

Podcast 43 – Becoming Unstoppable!



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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Gateway Guided Study Group](#)

[Pulsatilla](#)

[Hepar sulph](#)

[Arnica](#)

[Cuprum](#)

[Aconitum](#)

[Homeopathy kits](#)

[Thanksgiving in Stitches \(blog\)](#)

[Joette's Facebook Page](#)

[Mercurius viv](#)

[Arsenicum](#)

[Rhus tox](#)

[Antimonium crud](#)

[Hypericum](#)

[Allergic?! course](#)

[Ignatia](#)

[Aconitum](#)

[Hypericum-Arsenicum](#)

You are listening to a podcast from joettecalabrese.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion

for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Joette: One of your commitments to the New Year is to learn how to crack the code for your family's illnesses. Take it on, really make this your focus. Because it's inevitable that if you make it into a focus, it will turn into reality.

Kate: It's Podcast Number 43 at joettecalabrese.com. In this podcast, Joette gives us some of her secrets to setting goals and strategies to become unstoppable using homeopathy. We will learn more about homeopathy for ear infections, cold sores, deep sorrow, and how to determine when to use *Aconite* and *Ignatia*. Now, let's get started.

Welcome, Joette. It's a new year, 2018. I know you're very excited about the things that you have planned for the coming year. I'm excited as well. Today, let's spend a little bit of time just talking about goals and how to achieve those goals, and how we want to help our families.

Joette: Yes, that sounds like a great topic.

Kate: Joette, looking forward, be our visionary. Guide us as we go into the New Year in how to help our families using homeopathy.

Joette shares some advice for the New Year

Joette: Well, let me start by saying that homeopathy, classical homeopathy, and homeopathy in general is a very vast, in-depth subject. It can seem overwhelming. In fact, it is overwhelming. What my goal always is – my personal goal and my professional goal – is to make it as easy as I possibly can for my students, my clients, my readers and listeners to try to get the complex and bring it down to something really simple. There's actually a word in Italian. The word is *sprezzatura*. It means getting the complex or the lofty and huge and bringing it down to a level that makes it

look like it's effortless, even though there's a lot of complexity behind it. So, I love that word because it kind of touches on the fact that we're getting something – human health and a medicine that approaches it so elegantly – and making it simple and doable and breaking it down and parsing it into pieces. That's always my professional goal – not just for myself for years in the past but also now for my students and readers and listeners.

I believe that it's very doable. We can get something that's complex and make it simple by approaching it, not by saying, "Gee, I want to cure cancer." You know what I mean? No, no. You want to start from small. You want to start with your own family members. I always encourage folks to number one: try to work with others, if you possibly can. Join a group. Join a study group. Start a study group. I mean, I always talk about the study groups that are available, our [Gateway classes that are available through the website](#) and then meeting with people from all over the world, for that matter, or all over the country or just those in your neighborhood, your church group. It's not the only way to do this. There are many ways to do this. But, once you join a group or start a group, you'll be surprised at how quickly you will accomplish what seems like the impossible.

Kate: So Joette, I want to interrupt you really quickly here because I think a lot of people are intimidated, or some people are anyway, by starting a study group. They think, "Oh, I have to be at a certain level to start a study group." That's really not true, right?

Joette: No. It has nothing to do with level at all. You don't have to have any understanding of homeopathy whatsoever. All you have to have is a will to want to learn. That's always at the core of everything is to want to improve yourself. Once you have that ability to find that in yourself and pull it out from deep inside and say, "I want to learn this. I don't anything about it, but let's all

learn together.” Even if you bring in people who know more than you, that’s great. All you have to do is be the organizer – or join in and not be an organizer at all and just be a neophyte or whatever level that you’re already at.

My teachers always said when I was first starting to study homeopathy, they said, “The only way you’re going to learn – really, really learn – is if you step outside of your little world. Either go into practice or start treating people around you.” What he meant – it was Jeremy Sherr actually who I first remember saying that – what he meant was that the only way to learn is if you do a lot of it. You can’t just do ... if you have one child, you’re not going to get an awful lot of experience in this. But, if you have a child, and a dog, and a husband, and a mother-in-law, and a sister-in-law, and a church group, or you join a group of others who are doing the same for their families, you’re going to expand your knowledge just by being exposed to other people’s problems and other people’s illnesses. It’s the only way to do this.

So, I find that the folks who learn the fastest – who are treating their families – are the ones with really large families, six kids, nine kids, twelve kids, or lots of animals, lots of livestock, lots of pets. People who are in a group, a church group, or who study together with others – those are the ones who learn the fastest. And of course, motivation! You got to have that motivation. You got to have that will, that burning desire: “I am going to figure this out! I’m tired of these ear infections in my kids. I’m tired of the chronic strep throats. I’ve had it with the boils. I’ve had it with the eczema. I have got to figure this out. I’m tired of the drugs, and I’m tired of the can being kicked down the road.” That kind of motivation is *unstoppable*. Once you have that fire under you ... especially if it’s a mother or a grandmother. No one can stop a mother or a grandmother from being highly motivated to take care of

their families. We're like lionesses.

Kate: Right. But, you have to be determined, too. You have to have some guts, spunk, and moxie in order to do this because it's not always easy. There are going to be times where you don't hit it right away and get the right remedy. So, you have to set some goals, have to be determined. Right? That is where being within a group of people – whether it's a study group or just a group of friends or your church group like you said – that's helpful because you can bounce ideas. They can support one another. You're not alone doing this.

Pulsatilla

Joette: Right, right. Inadvertently, you'll learn by listening to someone else's troubles. Your child may never have otitis media, but another mother's children have them all the time. You think, "Oh well, I don't have to worry about that because my kids don't get otitis media. Instead, my kids have got food intolerances." You'll listen to the mother. You'll listen to how she uses [*Pulsatilla*](#) for her child's ear infection, and it works beautifully. It's especially useful for when the child has just had ice cream or a lot of foods from restaurants. She gives her *Pulsatilla*, and it cures the otitis media. You know that your child has a problem with food intolerances, and you just learned that *Pulsatilla* is a great medicine for food intolerances, especially foods from restaurants and from too much ice cream or too much dairy or too many creamy foods.

You just pulled from the hat so to speak, pulled from your classmate's or your friend's experience. Then you synthesize that, and you find that *Pulsatilla* is great for both food intolerances that cause whatever – stomachaches or whatever – that are related to, as I said, eating too much dairy or having ice cream the night before or eating at a restaurant. Then it causes stomach issues, and it can cause ear

infections by doing the same. What do you know? You now know some very important keynotes to the remedy, *Pulsatilla*. So, even though it may never seem as though that particular condition will come your way – that otitis media that her family is suffering – you have just learned how to apply the knowledge that she gained and is spreading through your little community and using it for yourself. It's gorgeous.

There are unifying threads in homeopathy that can help us pull it altogether. This is the way I imagine it sometimes: a blue satin ribbon from one family to the next family to the next family. It goes round and round and it just floats between the families. And we all connect to it. It's beautiful. So, instead of it being a burden, now it becomes an excitement. "I get it!" There's nothing like that light bulb coming up over your head and you're saying, "Oh my gosh! I get it. Look at what *Pulsatilla* does."

Then what you do is you go to your *materia medica*. If you don't own one, you go online to the free *materia medicas*. What should you read? *Pulsatilla*! What do you know? Then you learn not only is it good for otitis media after having had ice cream, or stomachaches after having had ice cream or eating at a restaurant, but it's also great for girls who are going into menarche and had irregular menstrual cramps and menstrual periods. We can go on and on and on. Once you make *that* your medicine that you want to understand, you will not miss a case with *Pulsatilla*, most likely. You'll know it.

So, that's how you take off one bite instead of thousands of bites at once. You can't cure cancer, but with a little bit of knowledge on homeopathy – although it's done all the time at the Banerji Research Center in Kolkata – but, you can treat these kinds of conditions and learn that medicine. Now, when you finish with *Pulsatilla* and you've got that down, chalk it up and now you learn another medicine that is related to it.

How do you go about doing that? Well, let's say that woman comes back again, and she says, "Well, my daughters are helped by *Pulsatilla*, but my son, boy, every time they get an ear infection, I use [*Hepar sulph*](#)." You say, "Whoa, whoa, wait a minute." Now, that's connected. *Hepar sulph* helps with ear infections. What else would it help with? Then you start studying *Hepar sulph*. Now, you've got two medicines that you want to understand.

I always urge folks to write them down on 3-by-5 cards. I know that's very retro. But, it really works. I've got 3-by-5 cards all over my house. I had more of them on homeopathy before. Now, they're saying for my family and me to live by, or something I want to remember, or a word that I want to learn – a vocabulary word. Well, I've got them pasted up all over the house (you know, double-sided Scotch tapes, that kind of stuff).

Kate: We have those remedy cards that you can print out from your blogs.

Joette: Yes, yes, the remedy cards, absolutely. Make a copy. Put one in a book. Some people put them in a three-ring binder. These are all free folks, right on the blog. So, you can put them in a three-ring binder and organize them according to condition. Some people tell me they put them in little recipe boxes. Then if you make a double copy then you have another one because this is an important one that you want to memorize, for example. You stick it onto your rearview mirror in your car. So, every time you get in the car, you look at it again. After a while, you'll learn it. Then all you have to do is hear someone who is helped by it and how they went about doing it, and it then becomes yours. With this, step by step, inch by inch, you're growing your garden of knowledge in how to cure others and yourself. It's a beautiful avocation.

Kate: I have a friend that she gets up every morning, and

she has a commitment to herself to just spend – whether it's a half an hour or an hour – just looking at remedies in the *materia medica*. Just learning about even one remedy like you were saying – one medicine that she just looks at every day. So, by the end of the year if you did that every day, you would know quite a lot about a lot of different medicines.

Joette: Well, I'm not so young anymore. So, I can't memorize one and consider it committed to memory forever. I mean, now I do have them committed to memory pretty much, because I did it when I was much younger. But, I know my memory is not as good as it used to be, and I can't hold things like I used to. So, I might need to study a remedy for two or three days if I were to start this afresh now. But nonetheless, even if you took three days to learn one medicine and just the keynotes – not the whole thing, not every aspect of it – but the keynotes and those aspects of the medicine that are useful for your family. *That's* what you want to study.

You want to know what is going on in my family. My husband gets shin splints. You need to know the remedies for shin splints. Your daughter gets menstrual cramps? You need to know the medicines for menstrual cramps. Your son is prone to impetigo? You need to know the remedies for impetigo. Not just know them, you need to *own* them. Because what good is it if you don't have the medicine and you got to wait a week before it comes in the mail. So, owning and understanding. Owning on that intellectual level is really key.

Now, it doesn't mean you have to memorize constantly. You don't have to just memorize. I mean there are books. My books? I've got them right there. You can just look them up. You can look these medicines up. You can look them up on my blog ... what to use for impetigo, what to use for otitis media, menarche, painful menses and menarche. You can look them all up. But to know a few, a handful, of really important medicines. Like if somebody has a head injury. You

don't want to have to look that up. If your husband has a skiing accident or falls off the roof while he's cleaning the gutters and he has a pretty serious head injury, on the way to the hospital, you don't want to be paging through a book. You want to know you're going to give [Arnica](#) or [Cuprum](#) or [Aconitum](#) ASAP, and continually give it, and know how to give it.

Kate: Not only that, but you have to have those in your purse, in your pocket, somewhere you have to have those remedies.

Joette: Yes. Well, if you own a kit, [a little homeopathy kit](#) – and we sell them in the office, but you can get them online, you can get them in many places with 100 remedies in it (the small) – you just throw that into your purse on the way out and into the ambulance or whatever. You should throw that in there. Now, you know you've got everything. You're all set. So, no matter what comes your way, you've got your phone with you. You're going to look this up.

If you're part of a study group, you can look up... We put a [blog](#) up recently of someone who had been, I think it was Portugal, and her husband – is it Portugal or Spain? Well, they were at a wine tasting event, and he cut his hand very, very severely. She was part of one of the study groups that we run. She got online and went to [Facebook](#). She was telling people what was happening. People were responding and telling her exactly what to do! I mean, those were like her buddies for life now. These are people who she now owes a debt of gratitude, and she understands that. She really is very grateful for how responsive and helpful they were. Beautiful! You don't even need to look it up. There's someone right there – in there waiting.

Kate: Yes. I find that over and over again. I hear stories of that, and I see it personally. You're out and about. You can't keep your wits about you. You go to that Facebook

page, and you just type something in and someone is always responding super quickly.

Joette: It's great. People love to help! Because not only are they helping because it feels good to help others, but also because it's nice to say, "Wow! I know the answer to that!" It's like raising your hand, "I know! I got it! I got it! Ask me! Ask me!"

Kate: It's like you're in class.

Joette: When you accomplish something, you want to use it. There's nothing like that sense of accomplishment, whether it's learning how to play a sonata or learning how to make a great chicken pot pie from scratch. There's nothing like that sense of accomplishment.

Goals or tips for the more experienced

Kate: We have a wide variety of listeners to this podcast: people who are new to homeopathy, people who have been using homeopathy for many years, people who are practitioners. So, I think we've addressed some of the newer students in how they might set some goals. Can we talk for a few minutes about those who have been doing this for a while? What kind of goals or what kind of tips might you have for them for the New Year?

Joette: They're not all that different than the goals I just suggested for someone who's a neophyte. Really, if you're learning homeopathy, you want to know a whole array. For my exam, I had to know 300-some remedies in order to be able to pass the exam. I needed to understand all the keynotes and even the more unusual medicines. So, you still want to know these things. The more you have memorized, the more fluent you become in the language of how to handle things.

When I used strictly classical, someone would say, "Do you

have a remedy for cold sores?" I would think to myself, "Oh my gosh. They think this is easy. That I just have a remedy and here you go." But with classical, you got to take an entire case, and that can take 45 minutes or an hour. I'd say, "Oh my gosh! How am I going to do this? I can't keep answering these kinds of questions," (whether they'd be like a neighbor or friend or something). But, I did it anyway, because it was an exercise in repertorizing and learning how to do this. So, I was hoping to see a pattern.

Now, though, with these protocols – Banerjis and otherwise – this Practical Homeopathy® that I teach, you know, you could just rattle it right off, super easy. It's [Mercurius viv](#) and [Arsenicum](#). How easy is that for a cold sore? Beautiful! That's a gorgeous thing. You can actually say, "Or you could use [Rhus tox](#), or you could use [Antimonium crud 6](#)." I've memorized those because I consider them important enough. Now, when I get an email from someone, a relative (and I've got plenty), and they send me an email, I don't have to go back and repertorize. I don't have to look in my notes. I just know which ones they are.

Kate: Right. [Hypericum](#) is another one for cold sores too, right?

Joette: Yes, it is ... if it's painful, absolutely.

Kate: Yes, that works beautifully sometimes.

Joette: Yes. For those who have been around a while, our practitioners or they've been using homeopathy for a while, you can never stop learning. That's the best part! It's like music. You never stop learning. You start by ... with the center C and you then move from there. You learn the C scale, and then you'll learn an arpeggio, C, E, G. And then even if you're a skilled classical pianist – or whatever kind of pianist you are, a jazz pianist – there's *always* more to learn.

Kate: You're always going back to those scales. And you always need to repeat those basics, your technique.

Joette: You bet. And the same thing with cooking. Think about cooking. You could go classically French. You could be wild and woolly African. I mean, there are so many ways to go. *That's* what I love. I like to know that whatever discipline I'm studying or that I've embraced, that there's more to learn. Because I don't want it to end, I want it to keep going. I want to do this well into my 90s, if I make it that long.

Listen and observe

I think it's a good idea to make a point of being a good listener. Not only will that reap you better results, but it makes you valuable to your family member, for example. You have to listen, and you must observe. If you're not listening, you're not going to get the case. If you're not observing, you're not going to be able to pick up on what you need. And I think it's always better that when you're working with a family member that you don't ask too many questions, you just mostly observe.

"Wow, that person is still getting those bloody noses, for goodness sakes." And you're observing. What did they eat yesterday? Maybe that was it. Or maybe it's the cold weather. When they start to tell you ... say "Talk about those bloody noses," and they start to tell you about it, you are being a really good parent – because you care. It's not that you can say, "Oh well, we'll talk about it later." Because if the child or the person has a bloody nose, you're about to pay attention. You want to fully pay attention and not freak. You don't want to freak out and say, "Oh my gosh! We've got to get to the pediatrician or the ENT." No, no, no.

You want to stay cool and just think of where you need to go

to get this information. One of them, of course, is my blog. But if you've got some books, you can look it up in the books. If you've got my [Allergy course](#), it's in the Allergy course. You can just go online. I mean, thank God for the internet. Let's hope that it stays as clean as it is so far because there's a lot of great information. It's important that we know where to find this stuff so that when the time comes, and you need it, you've got that at your fingertips.

I also urge people not only to listen but to not wing it. Don't wing it. Have a rationale. Don't go too deep in your rationale. Don't go too deep in terms of saying, "Well, this bloody nose is because the person has heavy metals. They have the MTHFR gene. It's because they probably have yeast and parasites." Wait a minute. You've just missed the whole point. What happened to the bloody nose?

Just use the information. "Just the facts ma'am." The bloody nose. Now, what do you use for bloody nose – regardless of the etiology, regardless of the cause, regardless of whether or not it is from heavy metals? If you know that this bloody nose happens every winter, okay, you can say it's from winter. Is it because the heat goes on? Well, some people assume that it's the heat. Oftentimes, it has nothing to do with the heat. Oftentimes, it's simply the change of the season into winter. So, don't dig too deeply and run down rabbit holes. Stick with the facts but don't jump on an idea and wing it. Make sure it's substantiated to a certain degree, that you know what you're looking at. This is a bloody nose, not hemorrhaging (unless of course it is hemorrhaging). But, you want to observe and make note and be as scientific as you can, leaving the emotion to the side.

Kate: I think that's a mistake ... well, I wouldn't call it a mistake. But, in the beginning when I started using homeopathy, I probably drove my kids crazy with the questions. "Well, okay, let's see. What do you feel? Do you feel better when it's cold, when it's warm?" When you look

at this classically, there are a lot of questions that you can ask and a lot of things that you can observe. But now with the practical protocols, the Banerji protocols, I love it because, you're right, it's so much cleaner and easier. If I'm observant and really look at what is surrounding the circumstances of that child's bloody nose, I don't have to ask a lot of questions. I can just look at the protocols, observe what's happening, and give them the remedies.

Joette: Absolutely. It quiets your mind. Those 2 a.m. disquieting moments – disquieting thoughts can drive you and your family crazy. In fact, if you're feeling like you are going crazy, and you're not sure what to do, you get [*Ignatia 200*](#) first. It's like being in an airplane, and you put the oxygen on *your* face first before you tend to your child. You need to be the nucleus and be clearheaded about this. Sometimes, if you feel like you're freaking out, the best thing for you to do is to take *Ignatia 200*. So that needs, of course, to be in your kit.

Kate: And *Aconite*, too, because if you've just witnessed your child having an accident, you might be needing some *Aconite* first for you, and then you can think about what to do.

Joette: Well, I love *Aconite* as a primer. It's one of the first remedies we always think of. If your child has just had an accident or someone has witnessed an accident, now somebody's sick or has a condition as a result of it, *Aconite* is our first remedy. So, if we're going to talk about a particular remedy, we talked about *Pulsatilla* and *Hepar sulph* already. But, I love for people to know all about *Aconite*, and it's one of the first medicines in most homeopathy kits.

So, if you study anything, that's a great place to start is with *Aconitum*. It's [*Aconitum napellus*](#), and we call it *Aconite* for short. That's a beautiful one. And even if you

have a good amount of experience in homeopathy, go back to it. Read it again. Go back to your *materia medica*. Read it over and over and over and over and over again because you now understand the keynotes, but what about the subtleties that you might be able to pick up on – the nuances that will help you at some point.

Kate: Right. And every *materia medica* will have a little bit of a different spin to a remedy. I was just reading through your [materia medica](#) last night, Joette. I forget why I initially picked it up, but I picked it up and I had to look up something. Then I just caught myself reading through all the different remedies and looking at what you had written. Like you said, I cannot probably ever look at *Aconite* enough in a *materia medica* because I'm always going to pick up something different in there.

Joette: Yes. Because as we learn, we learn a couple of pieces here and there and then other parts of what we've just read fall to the wayside. Next time around, we already know those new pieces, and now we can add to our knowledge. They're building blocks. It's the best way to learn – unless you have a photographic memory. You know, our brains turn to mush when we're freaking out, when we see someone suffering, someone we love or even if it isn't someone we love.

Someone was just telling me yesterday. This person is a hunter. They saw a deer caught in a fence. Although they deer hunt, the thought and the vision of that deer struggling was just horrifying for them. It was horrible. They don't want to see an animal struggle. No one wants to see that. If that stays with that person all day and into the night and the next day, they're still thinking about that poor struggling creature, they might need *Ignatia* 200 for themselves to quiet their mind or they might need even *Aconitum*, if it was severe enough. (By the way, the upshot of the story was that they got the deer out and he was free.)

Kate: Oh good. Let's talk about that just for a minute, *Aconite* versus *Ignatia*. In a situation like that, what might be the determining factor which one to pull out and use?

Choosing between *Aconitum* and *Ignatia*

Joette: Yes, good. That's great. I'm glad you brought that up.

Aconitum, I call it "first shock." So, it comes on quickly. If someone's driving their car, everything is just hunky-dory and they're driving down the road, and BAM! They run into a truck. That is a shock. You don't have to go *into* shock, as in what might be determined from a medical point of view "into shock," but certainly it's shocking. So, anything that's shocking that comes on hard and fast. One minute everything is fine and the next minute, life is now taking on a whole new reality. That's *Aconitum*.

So, that happens with accidents. It can happen with children (or anyone for that matter) who is outside in the hot sun. They get really, really warm. Then they jump into a very cold quarry or something, and they get a chill. It shakes you down to your core. Or someone who's walking outside in the autumn wind, and they don't have a hat on, and their coat is opened up and unbuttoned and they get a chill. Shortly after, they get a flu or a cold; that night they get a fever. Or when that person has had a good cold dive into a quarry, that night they get sick. They feel nauseous or they feel like they've gotten a deep chill. Those are all opportunities to use *Aconitum*. A cough that comes on pretty quickly, that's *Aconitum*.

Ignatia, it's more on the psychological side. It has more to do with the mind that's very, very busy and very worried and nothing is right. Life just stinks. "What am I going to do? This is horrible. Maybe I'll do this. No, maybe I'll do that. I asked her what she would do, and she said this. No,

but he said that." The mind is just busy, busy, busy worrying, freaking, grieving, frightened, lots of fear, fear of this, fear of that. That is often *Ignatia* 200. It's especially useful for sadness and deep sorrow and grieving.

I'll never forget when my aunt passed away, my uncle (and he was in his upper 90s) he'd only had her all his life. They never had children. It was just the two of them. She passed away. He went into such deep grief. I've actually talked about this. He went into such deep grief that he was becoming delusional. Now, my uncle was a pretty sturdy guy, six feet tall, stood squarely on the ground, pragmatic. To see him crumble like this was really – talk about disquieting in my world – seeing him like this was surprising to me. But, he was really crumbling.

He was seeing my aunt. He kept saying, "I see her. I see her. She's on the couch. There she is. She's on the couch." And I'd be on the phone with him. I'd say, "No, no, Uncle Tony, no. She's not on the couch. Go get the remedy kit that I gave you. Get in that kit and get *Ignatia* out." He would take the *Ignatia* and he'd be just, "No, I know I saw ... But wait. No, it was just a raincoat. I left my raincoat there." Then he'd come back and sit down in his easy chair. Then a minute later, he'd say, "I see her. I see her. I know she's here." He would be all shaking. His voice was wobbly. It was awful, awful to witness.

So, meanwhile, while we were on the phone, I would talk to him, while we were on the phone and help him calm down and tell him to take a dose of that *Ignatia*. Now, we waited another 15 minutes later. Normally, I don't say to use it so soon, but in this case, he was in such a state that I urged him to take another dose in 15 minutes. After the second dose, he started to cry. He came back to his wits. He was grieving, no doubt. But it was the awareness that no, she was not there. He was no longer delusional.

We don't know if we think of *Ignatia* as a remedy for delusion. But in his situation, that's exactly what happened. Then we talked, and the crying and the sobbing would turn into just, "Oh, I miss her so much. I wish she was here." Now, it was becoming more within the range of normal.

Then I wouldn't hear from him for a couple of days, and then it would start off again. Only next time it wasn't as severe. "I think I saw her. Maybe ... did I see her, Joette? Just tell me. Am I seeing ... I think I'm seeing things." So, he had one foot in reality and one foot in this delusion. Then he knew that to start taking *Ignatia*, and he would start taking it. He took it every day then, sometimes, two, three, four times in a day when he was in really severe sadness or really more delusion, as I said in the beginning. Then later on, it just turned into sadness.

Eventually, he got over it. By eventual, I mean, it took weeks for him to get out of the heavy-duty grieving and got into "Okay, what am I supposed to do with my life now? What should I do? Should I sell the house? Should I be moving into a home for the elderly?" So, he started to become more pragmatic and get back to his old self. But *Ignatia* did wonders for him. It got to the point where I bought him a few bottles of it. He swore by it. He was very delighted that he had something that could help pick up the pieces.

Kate: What a sweet story though. How he missed her so much. But, what would he have done without that *Ignatia*? Think about it.

Joette: Oh yes. Well, he would probably become more recluse. If he were to call the doctor, he'd be on tons of antidepressants. He'd be on a lot of drugs. Then he'd have new symptoms, most likely, because that's what a lot of those psychotropic drugs do. They just give you a new set of symptoms. He would have had sleeplessness, or constipation,

or hives, or whatever else these things cause, or suicidal thoughts because sometimes those drugs can cause that. Now, I'm not saying you never ever, ever take psychotropic drugs. But that's not the goal here. You don't want to be propped up with synthetic stuff that causes more trouble later. You don't want to kick the can down the road. We want to correct the problem. That's exactly what that *Ignatia* did for my uncle.

Kate: I think it's good also to remember *Ignatia*. I have several friends who use it every winter when they start going down that ... there's less sun; it's just you're inside more. They use it every winter, and it takes them out of that winter funk.

Joette: Well, you know what's interesting about this is that if you ask a naturopath or a clinical ecologist or a functional MD, they would say, "Well, it's just Vitamin D. You got to take more Vitamin D. You're low in Vitamin D." Well, what about those people who ... and I get people who are really up on nutrition. They're taking cod liver oil and eating liver and eating tons of carrots. They're getting in the sun. They're working out. They're running in the outside even in the snow. And yet, there's still a problem.

So, they come to homeopathy thinking, "I need a remedy that's going to help me with my Vitamin D," when really homeopathy is not about the Vitamin D (because we don't know necessarily that is the cause). It could be something else that we don't know about yet. We just automatically assumed that it's Vitamin D – a loss of Vitamin D. But they come to homeopathy looking for really the bottom line – that they're thinking is Vitamin D – when what it really is sadness as a result of the winter or sadness that happens in the winter. Maybe not even the results of ... sadness in the winter.

So, what's sadness? Often, it's *Ignatia* 200, twice a day. Now, does *Ignatia* then increase our Vitamin D uptake so that

now when we eat foods high in Vitamin D, such as cod liver oil or butter or lard or something like that, then our Vitamin D is increased or that we can absorb it now? Perhaps. But what matter does it make? Really in the end, if the condition is corrected by *Ignatia* 200C (a bottle of it costs what, \$8, \$9), they can correct that and not have problems with that – within a few days or even sometimes within one dose. What difference does it make? Because in the end, perhaps it wasn't Vitamin D or lack of Vitamin D, perhaps it wasn't any of those theories.

So instead of theorizing, we use what we see. That's when I say, "Give me the facts, ma'am." Because a lot of times, people will say, "I have a Vitamin D problem." But what they're really saying is, "I have anxiety and depression." So, we give them *Ignatia*, and it uproots it. It's so much cleaner. It's so much easier because to try to figure out the cause is often running down a rabbit hole. Another way of saying it is, it's chasing rainbows. Good luck.

I mean what's the reason for a bird to sing? How do you know, really? How could we possibly know the physiology to that degree in a human body for every single condition? When my car is broken, and I take it to be analyzed, they can't even figure out my car! They can't diagnose why it won't start. We think we can do it with a human body, and we can figure out the cause. Well, if we can, great. But if we can't and it often happens that we can't, that's when homeopathy comes in.

Know the homeopathics that your family needs

Kate: So, as we come to a close in this podcast, Joette, give us some final words of wisdom for 2018.

Joette: For me, 2018 is about moving. I've moved from one state to another. I'm rearranging my household. So, I can't stop thinking about housekeeping this year. So, I came up

with the idea that what we really *all* need to do is to do some serious housekeeping this year for 2018. I urge folks to rearrange the furniture in their lives but the furniture in our *minds*.

In other words, don't just question the medicine you've grown up with or that you've known for all these years. Get way past that. Rearrange your thinking and take a much bigger, giant step ahead. Make your goal this year to *own* at your fingertips every alternative that modern medicine has given you. Find the alternative homeopathically. There is an alternative for most everything that modern medicine has claimed is the only answer.

So, instead know that [Hepar sulph](#) or [Hypericum-Arsenicum](#) is used instead of antibiotics. That's the alternative to antibiotics. It's not the only – these are not the only ones – but these are the main ones.

How about knowing that *Sepia* is the alternative to synthetic hormones for women or that *Apis* is fabulous instead of Benadryl. You want to know this. You want to rearrange your thinking so that these are not only a part of your new way of looking at life for 2018 but that you know them at your fingertips, those that impact your family and you.

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

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.

*Sound effects obtained from <https://www.zapsplat.com>

When a Cold or Flu Hits Hard ... Hit Back!



It's cold and flu season.

Wow. Talk about stating the obvious! Stories on how particularly hard-hitting this flu season is are all over the newspapers and television here in the U.S.

In fact, I just did a [recent Facebook Live event](#), and it was

one of my most popular videos to date. Apparently, many of you are either currently experiencing colds and flu or want to make sure you're ready if it should hit your family.

With these frigid temperatures hitting all over the nation, it is an especially good idea to be prepared. And believe me, I can attest to the importance of keeping your remedies with you at all times.

I recently told you that I have been in the process of moving. With the stress of packing, preparing all the details of making a long move, working long hours and other family stresses, I started feeling like I was getting sick. I'm not talking about a few sniffles. I thought I was going to go down hard.

But, my remedies were packed. In a moving box. Somewhere. Amongst *many* moving boxes.

I found some garlic in the refrigerator (which had been my go-to remedy back in the days before I discovered homeopathy). So, I started eating copious amounts of garlic. I found some Vitamin C in a drawer that hadn't been packed yet. I started taking that. They both helped – but only a little. Every morning I would get up feeling sick again and have to start all over, *dousing* myself, especially with garlic.

(So much so, Buster wouldn't even sit on my lap!)

This went on for several days. Until ...

FINALLY!!! I found the moving box with my kit in it. I immediately took a dose of [Aconitum 200](#) mixed with [Bryonia 30](#), and that was the end of it.

One dose ended it.

The stress certainly hasn't let up. Not at all. Especially with the move, a day of airport jogging, and many other

continued stressors – but, that one dose is still holding up!

Now, reports of this year's influenza A subtype H3N2 flu are that, for many, it comes with severe body aches and pains. If I had been experiencing the body aches, I would have taken [*Rhus tox* 30](#) as an SOS. It's always worked very well in my experience.

However, one of my team members, Kate, has her own story to share. Her 13-year-old son was experiencing a cold or flu illness with a fever, stuffy nose, headache and extreme body aches. The pain was so trying, he ended up on his hands and knees on the floor, moaning. (And he is usually one tough cookie when it comes to pain.) She started him on the *Aconite 200/Bryonia 30* but also gave him [*Eupatorium perfoliatum* 30](#) for the pain.

She had been attracted to the remedy because of the keynote she read on it of having a bruised feeling as if bones were broken all over the body. That description matched his complaints quite well.

I have to tell you, I loved Kate's enthusiasm when she spoke about the result. She said that in 15 or 20 minutes after having given him that one dose, he went from lying on the floor crying to sitting up on the couch asking questions and talking! She had never used *Eupatorium* before but was amazed by the drastic change in her son (and of course, wrote it in his file for future reference).

Eupatorium 30 is one of my great go-tos for flu that's attended by pain. And if there's fever, it's particularly valuable.

What Mom doesn't want this kind of power at her fingertips?! When a family member is suffering, it's unbearable for a mom to watch and do nothing. So, how empowering is it to be able to know what homeopathic medicines will address their

specific issues?

I'd love for you to listen to the [Facebook Live event I mentioned above](#). I talked a bit about how to tell the difference between the flu and a really fierce cold, as well as discussing other remedies such as [Lycopodium](#), [ColdCalm®](#), and [Oscillococcinum](#). I also hope you'll join me for our Facebook Live events in the future. I am trying to stick to a schedule of every Monday evening at 8 PM Eastern. But, you will be alerted to each upcoming event by following [my Facebook page](#).

Stay warm and stay well!

Warmly,

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

Podcast 42 – Moms with Moxie: Sharing Successes



IN THIS PODCAST, WE COVER:

- 03:54** How Gina started with homeopathy
- 08:50** **Allergy: *Apis* and *Carbolicum acidum***
- 14:42** Dislocations and cell salts
- 16:09** Gout
- 18:53** Tools/Resources to use
- 25:15** Migraines

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Feminopathy course](#)

[Survivalist course](#)

[*Apis mellifica*](#)

[Gateway to Homeopathy study group class](#)

[Pulsatilla](#)

[Teen Hormones and the Gut](#)

[Nat phos](#)

[Joette's Free Resources page](#)

[Phytolacca](#)

[Students of Joette Facebook group \(students only\)](#)

[Joette's Study Group, Find Your New Study Group Friends](#)

[Allergic?! class](#)

[Sanguinaria 30](#)

[Natrum muriaticum](#)

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

Gina: One of my daughters had tonsils that were really puffy and swollen and they looked really bad. A couple of hours later, I got out my flashlight and looked at the back of her throat and like, the white patches are gone! The tonsils are about half the size they were before.

Kate: You are listening to Podcast Number 42 at joettecalabrese.com.

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. Your successes inspire me. They're glorious and powerful. 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: Today, I'm here with someone that many of you already know and may have actually communicated with on Joette's Facebook page. My friend, Gina Conrad, joins us today from her home in Iowa. Gina has such a sweet and giving heart. She is so generous with her time and her knowledge of homeopathy. Gina, I want to welcome you to the podcast. I'm excited to be here with you today and to have a conversation with you.

Gina: Thanks a lot, Kate. I'm happy to be here.

Kate: Gina, tell us a little bit about yourself and what your background is and maybe a little bit about your family. Help us to get to know you a little.

Gina: Sure. I was born and raised in Iowa. I have four children. I'm a homeschooling mom. I actually went into homeschooling kicking and screaming. I didn't think it was a good idea. And, here I am in my 13th year of homeschooling. So yes, and I'm still learning as we go through it. My reasons for starting homeschooling have changed. I think everybody homeschoools for different reasons. I went into it thinking, "Oh, we'll just do this for one year then put the kids back in school." It didn't turn out that way. It's actually been a very good experience. I keep learning. Every year, I learn something new.

Kate: We are always learning, aren't we? Especially when it comes to homeopathy. So, you are a nurse. You consider yourself forever a student, right, a researcher, a student? You love to research and to help other people. When they

write about a condition that they have, you love to look it up and to share what you learned with other people. Gina, that's what I appreciate about you. You are just always so willing to give of your time.

Gina: I actually went into nursing because I was curious about health and how to maintain health. Once I got into working as a nurse, I realized that the medicine wasn't always bringing people to health. I actually found that the fewer medicines people took, the healthier they were. I thought that was really odd because I always thought the way to get to health was to go to the doctor and take the medicines they always told you to take.

I guess my experience with medicine evolved over time because I would see people take the medicines. Oftentimes, they would get very sick from them. Sometimes they got very much better. I mean, there is absolutely a time and a place for medicine. I'm thankful that we have the hospitals and the doctors that we do. I guess I see a blending between the two worlds, between the medicines and the hospital and the things we can do with homeopathy.

Kate: Tell me Gina about when you found Joette and sort of your journey into using homeopathy.

How Gina started with homeopathy

Gina: I originally heard about Joette through the Wise Traditions newsletter. In 2003, my son had his 15-month shots and he became very ill after that. He had chronic diarrhea. He had eczema from head to toe. He lost almost nine pounds between 15 months and two years.

Kate: Wow, that's a lot.

Gina: It was a lot. It was really hard to parent him because he would lay on the floor and spin and scream. I took him to five different doctors to try and figure out

what the heck had happened. I'm like, "This is not the kid that I had a few months ago." He was suddenly allergic to so many foods. He couldn't eat corn, or dairy, or soy, or nuts, or wheat.

My sister-in-law introduced me to homeopathy back in 1991. I had been using the Hyland's teething tablets. I'd used *Chamomilla*. I knew how to use homeopathy in an acute situation. But, I didn't know you could solve some of the bigger, chronic issues. It wasn't until the [Feminopathy course](#) that Joette was advertising that I figured out, "Oh wait a minute! Some of these big problems, you can handle with homeopathy."

Joette actually showed me that you can solve some of these chronic issues on your own at home, and then when to give the remedies. That was something I didn't quite understand. Because with the traditional, constitutional remedy, they would give it to you, and then you'd wait several months and take the remedy again, if it was necessary. But, I learned from Joette that you can take the remedy when you need it and when to read the signs to re-give the remedy.

Kate: So, actually, did you consult with Joette first or did you take a class first?

Gina: I consulted with Joette first. My son had a cyst, a ganglion cyst on his wrist. He had asthma and several food allergies. We had seen a physician locally. After several years of not getting anywhere with traditional medicine, we had done a program similar to NAET, which was an allergy elimination program. That seemed to help her a while, but after a couple of years, some of those allergies crept back. Joette was able to help me with homeopathy. We're to the point now ... we were on GAPS for about eight years with many, many foods. There were 56 foods that we had to avoid for a long time.

Kate: 56!

Gina: I know. That's a lot. It was really horrible: corn, soy, dairy, all nuts, anything green, beans, legumes, all legumes and beans and I don't know, pulses. It was a long list. But, we're to the point now where we can eat anything. We can go into any restaurant and he can order anything off the menu and not have an asthma attack. Before, if he had an egg, we often end up in the ER with an asthma attack. I learned how to treat the asthma at home. I kept an inhaler for a long time, just in case the homeopathy didn't work. But, I haven't had to use it. Actually, it expired, and I have not renewed the inhaler. We just haven't needed it. He's had I think one episode of wheezing last summer when the fireworks were going off and the air quality was really poor. He got a little bit wheezy, and I gave him a homeopathic remedy and it worked really well.

Kate: That changes your life, didn't it Gina?

Gina: It did. My daughter has a friend who unfortunately passed away this past summer from an asthma attack. I guess I didn't realize that you could actually *die* from an asthma attack. As a mom, to be able to know that you can treat your kid and teach them how to treat themselves in the future – so that, hopefully, they can pass that message along and pay forward and say, “Hey, you don't have to take these medicines that can be really harmful for you.” Which, for us, the inhaler would cause his heart to race. It was just really scary. So, the homeopathy has been such the game changer for us.

Kate: Oh, yes. We've been there, Gina, the same exact place. It's terribly frightening to watch your child struggle to breathe and have those allergic reactions. Yes, I have been right there. Joette has helped us so much with that same thing with my daughter. So, I know it gives you freedom, right? I think freedom is a word. You feel

empowered. You're not afraid to go out, and you're not afraid anymore if he has a reaction because you know what to do. You have the remedies. You carry them with you, right? You carry them always with you?

Allergy: *Apis* and *Carbolicum acidum*

Gina: I do. I carry this smaller, half dram size in my purse – for myself. I also have had an allergic reaction. I went to the allergist, and they couldn't really pinpoint exactly what I was allergic to. So, I found that if I eat pine nuts, my throat will get really tight and it hurts to swallow. My tongue gets really heavy. I get really angry. I get irritable and I start yelling at my kids which is unusual. They're like, "Mom, are you having an allergic reaction?" I'm like, "I think so!" I just felt really irritable and angry. My heart starts racing.

There are two remedies that I carry with me just in case of an allergic reaction for myself. My kids, the asthma stuff, I carry that with us. We just haven't had to use it. But, for myself, I carry ... I learned about in [the Survivalist course](#) that Joette put together. So, the two remedies I carry for myself are [Apis 200 and a 1M](#) (if the 200 isn't strong enough, then I will use the 1M). I also carry *Carbolicum acidum* in a 6C. That, I learned about in the Survivalist course. I think the keynote for the *Carbolicum acidum*, for me, is "almost impossible to swallow." So, when I have throat symptoms that matched that – that it's really, really painful to swallow and I can't hardly swallow at all – then I'll take the *Carbolicum acidum*. But, most of the time *Apis* takes care of an allergic reaction for me.

Kate: That's beautiful! Gorgeous to know that you can have the power to help yourself and you don't have to resort to rushing to the ER.

Gina: Well, I found when I had an allergic reaction, my doctor was not able to tell me *this* is what you're allergic to. He told me you're going to need to monitor what you're eating. If you have an allergic reaction, take Benadryl. He didn't think that my allergy was enough to prescribe an EpiPen. So, he told me to just take Benadryl and Zyrtec together. But I found that when the Benadryl wore off, my symptoms returned. My throat would still swell. My tongue would get very thick and heavy, and it was hard to talk. So, I would take another dose of Benadryl. For like a week – sometimes two weeks, it depended on how severe the reaction was – but it could be up to two weeks that I would have the throat pain and the heaviness of the tongue.

When I did go to the doctor and I went to the allergist, they said, "There's really nothing else we can do for you. You're just going to have to work through this. Always carry Benadryl with you at all times, in case you have an allergic reaction." But, once I started using the homeopathy, I found that if my throat got really sore and it hurt to swallow or my tongue got really heavy, and thick, and it was hard to talk, and I got really angry and my heart would race – if I took the *Apis*, within a couple of minutes that swelling and the soreness was gone. I would say down by 50%. If it started to come back, I would take another dose of the *Apis*, and maybe five minutes later when it returned again, I would take *another* dose of the *Apis*. Within 10 minutes or so, I felt so much better. I could swallow. I could talk. Those symptoms did not return.

I think I've pinpointed it to certain foods. Sometimes it's like a mango that comes from South America. I suspect maybe they spray it with different pesticides than we do in the US. It might be like a pesticide exposure that seems to cause this reaction.

Last spring, I was walking through the grocery store and they have little samples of water in the health food market.

They handed these samples out. I took a drink. Within a minute, I could feel my throat was swelling and my tongue was getting really heavy. It hurt to swallow. I went to talk and my voice was really deep. My heart was racing. I thought, "Oh my goodness. What in the world did I eat?"

I pinpointed it to this. It was erythritol, the sweetener that they used in this "healthy" alternative-water-drink that was in the grocery store. I pulled out my *Apis*. I took a dose. Three minutes later, I needed another dose. But, within 10 minutes, I felt back to normal again. My throat was no longer sore, and it didn't hurt to swallow. Have you ever had an allergic reaction like that, Kate, where your tongue gets really thick and heavy? It's really hard to talk.

Kate: No.

Gina: I wonder in little kids, if they would be able to express those feelings if they were having an allergic reaction. I think I'm to the point where I can realize that really quickly and do something about it.

Kate: Well, how would you know? If there's a young child and they can't ... they don't know what's going on. They're probably just really irritable. When we see kids that are acting up emotionally, that maybe there are allergies or things that are wrong physically, but they don't know that that's what's causing the irritability.

Gina: Exactly.

Kate: We got to know each other a couple of years ago, right? We were in a [Gateway class](#) together. I'm so glad that you joined my first Gateway class! It was a couple of years ago. So, we've been friends since that time. I feel like we've been through a lot together health-wise, with homeopathy, through these last couple of years. There are so many stories I know that you have that you could share with

us. So, Gina, you were telling me that you were cleaning out a closet and you came across a sling. You thought, "Whoa! I just remembered that I don't need my sling anymore!" So, tell me about that.

Dislocation and cell salts

Gina: Yes. I dislocated my shoulder, my right shoulder in high school. Since then, I've had chronic dislocations. I've had surgery twice to put my shoulder back together. The last time was in 2013. But, always for those many years, if I picked up a purse wrong or I put my coat on wrong, I would throw my shoulder out. I wasn't able to do regular stuff. After working with Joette, she recommended some cell salts for me to help strengthen the joint tissue. I thought, "Yeah, right. This is really going to work."

So, I've dealt with this for 30 some years. I really didn't have much hope. But, I always kept a sling in my car, and I kept a sling in my drawer. I kept a sling in my closet because if I was having a really bad day, I would pull the sling out and just rest my shoulder. I was cleaning my closet and I found this sling, and I thought, "When was the last time I used this? Oh my gosh! This was before I used the cells salts." I think it was *Calc fluor* 12X and *Calc phos* 3X. I think that was the combination that helps strengthen the ligaments. I just saw that sling today. I'm like, "Oh my gosh! I am so excited. I don't need this anymore. I'm going to pack it away." So yes, that's homeopathy and cell salts.

Kate: Yay! That made you a believer in cells salts, didn't it?

Gout

Gina: Yes, absolutely. The gout, oh my goodness. So, I knew what gout was ... my neighbor had gout years ago. I'm always curious about these things like, "Oh, you have gout. I'm

going to go home and look it up in my medical dictionary and find out about it. Because if you have it, there's a chance that someone else in my life someday will have it." So, I kind of knew what gout was. I knew it affected usually the great toe or the joint next to the great toe.

I was out choring this last spring. I came into the house and one step was normal and the next step was so excruciatingly painful, I could not breathe. I pulled my boot off. I thought, "Well, maybe I stepped on a spider or I was bitten or something." The joints on my left foot was red and swollen and sore. I could hardly step. I thought this is crazy. So, I used homeopathy to resolve that.

Again, in the Survivalist course, Joette talks about [Nat phos](#), and I decided to try that. I think I used that 30C potency once a day. Within a couple of weeks, it seemed to resolve.

Kate: Gout is really painful, too, from what I've heard other people talk about.

Gina: Yes, very painful.

Kate: Yes, yay for homeopathy.

Gina: Absolutely.

Kate: One of the stories that I love that you talk about, you talk about your daughter and how you like to use a remedy with her. I love to listen to it. So, can you share with us about your 12-year-old daughter?

Gina: Oh, my gosh. She's so sweet. She'll come into the kitchen just crying a sea of tears, tears flowing down her cheeks. I'll ask, "What's wrong?" Oh, I don't know. Somebody looked at me wrong or my brother looked at me wrong. I can't find my sock or something. I'll say, "Okay, do you think maybe we should use some *Pulsatilla* today?" She's like,

“Yes.” I’d give her a dose of [Pulsatilla 200](#) and within minutes, it’s like magic. I don’t know. Her disposition changes, the tears stop. She’s joyful. She’s singing, and twirling and dancing again. It *blows* my mind that *one* remedy can make such a huge difference in her disposition and behavior. It also helps with food allergies. I didn’t know that. It helps with dairy and fat, and just the way her body uses that. I just find that absolutely amazing. [I would not have known about that had I not followed Joette’s blog and read her emails.](#) I love her emails. They are so helpful. I look forward to them when they come out.

Tools/Resources to use

Kate: Yes. There is so much information in her emails and her blogs. The podcasts, listen to those. If you can’t afford to take a course, you can learn so much just by reading the blogs and the podcasts.

I just was talking to a friend today, and she did not know about that free resource page. If you go on Joette’s web page, joettecalabrese.com, you can click on the free resources tab and scroll down to where it says [Free Community](#). In Free Community, you enter your name and a password, and then you have access to a ton of research and information. So, if you haven’t already done that, I just want to urge everyone to check that great resource out.

So, Gina, you probably don’t this – or maybe you do – but I talked about you in one of the podcasts that I did with Joette. I said, “My friend, Gina, she gets up in the morning and she just likes to read through her materia medica or repertory and just learn new remedies.” I feel like you are really good with homeopathy. Can you give us any tips about how you like to study and learn more about each remedy?

Gina: One of the resources I love is our Students of Joette group on Facebook. That’s one of the places I check

throughout the day because people ask really great questions. They also share their stories and remedies that work really well for them.

One gal, she had woken up and had some significant swelling around her eyes. I loved her story of how homeopathy healed her. She had been trying to figure it out on her own. She finally went to a homeopath. The homeopath had recommended *Phytolacca*. This was a remedy I wasn't familiar with. So, I got out my materia medica, and I'm reading through there. It talked a lot about glandular swellings, and the tonsils being swollen and sore, and also the lymph nodes in your throat or along your neckline. The lymph nodes, it helped drain that glandular tissue. I thought that's really interesting. I need to remember that remedy.

One morning a couple of months later, I woke up and my right eye was super swollen and my face hurt and my sinuses were on fire. The remedy that I normally go to for that type of sinus pressure is *Sanguinaria*. But, that didn't do anything for me. I took four doses and I still had a lot of pain. I thought, "You know what? I've got this puffy right eye, I'm going to try *Phytolacca*." So, I took a dose of [*Phytolacca* 200](#), and 10 minutes later, my eye ... I could feel the pressure relieving from the area around my eye. My face started feeling better. My sinuses started to feel relief. I thought, "I'm going to take this *Phytolacca* and I'm going to hold it in my hand for the rest of the day because it's so wonderful. It just makes me feel so good. I don't want to lose this. I don't want to let go of it."

Kate: My new best friend, *Phytolacca*.

Gina: My new best friend. I think it's important to read those remedies and learn just some of the short keynotes about that remedy, but also learn how could you use it in your own life.

So, one of my daughters had tonsils that were really puffy and swollen. She had white patches on her tonsils. They looked really bad. I thought, "You know what, *Phytolacca*! I'm going to try that." So, I gave her a dose of *Phytolacca* 200 and that was all she needed. A couple of hours later, she'd forgotten that her throat hurt. She'd forgotten that her tonsils were swollen. I got out my flashlight and looked at the back of her throat and like the white patches are gone. The tonsils are about half the size they were before. I'm like, "Okay. I'm not even going to do anything. I'm just going to let her immune system take over." That's all it needed was one dose of *Phytolacca*.

I love our group because we share information. It doesn't matter if it's day or night, because there's somebody all over the world. There are students in the Philippines, and Australia, and Central America, and Canada, and United States, and Europe, and Finland. We all join together. You know within a couple of minutes, somebody else is going to read that. If they don't have the answer, maybe they'll have a resource or a link for you. I love that support in our community.

Kate: I know. I do, too. I think it is so valuable to have a community that you can share and support one another. I can't say enough about it. I'm so thankful that Joette has that resource.

Gina: Also, you had an experience earlier this fall. I remember somebody in your student group posted, "Hey, what would you do if somebody fell and dropped a glass jar and cut themselves? It's a pretty deep cut." You'd cut your wrist and your hand. What did you cut? You cut your hand and your arm, right?

Kate: I tripped on a forklift, okay Gina? How do you trip on a forklift? I don't know. It's a forklift. Yes, I fell on broken glass.

Gina: I like that in the support group, one of your friends – local friends – had typed in and said, “Hey, Kate fell. I’m not sure what to do neither of us are thinking clearly. We need help.” Immediately, we had support from our group. This is what you should do. I pulled out my Survivalist Guide. I’m like “Okay, this is what I would do, ding, ding, ding, ding.” That’s what we need in an acute situation. We need somebody who can think clearly and help us out, and that’s why I love the Facebook groups. I find so much support there.

Kate: Like you said, someone’s always available, willing to help out. So, yes, it’s a great resource. That is available to anyone who has taken one of Joette’s courses. So, if you aren’t a member of the [Students of Joette Facebook group](#), you can request to join that group.

Joette has another Facebook page and that is [Joette’s Study Group, Find Your New Study Group Friends](#). That one is for people who want to connect with other people who are doing the Gateway to Homeopathy curriculum. You can go on there and say you’re looking for a Gateway group or you want to start a Gateway group – a study group – and connect with people that way.

Gina: That’s how I found your study group is through that find your study group friends.

Migraines

I just want to share what I’ve learned about migraines, because I know not everyone suffers from migraines. But, my first migraine that I remember, I was four years old. I was lying under our coffee table in the living room with both of my hands over my head crying and crying because the pain in my head was so intense. I found a neurologist for my migraines. I had taken prescription medication for many years. I found that some foods were triggers and assuming

there were some allergy issues there as well. But, I didn't know how to get over those migraines.

As I got older, my migraines were worse and worse. It got to the point where I was taking Tylenol and ibuprofen back-to-back to try and manage that, along with prescription migraine medications. In the [Allergic?! class](#) that Joette taught, there's a beautiful list of migraine remedies. When I took that class, I don't think I appreciated how awesome that list was. I figured out how to manage my migraines completely with homeopathy.

I didn't have just one type of migraine. I've had several types of migraines. So, the type of migraine that I suffered when I was little I believe was a *Sanguinaria* migraine or massive headache. It was about two years ago. I was lying on the couch. I had been on the couch for about 10 hours. I had tried a long list of remedies. Nothing was working. Finally, I tried a dose of [Sanguinaria 30](#). Within about 5 minutes, I could feel the pressure just release from my sinuses and from my head. I thought, "Wow, really?" So, I took another dose and then within 10 minutes, after being on the couch for all day – from 7:00 in the morning until about 4:30 in the afternoon – I took two doses of the *Sanguinaria*. Then I was out in the kitchen, and I was able to make dinner. I could breathe again. I could think again. It was so awesome to be able to overcome a migraine like that. *Sanguinaria* is one of those remedies that I carry with me at all times because I know if I get that type of a headache, it is fast and furious and horrible. *Sanguinaria* will take it away from me.

Kate: I think headaches can be hard. There are so many different types of headaches like you said and so many different remedy possibilities. But yes, when you get that right one, it is amazing.

Gina: Another one that I really, really love that I also

carry with me is [Natrum muriaticum](#). I have a little sheet of paper that I carry with me in case my brain goes missing. Because when you have a migraine, sometimes it's really hard to think straight. But *Natrum muriaticum*, one of the keynotes for that is tiny hammers. I have migraine attacks during menses with tiny hammers. I could feel like my hair; the crown of my hair just hurts. It feels like I have tiny hammers pounding all over my head. Again, it's a different type of migraine. I get it in a different time of my cycle. It's usually within a couple of days before I would normally get my menstrual cycle.

So, I love the homeopathy. But, you do have to play with it a little bit and figure out which ones are going to work for you. Sometimes I don't know. Sometimes, I'll try four doses of one remedy. If I get no relief at all then I'm going to the next remedy. But I'm to the point now, it's probably been two or three months since I had a migraine. The last one I had was nowhere near as bad as the ones I've had previously. So, they're not coming as frequently. They're not as severe. They don't last as long when they come. So, instead of having a migraine that would keep me down for two or three days, I have a migraine that keeps me down for ten minutes.

Kate: That's great. We could sit here and talk for hours, I think, about all of our homeopathy success stories and how much we love it and our favorite remedies. We do often, right Gina? We talk for a long time.

Gina: We do. That's another thing. The greatest benefit that Joette has provided is to have people who are just as curious and just as committed to learning more about homeopathy as I have been. We learn and we grow together. Oftentimes in our group, I'll read a post. Someone will say, "Oh my gosh! I found the greatest remedy." They'll share that information. Their story is something I can carry with me. I can teach to my children in our homeschool because I

want them to know these remedies are amazing. I want them to know, so that they can be empowered to heal themselves and my grandchildren – hopefully, someday I'll have grandchildren.

Kate: Gina, it's been so fun hanging out with you and talking about homeopathy and hearing your stories. So, thanks for taking the time to be with us today. We'll look forward to your posts on the Facebook page.

Gina: Thanks so much, Kate.

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

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.

*Sound effects obtained from <https://www.zapsplat.com>

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

Surgery? S is for Staphysagria



Surgery?
S is for
Staphysagria

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

Back in December, [I answered some of your questions about using homeopathy in conjunction with a necessary surgery.](#) At the end of that post, I promised to give you one more surgical protocol after the New Year! Well, not to worry – I didn't forget.

But, when we're stressed, sometimes it is hard to remember things – especially which remedy we should have on hand. So, I've found any little memory device helps.

When faced with surgery, it helps to remember the "S" also stands for *Staphysagria*!

Staphysagria is a powerful remedy that effectively addresses

two very common post-surgical issues. So, it would unquestionably be a key component of the homeopathy kit I would take to the hospital with me.

The first issue it addresses? The surgical incision itself. *Staphysagria* is indicated for clean-cut injuries, and what is more clean-cut than a surgical incision? It may surprise you that post-surgical pain is not always strictly the result of deep tissue disruption or from the surgeon moving organs around to gain access. Many times, the majority of the pain results from the incision itself.

So, in this case, S is for [*Staphysagria 200*](#) – as an SOS (as needed) every 3-12 hours, depending on how often the pain appears. (Remember to scroll down for your free, downloadable remedy cards.) The power of this remedy is it not only eliminates pain but also prevents infection of the incision. That's an amazing (and much-needed) double-whammy!

The second issue *Staphysagria* addresses is difficulty urinating after catheterization. This commonly occurs post-surgery, especially in men. Women experience it occasionally as well, but men seem to suffer from it most often.

Frequently, one of two things can cause this difficulty: 1) either an injury from the catheter's insertion or removal or 2) spasms triggered by the unnatural event of catheterization itself. Urine flowing very slowly in spurts is a key indicator there is a spasm.

But no matter which of these causes is behind the inability to void properly, in this case, S is for [*Staphysagria 30*](#) – twice a day. And, I have to tell you, in my experience, it works almost every time!

We certainly try to avoid having surgery through our use of homeopathic medicines. But sometimes, surgery cannot be prevented. For those necessary times, it is important we have all of our remedies at hand, allowing us to begin our

path to wellness as soon as possible.

P.S. With the arrival of the New Year, is there a better time to commit to continuing your homeopathic education – both for yourself and your loved ones? Hopefully, you have learned a great deal from the free information provided in my blogs and podcasts. But, if you are ready to take the next step, I offer an affordable guided study group curriculum called [Gateway to Homeopathy](#).

I know, for me at least, I learned so much more efficiently and effectively in a study group atmosphere. Plus, it is a lot more fun to learn with friends and family in the relaxed environment of your homes or online. My curriculum takes you by the hand each step of the way. I hope you'll join our movement of helping 100,000 families discover homeopathy by the year 2020!

Thanksgiving in Stitches



You don't have to be a prisoner of **Pain!**

I put an infographic together to show you there are *real* homeopathic solutions to [uproot acute and chronic pain](#) issues.

If you want to learn more about my course follow the prompts above or simply – [click here](#)



As we enter the New Year, we not only pack our holiday decorations into boxes for safe-keeping, but we also store the special events of the season in our memories. One of my students had a Thanksgiving she and her husband will never forget. The following is an email Rachel Cox sent me that deserves to be shared.

Here's Rachel –

On Thanksgiving Day, my husband and I went to a cooking class at a vineyard about an hour outside of Mendoza, Argentina.

What a fun way to make our own Thanksgiving meal!

Or at least we *thought* it would be. It turned into a situation where my knowledge from Joette's Survivalist's Guide to Homeopathy was put to the test in a stressful situation where we didn't have easy access to medical care.

Before the cooking class started (and before we'd even had a sip of wine), an empty wine glass fell from a table. My husband grabbed it on reflex and the glass shattered in his hand.

Oddly, it didn't cut inside his hand but it sliced outside his finger between two knuckles.

Deep.

Lots of bleeding.

We were far outside of town so it took about 90 minutes for the ambulance with a doctor to arrive to tell us he had to go to the hospital for stitches.

In the very first few minutes of the incident, he said his pain and shock were over 7 out of 10. I could see the pain on his face, his eyes getting glassy, and his body starting to shake.

I had remedies in my backpack, so I started administering them even while others were helping him wash the wound, cover it in gauze, wrap the whole hand in a latex glove to hold the gauze in place, and put slight compression on it to prevent swelling. I didn't know the glove trick but I liked it and will remember it in the future.

While others were doing that, I gave him *Aconite* for shock, then *Arnica* for trauma, then *Hypericum* for pain, each a few minutes apart. Then *Aconite* for me because I couldn't think straight and was scared. My reaction reminded me of one of the slides in Joette's classes where a cartoon of a woman has a smaller head because she can't think, and her head shrinks to be smaller than her body.

By the time the ambulance arrived, on a scale of 1-10, the bleeding, pain, angst and sensation of shock was down to a 2! It took us another few hours to get to the hospital. I

kept giving him remedies as the pain and shock increased intermittently, and within minutes of giving him the homeopathics, his pain would diminish and stay around a 2.

We had hired a car and driver for the day (a wise thing to do when visiting wine country!), but we weren't sure where the driver was.

We both started to get scared. How would we get to a hospital? Where was the hospital? Where were we? How would we communicate when we got there, as neither of us speak fluent Spanish?

How much would it cost to be treated in another country? Another dose of *Aconite* for each of us calmed us down. It turns out our driver was amazing. He drove us first to a clinic and then to the hospital. He went into the ER with us, and he translated for us. The doctor was great.

At the hospital, about 4 hours after the accident, they gave him an injection to numb the finger before giving him 5 stitches. After that, his pain was up to a 7 again. He took more of the same remedies, as needed. While I was waiting in the emergency room, I consulted on Facebook with a few other people who I knew were also studying Joette's Survivalist class.

I felt so lucky to have a network of help while I was in a foreign country waiting in an emergency room. One of them was kind enough to do research and tag me in another post in which another person had received stitches.

They reported that Joette had recommended that person use *Hypericum* 200 mixed with *Arsenicum* 200 about every 3-6 hours for pain, and to prevent infection. I started him on those remedies mixed together the next day because what I was using was already working so well.

The following day, he was still doing well but his stitches

started to feel like they were burning. A new symptom. I consulted my fellow students again. I learned that *Hypericum* 200 + *Arsenicum* 200 twice a day would not only prevent infection, but also remove the burning pain. I still gave some of the other remedies as needed.

For example, when it hurt to bend the finger, *Bryonia*. When the wound felt dry, *Calendula* ointment under the bandage. When it started throbbing, *Belladonna*. I didn't have every remedy in every strength, so we used what I had. I am not sure I did it right, but I switched back and forth between [Arnica 200](#) (when swelling was bothering him most) to [Hypericum 200](#) + [Arsenicum 200](#) (when a burning sensation was bothering him most).

Despite the stitches, the situation was no laughing matter. I had been studying Joette's [Survivalist class](#) and [Allergic class](#) (along with her blogs and podcasts) for the past year or two. Before that, I knew nothing about homeopathy. So, as I was packing for our trip abroad, I spent more time selecting remedies to bring than I did selecting clothes to pack. I'm glad I did!

My husband had not been a believer in homeopathy but has been amazed he didn't need anything else – not even a single Advil – this whole time! He even thanked me for all the time I have taken to learn the information and for remembering it in an emergency. Not only did the information help get us through the emergency, but it helped him appreciate the wonders of homeopathy.

I would like to share what he recently wrote to a friend, "My wife gave me what I remember as almost an assembly line of remedies. She may have told me what they were; I don't recall. But I trust her completely and over the 90-or-so minute wait for a doctor to come out to the winery, I was able to get my shock and my fear under control with homeopathy and some meditation.

Since then, my wife has been giving me remedies to help with swelling, pain, and overall healing. I've not taken anything else. No Advil. No prescription pain meds. Nothing. And as far as I can tell, it's working. The finger is slowly healing, and the pain is manageable. I expect to be fine, other than having a scar that will be a permanent reminder of our vacation in Argentina. I'm glad my wife was prepared to help me when I needed her the most."

I'm so thankful for Joette and for homeopathy!

–Thank YOU, Rachel.

It's especially helpful to readers to know that homeopathy works in tandem with conventional medicine, particularly in cases of injuries such as this one.

This is my mission: I want to bring homeopathy to 100,000 households by 2020! Knowing that your family is counted among them – and knowing that you were able to help your husband through a frightening emergency is a gift!

I hope everyone will make learning as much as possible about homeopathy their goal this year. Whether it be through the free information in my [blogs and podcasts](#), from joining or starting [a study group](#), or by [taking my courses](#), there is an option to fit everyone's budget, and Rachel's story has proven that homeopathic knowledge is invaluable!

P.S. Should you be interested, the guide Rachel refers to have studied and recalled is [The Survivalist Guide to Homeopathy](#).

We Have Moved!



We've moved!

My husband Perry and I have packed up our personal belongings and office, put our house on the market, and moved to Florida.

Good-bye New York!



This move will not affect any of my clients, students or services other than a new phone number, company name, and a minor technology change.

My old phone number with the exchange (716) representing Buffalo, New York, will continue to work for a few months; however, my new number – (561)-537-5900 – is presently in effect and reflects my current Florida address.

Further, **Joette Calabrese, Inc.** has merged with my new company **Practical Homeopathy, Inc.**

I made this change to better represent the work I do, as I've

moved away from classical homeopathy toward using and teaching specific, more practical protocols.

Over the next month or two, my team of web designers and programmers will be rolling out a new website. They've tried (quite successfully, I believe) to incorporate all the recommended changes you, my valued followers and friends, have requested while creating what I hope will be a clean, highly informative and friendly site. I look forward to receiving your feedback.

For those who choose to work with me privately, you'll notice I've moved away from the old technology of Skype to a newer, smarter Internet communication platform called Zoom. Still no cost to you, but far more dependable.

As we enter the new year, some of the names and voices on our end of the phones may also change but I assure you, my mission has not. In fact, it has become more focused.

For the last several years, my goal has been to reach 100,000 new households using practical, proven, safe homeopathy by the year 2020. I actually believe we'll make it sooner than that. I now believe I underestimated the interest in this kind of information.

When it comes to those times in the middle of the night when your child cries out or your husband is suffering and needs the expertise you have acquired, you'll be glad you have inexpensive, polite, intelligent, and most importantly, *simple* homeopathic protocols in your arsenal.

That, my friends, is Practical Homeopathy®, and it's what I hope to provide you with for many more years to come.

Warmly,



Podcast 41 – Joette's Holiday Traditions and Remedy Tips

Podcast 41: Joette's Traditions & Tips



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

In this podcast, we cover:

- 01:16** Joette talks about Christmas traditions
- 12:09** Little tips from Joette
- 20:14** Being relevant in your kids' life
- 26:24** To take or not to take remedies

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[My Solution for Colds and Coughs: Homeopathically, of Course!](#)

[Joette's Bone Stock Recipe](#)

[Aconitum 200](#) mixed with [Bryonia 30](#)

[Coldcalm by Boiron](#)

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

Joette: One thing that I hear frequently and I think it's human nature to a certain degree is that whenever someone is sick, particularly when it's a chronic illness but a lot of times when people are sick, they think they're the only ones who get sick like that. They feel as though they're very unusual.

Kate: It's Podcast Number 41 at joettecalabrese.com. Today, we get to listen in as Joette shares with us some of her family's holiday traditions. In addition, we get to hear how our suffering may not be so different after all! Finally, Joette shares a recent experience she had helping her son with a cold virus, and how to know when it might be

pertinent to employ homeopathy and when to let a virus take its course. Now, let's get started.

It's Kate. I'm here today with Joette. We're excited to bring you another podcast. Joette, welcome.

Joette: Thanks for doing this, Kate, as always.

Kate: It's the holiday season, and I'd like to know from you Joette, what are some of your family traditions?

Joette talks about Christmas traditions

Joette: You told me you were going to ask me this question, and I had to really think about it because I don't think there's anything really that unusual about our family traditions. We just all get together – my sons and my parents. My father, unfortunately, just passed away a couple of months ago. But, it would have been with my parents, and my brother and an occasional stray cousin. Now, it's everyone the same – minus my beloved father.

I might add, it just so happens the day we're recording this (it's not when this is going to be running), but today happens to be the first day of Hanukkah. So, shalom to those who are celebrating the Hanukkah holiday. But, for you and me, it's Christmas.

My holidays ... my Christmas is not that much different, but I do remember when Christmas was different. My father came from a very large family. There were 14 children. My father was the second youngest. When I was growing up, we used to get together on Christmas Eve, all of us. When I mean all of us, there were probably close to 100 people. All it was was food, and fun, and playing, and staying up until really late. We got to stay up until we fell. We went to midnight mass. Then we'd come back to my aunt and uncle's house. They had five kids. There must have been – oh, I don't know – maybe 50 kids. They were all my cousins. Some of them were first cousins. Some of them were second cousins. It didn't matter after a while. You kind of lose track. It was an absolute blast. We did this every year, my entire growing up years.

For me, especially having just lost my father – and he was the last one in the 14 children including all of their spouses – it's a different kind of a Christmas. It's a reflective Christmas. I will be spending time with some of my cousins who I'm still very close to. Most of them, of course, have their own families. So, it's not like they're going to be coming to visit us necessarily, but I will see them during the season. So, they'll stop by, and we'll eat, and we'll hug. We'll all cry, because we've had a couple of deaths besides my father in our family this year. It's always hard to say goodbye to those that we loved so much.

So, that's my Christmas this year. It's still going to be a good one. I have my beautiful sons, and my wonderful husband, and my mother, and brother. That will all work together. I think it will still be a pretty nice tapestry of a celebration.

Kate: That sounds really nice. I know it's probably a sad holiday this year, maybe more than others for you, but it is so nice to still have family get together. I think that's one of the things that brings us comfort is having family together during those times.

Joette: We couldn't do it without them. I couldn't do it without them. Just being with my cousins over the last couple of months, not only the wake and funeral, but we hang out together. We go to dinner together. They come over and stopover. We're always calling each other. I have so many cousins I can actually get to pick and choose.

Kate: Wow! That's great that they all live so close to you!

Joette: Oh yes, it's great.

Kate: I don't think that happens very much in families these days.

Joette: No, it doesn't. And even for those who are in other states, we still stay in touch and they come in. Now, with Facebook and of that business, we all stay more in touch – even in today's world.

Kate: So, New Year's Eve, where did you usually go? Because with 100 people in your family, where would you stay?

Joette: Well, we would just sleep on the floor. Wherever you ended up, you just slept there. There were mattresses all over the place for the event. There were lots of blankets. My parents would bring pajamas (we'd be in our nice ... our good clothes ... that was Christmas Eve). We went to midnight mass. Then, when we got back from midnight mass – depending on our age, of course – then my parents would bring our pajamas. A lot of the kids would put their pajamas on, and then we just hang out and play all night. It was such a blast. It was so great until we just dropped ... from all the fun, and all the food, and cookies and stuff that we normally wouldn't eat as much of.

Kate: And pasta.

Joette: Pasta and meatballs and bracirole. I mean you name it, we had it all. Cardoons that were made – that were picked in the spring and saved for then. You name it, we had it all. Eel! Eel is a very big thing in Sicilian ... I know you're making a funny face ... I love eel, actually. We eat eel on Christmas Eve. That's a Sicilian tradition. So, sometimes there'd be eel (sometimes there wouldn't), and the kids would go, "Eeeew, eeeeeel, yuck." But, since that time as an adult, I've made eel on Christmas Eve because I want my kids to hold on to some of those traditions: the food, the religious and the family traditions. I think it's important.

Kate: So, how do you purchase eel? You go to the grocery store and you say, "Can I have one eel please?"

Joette: Yes. You go to the eel store.

Kate: I was trying to imagine where you buy an eel.

Joette: Well, listen. In Buffalo, New York where I live, there are a lot of Sicilians. So, there are certain stores there who cater to specific ethnic groups. So, I go to the store where they cater to Italian and Sicilian. And, then you find chestnuts – that's a big thing in Sicilian families. Chestnuts – and you roast them on the fire, that kind of thing. There are lots of nuts, lots of almonds. Lots and lots and lots of almonds everywhere. There are almond shells all over the place. Gosh, they're such a mess. So, that's a big part of it, too. I'm trying to think of what else we do. There's always fish on Christmas Eve, and eel is probably one of the most important.

Kate: That does not sound very appealing. I'm sorry, but it doesn't sound really great. But, probably how you cook it, it is good.

Joette: Oh, it's absolutely delicious. I will tell you that I love foods like that. I like the strange stuff. I like sweetbreads. I like Rocky Mountain oysters. I like liver. I like kidney stew. I love those kinds of foods. As far as I'm concerned, I don't get enough of them. I love tripe. That's also very Italian.

Kate: Have you ever had blood soup?

Joette: Yes, duck blood soup. That's Polish.

Kate: Yes, it is. I'm Polish, and that's what my family grew up with. But, you tell people that, and they sort of freak out.

Joette: Oh, yeah, yeah, yeah, yeah. You guys just eat your Twinkies, okay. You put them in your microwave, and then hit the diet soda. Then meanwhile, I'm going to eat my duck blood soup and be hearty, and strong and reproductive.

Kate: Right. So, do you make any New Year's resolutions?

Joette: It's always about eating. I've *got* to stop the chocolate. Most often, that's my New Year's resolution. Then by March, it's dead.

Kate: Well, three months is pretty good.

Joette: Yes, it is. Actually, it's pretty good. So, it's either chocolate, or I love sweets. It's just one of my downfalls. I don't eat junky sweets. I make them myself. I make cannoli from scratch. I mean that means you're getting the little dough – I make my dough – roll it out; wrap it around little rollers. I make sfingi which are little

donuts, little Italian donuts. I make everything from scratch. So, it's hard to resist, when I'm making that for my family to stay away from that. Once I trigger that desire for those sweets then it's very hard to stop. I can't just eat them Christmas Eve and Christmas Day. And, then I have a son who makes a Yule log from scratch every year. He uses mascarpone cheese. I mean it's just heaven!

Kate: Wow! That sounds amazing. I know your son's cook, don't they?

Joette: They do. They do. They all live together, and they cook meals every night – at least that's the last I heard a couple of weeks ago. They've been telling me they're still doing that. They make chili and stock. They make roasts and roast chicken. Everything is from scratch. I have one son who loves to make pastries. He's the one who makes the Yule log. He makes everything from scratch, no mixes. There he is, whipping away. When I used to homeschool our kids, when he finished his day of work, he would go into the kitchen and whip up like challah bread or something like that. My kids are really into cooking. I think it's my fault.

Kate: Wow! That's amazing. That's great.

Joette: Yes, it is great.

Kate: It's a wonderful thing to pass on to your children.

Joette: Yes. Well, unless they all turn fat. Then we're in trouble.

Kate: They're young boys.

Joette: Which could happen. At this point, they're pretty lucky – but it could happen.

Kate: So today, I was meeting with a friend. We were watching our children as they rehearse for a choir concert. We were talking about homeopathy. She was saying how her daughter had come down with another cold-fever type thing. Every year during the choir concert season, she always gets a cold and virus. Something goes around their family. So, she said, "Boy, I was so glad that I had taken the [Gateway to Homeopathy](#) last year. I had kept excellent notes of what we did exactly last year during the choir concert when they came down with something. Because now, this year, I just went back to my notes and I was able to figure out what I gave her and what helped. So, this year, I didn't have to think about it!"

Joette: Exactly. You don't have to look it up again. You go back to your daughter's notes. You go into her file and look it up. There it is.

Kate: So, I think that's really important. We all get lazy, right? We stop writing things down. Then, later on, we have

someone ask us, “Well, what can I do for the same condition?” Now, you don’t have notes. It would have been so easy, but now you have to go and do the research again.

Joette: Yes, don’t reinvent the wheel. Just jot it down. You don’t have to write copious notes. In fact, copious notes is what I discourage people from doing. Because if they do – if they write too much – now it’s like a quagmire they have to get through. Just simple: the date, what the main condition was, what remedy you used, what potency, what frequency. Then come back after it’s done and say okay: within five hours; within three days; (and these are acutes I’m talking about, of course) very much better; only partially better; or then you went to the next one because the diarrhea then stopped, but now we’ve got fatigue; so now, we go to the next remedy. Those are very simple. Keep it really, really simple because otherwise, you’ll be discouraged from wanting to go through all that reading again.

Little tips from Joette

Kate: What are the common things that you see from your students or your clients that you wished that you could say, “Here’s what you can do in a different way, or maybe to help yourself and your family?” You know what I mean? Are there maybe little things like that: tips that you want to give us, things that you see over and over again that people could do just a little bit differently, and it could really help them.

Joette: Well, one thing that I hear frequently – and I think it's human nature to a certain degree – is that whenever someone is sick (particularly when it's a chronic illness, but a lot of times when people are sick) they think they're the only ones who get sick like that. They feel as though they're very unusual. The reason they feel that they're unusual is – I don't believe – it's self-absorption. I believe that it has to do with they look around, they're suffering and no one else looks like they're suffering. So, they conclude that, well, it must be because everyone else is well, and I am not. So, I have an unusual case.

So, when I tell them for example that a particular protocol works for approximately 80% to 85% of the population, the first thing people say when I say that (or what I know that they're thinking because later on, they share it with me) is that, "Oh I must be part of that 20%. What if I'm part of that 15%? Then I won't be helped!" So, because they're thinking like Eeyore, "Well, I guess life just stinks." And, that's the way we feel when we're sick. You know what I mean? We do feel that way.

We have to remember that we're much more alike than we are different. We live in a society that has emphasized our differences. I tend to disagree. We're really very alike in many, many ways, even across other societies, other parts of the world. Generally speaking – the cultures can be quite different – but human experience, human suffering is across the board, and so are fears and anxiety, et cetera. The fear of suffering can also be universal. Some people are more fearful than others. Sometimes, it's because they've become shopworn, I guess, or maybe gun-shy is a better way to put it. They've had so many illnesses, one after another. They've had so many failures with drugs and efforts that

they've put into it, and they've still come up short, that they believe *that* is the evidence that indicates that they indeed are a difficult case. When really what it is, is they just haven't employed homeopathy.

Unfortunately, homeopathy is the last place people go in the Western world, especially in North America. We've got it all backwards.

People go first to get the colonoscopy. Wait a minute. There's nothing wrong with you. Why are you going for a colonoscopy? Why would you do that? Why would you subject yourself to that— if nothing other than the inhumane way you get that kind of a test? For crying out loud, who's willing to do that?

Well, somehow, this marketing has taught them, "No, this is what you do when you're 40 years old plus." No, no, no, you save that colonoscopy for when there's something really wrong. Now, we use technology, and general anesthesia, and drugs to find out what's going on. Even then I would say if you've got some time, you use something else. You use homeopathy or change your nutrition before you go. We've got the pyramid upside down.

Kate: Joette, what about those people that say, "But there is a history in my family of colon cancer," or things like that. What do you say to them?

Joette: Oh, well, if you want to list histories, you've got everything in your family! We've got colon cancer in my family. We've got diabetes. We've got breast cancer. I mean I've got a long list just like anybody else. But, if I

followed that list, all I would do is spend time in waiting rooms and go for testing. For me, that's not a way to live. I would much rather be hanging out with my husband. I'd much rather be hanging out with my kids, traveling. I'd much rather be walking on the beach or making a meal, not sitting in a waiting room to be manhandled.

And excuse me, I mean I know that there is a time for that. So, don't get me wrong. I don't think it's always wrong, but it's grossly overused – these tests, grossly. Mammograms. Really? Mash the most sensitive area of a woman's body so that it then hurts to find out if she's got breast cancer? So, how about just palpating? There's an idea. What do you know? They used to use that. Were the doctors stupid then, and now they're smarter? No, they just have machines now. How about just using thermogram, thermography? How about just assuming that life is good and stop *digging* for an illness?

Stop trying to *find* illness. If you keep searching, you'll find something. You'll find a polyp. You'll find a precancerous ... you'll find something if you dig hard enough. That is a prescription for a life of angst. A life of angst is not a good life.

Kate: I think what happens is we see people, whether it's friends or family members and we see them going through whether it's cancer or things like that, and then we start to fear those same things, right? And, we start to wonder, "Well, what if this cough or this feeling, this pain that I've had, what if that's cancer or something else?" Then we go down that path. Recently, I've been thinking a lot about just being positive. Just trying not to worry and go down

those paths. I know we're talking about homeopathy, but I also think that it's important like you said, we always think that we're that 20% or that 1%. Let's just try ... I think if we try to be more positive that we're going to feel better.

Joette: Someone told me the other day that they had a condition, and the doctor had told them that it's a 40% chance that it's cancer. I said, "No, no, no, no, no. It's a 60% chance that it's *not* cancer!" You've got to turn it around. If you're saying, "stay positive," I think that the real way to do that is to do useful work. Do purposeful work. Make a meal for your family. Go to a neighbor's house and help someone who's sick. Take soup. I've got a friend whose father is sick right now and she's tending to him. I'm bringing soup over there tonight. Go to church. Go to temple. Be active. Do good work on a day-to-day basis. The less you do, the more your brain goes cockeyed. So, be active.

Listen, I don't have to tell most of the people who follow me, because I know what kind of people follow me. They are the "doers" in the world. I know them because they've become my clients. They've become my students. I hear them, and I see how hardworking they are. Many of them are homeschooling moms – and fathers, too – but mostly it's mothers. I see how hard people work where they have ranches or they have farms, and they are tending to livestock. These are not the people who are sitting back and letting someone else take care of them. These are the people who are the underpinnings of society. This is what girds our society, is people like that.

So, I'm kind of preaching to the choir. But, the point is that if you have a *moment* of that in your life: fill it with something. Fill it with something lofty. I always say fill it with prayer work. Fill it with reading your Bible, your Catechism, your Torah. That's what you fill with. Fill it with beautiful music by Mendelssohn and Beethoven. That's how you fill it. Fill it with loftiness. Forget the stupid television shows that are on.

Kate: Right.

Joette: They just bring us down. They're immoral, and they just bring us down.

Being relevant in your kids' life

Kate: So, let's dive into the mind of Joette Calabrese for a moment, and let's hear ...

Joette: Oh, God, that's not very deep. I hope you like shallow water!

Kate: Joette, you're so fun to be with because you're funny and you're passionate. So no, it is fun to dig into your mind. But, let's talk a little bit about a case and see how you processed it. You said a little bit about your son, how he got ...

Joette: Oh, yes, even before he started that because I knew I've talked about this so many times in the past, but it is definitely worth repeating. I always say make sure you're relevant. Get relevant now. As a mother of children who I homeschooled, and the last day when I finished homeschooling, I cried like a baby as I closed up the cabinet and started giving the books away. My kids were laughing at me. But, I was crying. I was like a blubbering idiot crying because it was over! The whole thing was over. My son was going to college. It was all done. I'm thinking to myself, "Who am I to them now? I'm no longer their teacher?" I mean, obviously, I'm their mother but the point is that you vest so much into them to just say, "Okay, off you go now." No, that's not my style. I want to be relevant in their lives. I've said this before, and excuse me for being repetitive, but a good way to be relevant is to have the stuff they want.

Kate: Not just the food, right?

Joette: Not just the food – although food is important, too – but you got to have the stuff they want. What do they want? "Mom, I don't feel well." Now, you tell them exactly what to use. Of course, they've got their own remedies. I make sure they've got the kits, and they own as many remedies as we can stuff into their medicine cabinet. But, I've got the *answers*. That's what we all want to have for our children. We want to be able to give our children answers even though they're adults. My children are adults.

Not more than half an hour ago before you and I started this podcast, my oldest son who is 31 – he's a pilot – Skyped me. He Skypes me almost every day, which is great. He said,

“Mom, I’ve got this chest cold that’s coming on.” Now, he knows some of the medicines, but he wasn’t so sure about this one. So, I got to talk to him for 15 minutes. Not just about his chest, but about, “Okay, when is your next flight?” “Oh, I’m leaving tonight.” “What are you doing now?” “Oh, I’m making my dinner so I can take it on the flight.” So, I get to be a part of his life. Meanwhile, I’ve just given him the name of the medicine and how to use it. So, I told him [Aconitum 200](#) mixed with [Bryonia 30](#), and to take it every 3 to 12 hours depending on how severe it is. And, get into bed, please. Get into bed when you get home from that flight. Drink some Kombucha and maybe [some bone stock](#), and you’ll probably be fine by tomorrow. So, I get to be close to him. I told him I was going to talk about this today on the podcast.

Kate: Oh, what did he say?

Joette: “Yes. You still have us, don’t you?” I said, “You bet. I’m going to do whatever it takes. I want you part of my life.” Listen, when he gets married and has kids – which I’m waiting for – my guess is they’re going to be even more a part of my life. Because that’s what happens when kids get married and have their own children, then they become closer to their parents. But meanwhile, while they’re still single, I don’t want to lose those years. I want them close by. It’s a great strategy. It’s a mothering strategy. So, we’re imparting our wisdom.

Look, you don’t have to be an expert in homeopathy, although it doesn’t take too long to get that way – especially if you’re just using my blog. Really, it’s all free! Remember folks, just use that blog. I mean, what I just gave to my

son is right on my blog. So, you don't have to be an expert. You don't have to be good every time or be correct every time. But, if you can hit it 80 – let's go back to 80% again – 80% of the time, those are good numbers.

So, how did I think it through? It's this simple: chest. Had he said "cold" like cold in his nose or sinuses, I would have said [Coldcalm](#) by Boiron. Super easy. Or maybe some [Ferrum phos](#), or maybe some [Sanguinaria](#) and [Belladonna](#). If it was painful, we might use *Sanguinaria* 200 with *Belladonna* 3. That's a Banerji Protocol. They use that. And so is the *Aconitum* and *Bryonia*, a Banerji Protocol for that matter. But, because he said *chest* and *cough*, I immediately went to *Aconitum*, *Bryonia*.

Kate: Had this just started with him?

Joette: Yes, last night he said it started.

Kate: Okay.

Joette: I'm not looking for them to say, "Oh my gosh, I'm sick. Call Mom." I don't want someone hanging on my apron strings. I want someone who says, "Oh, I'll just go bed and see how it goes. Maybe I'll just take a bath or something, an Epsom salt bath, and see how I feel in the morning." But, he knew he had a flight today. My gosh, they're exposed to all kinds of things in those flights.

Kate: Right. But I have found that the quicker that you can get the homeopathy in, the better your chances are of really aborting an illness.

Joette: Yes, yes. It's the same thing if you use Vitamin C. The faster you get that Vitamin C in, or the faster you use that ... some people use Alka-Seltzer Gold or whatever ... it's true for everything. If you catch something in its infancy stage, you're more likely to be able abort it in its center stage.

Kate: So, Joette, you've talked before about just sometimes they're colds. Our bodies ... it's a way that we can flush out toxins. We're going to get colds, and just letting them ride out. I know I struggle, and I imagine some of our listeners struggle ... how often to just jump right in with the *Aconitum* and *Bryonia*, and when do we just let it ride? So, maybe help us think through that picture a little.

To take or not to take remedies

Joette: Yes. Well, it's for him because he had to work. I mean, he doesn't *have* to. He could certainly take a sick day, but he prides himself in never taking sick days. I know how he feels about that. He was like that his whole life. So, it would be nice if he could take it easy, but he can't or he won't. So, I know he won't. So, it's better that we give him something now than to let it ride itself out.

Plus, the chest is a different area, of course. If you're

getting a sinus infection or a little dripping in the post nasal and it's causing a little sore throat, that's a little different than something going to the chest. Lungs matter, obviously. So, little conjunctivitis or a little cough or cold that's on the upper end of the respiratory, then I'm not so worried about.

But, what I like to caution folks about is to not freak. Because children – now he's not a child – but, children get sick, and they're supposed to get sick. That's part of their education! I mean, there's controversy about this and I'm sorry – I believe they're supposed to get sick. The way that I came to this had nothing to do with what I read but rather what I experienced in my children.

What I often found was that, for example, my other son was having difficulty riding a bike at one point when he was a youngster. I can't remember exactly how old that was. He just couldn't do it. Then he couldn't do it ... he couldn't do it. He's very frustrated. Everybody else was riding their bike, but he just couldn't do it. Then he got sick. He got an ear infection. After the ear infection, *literally* right after the infection was gone, a couple of days later, he felt well enough to go back outside and play. He got on his bike and rode it. He was on his two-wheeler.

So, Rudolf Steiner, who many people follow his work, he was from the turn of the last century in Germany. He believed that it was important – not that I follow necessarily all of his works – but, he believed that it was part of their education. And, that there's a growth spurt that is a natural growth spurt.

I've seen the same thing with another child who was having difficulty reading. He couldn't read ... he couldn't read. He could read a sentence, but he couldn't read two sentences. He got sick. It's almost like they're going to push through the eye of a needle. Once they get to the other side, they've cleared it. He couldn't read ... he couldn't read. Got sick, had a sore throat, on the other side of the sore throat – *bam*, able to read.

So, it's like a psychological connection or a mental connection to a physical experience. To me, that makes a lot of sense. If you've not seen that, if you're not a mother and you've never watched that, you might question it. But, I've seen it too many times to question whether or not there's a reason for these colds. It is a good thing – completing their education. We're building their immunities so that as an adult they're not getting chicken pox. As an adult, they don't get these colds and flu. They get them as children as they're supposed to do ... as has been done through the ages.

Kate: So, if it's just a minor cold, sniffles, a little bit of a sore throat, maybe let it go for kids. But now, if you have someone that has a history of pneumonia, and they're coming down and it seems a little heavier, then ...

Joette: Oh, you do it, absolutely treat them. Absolutely. Even if it's just a little sore throat and minor cold, you might just take Coldcalm. I love that medicine. It's Coldcalm, C-A-L-M is the second word by Boiron. It's excellent.

Kate: Right. I know a lot of my friends have been using that this season and loving it.

Joette: Yes. Also, [Oscillococcinum](#) made by Boiron. That's another good one. There are a lot of great remedies. Listen, folks, I always tell people, make sure that you're getting those combination medicines. Buy them all. Buy everything Boiron owns as a combination. Buy everything that Hyland's owns, all of those combination medicines. They are really smart. It takes a lot less intelligence or study – maybe not intelligence is the word – but study to use those than it does to try to figure out exactly the medicine, because they figured it out for you. If it acts, you go back and look at the ingredients and say, "Hah, no wonder why I got rid of that fatigue. [Gelsemium](#) is in there." Or if you don't know that, you'll look up in your *materia medica* every one of those medicines and learn them. That's how you learn this. You just investigate, investigate and be curious.

Kate: And, you'll be glad you have them if you're sick, your family is sick, you can't think straight. You don't know what to give them. You just reach for those and say, "Hey, go take one of those combinations." And, it's simple, right?

Joette: Well, when I get sick, my mind turns to mush. I'm useless. I mean really, I can't even think of what I'm experiencing. So, I know what that's like for folks. Then I turn to my husband who doesn't know an awful lot of homeopathy, but he knows enough about me to be able to figure out somewhat what I should be taking.

Kate: Nice. Well, thank you so much for taking the time to talk to us today. I'm excited for the listeners to get to hear a little bit more about what goes on in your brain as you think about cases. So, thank you, Joette.

Joette: Yes, it's always fun, Kate, looking forward to next time.

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

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.

**Sound effects obtained from <https://www.zapsplat.com>*

Blessed Christmas



During this blessed season, I want to step away from my usual weekly blog post and homeopathic teachings to share a quiet moment with you.

I am deeply moved by Nativity scenes. The Holy Family – a family who has impacted the entire world – began in a stable. Denied any comforts of the time, they relied on each other to give birth to a sacred child.

The beautiful image of the Holy Family inspires me to not only think about our Savior and the importance of our faith but also, in a more practical way, each of our *own* blessed families.

When I first began studying homeopathy, I felt somewhat alone in my quest to take care of my family's health independent of the myriad mainstream influences still present today.

Yes, I had a small group of friends who were doing the same (small being the operative word), but a sense of

estrangement still lingered. At that time, there were only five other families I knew personally who were struggling along with me.

Now, because of you, I truly feel I am not alone. You are taking charge and taking care of your families with confidence and independence, too! You have touched my life in many wondrous ways, and I am so grateful that you travel this road alongside me.

As I have told you before, my goal is to reach 100,000 families with the message of homeopathy by the year 2020. *You* continue to play a vital role in achieving that goal.

Your encouragement of me – and of each other – is an inspiration. I speak to study groups every week and hear your enthusiasm. I look on Facebook and see you exchanging success stories, sharing ideas, and leaning on each other during times of need.

From my family to yours, we pray for genuine health and the miracle of faith throughout the coming year. Indeed, it is our underlying devotion that gives us the stamina to take on this kind of familial commitment.

Wishing you all a Holy Christmas,

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

Holiday Travel? Call AAA!



The holidays are almost upon us, a time when many of us travel to visit family and friends. Travel is so important right now that even those who fear flying are willing to try whatever it takes to be able to get on that plane – hopefully, without causing a scene at the airport!

There are certainly many tips and tricks for overcoming travel anxiety, but homeopathy has a remedy! What more do you need?

Years ago, when I was first studying homeopathy, my teacher (who had studied in England) taught us to be strict with our classical training – only use one remedy at a time.

However, she taught us a combination of three remedies that could be taken together. During that time, I was under the impression this was the only exception to the rule. (My, how my thinking has changed!)

This combination was specifically used for anxiety in air travel: fear of heights, fear of flying or fear of being closed up in the small confines of a plane. It can be used for other anxieties as well, but it most precisely suits the fears that one generally associates with air travel.

My teacher instructed that these three remedies were to be taken simultaneously (mixed together):

[Ambra grisea 30](#)

[Anacardium 30](#)

[Argentum nitricum 30](#)

Now, fast forward to a few months ago:

A client of mine from England mentioned to me that she was afraid of flying. So, I told her about those three remedies. She said, “Oh my gosh, I forgot all about it! That’s called Triple-A!”

What??

Yes. Turns out that years ago, a pharmacy in England came up with a prepared combination of those remedies to sell over-the-counter and called it AAA.

You can easily buy that combination of remedies as a commercial product from many pharmacies and grocery stores in England. (We in the United States can order it from Helios in England at this link: [AAA](#).)

Isn’t that an easy remedy name to remember? Many of us in the United States already associate that very same acronym with travel – the American Automobile Association. Now we have one more reason to turn to AAA when we travel.

As soon as that angst about upcoming travel appears (even if it is a few days before the trip), AAA is taken twice a day. On the day of travel, as anxiety mounts, it is used as often as every three hours – stopping, of course, when the anxiety is no longer a concern and resumed as needed.

So, rest assured, if you are traveling this week for Christmas or New Years, homeopathy will be there to bolster you as you board your flight. AAA to the rescue.

Warmly,

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

P.S. This Christmas, consider giving the gift of homeopathy to someone you love. You'll be providing for your loved ones' health and well-being. Whether it be a [study group guide](#), a [materia medica](#), [remedy kit](#), [educational book or CD](#), or a [particular course](#) they are interested in, your gift could be the most practical gift they receive.

Surgery: Answering Your Questions



Time certainly flies, doesn't it?

It's hard to believe it was way back in 2012 I wrote the blog post entitled, "[Anticipating Surgery? Homeopathy Can Help.](#)" However, even though it has been five years, that surgical protocol can still be quite helpful to you.

Over time, you've also sent me other questions as well, both in the comment sections of my blogs and also on social media.

So, I would like to take a moment to answer some of them. Of course, I am not your doctor nor am I there with you, so I can't address questions about specific cases. But, I am happy to help clarify any confusion you may have as you further your homeopathic education. Last week, [we covered whether Arnica is safe to use before or after surgical procedures](#) (I told you about plastic surgeons who recommend the SinEcch™ brand of *Arnica* to their post-surgical patients.)

Here are four other questions I hear time and again:

1. What is the preferred remedy for post-anesthesia issues?

My [earlier blog post](#) mentions [Phosphorus](#) and [Nux vomica](#) to counteract ill effects from anesthesia, such as headaches and nausea. However, I also want to mention *Camphor* 200 – one dose/one day. This is a powerful medicine to help clear the slate of the ill effects of anesthesia (as well as the myriad drugs one is given before, during, and after surgery).

(I teach more about *Camphor* on the blog [“Stop It! How to Antidote a Bad Drug Reaction.”](#))

2. Is there a special homeopathic method to address a sore throat that occurs after intubation?

A sore throat resulting from intubation is not your typical sore throat – it’s an injury! As such, there are certain remedies traditionally used for injuries; specifically, [Arnica 30](#), a few times per day. When the pain recurs, it’s time to take another dose. For instance, if it recurs within three hours, then that’s when it’s time for the next dose. Frequency is generally based on specific needs as dictated by pain or other presenting symptoms.

Additionally, because [Ferrum phosphoricum](#) addresses inflammation in tender areas, [Ferrum phos 6](#) is taken in the same manner (alternating with the *Arnica* 30). (Remember to scroll down to download your free remedy card.)

3. What if I have emergency surgery and am not able to prepare for it homeopathically?

I urge folks to start where they can. Granted, yes, the protocol is generally designed to start the night before surgery. But for instance, 25 years ago I had a completely unexpected emergency surgery. I certainly didn’t have the

luxury of starting the protocol the night before.

That's why I was sure to take my kit with me to the hospital! I started where I was. Once I knew I would have the surgery in the next hour or so, I started with my first dose of *Arnica* right then. Also, my husband came into the recovery room to administer the next dose as soon as he could get to me.

4. And what about the anxiety before surgery?

I didn't do it at the time, but I could have taken [Gelsemium 6 or 30](#), which would have helped defend against potential anxiety of the forthcoming event. I actually just didn't think to take it. My brain had turned to mush, as is wont to happen to most of us in a situation like that.

I relish receiving your questions, but sadly, there's not enough time in the day to answer every single one (although I try). Rest assured your questions don't go unnoticed, and I hope to do more of these Q&A blogs from time to time. Plus, I also want to share another surgical protocol with you – after the New Year. So, as always, stay tuned!

Warmly,

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

P.S. I hope the information in my blogs and podcasts help to educate you as you endeavor to provide healthcare to your own family.

I know though, for me at least, I learned so much more efficiently and effectively in a study group atmosphere. Plus, it was a lot more fun to learn! Should you be interested, I offer a guided study group curriculum called [Gateway to Homeopathy,](#)

Learn more about homeopathy with your friends and family in the relaxed environment of your homes or online. My curriculum takes you by the hand each step of the way.

There are quite a few study groups starting after the holidays that you can join – or start your own! What better time to commit to learning more about homeopathy? Make it your New Year's Resolution.