guess – about 15 medicines. They're all in glass bottles with *cork* tops. (That's how they actually sell them in India as well.) But, they've got old-time typeset on them, and you can see the date and, of course, the name of the medicines. And I've *used* them to test them out – from *1918*, and they work.

Kate: Right, and who knows where they've been.

Joette: Exactly, exactly. So, they have longevity. They have robustness. They have efficacy. They're kind of the perfect medicine, as far as I'm concerned.

More pellets, higher dose

Kate: All right, so let's move on to another myth, Joette,

the myth that more pellets equals a higher dose. I hear that one a lot. “Well, how many pellets should I take?”

Joette: I get that question on my blog regularly, and I tell them just to read the instructions that are printed on the side of the bottle. Because some of the pharmacies – the homeopathic pharmacies that are indeed regulated by the FDA, by the way, and other regulatory bodies – make the pills in a larger size and some in a smaller size. So, they will tell you how many pills comprise a dose. If it says five pills equal one dose, and you’re supposed to take it twice daily, that means you take *five* pills *twice* daily – because it says five pills is a dose. If it says take two pills, then it means *two* pills comprise a dose, and you take *two* pills twice daily.

Now can you get away with less? Often you can. But, it depends on how determined you are to get rid of this condition – how trying the condition is. And if someone is *hemorrhaging,* and you need to get that hemorrhage aborted ASAP, I wouldn’t play with the number of pills! If it says five, I would use five!

If, however, you’re trying to abort hair loss, then you might want to use maybe only three pills and see how it goes. So, it depends on how severe it is, how important it is that you get it *exactly* right.

But you could take 500 pills, and it’s still a dose.

So, we get these calls from moms or emails. I used to get calls in my office. We don’t have an office like that; everything is virtual for us now. But, we get these emails from moms saying, “Oh my gosh! My child got into my kit and ate five bottles of five different remedies. Should I take him to poison control?” No, it just means that your child got five remedies, and it was one dose of each – because the child opened his mouth and poured it in, and that’s a dose!

So, it's not like taking Tylenol or aspirin or getting into a psychotropic drug. That's not the way homeopathy works. It's like lighting a match. It takes one match, or it could take 500 matches: you still get one flame. And so, what you're looking for is a gentle stimulus of the mechanism that will encourage the body to correct itself. Do you need 500 pills? No, you may need only five, but it it's still just one dose. So, there are no worries.

Kate: And the only reason we're making sure that we take enough of those pills is because the medicines are sprayed on top of a carrier pellet or ball made of something like lactose…

Joette: Lactose or sucrose or a combination of both.

Kate: So, we're just making sure that we actually get the medicine. That's why you want to take several.

Joette: That's right. That's right. It's a matter of understanding what you're dealing with. Once you understand it, everything becomes much clearer, and it opens the way.

I was just thinking about the story – I was telling someone the story today – about my husband who is from New England. He moved from New England to Buffalo, New York, where we met some 35, 36 years ago. And he was a sailor, and he has been a sailor all of his life. His father owned boats. His grandfather … his great-grandfather owned ships. He sailed his entire life, and he's actually a world-class sailor. He sailed in the Bermuda Race, et cetera.

So, his whole world has been surrounded by being on the ocean, being in ports, being on the water, sailing through dangerous waters, and navigating and understanding weather. So, when we got married, every Sunday night pretty much, he would call his parents and ask them how they were.

And instead of saying something like an Italian family would

say – I mean in my family, we say, “Okay, so how did that cannoli recipe turn out? And you didn’t call me after you made the lasagna, because I wanted to know if my recipe was better than my sister-in-law’s recipe. I just got to know … how did it turn out, and did the family like it?” We all talk about food!

His family talked only about the weather. “So, how’s the weather?” You know, his parents were in Cape Cod. “How is the weather?” And I’d say, “What? You’re asking your parents how the weather is like. Aren’t you going to ask your father about how his sleep is because he was having difficulty sleeping, or how your mother’s arthritis was … or whatever.” And I kept thinking, “That is *so* boring!”

I just didn’t get it.

Then about ten years into our marriage – actually, I used to love to go to garage sales and estate sales – I came across this book at an estate sale. (In fact, I’ve looked for it online, and I have not been able to find it again, and I’ve somehow lost it! I’m so sorry I lost it!) It was a book titled something like, “How New Englanders Think” or “Why New Englanders Think the Way They Do.” And I said, “Wow! This might give me some insight about my husband and my in-laws because I don’t get how they think.” (You know, they’re all engineers, and they’re all very left-brained, and that’s not really my background.) And on the back cover, it gave a little vignette of what was to be found in the rest of the book. And it talked about how New Englanders talk about the weather. They talk about the weather *only*. That’s all they talk about.

Kate: All they talk about …

Joette: It gave me such insight, and I read that book with such gusto. I devoured it because it gave me a real window into my husband’s personality and my husband’s family’s

personalities. And from that time forward, instead of thinking that was a boring discussion, it became kind of pleasurable to overhear his discussion with his parents. And then I saw the benefits of knowing the truth and understanding the nuances of him, his life, his surroundings, what he grew up in, what his parents were about, his great-grandparents, et cetera, et cetera.

So, to this day, we live in Florida on the water. We have a cottage in Canada on the Great Lakes. Everything about our lives is about being on the water. My husband is *the ultimate weatherman*. He gets it. Everyone else says it's going to rain. He says, "No, it's not." Everyone else says the wind is going to be blowing out of South, he says, "No, it isn't." He says, "You see those clouds there, you see that pattern? That means …" And then he goes on to explain why and how that works.

So, having that knowledge – finally, I got the knowledge – that he had *knowledge* instead of just a stupid little idiosyncrasy! And it opened up my world into his world.

So that's what we're hoping to do today with these little myth busters. I want to open up your world into understanding that homeopathy is easier than you thought it was. It's not as hemmed in as you thought. There are not as many rules as you might think.

One medicine only

Another rule that we have to talk about – and that is if you listeners are coming from a background of having studied or learned a little bit about classical homeopathy – the idea is that you use one medicine, and one medicine only, at a time.

Kate: Right. That's a common philosophy. Classical homeopathy teaches that.

Joette: One medicine and one medicine only. The way I teach this is: No, we use three, four, five, sometimes even as many as seven. I try not to use as many as seven. I try to keep it around four or five homeopathic medicines that are taken simultaneously – not at the same moment (we separate them by about five to ten minutes or so, as we put them into the mouth). But, they are taken in the same schedule for the same amount of time, often.

So classically-trained people will often say something like … and this is what I used to say too. So, I beg your pardon for those who have followed me for so long that they actually knew what I used to say classically speaking. I've erred, and I've changed my ways in the last many years, probably about eight or nine years now. And what I have come to realize is that one medicine often doesn't do it. It *can* do it, but often it doesn't.

Kate: So Joette, give me an example. What do you mean one remedy versus several?

Joette: What I mean is that if someone has eczema, for example, and they also have food intolerances, you might find one medicine that will act for both conditions. *Sulphur,* for example, might be an example of that, or *Hepar sulph,* or something like that.

But if that person also has gallbladder pain, and they have just had a grief (they've lost their dog), and in addition to that, on the way to the appointment meeting with you, they were in a car accident, and now they have a wry neck, and then they had a panic attack – I'm sorry; one medicine is not likely going to cover all of these conditions.

Kate: Right.

Joette: While this person is waiting in the waiting room, there is a big, bad bee that stings them. And now, they've got a swollen lip, and their tongue is swelling up. One

medicine is not going to take care of all of those.

Kate: Right. So, you can't do anything about that bee sting because you're taking something for a chronic condition? I mean is that what would normally happen?

Joette: Classically, we would look at the bee sting first because we're always looking at the hierarchy: what is the most trying concern. So, we start with that issue that is the most bothersome, the most dangerous. Of course, we would probably start with the remedy for the bee sting because that could cause anaphylaxis if that person's tongue is, of course, swelling or their lips are swelling. So, we would start with that.

But, what happened to me years ago was that I would take a case, and it would be many conditions, not unlike what I just described. And I would use one medicine for the constitutional and another medicine for the acute as an SOS. Then I would say, "Well, we got to get after that deep issue that the constitutional is not going to go after, so I'll use a nosode. And then maybe I'll throw in a cell salt because I can see that the hair is thin, and the nails are poor, et cetera." So, I would have about four homeopathic medicines that I put together, and I would feel *so guilty* because it wasn't the classical method. I had been trained to not do it this way. But, I kept doing it because the more I did it, the better my results.

Kate: Okay. Then you went to study with the Banerjis, and you found them to be doing the same thing, right?

Joette: It was a little more circuitous than that because before I found the Banerjis, I was in classes studying with Dr. Ramakrishnan in Toronto, and I would ask my fellow students who were all seasoned homeopaths (we all had to be in order to get into these classes). I would ask them. (They're from all over the world. There's a doctor from

Pakistan and another one from Ireland, another one from Holland, et cetera.) I would ask, “Do you ever use more than one remedy?” And every single one of them said the same thing, “Yes, I do.” “You mean in the same schedule?” “Yes, I do.” Meanwhile, I was being told time and again – not by Dr. Ramakrishnan, but by other courses I was taking – “Use one remedy at a time.” That’s exactly what all the books were telling us. It was pokey to say the least. And I like speed! I want to see someone get better quickly.

Kate: And we’re all used to that, right? We want it to happen now. That’s the kind of world we live in today.

Joette: Yes. But even if we didn’t, even if we came from two centuries ago, if someone is suffering, we need to help them and help them on many levels.

Not to mention that we have to compete! Our biggest competition is conventional medicine where if you’ve got a headache, BAM! Tylenol! If you’ve got eczema, BAM! Steroids, ointments! If you’ve got this … they will suppress those symptoms at almost any cost. Of course, you’re kicking the can down the road, and there’ll be more problems later. But, who cares? Right now, you want *results*. And, there is something to be said for that. But what we’re looking for is speed *and* clarity as to what’s coming down the road – and making sure that the road is paved for uprooting the condition, not worsening it.

Kate: So, it’s very interesting to me, Joette, because I feel like it’s a secret. Right? That’s not very talked about. You spoke with these other homeopaths, and they were doing the same things But yet, it’s on the down low. It’s hush, hush. No one talks about it.

Joette: Yeah. It was like a dirty little secret.

Kate: Right, exactly.

Joette: Because that's not what the books said. That's not what the classical teachers were teaching. And many people come to me and say, "I want to become a homeopath, And so, how do I do it the way that you're doing it?" I tell them, "If you're going to become a homeopath, you really must study classical homeopathy first." You must go to a reputable, high quality, rigorous homeopathy school that's classically founded. But just know that when you get out, you throw some of that out, and you use protocols.

Take my classes. Learn how to use these protocols. Study what has been used for the last century-and-a-half by the Banerjis – and other homeopathic teachers – who have been using protocols and using more than one remedy at a time. So, I say "protocols" because generally when we use a protocol, it is more frequently used. The remedy is repeated more frequently. And, it can be used in conjunction with other protocols for other conditions that may or may not be related.

Dosage

Kate: Okay, so let's move on to another myth. That would be the myth that you would use a different dosage for animals versus small children versus adults versus the elderly. That is a question that gets asked often, I see – whether it's in classes or on your Facebook groups.

Joette: If you're treating a cow (and I have), or a llama (I've done that, too), versus a chick (a little, tiny chicken) …

Kate: Versus a horse.

Joette: Versus a horse … When you're treating large mammals – let's put it that way – versus a tiny fowl, you would use probably a few more pellets. That's at least the way I've done it, because those large mammals are often chewing their

cud. We want to make sure that the medicine gets into the mucosa of the mouth. It's *not* about swallowing it and getting it into the stomach and allowing it to get into the bloodstream. Instead, homeopathy acts on the mucosal lining, so between the gums and the teeth, or on the tongue, or under the tongue. That's where it's absorbed and utilized. So, we want to be sure that we're getting enough in there – not just because it's a large animal, but really more to do with the fact that they're often eating.

Now, a chick eats all day long, too. But because it's such a tiny, little thing, and the beak is so small, and the mucosa lining is so tiny, I don't think it needs as many pellets. So, I have treated both, and I've used approximately the same dose – the same number of pills. So, if it said five pills on the outside of the bottle, I would give a cow maybe five or six or seven pills. I would give a chick maybe two or three. That's just an average. And I don't have any studies on it. That's just my personal clinical experience that it works in the same way.

Kate: So, just to clarify, that doesn't mean that the horse requires a bigger dose. You're just trying to get the medicine into the horse's mouth …

Joette: To ensure that the horse got it.

Kate: Right.

Joette: That's right, that's right. If it's a child, a lot of times it will say on the outside of the bottle, "Two pills for a child and five pills for an adult." In my estimation, that child could get five pills, and it would still be the same. The reason I think they say that is because why waste it? Just put the pills in the mouth of the child. It's a smaller mouth. They are a slightly smaller body, so not as much volume needs to be covered in the mouth of the homeopathic medicine being absorbed through the

mucosal lining. I've used both. I've gone both ways. I've used five, "Oops, poured too many in my hand? In it goes."

Kate: Honestly, I feel – this is my own opinion – but I feel like it's just because that's what we as consumers are used to, and that's why.

Joette: I believe that's very likely as well. I think that's very possible, yes.

Kate: What about the elderly?

Joette: Same thing with the elderly. A dose is a dose is a dose pretty much across the board.

I just said something that I'm sure is going to prick up some ears – that if I put five pills into my *hand* – that is going to cause trouble. Now, I teach in my Gateway to Homeopathy course that you pour the pills into the cap. Count them out. Pour back and forth until you get approximately the right number. And then toss the pills directly into the mouth of the person who is supposed to be receiving them.

But, sometimes it's not that easy. My mother is very difficult to give pills to. So, I pour them into my hand. And I actually am getting a little bit of that medicine, and I'm not worried about it. I don't think it's going to cause me any trouble. But, I do put them in my hand and then pour them into her mouth. Because otherwise, if I don't place them in with my fingers, she will sometimes not get them all. But, the reason that we've been warned not to put them in our hands is because if you've just gassed up your car, or you've just used an antibacterial soap …

Kate: Or just chopped an onion.

Joette: Just chopped an onion, or you just used Clorox to scrub a basement or something, and you've got something on

your hand, it has the potential of rendering the medicine not as valuable. So, it's cleaner, easier to pour it into the cap and just toss that into someone's mouth.

Kate: So, just to get back to the animal example for a second, I have used generally two pellets. And I put it directly into my horse's mouth or my dog's mouth or our kitten's mouth. So, I've not used five or six in my horses, and I found them to be effective.

Joette: And it still works! Yes, yes, yes. I'm glad you pointed that out because that's just what I've done in the past, but it doesn't mean it can't be done with just a couple of pellets. I know some people who put the pellets in water and allow the whole herd to drink from that water. And when my chickens were struck by fowl cholera, that's exactly what I did. I put *Cuprum metallicum* in the water that all the chickens were drinking from so that they all got it – and they were all protected because fowl cholera is extremely contagious. They would have all died had they not had that. So, we already know that 50% of the flock would have likely died.

Kate: Wow! That's very interesting, cholera for fowls. I hadn't thought of that, but I suppose that is a thing.

Joette: Yeah, it is. It is. It usually comes from wild birds that have it and come into the coop and die. And then the chickens and the ducks around that dead bird now start contracting fowl cholera.

Antidoting

Kate: Let's wrap this up with one more myth. What about the myth of we can't use, say, mint (like chewing gum or toothpaste). I guess I don't want to call that myth yet because I'm asking you, Joette. What do you think about that?

Joette: Well, mint can antidote. It doesn't mean it *will* antidote. So, some people insist on using mint toothpaste. I don't find mint toothpaste to be important in my life, so I don't use it. I make my own toothpaste. I use baking soda, that kind of thing. But, if you have a condition that is quite trying, and you take the medicine twice daily, then it might be worth your while not to use very, very strong mint toothpaste. If the condition you've got is not so trying, then you can take a chance and say, "Well, I might be antidoted. This medicine might be antidoted, or it might not be antidoted." It depends on the person – how sensitive they are. It depends on how much mint is in the toothpaste. It depends on when and how close you take the mint to the remedy.

I think there are so many unknowns that I just urge people, don't bother using it. Use something else. Not to mention that parenthetically, that the reason I don't use mint toothpaste, for the most part, is because I don't know what ingredients are in these toothpastes. They're not required in the U.S. – or anywhere else that I know of – to list the ingredients because toothpaste is not a food. So, they can put anything in there, and you don't know about it. So, I would rather use something that I know exactly what the ingredients are and does just as well a job. Having said that, when I'm taking homeopathic medicines, I drink mint tea. I put fresh mint leaves in water, and muddle it and grind it down, and make it into a refreshing, cold iced tea drink, and I have no trouble with it.

Kate: Okay.

Joette: I've always considered myself a sensitive person. But I've been able to get past that, and I think most people can.

Now, if you want to antidote a homeopathic medicine – the action of a medicine – I believe that it takes more than

just a mint to do that. I think it means opening up a bottle of essential oil of mint, holding the bottle up to one nostril, closing the other nostril and taking a good, deep inhalation of that mint. And then closing that nostril and inhaling in the other nostril and getting a good, deep inhalation of mint. For most people, that will stop the action of the medicine. That's about as strong as it needs to be for most folks for it to antidote.

Kate: Okay, so what about garlic because a lot of people ask about that as well? Say, they want to have some garlic, and they're taking remedies twice a day, and they eat some raw garlic during the day. Do you feel like that antidotes remedies?

Joette: Well, are they eating a whole bulb of garlic?

Kate: Well, if it was me, yes.

Joette: Yeah! Or a little clove? Or is it cooked? Is it raw? I mean, if it's raw – you said raw.

Kate: Raw.

Joette: I've never found that to be a problem. I've eaten lots of raw garlic in my life. I make tabbouleh and hummus. I just love raw garlic. I put it on a cracker with butter sometimes. I've not found that to be a problem. So, it's a good thing to kind of work around that and see whether or not it affects you or it doesn't. Most likely, it will not affect you.

Kate: Okay, well that's good to know. A lot of people ask about that. So, thank you. Getting back to the mint for just a second, I was remembering having a conversation with some people saying, "Well, if you want to brush with mint toothpaste – if you insist upon doing that – maybe brush your teeth first then wait half an hour and make sure you're drinking some water.

Joette: I would say yes, and I've urged people to do that for those who insist on using the mint toothpaste. Yes. I mean, some people really don't feel as though their teeth are clean unless they taste that "minty freshness."

Kate: Right. Well, I think we've cleared up some myths and learned some things, so I want to continue this. Let's do another podcast and talk about some more myths again. So, those of you who are listening, be on the lookout for another Myth Buster podcast!

Joette: Yeah, I'm looking forward to it. Let's do it, Kate.

Kate: Okay. Thanks, Joette.

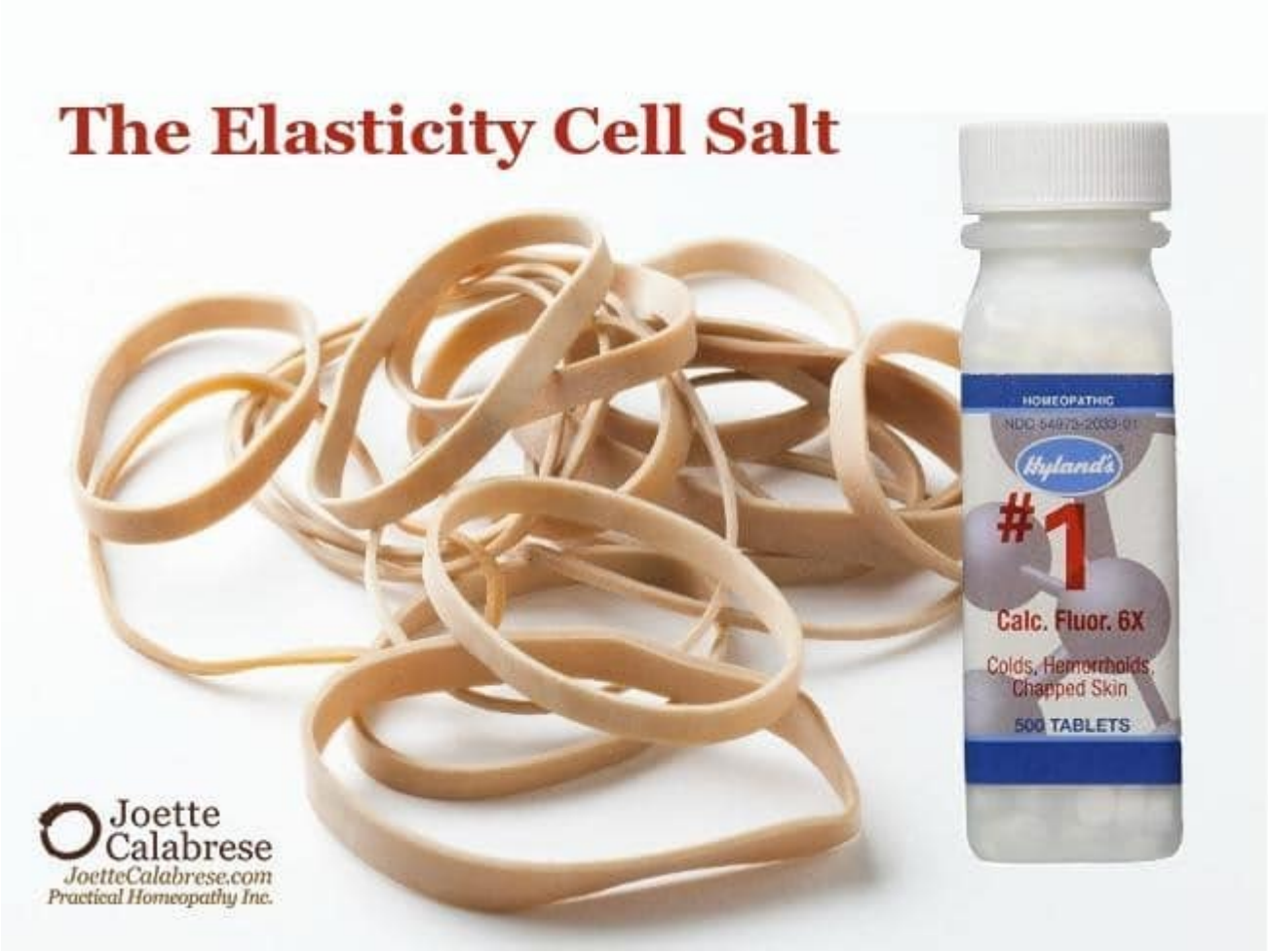
Joette: Bye now.

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.

Cell Salt Series: *Calc fluor*,

The Elasticity Cell Salt



Isn’t it annoying to attempt to use a rubber band that has lost its proper elasticity?

If it stretches too much, it won’t offer enough support. Conversely, a rubber band becomes utterly worthless if it can no longer stretch enough and snaps.

The same issues with elasticity can occur within our bodies!

Just like a rubber band, we humans need to have the perfect balance of stretchiness. If we stretch too far, we have one set of problems; if we don’t stretch enough, we have another set of issues entirely.

Malfunctioning rubber bands can just be thrown away.

But, luckily for us humans, (and animals as well), one cell salt can address issues at both ends of the elasticity spectrum: *Calc fluor*.

Too much elasticity causing saggy skin? *Calc fluor*. Too little elasticity causing cracking skin, chipping teeth or chipping nails? *Calc fluor*.

It's an excellent medicine for women who are pregnant or have given birth. It immediately (and rather obviously) comes to mind as a remedy for stretch marks.

Think about it.

You get pregnant, and your breasts enlarge. After breastfeeding, they reduce.

You get pregnant again … they expand again … they diminish again … in … out … in … out. Their elasticity can eventually be lost entirely. After having a family, you may look in the mirror and feel as though your breasts belong on the pages of National Geographic!

Calc fluor is customarily taken twice a day until the condition is very much better. Generally, we use *Calc fluor* in a 12X, but the easily obtainable *Calc fluor* 6X from Hyland's works as well.

And again, the beauty of this medicine is someone can – at the same time – be experiencing a condition from both ends of the elasticity pole (too much or too little elasticity), and *Calc fluor* will address both conditions!

How tidy is that?

One other indication of a person's need for *Calc fluor* is joints that easily pop out of their sockets.

I have personal experience in this department…although it's a rather embarrassing story. (So, you won't tell anyone,

right?)

I was dressing one of my sons when he was about 14-months-old – as I did every morning. I pulled a sweater over his head and reached my hand up through the sweater's little sleeve to pull his arm through.

I didn't yank.

I just lightly pulled his arm, as usual. Well, he started screaming! And I do mean *screaming*! He was in obvious pain.

My husband rushed in, figured out that my son's shoulder had popped out of the socket, and, luckily, was able to put it back in place.

For the moment, the world went back to normal.

Then about eight months later, in another highly awkward moment, I fell on my son – right on that same shoulder.

Well, his little shoulder popped out of the socket yet again. Of course, this time I was more prepared to deal with it and immediately put it back in its proper position.

But, I realized after this second event something was off with my son's elasticity. So, what did I turn to?

Yes, right. *Calc fluor*.

And it worked! My son is now 30 years old, and his shoulder no longer pops out of joint, in spite of his daily workouts. (Although, maybe it's no coincidence that I'm not dressing him every morning and pulling his arms through his sweaters nor falling all over him!)

So, whatever the issue with elasticity – whether too much or too little – think *Calc fluor*. It is a marvelously flexible remedy (pardon the pun).

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

sending these links to those you care about!

Warmly,



P.S. If it's more and more of my tips and tricks that you seek, I have produced a CD/digital download entitled, *Cell Salts; The Easy Homeopathy™* to help you get a firm grasp on these surprisingly effective remedies.

Because there are only twelve of them, they are much easier to get started with than an entire *materia medica*. Plus, I utilize the same system to teach you that I used myself when memorizing over 300 remedies for my certification exams. It works!

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



Why We All Do What We Do



Why do we, the passionate believers in homeopathy, do what we do?

Because we know it works! Because it has saved us from chronic and acute illnesses without harmful side effects –

many times when nothing else has worked.

We become students, join a study group, dive deeper into courses and some of us become practicing homeopaths.

While we fully recognize the sacrifices we have made to stay true to our use of homeopathy, let's not forget others who have taken the ultimate risk by choosing to *manufacture* homeopathic products for us.

Homeopathy manufacturing pharmacies have always faced difficulty and expense meeting the standards set for them by the FDA.

But, as our podcast last Wednesday detailed, they are now under more pressure than ever – pressure, if successful, that could lead to financial extinction for some.

Homeopathic pharmacies do not make the kind of profits allopathic drug manufacturers make.

That would seem obvious!

Allopathic drugs can cost hundreds sometimes thousands of dollars. A container of homeopathic medicine (depending on the size) can be less than ten dollars!

Why are they willing to invest at such a level of technology and regulatory compliance to provide us with homeopathic medicine?

Because they care.

That's it in a nutshell. Homeopathic pharmacies and manufacturers care about homeopathy and its role in American healthcare as much as you and I do.

I've heard homeopathy characterized more than once as coming from sort-of "mom and pop" compounding pharmacies.

Nothing could be further from the truth.

That sentiment does a great disservice to our crusade to save homeopathy, as it falsely minimizes the professionalism of the homeopathic manufacturers here in the United States.

OHM (a pharmacy only available to professionals, and my students and clients) is particularly committed to quality. They work tirelessly and *proactively* to meet all regulatory and formulary requirements as directed by the Food and Drug Administration (FDA) and the Homœopathic Pharmacopœia of the United States (HPUS). In fact, they are licensed and could (under current FDA regulations) manufacture standard pharmaceuticals – but they choose homeopathy.

Dr. Robert Melo, President of OHM Pharma, recently remarked to me, "This reminds me of what once an FDA inspector told us after they finished the inspection. 'Why do you do this? You have the same set up as a manufacturer of conventional drugs, so why would you voluntarily choose to do something that is so much less profitable?'"

Dr. Melo's answer? "I couldn't see myself manufacturing conventional drugs since homeopathy is what brings me happiness."

Later shared with my husband, "It is our commitment and love for homeopathy that drives us to comply with the extensive burden of regulations, also seeing your work and the great impact it has on homeopathy and the many in need, it certainly energizes and motivates us to continue the journey."

The additional regulations required by the FDA would call for dramatically more monetary investment, but they are committed. As Dr. Melo told me, "They [the FDA] know not many companies will sustain the pressure and continuous investment, but they are not aware of what really drives us, which is an unbreakable passion for homeopathy."

Dr. Melo went on to say ultimately there is no way *out* of

maintaining a state-of-the-art, in-compliance, pharmaceutical-grade manufacturing facility in order to provide legal homeopathic remedies.

I would disagree. There is a way out – he could give in to the pressure and simply *stop*. Close up shop and discontinue manufacturing homeopathic remedies. We must all hope and pray he never chooses that pathway!

We MUST rally to their support. We MUST band together. I know you are a staunch supporter of homeopathy, but I implore you to do more.

We MUST purchase homeopathic remedies from American manufacturers such as OHM (manufacturing remedies specifically formulated to the Banerji Protocols), Boiron (available in many local stores and offer great combination remedies), Washington Homeopathic Products (I love their kits, which we sell through my office), Hyland's (providing the cell salts we know and love and also great combination remedies), Hahnemann Labs (a West Coast manufacturer who brought *Arnica* into the mainstream with their product SINECCH™ used by plastic surgeons all over the country).

We MUST vote with our pocketbooks! These manufacturers need us in order to survive as they are forced to meet the new regulatory demands. And buying from American manufacturers is a win-win! They receive your financial support, and you get top quality, reliable, regulated, in-compliance, safe homeopathic medicines.

Also, if you haven't already, please support Paola Brown and the Americans for Homeopathy Choice in their effort to collect signatures on their Citizen Petition.

As she has said, we moms must go the extra mile to protect this industry. It's difficult for pharmacies or manufacturers to push back against the FDA.

However, the FDA has no punitive power to discipline the consumer – so we are unfettered to yell our support from the rooftops! “SAVE OUR HOMEOPATHY!”

Keep our industry in your prayers.

Whether a manufacturer, homeopath, student, teacher or mom, our goals are all the same: preserve and promote effective, safe, natural homeopathic remedies.

Yes, we all have our personal reasons, but the common thread is to heal. That’s why we all do what we do, and it should be enough to unite us … and we need to be united because the forces working against us are formidable and very well-orchestrated.

It’s more important than ever to pass on the good news of homeopathy!

Remember, keep our medicine in your prayers.

Warmly,



P.S. For a company to legally manufacture homeopathic remedies in the USA, it must comply with FDA CFR title 21 part 210 and 211, ICH Q1 and Q7 and HPUS. If you’re interested in seeing some of the existing regulations and requirements already imposed on homeopathy manufacturers, here are a few links. It’s dizzying to read, but certainly convincing that our industry is already subject to excellent oversight.

https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=210&showFR=1

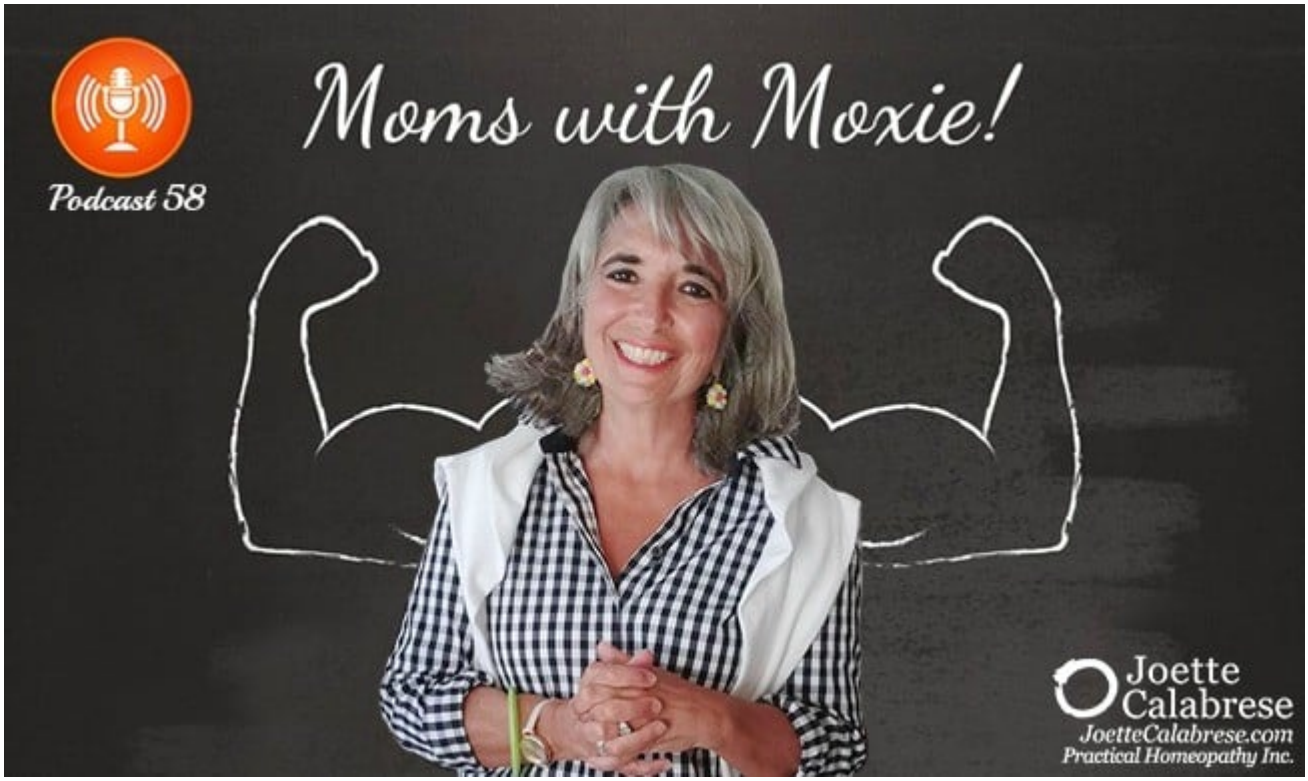
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http://www.ich.org/products/guidelines/quality/quality-single/article/good-manufacturing-practice-guide-for-active-pharmaceutical-ingredients.html

https://ichguideline.weebly.com/q1-stability.html

http://www.hpus.com/

Podcast 58 – Calling All Moms with Moxie!



Don’t take this lightly. Homeopathy is being targeted by the FDA, and it is up to each and every one of us to ensure we retain the freedom to practice our chosen form of medicine continues in this country.

This is about choice.

This is about freedom.

Paola Brown certainly has had my full support as her organization, Americans for Homeopathy Choice, has fought on Capitol Hill to prevent the FDA from acting against the current availability of homeopathic medicines.

In fact, Paola recently did a seven-day Facebook summit in which she interviewed seven different influencers related to the field. Naturally, I agreed to contribute my time to be one of those interviewed.

In addition, as an enticement for listeners to financially support her organization, I contributed –free of charge – a digital copy of my two-CD set, Cells Salts: The Easy Homeopathy, to everyone who donated that day.

I was humbled to learn my interviewed garnered an incredible amount of monetary donation for Americans for Homeopathy Choice, and I emailed 297 contributors a personal link to download the CD set. (I appreciate so much the “thank you” emails I have received from those of you who downloaded the CDs.)

I will continue to do all I can to make sure Paola has the support she needs, but right now she needs more than just me. **She needs YOU!** She needs each and every one of my readers to sign her Citizen Petition to stop the FDA from acting against homeopathy without accountability.

If anyone can do this, it’s Paola – together with you. You

are *all* Moms with Moxie and Dads with Audacity. There is nothing we can't accomplish together.

So, please listen to this very special podcast and follow the critical steps Paola details. As she says, it will probably only take 25 minutes of your time yet could mean all the difference in this fight. Join me in protecting our right to freedom of choice and access to homeopathy.

IN THIS PODCAST, WE COVER:

02:47 Paola Brown

04:19 Citizen Petition

16:25 How can we show support

20:48 Send those letters in

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Podcast 44: Americans for Homeopathy Choice (Paola interviewed by Joette)

HomeopathyChoice.org: Citizen's Petition to the FDA – please participate

Americans for Homeopathy Choice Facebook page

Donate: http://homeopathychoice.org/recurring-donations/

Volunteer: https://homeopathychoice.org/volunteer/

Kate: You are listening to Podcast Number 58 with Joette Calabrese at PracticalHomeopathy.com. We have a special podcast episode for you today. Paola with Americans for

Homeopathy Choice joins us again and will share how key it is to *act now* in support of their Citizen's Petition and write your representatives.

Thanks for joining us today for a special podcast. I'm Kate, and I'd like to welcome Paola Brown with Americans for Homeopathy Choice to give us an update on the work that she and so many other volunteers have been doing to retain our rights to homeopathy. So, Paola, welcome!

Paola: Thank you! I'm so happy to be here. This is like coming home in many ways. So, I love being on Joette's show, and I love being here with you. So, thanks for having us.

Kate: Oh! Of course! Paola, you are the President for Americans for Homeopathy Choice.

Paola: Yup, that's right. That's why I said, "us," because I feel like it's never me. It's this giant, incredible movement of mothers and others through Americans for Homeopathy Choice … so, yeah.

Kate: Yeah, you have gathered a lot of great people to rally together and support homeopathy. Paola, you and I go back a ways, and I consider you a friend. I'm just … I'm so thrilled for what you're doing. It's such an important thing – that we as mothers *need* to be able to take care of our children, right? And that's why you're fighting for this.

Paola: Absolutely. That's exactly right. I keep using this word, "birthright." And, I really believe that in many ways when you become a mother, you're inheriting this birthright to protect your children, to care for their health – their spiritual, their temporal (with your husband or whatever your situation is) and their physical health. In many ways, we see today our health freedom is being taken away from us. In many ways, I see that as our *birthright* being taken away from us.

We have a birthright to health. We, as mothers, have a birthright to care for our children. You know, I just feel like too many things lined up for me not to walk this path. I really see what Joette has done as a huge part of this movement because she, in many ways I think, primed the pump full of these mothers who are now passionate about homeopathy, passionate about regaining their health – regaining that ground. So, I just said, "You know, I will walk the path that has been laid before me." And so many mothers are doing the same and joining and supporting us.

Paola Brown

Kate: Yeah, I see a lot of things in your life lined up to bring you to this point. So, you are the perfect person to lead this charge, I think, Paola. You have a lot of spunk and guts. And you have no problems taking charge and just really putting yourself out there, and I admire you for that. So, way to go Paola – and so many of you listening that are taking part in this, joining together and helping to fight for this freedom!

Let's step back for just a second, and I'm just wondering *how* you do this. Okay, you teach your children. You try to feed them as well as you can making things from scratch, and you recently moved. That in itself is a huge thing. And you kept up on all those Facebook Lives that you did every night during this move. I mean how is that even possible?

Paola: I know … right from the hotel room. You know, I have to say it. I'm a person of faith, and I really think that when you are asked to do something by our Father in Heaven, He provides the strength that you need to do it. And so, I've really learned about myself and about how to take baby steps – not get overwhelmed. You can't eat an elephant whole, but you can eat a whole elephant in small bites! And so, I've really had to focus on, "Okay, all I need to do

today is take this bite, and that's it." I'll be honest with you. We have had a really big move here. I just kind of let some things go and probably packed some things that I need to get rid of when they come out on this end. But, I will deal with it.

Citizen Petition

Kate: Okay, so let's dig into the meat of this podcast, and let's talk about where the work for Americans for Homeopathy Choice is right now. What's going on? Walk us through some of the action steps that you guys are taking together as an organization. For those of you listening, if you have not already listened to Podcast 44 – which is the first podcast where Joette interviewed Paola, and they talked about how this all got started – go right now and listen to that podcast. And then jump into this one, and you'll have a better grasp of what's going on. So, Paola, where do things stand right now? What is going on?

Paola: So, *we need your help*. I need you to stop what you're doing. You know, I'm a podcast girl. I like to listen to my podcasts while I'm folding laundry or doing the dishes and multitasking. I need you to stop what you're doing. Dry your hands. Put down the underwear that you're folding. Go to your computer and go to HomeopathyChoice.org. Right there on our homepage, there is a banner, and it says, "Support our Citizen's Petition." If all of Joette's listeners who would listen to just this podcast alone, took this action, we would reach the thousands of comments in the petition docket.

Now, don't get confused. Earlier this year, we had everyone submit their comments to the FDA docket on the draft guidance, and this is totally different. We have submitted a *brand-new* document that defends homeopathy. It's called a "Citizen Petition." It is our right to do this under law.

And what I mean by that is when we do something under law, that *forces* the FDA to respond. It's not some informal letter that they can just ignore or take administrative maneuvers to kind of avoid. There is a law behind this document that they have to deal with. And so, getting many, many, *many* comments in support of that is very important.

So, you go to HomeopathyChoice.org right now. Type it in. Click on that banner, you know, "Support our Petition." You'll be taken to our petition page. You can read the petition if you want to. You don't have to, but you can if you want to. And then we need you to send three quick letters.

Okay, the first one goes straight to the FDA. We have provided an outline for you to kind of quickly write your own, a quick paragraph. The FDA, if they get a ton of copy-and-pasted letters, they count all of those as one comment. So, it's better to kind of write your own unique comment because then they value your very own comment.

Then you're going to take that letter that you sent the FDA that we gave you the quick little outline for, and you're going to copy it, and you're going to send it to all your representatives. So, that's your congressman and two senators. Okay? And we have that on our website there, too. You're going to say, "Look, this homeopathy thing is not going away. It's an ongoing issue. I want you to stay aware of this. I emailed you about this earlier this year. I'm emailing you about it now. Here is the copy of the letter I just sent the FDA." Okay, so that's the second letter, right?

Then the third letter you're going to send is … you're going to go on our website; you're going to copy and paste another letter to send to your representatives. So, we're technically double-dipping with the representative. We're sending them one letter about, "This is what I submitted to

the FDA," and then you're sending them a second letter that says, "Here is the issue at hand." And that's what you're going to copy and paste off our website.

So, what's that going to take you, 25 minutes? I've timed myself doing all of that: *25 minutes!* Because what I'm doing right now is I'm trying to reach to your representatives, and I'm trying to make appointments with them. If you don't make a lot of noise and send those letters in, I'm not going to be able to get that appointment, and I *need* that appointment. We don't have enough money to hire a lobbyist. And so, it's really what *you* can do to pave the way for Americans for Homeopathy Choice to get those appointments. I'm getting appointments, but we need more of those. So, that's why we're kind of trying to build that relationship with Congress.

Kate: I think a lot of times, people think, "Oh! What's one more letter going to do?" Right? But it is valuable, because if everybody thought that, there would be no letters sent!

Paola: Yes, that's exactly right.

Kate: So, go right now. I just did it as we were talking. I clicked the banner which says, "ACTION ALERT! Act Now! SUPPORT OUR FDA PETITION." You just click on that banner. And then the second thing – like Paola said, just to reiterate – is to click on that red button that says, "Contact Congress." And that's where you will find all the information to write the letters to your representatives and send those in.

Paola: Yeah, exactly. So, just so you know, the only thing you're going to have to write is the quick paragraph to the FDA. Everything else is just copy and pasting and sending your representative the copy of your FDA letter, and then sending them a second message with a copy of our letter that we've prewritten for you. So, it's really not much writing.

It’s just a few sentences that you’re going to send to the FDA. And then you’re going to kind of duplicate that to your congressperson, and then you’re going to send them in. So again, this is different. Earlier this year when we were submitting comments, we were *totally* on the defensive. We were trying to defend ourselves from the draft guidance on homeopathy. This is different. This is *offensive*. We initiated something that now the FDA has to deal with, and they have to respond to.

Kate: Isn’t it better to be on the offense than the defense?

Paola: Yes, totally, absolutely.

Kate: Good, okay. So, you’ve come up with the Citizen’s Petition, and now that has already been submitted. When did you guys submit that?

Paola: So, we submitted it – boy, it’s like a blur – we submitted it right before we moved. That would have been August. Now, it’s September, and we really, really need as many comments as possible to go into that docket for that Citizen Petition.

Kate: Paola, help me understand, why is this Citizen’s Petition so important?

Paola: Okay, so … okay, this is crazy. Listen to this. I had a phone call this week with Congressman Costello’s office over on Capitol Hill. Congressman Costello wrote a letter to the FDA. He sponsored a letter, and so he got a lot of other congressmen to sign that letter. That’s where we spent all our time earlier this year dealing with. We visited all these congressional offices back in February. We asked them, “Please sign onto Congressman Costello’s letter.” And he did; he got some support. They sent this letter to the FDA, and they said, “Look. We don’t like this draft guidance. You cannot do this. You cannot make

homeopathic remedies technically illegal unless they go through a new drug application, without talking to us first." So, they sent this letter out there.

So, I talked to him this week. I said, "Did the FDA respond to your letter?" And he said, "Yes, they did." His staffer said, "Yes, they did." I said, "Can I get a copy of that letter?" Kate, that letter says in black and white – now, I can't post the whole thing on our website, but we're going to post an updated summary – that letter says that the FDA fully intends to finalize the draft guidance.

So basically, all those comments that we submitted earlier this year, the FDA is maneuvering around them. I'm not saying they're disregarding them because the FDA legally can't. But they're maneuvering around them, and they fully intend to apply the risk-based approach. That means that homeopathy … whatever remedy they pull off the market, it can only reenter the market IF it goes through a new drug application which would cost millions of dollars. We all know they're targeting first the nosodes, the remedies they think are concerning. *Belladonna*, *Nux vomica* were specifically mentioned in their press release, so some of our key polychrests. So, they said, "We will do this," basically.

Kate: All the work that you guys have done, and now they're basically saying, "Well, we're moving ahead anyway." So, if you don't think that there is a real threat, there is! They fully intended to move ahead *regardless* of the things that you've done. And so, what you're doing now is super-important. They have to stop. They have to address this petition.

Paola: Okay, let me give you that quote. It says, "As a result of the agency's evaluation including consideration of the public input the agency has received on this issue, FDA [this is it], FDA has determined that it is in the best

interest of public health to issue a draft guidance that proposes a risk-based enforcement approach." So, this is here in black and white, that they are going to move forward with that. What this Citizen Petition does is it basically is like a stay of execution. They cannot – they should not – finalize the draft guidance when this petition is in place because in our petition, we said, "Do not finalize the draft guidance."

You know, a draft guidance is basically like a guidance that helps the FDA police enforce homeopathy, but they don't understand the law very well. So, they make this draft guidance to help them know exactly what you're supposed to do. (When a homeopathic remedy says 30C, this is what that means, and this is how it should work, right?) So, they have that guidance. And so, they can remove that guidance and replace it with any other guidance anytime they want.

So, if we keep the Compliance Policy Guide 400.400 right now, ten years from now we can be in the same exact situation we're in right now where they're trying to remove it. Then we have to start all over from scratch. So, what we're asking is first, you need to delete the draft guidance. We don't like it. Two, we want you to reaffirm the Compliance Policy Guide 400.400. Three, we want you to turn it into a regulation, so it's fixed, and it stays, and you can't remove it very easily.

The last point we mentioned in the Citizen Petition is that we want there to be an advisory committee on homeopathy. This advisory committee would be made up of homeopathic professionals, consumer representatives (like a mom could be on that committee). It can't just be anyone. There's a law and regulation that guides exactly who can be on these advisory committees, right? So, the FDA can't just pick one group – one homeopathic organization. It has to be varied. They have advisory committees on hundreds of other subjects. I think it's very appropriate for homeopathy to have an

advisory committee.

Kate: Let's just talk for a minute. For those of you who haven't heard, the Compliance Guide 400.400 is the regulation that has been in place.

Paola: It's not a regulation. It's technically a "guidance." It guides, kind of, the rules – which is different. It's like a step down from a regulation. That's the key. That's *why* they can remove it and replace it with something so bad.

Kate: So, you're asking them to *make* it a regulation?

Paola: Yes, we're trying to kind of upgrade it now. It's been in place for 30 years. It's worked. It's been great. Now, let's upgrade it to something that you guys can't mess with next time you guys get tired of homeopathy or whatever.

Kate: So, for those of you wanting to know more information about the Citizen Petition and what it includes, go to the website, HomeopathyChoice.org, and you can read the Citizen's Petition right there. I spent some time going through that, and it's very interesting. There are some key points that they are presenting through this petition that the FDA has to address, and it's *very important*.

Paola: So, what this petition is doing is, it's a legal document that the FDA has to *respond* to before they just proceed. And they *know* that. If they *do* finalize the draft guidance, we've said in our petition – this was our last request – we said, "If you don't comply with our request in this petition, we would like to have a hearing."

Now, a hearing is not just any meeting. It is a *formal* meeting, and it's not one that they can easily maneuver. And our attorneys are telling us that the FDA does not like to have hearings – especially when the law is so clear in protecting homeopathy. They will not want to do that. So, it

puts them in a tough spot: “If we respond to this petition, and we say, ‘Okay, we listened to you but we’re not going to do this,’” then they have to do a hearing. I mean the Administrative Procedures Act says a Citizen Petition is something that the FDA has to follow procedure in responding to. If they disregard it or maneuver in the wrong way, they’re breaking the law. I mean this is a hefty move that we’ve made.

Kate: Right. This is not cheap to do this, right? These are difficult things to write and you have to have help and support from a legal team, and you have to have financial backings.

How can we show support?

Paola: That’s absolutely right. I mean, most of what we’ve done so far with our attorney up until this month really, he has been helping us pro bono – which is just amazing because he loves homeopathy. I mean, he, himself, likes to say that he’s been under the care of a homeopath, a classical homeopath, since the 70s. I think that we are just so blessed to have him. But we did a major fundraising effort on our Facebook page, Americans for Homeopathy Choice. If you type it in the search bar on Facebook, that’s us. And we did this awesome summit, interviewed amazing people. I mean it was just in the peak of my move, and I just knew that we had to do this! Our goal was to get 400 mama bears to join the Bear Pack. (And you know, it really is *any* person. It doesn’t have to be a woman or a mother. It can be a dad or a male.)

Kate: A papa bear.

Paola: Yes, exactly, a papa bear, a brother bear, any bear, right? So, it’s the Bear Pack! And so, that’s anyone who’s donating $25 a month becomes a member of our Bear Pack. Right now, we have just over 150 people who are donating. I

mean, I have to say, I *honor* those people who are donating, and I'm so thankful for them because they are literally carrying this movement on their back! We would not be able to take another step forward without them. Their donations came at a critical time. Those of you who've done a one-time donation, we are so incredibly thankful for you, too.

But you're right, it does cost money. I have to say, you know, people say all the time like, "Oh, but you know, we would never be able to fund raise the amount of money that big pharma has, right?" And Jim said a very interesting thing on our Save Homeopathy Summit that we had earlier.

Kate: And Jim is your attorney?

Paola: Jim is our attorney, yes, right. Sorry, he's our attorney. He says the reason that big pharma has to have that kind of money is because they don't have *people*. He says for you to have a political movement, you either need people, and then if you don't have people, then you need a ton of money to kind of replace the energy that people put in.

I feel so strongly that the homeopathy movement has some *big* energy because we have some amazing, committed, dedicated people to homeopathy. So, when you have people in a homeopathy movement donating money, that money goes larger, farther, and is stronger than a dollar coming from a pharmaceutical industry that is just a naked buck – without that powerful energy coming from mothers and others who are caring about their health.

Kate: And there's other ways to support this effort rather than a financial donation, too. If you can't donate money, there's time, right? You guys *need* people.

Paola: Yeah, absolutely. We have a volunteer form on our website. We have a Facebook page where people can request and join. We're always kind of trying to think of ways for

people to help. Yeah, if you don't have the time then, of course, do the donation. Here's the thing, to join the Bear Pack, that's *less* than a dollar a day – $25 a month. That's less than a dollar a day! We're trying to kind of create some "thank you" benefits where we have a member's area right now. If you're a Bear Pack member, you can log in to your member's area, and you can see the entire Save Homeopathy Webinar series, which is no longer on Facebook (we just have a few snippets there). So, we're trying to kind of create like a "thank you" VIP area for those of you who are members of the Bear Pack – you know, donating $25 a month. We plan to have quarterly visits from really cool homeopaths to talk about some education on homeopathy. And you know who I already have at the top of my list to be one of those!

Kate: Are her initials J.C.?

Paola: Yes, that's right, and we're not talking about Jesus this time. So, that's just kind of our thank you. That's our goal is to kind of keep those members of the Bear Pack. And they also get like a special newsletter that has some insider information that we don't necessarily share publicly quite yet, until it's fully right.

Kate: If you think about it, homeopathy is not expensive. So, let's spend some of this money to help this organization to help this cause, so that we can defend our rights to use homeopathy, because we do save a lot of money when we use homeopathy versus conventional medications. You're spending money on homeopathy, yes. But look at all the money that I'm saving! So, let's put some of that money that we're saving into this organization to help support them.

Paola: I couldn't have put it better myself. That's right.

Send those letters in

Kate: So, let's take some time and look ahead now. What do you have planned for the future?

Paola: So, this Citizen Petition, it is most definitely like a "block." Like I said, it puts us on the offensive, but it's not the end-all, be-all. Listen, I hope that the FDA will comply with our petition. So, hope for the best, but you got to prepare for the worst. And quite frankly, I wouldn't be surprised if our prepare-for-the-worst plan ends up being *the* plan. So, that's really the larger, broader, legislative strategy that we're starting to develop now as we're realizing this isn't going to go away. It means that we need support from people on Capitol Hill – which is why we need you guys to send those letters in. We can't show up to Congress and ask them for their support on homeopathy out of the blue. We need to develop relationships *now*. That's why we're not just asking you to submit your comments to the FDA about the petition. We're saying send it to the FDA and then send two letters to your representatives – your senators (both of them) and your congressman – so that we can develop a relationship so that when that broader legislative strategy is ripe and ready to go, we have relationships. And *that's* the goal.

Kate: Nice. So, it is very important that we take the time to write those letters. And you're having meetings scheduled soon with representatives?

Paola: I have like, you know, meetings next week. I had one today. And it's not with representatives directly; they're usually very busy. You're talking to their staffer from their office, and then they're communicating out with the congressman or senator.

Kate: So, time is of the essence. Get those letters in! What else can we do, Paola?

Paola: I really believe in the power of prayer. If you can support us financially joining the Bear Pack or doing a one-time donation, we're so incredibly thankful. Next, if you've submitted your letters, you kind of put word to action, right? You've submitted your letters to the FDA and your representatives. And if you can volunteer, messaging us, we have a volunteer button on our website, homeopathychoice.org. There's all these little things that we've prepared for you guys to kind of help us out. And then pray; pray for our country; pray for homeopathy. I *know* we can do this. I believe in this movement. I wouldn't be doing this if I didn't think we could. We *can*.

Kate: When we were talking earlier, you were so passionate. It was just fun to listen to your passion about how we're going to save homeopathy. You said, "We are going to do it, Kate!"

Paola: Yeah, we are; we are. I said before and I'll say it again. I really believe that generations are going to look back at this time – this critical time – and look back on those moms that stepped up. This is your chance to put your stake in the ground and say, "I was part of that movement. I stepped up, and I did what I could." That's why I'm saying, leave the dishes! Let your kids play in the mud – whatever they're up to, let them do it – and spend a little bit of time to send that comment. And get your husband to send it and get your neighbor to send it. Email your five friends; beg them to do that. We really got to do it.

Kate: The groups that you're a part of, get this information out there. Put it on your Facebook page. You can connect with your organization, Americans for Homeopathy Choice. Just look them up on Facebook. Paola is doing Facebook Lives and so you can keep abreast of what's going on through that Facebook page as well.

Paola: That's right. We do a weekly update, Friday or

Saturday night. Sometimes it runs on Monday night, but we'll do one every week.

Kate: Okay, so we'll keep an eye on that. Well, Paola, thank you so much for giving us some update. I'm very hopeful for the future of homeopathy. We're just thankful that you are leading the charge, and that so many of you are donating and giving of your times. I know that Joette supports this organization and the work that you're doing. So, thank you so much.

Paola: Yes, thank you and a special thanks to Joette. Anytime I call her, and I ask her for something, she finds a way to do it, and they make it happen. That's just because they know how important this is. At the end of the day, she has been a huge backbone for this – kind of the grgroundwork activating a group of moms who love homeopathy. And so, I'm just so, so grateful for everything that Joette has done. So, thank you so much for having me on the show.

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