

Podcast 40 – Moms with Moxie: Don't Panic!



IN THIS PODCAST, WE COVER:

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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Birthing Series Part One: Turning a Breech Baby](#)

[Ditch the Gatorade and Make My Son's Homeopathic Electrolyte Drink](#)

[Surviving Infections on the farm with Homeopathy](#)

[Podcast 34 – Dads with Audacity: These Fathers Know Best!](#)

[The Secret Life of a Colicky Baby](#)

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.

Courtney: The moment you start panicking, you're freaking out and thinking of all the things you have to do and making that mental list. You know, take a deep breath and just realize that the best thing to do is nothing. Just wait. Just wait until you can make that choice rationally.

Kate: You are listening to Podcast Number 40 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, we have a very special guest joining us. I'm

excited to welcome Courtney here with me today. We're going to be talking about how homeopathy has really changed her life and her family's life. She's going to share with us a lot of stories that she has about how she uses homeopathy with her family, everything from animal bites to bursitis, arthritis, and birthing those babies. Courtney, thanks for joining us today.

Courtney: Thanks. It's great to be here, Kate.

Kate: We're excited to hear about your story and get to know you a little bit. Because it's always, I think, fun for people to get to know some of the people that work with Joette behind the scenes. I'm excited for people to get to meet you and to hear about your story. So, Courtney, where are you from?

Courtney: I'm from New York. I live probably about an hour and a half south of Buffalo.

Kate: So, you live sort of near Joette?

Courtney: Yes, I don't live far from Joette. Joette lives just outside of Buffalo as well.

Kate: You've gotten to know Joette by working with her. How many years have you worked with Joette now?

Courtney: I've worked with Joette for about six years now. I assist in marketing. So, I've done Joette's social media. So, a lot of people who have taken Joette's classes and are on her student forum page – because Joette, if you've taken her class, you can join the online student forum which is hosted off Facebook. I moderate that group along with another girl. So, a lot of her students will probably recognize who I am because I'm often posting on there or commenting on posts or answering questions, that kind of a thing. Also, anytime Joette has a new course that we're launching, I help launch it, and I take out advertising for

it and that sort of thing.

Kate: A lot of people probably hear from you but they don't know that they're hearing from you.

Courtney: Yes. Now, they get to hear my voice. They see my picture. They've heard of me that way but now they get to know a little more about Courtney.

Kate: Exactly, exactly. I think that's really fun.

It's interesting. When we were talking, you told me a little bit about yourself as far as your background in natural medicine. You have some pretty interesting things. You're pretty wise, I think. I look forward to learning from you, because you are a certified herbalist, right?

Courtney's story: being an herbalist, using remedies for breech birth, and being a doula

Courtney: Yes, that's right. Before I came to homeopathy, I was actually really interested in herbs and did a lot of wildcrafting. We live out in the country. So, I would find herbs and make tinctures out of them, and use that as medicine for myself. That was probably right before I had kids. So, I wasn't really using herbs a lot with my kids. Now, we mostly use homeopathy and have been. Homeopathy is our family's main source of medicine. It has been for a good five or six years. I found it right before I started working with Joette. We've had some really good results – especially with little kids. I have three little kids. I don't feel like herbs are always the best choice. They can be harmful. Homeopathy is gentle. It has been really good for us in the last six years when I've been pregnant or my babies are really little. I never think twice about using homeopathy.

Kate: One of the reasons you liked homeopathy is that when you were pregnant, you didn't have to worry about using homeopathy. But herbs, it was a little tricky – which ones

to use during a pregnancy or not. So, that was probably a selling point – one of them for homeopathy for you, right?

Courtney: That's exactly right. Herbs, you have to be careful. There are things that you can't have when you're pregnant; obviously, can't give it to your newborn baby. So, homeopathy is a perfect fit for that time, the childbearing years. It's such a nice thing to have a kit when you're pregnant so that if you come down with the flu or even if you're having like, sciatic issues, you don't have to worry about resorting to allopathic medicine. Herbs – the solution isn't always herbal because herbs can be too harsh to take when you're pregnant. So yes, that was a big turning point for me, honestly. It's just when we started having a family, I needed something that I could use for my babies and use on myself. Homeopathy was the ticket.

Kate: Courtney, I think that is a really good point because a lot of people ask. They want to know: Can you use homeopathy when you're pregnant? And say you have a baby or a young child, they're concerned about are there cautions for using homeopathy with young children or when you're pregnant? I know there are a couple of things. So, maybe we can talk about that for just a minute.

Courtney: Definitely, that's a good point. There are some remedies that Joette advises that people be careful about using or just avoid during pregnancy. The ones to be aware of when you're pregnant are *Pulsatilla*, *Apis* and *Sepia*. I will say that during my last pregnancy, I was using *Pulsatilla*. So, I don't really think that it's a matter of something like dangerous – avoid them. But, like it's not something you want to use in excess. Like if you really need *Pulsatilla*, you could probably talk to a homeopath and find out what the safe way to use it is. I just think that sometimes we make blanket statements like, "Be careful around these remedies." Because you don't want just anybody to come and read a blog about it, and start taking big doses

or high potencies and possibly get themselves into trouble.

Pulsatilla is one that's actually used to turn babies. So, you can use that in pregnancy. Actually, the reason I used it was to turn my baby. Because I think it was 34, 35 weeks at least, Avery, my last baby that I was pregnant with was breech – completely breech, like head up and not even transverse. He was straight up breech. I was planning to birth him at home. So, all of my babies have been born at home. My midwife, I came in for my appointment and she was like, "Oh my goodness. He's breach." I was like, "Oh, what does that mean?" She said, "Well, you might not be able to have him at home," which was really kind of scary for me. So, I talked to Joette, and she told me [*Pulsatilla*](#). I think I only took two doses of it. It works very quickly.

Kate: That's amazing.

Courtney: I had, previous to that, tried things like there's [*An incorrect website is mentioned in the podcast. The correct website is spinningbabies.com*], I think that's the website. But, it was very overwhelming to me, Kate. I didn't have that much time to kind of get things moving. When you're that far along and your baby's breach, even the homebirth midwives were like, "Yes, Courtney. You need to do something." I felt like, "Oh my gosh, I have to hurry up and act. I have to do something." So, I first tried this website. When you go to that website, it gives you all these factors like hundreds of things you have to do. It was very overwhelming to me.

The nice thing was as soon as I was thinking clearly, I messaged Joette. She was like, "Yes, that's an easy one, take *Pulsatilla*." It just seems so simple, compared to what I would have to go through laying on an ironing board upside down and moving this way, that way, and doing all this stuff. I was just like, "Oh my gosh, that is so easy. Take a little tablet and you're done." You know what I mean? It was

so beautiful to know that that's all that I would have to do, and it honestly worked. It was amazing.

Kate: Wow. That's so awesome. And I know [Joette, I think, has written about that in her blog](#). She has some information on that too. So, you actually have helped people deliver babies, right?

Courtney: Yes. Before I worked with Joette, I was certified as a doula. A doula is a support person during birth. It's very different from a midwife. You don't deliver babies, but you actually just support the mom through labor. For many years, I did that. I had a natural childbirth course that I wrote, and I taught that. So, I had lots of people come through that with me. I had all my babies at home, so I really understood that. I went to a lot of home births with a couple of the local midwives here.

Kate: I imagine that you probably used homeopathy, did you when you were attending some of these births and helping the moms?

Courtney: Oh, definitely. [Gelsemium 30](#) is one that I've used many times for exhaustion in labor, especially with first-time moms. It's very common for birth to take a long time. My first birth was 36 hours. I know Joette talks about her first birth being long. *Gelsemium* is a great remedy to have because obviously labor is the hardest work we do. It's so tiring. So, I've used it many times with women in labor. I've also used [Joette's Gatorade recipe](#). I don't know if you know that one, Kate, with the cell salts.

Kate: Yes, I do.

Courtney: That's a great tonic for getting the electrolytes and just boosting energy when you're not only working outside and it's hot, but when you're giving birth.

Kate: That's a great idea. I never thought of using that

with birth, but that is really good.

Courtney: If you go to Joette's page in the upper right corner, there's a search bar. If you enter Gatorade or "Ditch the Gatorade" which is the actual title of it, it will definitely bring it up.

Kate: Tell us a little bit about your family. I know you've used homeopathy with your children and even your husband. We heard, actually, from your husband in another podcast. But people probably don't know this. But your husband was on one of the ["Dads with Audacity" podcasts](#), wasn't he?

Bursitis, arthritis, food allergies and their remedies

Courtney: Yes, he's Mark in that podcast. Mark is he's very athletic. He likes to run. He has a lot of sports-related injuries. We joke in our family that *Symphytum* is Mark's spirit animal, because he's had a lot of good relationship with that remedy. It has helped him a lot. Bursitis is one that we dealt with, that includes *Symphytum*. Bursitis is like inflammation in the knee. Mark used to have repeated bouts of bursitis. I think that seems to be the case from what I've heard is that it tends to come and go and flare up. It's that kind of infection type thing. The protocol for that that I got from Joette is [Symphytum 200](#) mixed with [Rhus tox 30](#). You just take it twice a day.

Kate: Then how long does it usually take before you see some change in his symptoms?

Courtney: For Mark – and actually my little boy, he had it one time too. I was so nervous because he came down with it the night before we were going to get on an airplane and travel. I was like, "Oh no." He's getting this knee thing. It was hot to the touch. It was painful. Previous to that experience, Mark had had a flare up. For Mark, it doesn't last too long. It's maybe, like with this protocol, three days to a week. Then he can kind of stop taking it.

For other people, if it's happened for a long time, they have to take it probably longer. Usually what happens is they'll have another flare up after that they will be less severe, and maybe go away quicker. There even may be another flare up after that but then, they eventually, if you employ this protocol, you never have it again. Like, that's kind of the trend which is usually the trend with homeopathy. It sort of roots it out completely.

Kate: Right, that's what I love about homeopathy that we don't get with many other natural medicine options. I mean sometimes, but homeopathy really gets to the root of the cause. I know for instance my daughter and her asthma, we're really seeing a change using homeopathy where before it was just managing the symptoms.

Courtney: Yes. You're not managing the symptoms. You are actually rooting it out. That is also different from allopathic medicine, but also herbs, a lot of times, it's just managing symptoms. They have to keep taking the turmeric or whatever it is you're taking over and over again.

Kate: Right. So, I think people need to remember that a well-chosen remedy can really make a change, not only in just the symptoms but for the long term – that eventually, that whatever, bursitis, hopefully, Mark won't have it in the future.

Courtney: He hasn't either. It has been a year, and I want to say three –maybe a year and six months. So, we have not had any sign of it. It's pretty awesome.

Kate: Prior to that, how often did he use to get it?

Courtney: Prior to that, he would get it possibly twice a year at least. So, we're having a good run of it right now, definitely.

Kate: Your mom, too, she also had some good success with homeopathy.

Courtney: Yes, definitely. So, my mom, she has had hip replacement surgeries on both of her hips. I think she's currently up for another hip replacement. She's trying to kind of stave herself off for a while so she can get through and just pushing it into the future a little bit. So, last she visited, let's see, I'm trying to think. It was last month. So, a little over a month ago, she came for a visit. She was having a lot of pain. It's hard for her to sit still for a long time. So, if we're on a car ride or something like that, she can get achy because she has arthritis.

I started to give her *Rhus tox*. A lot of times when my family is in town, I'll start to just give them homeopathy if something's going on, somebody's got a stomachache or whatever. I gave her *Rhus tox*, twice a day while she was with us. I just gave her *Rhus tox* 200 because that's what I had. But I probably gave it to her for like four, five days, I don't know, something like that. So then, she went home and I kind of like, "Well, I might not hear from her about this. But if it helps, I'm sure she'll get a hold of me." Lo and behold, a couple of days after she got back home, she was like, "What did you give me?" I had her order *Rhus tox* off the internet. I sent her a link. I messaged her a link right to where she could order it with the right potency so that there wouldn't be any confusion at all. She could just have it sent right to her house.

Kate: Great. So right now, she's kind of holding steady putting off that hip replacement surgery, right?

Courtney: Yes, so far so good. We're hoping to get her through some more months as long as we possibly can. Because hip replacement surgery is like a lot of surgeries, they don't last forever. She's already had her hip replacements done, and she wants to make sure she can kind of put it off

as far into the future as she can.

Kate: Let's talk a little bit about your son. You have – how many children you have and tell us a little bit about your children.

Courtney: So yes, I have three children. My oldest is 9. I have a middle girl and she is 6. My youngest son is 3.

Kate: So, one of your children, you used a remedy with them, because I think I remember you telling me that they were really colicky.

Courtney: Yes. My first born was very colicky. I didn't really understand what was going on. I mean I felt like I was in a daze for several months after I had him. Like, "Oh my gosh, what's going on?" I didn't know the difference between him and other babies, like, what was normal. But it ended up the symptoms became very, very clear. It was every single evening for four or five hours at least. He was just inconsolable. I actually had this routine where I would sit on a big exercise ball, and I would bounce him and at the same time kind of pat his back while I was bouncing him. That's the only thing that would really soothe him.

Kate: Oh my gosh.

Courtney: I would do that for hours.

Kate: Oh my gosh, you are so bringing these memories back that I had with my daughter. I had an exercise ball, and we would do the same thing. I didn't know about homeopathy when she was first born. Oh, my goodness, I wish I had.

Courtney: I believe he ended up having food allergies. The first thing I did was eliminate food from my diet to just kind of test and see, truly, if this was the issue. It ended up being that way. Like I ended up realizing that almost everything was causing him pain. It was just really

frustrating. I didn't have coffee at that time. I really liked coffee. Chocolate bothered him. He was like the meanest baby ever, I swear. I couldn't eat anything that I liked to eat. I couldn't have milk. I couldn't have sweets.

Ultimately, what we realized is that he had an allergy. The biggest one was wheat. So, of course, I've taken all of Joette's courses. I took the [Good Gut, Bad Gut course](#). I immediately realized he needed to be on [Bovista](#). I started giving him *Bovista*, and his sensitivities have pretty much, I mean, he can pretty much eat anything. We are very careful still with wheat. We don't go overboard. But, I will tell you right now. He's on a bagel kick. It's probably been for like two weeks now. He has a bagel, a big, wheat-filled, crusty, delicious bagel every single day – and has not had an issue. If I've done this a couple of years ago even, he would have had diarrhea. It would have been horrible! So, we've had so much progress with *Bovista* with him. It's amazing.

Kate: Also, what do you give him for the diarrhea then?

Courtney: For diarrhea, we were giving him [Nux vomica 30](#), twice a day. If he had eaten wheat and got diarrhea, we would start the *Nux vomica*, or just continue him on it if we were already doing it. We don't give him *Nux vomica* anymore because he doesn't have diarrhea the way he used to have. He's much better. He just, right now, is taking the *Bovista*, but I'm pretty sure I'm going to start weaning him off that even.

Kate: We found *Nux vomica* to be helpful as well with when kids have tummy aches kind of regularly, and I think it's something that they ate. It's been very helpful for us as well. What did you use for your son when he was colicky? Why don't you tell us about that?

Courtney: [When he was colicky](#), I gave him [Colocynthis](#). I

think I just gave him a 30 dose on that because, at that time when he was a little baby, all I had was the 100-remedy kit.

Kate: Which is a great kit, I mean that's a perfect kit to start off with.

Courtney: Absolutely. That's the perfect gift to get any expectant mom. Instead of coming to the baby shower and bringing some diapers and an outfit, give her a homeopathy kit. Or get a couple of people together and put in for homeopathy kit. That's a lifesaver. To know that you've got something when your baby is upset or something happens, that's the best gift that a mom could have.

Kate: I agree. It's been a lifesaver, literally, for us.

So, your daughter, you had an interesting experience with your daughter that I want to hear about. Go ahead and tell us about Nola.

Nola's story with the vole: Ledum and HyperArs for animal bite

Courtney: So, Nola's six. Last summer, this story, it really kind of summarizes her personality completely. Every time I think of it, I'm like, "Of course, this happened to her." We live in the country. We have goats. We have a little farm. My kids are always running around outside. We have a cat. The cat actually got a hold of a vole. So, the whole family got to learn what a vole is and the difference between a vole and little mouse. Because at first, I thought it was a mouse. But it wasn't, it was a vole.

Kate: Are you talking about a vole, V-0-L-E, not M-0-L-E, right?

Courtney: That's right, a vole. A vole looks like a mouse. If you actually Google it, you'll see a picture. It's just a

little bit different. So, anyway, the cat was playing with it. It wasn't dead. Nola saw the cat playing with this vole and saw how cute it was, and she could not help herself. I was sitting right on the porch with her. I couldn't really figure out what was going on. But, she ran off to the cat and she's like, "Oh my gosh, so cute, so cute." I think she's talking about the cat, but she's talking about the vole. She goes to grab the vole, and it literally latches onto her finger. She's like trying to shake it off of her finger – like throwing her hand around and stuff and screaming at the top of her lungs.

I'm running off the porch like, "What is going on?" I see this thing. I take her hand and pulling it really hard one time and the thing goes flying. Of course, I'm just ... oh my gosh. My mind just started to run. It was just like what is this now? I have to deal with this. She can have rabies. What do I do? What do I do? I'm like I need to call the pediatrician. I need to call the disease control people. I need to get her rabies shot. I don't know what is going to happen here. This is a kid that's never gotten a vaccination at all nor had any antibiotics. I am just losing my mind.

Lo and behold, this is a piece of advice I've heard Joette actually give people before. And, I don't remember where I heard it; it might have been in one of the courses. But she said, in the moment of an emergency, your first response – especially as a mom – is to lose it and freak out, and think of all the things you need to do. For some, like, "Hydrogen peroxide, let's clean this out. Let's go!" Or whatever. I remember her saying, "Actually, the best thing to do is nothing." Just don't. Because usually our first responses aren't the best response because there's a difference between reacting and responding. I think that I was totally *reacting* in that moment. I was like, "Oh my gosh, what do I do?" I called my husband. I called everybody.

I sent Joette this email. I still laugh at it today because

literally I keep every single email and question that I've ever asked her in a file. This one is hilarious. The subject line has like asterisk and it's like, "EMERGENCY." If you read this email, it sounds like I'm a crazy person. I'm like, "Nola just got bit by a vole." I don't think at the time we even knew it was a vole. We ended up touching it, and we weren't sure if we needed to have it to test it or whatever. We ended up touching it and putting it in this little box. Then we could actually release it later because we didn't have to worry about rabies.

I did talk to someone from CDC or something – the health department, that's who I talked to. I talked to someone from the health department and they were like, "Okay, ma'am, you do not need to bring her in for rabies shot. You do not need to worry about rabies. If it was a bat, that would be different. But, an animal like a mouse (that is so tiny like this), if it did indeed get bit by another animal that had rabies, it would have died. It wouldn't have made it through that attack. So, the chances are so low that you would actually be putting her through worse things if you took her to get rabies shots."

But, I didn't really worry about that so much anyway because there's a protocol for rabies. I mean I just feel like I'm pretty lucky to be able to work for Joette. I can take her courses. I know homeopathy so well now. I am just grateful, so grateful for it. So, I had the remedies I needed. I emailed Joette. She messaged me back. She said take [Hypericum 200](#) mixed with [Arsenicum 200](#) twice a day. That's the typical infection kind of protocol. Then I also did give her [Ledum 200](#), twice a day for one week because the bite is a puncture wound. *Ledum* is what you want to give any time there's that kind of a wound.

Reacting versus responding: Don't panic

Kate: Great thinking. So, good, okay, what a scary story. I

think I would have done the same thing. Courtney, that's what I love about talking to you – is that your message, I feel like as a mom and as a doula and all the things that you've learned working with Joette and your experiences, you've learned not to panic. Even if you do, then you think about it a little bit and think, "Okay, I can just really take some time and think about these things before I have to react." Then you can actually, like, not react but ...

Courtney: Respond.

Kate: Respond, yes. Good, I couldn't think of the word.

Courtney: That's how I like to think of it, responding versus reacting. There's such a big difference.

Kate: Yes. You talked a little bit about that, too, even with birthing and everything. Just how when things like that happen, an emergency like you went through, you feel like, "Oh my gosh, oh my gosh, I got to do something right now!" We can think, "No, just calm down. I have some time. I'm just going to think clearly about this." But, I think that's hard for moms, don't you think?

Courtney: Absolutely. That brings in full circle because that was a lesson I learned early on as a doula. In the hospital setting especially, that's one of the worse things. When you bring a first-time mom into the labor room – and one of the things that almost any doula will tell you, is that you never bring a mom in when she's in early labor. You got to set up your little tricks at home, to kind of get her through the early stages of labor. Because the longer she's there at the hospital, the more likely that the doctors – and I don't mean that these doctors are like out to get people, it's just a part of what their procedure is – but, the more likely it is that they're going to have an intervention, whatever it's going to be. It's going to be an IV, a drug, a C-section. You definitely want to wait it out

as long as you can, so that that's less likely to happen.

But lo and behold, there are many times when Mom decides she wants to go in absolutely without a doubt early. Or something goes down and the doctors are going to put that forward that, "Hey, we need to make a decision on this right now. You need to have C-section. This is what we think." The pressure is on. It is incredibly hard to get through those moments, because you do feel like you're in an emergency. They know what they are doing. I remember early on using that technique of, "Actually you don't own this time. We get to make the decisions here." When you are able to stay in your power about it, you get to dictate the courses, what's going to happen.

So, that's a trick that I learned is to say, "Well actually, we need about 10 minutes to talk alone." If you don't tell them that you want to be alone in the room, they'll stand there and watch you talk. Asking them to leave is very important and to have that time. Because literally, 5 or 10 minutes can be the difference between a C-section or not a C-section. You sit there and you talk to the mom and give her the options. Discuss what her plan is, and remind her of her intentions and that kind of thing. It can really make the difference in a situation like birth. So, it's a nice thing to start learning when you're pregnant or early on, to not freak out. The freak out moment really doesn't help anything – even though we all do it. That's what kids do to us. They tend to push the buttons just the right way so that we can get upset about things.

Kate: I think that happens even when our kids have come down with the bad flu or cold or something. They get a really high fever or they're in a lot of pain. We start to panic, right, and feel like, "Oh my gosh!"

Courtney: Yes, definitely. I think that every family has their trigger. If your family was dealing with an ear

infection and it was really freaking you out, I would just be like, “Oh yes, no. I’ll take an ear infection any day. That’s fine. We’ve gone through multiple ear infections with homeopathy.” Strep throat, that might really freak a lot of people out. You always get the ones you don’t expect. So, it’s easy to theoretically talk about, “Oh yes, we’ll do this and whatever.” But when it comes down to it, it’s usually not the easy one that you get. I never expected to have to deal with rabies. I’m prepared for strep throat, not that. That really was ridiculous.

Kate: That again just leads to what we were talking about, *don’t panic*. You have time. You can think about things. Just take your time.

Courtney: That’s right. If you can instill that into your head that the moment you start panicking, you’re freaking out and thinking of all the things you have to do and making that mental list – take a deep breath and just realize that the best thing to do is nothing. Just wait. Just wait until you can make that choice rationally. Then if you’ve got the information from Joette’s blogs, you’re one step ahead. You can just go on and do a search and help yourself out. You don’t have to go into the panic mode. So, homeopathy is like, when you’ve got that in the bag, it’s so nice to just be able to do something that you feel good about.

Kate: Right. And, that doesn’t have side effects.

Courtney: Exactly.

Kate: Things happen. So, I don’t know. People laugh at me. But when I go anywhere, I take a lot of homeopathic remedies. And when I travel, oh my gosh, one suitcase is usually half-filled with homeopathy. I remember people teasing me like my husband or whatever. I’m like you’re going to thank me if something happens and I have the right remedy. Do you know what? It has happened. Emergencies have

happened. I've had the right remedy. Otherwise, it would have been a trip to the doctor.

Courtney: I'm the same way. I have a whole cupboard at home of remedies and things. I have a habit of buying remedies. I have many kits, you know, keep them around. You have remedies lying around or whatever in places that you think you're going to need them. Almost anytime I go to Wegmans, I buy *Arnica* and *Pulsatilla*, because I just know those are popular ones in our family and might as well have it. I've got a little travel kit that always comes everywhere. I just keep fresh ones in there every time. There are certain ones that I feel like we definitely go through. That's the beauty of homeopathy, too, because it's not expensive. So, paying 5 to 10 bucks for one remedy that's literally going to get you through a moment is super inexpensive.

Kate: I know. Courtney, thank you so much for sharing all of your knowledge with us and giving us some of the examples of how you've used homeopathy. Because I think the more we can share our stories, it's just so helpful for other people to be able to hear about how we used homeopathy. It gives us more confidence.

Courtney: I think that's what's given me more confidence, too, is hearing other moms deal with the same things, and that they used homeopathy and everything was okay. So, that is really what it takes. I agree. And, thank you for having me. It's been really fun to talk! cx

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.

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

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

Is Homeopathy Safe with Allopathic Medicines?



"Are we there yet? Are we there yet?"

If you are a parent, I'm sure you are all-too-familiar with repetitive questions.

Yes, some of them can definitely get annoying.

But, *some* of them help to determine what subjects may not be understood well enough. Such is the case with the repetitive questions I receive from you ... on our Facebook page and in the comments of our blog posts.

One I get quite often is, "Is homeopathy safe to use with allopathic medicines?"

Please understand, I cannot give you a definitive answer because I am not there with you, and I am *not* your doctor!

But, in my experience, I find that they work nicely together. It does seem that many doctors and uninitiated family members are afraid of using them concurrently because they don't understand homeopathy.

Let me give you an example. Let's say you want to use *Arnica montana* after a surgical procedure to reduce bruising and swelling. Your well-meaning doctor or family member might look up *Arnica* on the internet and warn you to hold your horses – *Arnica* can cause bleeding!

Well, it can – in its original, *gross* form.

However, if you understand homeopathy, you know that the reaction a substance causes in its gross form will be *resolved* by manufacturing a homeopathy medicine out of it (through dilution and succussion).

So, your family member might be unnecessarily cautious because they don't quite grasp homeopathy. They are only looking at the very tip of the homeopathic iceberg. You're not planning to eat the arnica flower, but these concerned advisors are simply considering the original plant, without understanding the rest of the homeopathic formula.

The hallmark of homeopathy is the potentization process. That is what homeopathy *IS*! We are not using a substance as an herb or as its original material. No. It is transformed. There is a pharmacological, mathematical, scientific process that is carefully followed (and FDA regulated) to make medicine from a potential toxin.

For instance, there is a product made by [Alpine Pharmaceuticals called SinEcch™](#). It has been used for many years by plastic surgeons to control swelling and bruising. (*Sine* is the Latin term meaning “without,” and *ecchymosis* is the medical term meaning bruising. Hence, SinEcch™.)

It was developed by Michael Quinn, a conventionally-trained pharmacist, who started Hahnemann Laboratories, Inc. in 1985 in California. You might think of it as a “dressed-up” *Arnica*, and the reason so many plastic surgeons swear by SinEcch™ is that he *taught* them how to use it. Those doctors now understand the safety and efficacy of this homeopathic medicine and have no concern about prescribing it concurrently with surgery and general anesthesia.

If you have reticent doctors or family members, I empathize with you. I understand how hard it is to bring the naysayers around. It takes guts, spunk, and moxie!

So, let me just say this, and perhaps it will help you appeal to them: A scientific mind is one that is not closed. In my opinion, doctors, as scientists, should remain open! I don't mean that they have to study homeopathy, but they at least have to be open to the notion that a long-proven medicine could be effective. At the very least, they should look into it – as a scientist.

Getting back to my original point about questions, I have collected quite a few others you have asked me regarding homeopathy and surgery. So, join me here on my blog page next week, and I will address some of your most often asked

queries.

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a large, looping flourish at the end.

P.S. I'm sure you've already tried your best to introduce everyone you know to homeopathy. But unfortunately, sometimes a lone voice can be unconvincing. ["Gateway to Homeopathy"](#) is a guided study group curriculum that I'm convinced is emphatically more productive than studying alone – because you share vibrant conversation, swap success stories, and answer your mutual questions *together*.

By including a skeptic or two in your study group, you can allow the simple-to-follow curriculum to demonstrate that this is not just *your* narrative. In fact, those in the class who come with enthusiasm will do the convincing for you.

Each week as members report their successes, I guarantee your skeptical friends will become more intrigued. Meanwhile, their skepticism helps round out your own critical thinking ... a skill we all need to embrace.

An Astounding Autism Story



Every rare once in a while, I simply *must* share a client's success story with you. Of course, the success stories I hear are myriad ... but some just stand out above the rest.

This is one such case: A little boy with severe autism who is now showing marked improvement and receiving mystified raves from his teachers.

This is what I like to call a “clean case,” which is rare. There were no meds or supplements to muddy the results. There was no nutritionist, so he followed no special diet. Being able to eliminate other influences from his treatment enabled us to recognize this result was achieved with *just homeopathy*.

Let me give you some background first, and as Jack Webb used to say in Dragnet, “Only the names have been changed, to protect the innocent.” (I’m just not comfortable sharing clients’ names, even when I have their permission.)

Cindy’s beautiful son Paul developed normally. He had bright eyes, walked early, and was cute-as-a-button. But, starting at about six months old, he was plagued with almost constant ear infections. He was sick, sick, sick!

As many moms do when trying to do the right thing, Cindy made an almost weekly trek to the pediatrician. (She had an

older son, so she knew this was different.) It seemed that once a month, little Paul was put on antibiotics – different types each time. He was given a flu shot at 12 months old. And soon, the pediatrician advised tubes be put in Paul's ears.

That brought on "the moment" – the exact moment when things markedly changed. When Paul woke up from anesthesia, Cindy noticed he was different. He was very quiet and didn't exhibit any facial expressions. The doctor advised the change was likely because Paul's hearing was different post-surgery – little Paul was hearing new sounds and having to relearn his reactions to them, said the surgeon.

But Cindy knew something was wrong. And it never went away. "We lost him," Cindy said sadly.

The next year was filled with sickness, more antibiotics, another surgery to remove his adenoids, and anxiety. Lots and lots of anxiety. (And lots and lots of sleepless nights.)

Paul had withdrawn. He didn't talk. He couldn't maintain eye contact. He wouldn't eat normal food. Food, in fact, disgusted him. He would only eat dry, packaged, crispy things. He spent his entire day spinning things, such as the covers of Cindy's kitchen pots. Spinning. Spinning. Spinning. Little Paul was lost.

Paul couldn't communicate and had no other way to express himself except for violent tantrums. Cindy tried everything. Her attentiveness to Paul was truly admirable. When her family moved to New York, he was diagnosed with severe autism. Paul went through hundreds of hours of therapy. He worked so hard just to be able to say "Mom."

Then he came down with a case of croup. Normally, croup is not what I would consider to be a blessing – but in this case, it may very well have been.

Cindy called the local health food store to see what they recommended. She now admits she must've sounded desperate, because the lady at the health food store took a special interest in her, advising her to check out my website.

After reading the [blogs](#) and [testimonials](#), Cindy decided to call my office to schedule a consult. Today, she says – to my humble honor – she felt I had a certain “confidence” that enabled her to trust (and dare try) the homeopathic process.

So, we set to work addressing his croup. Normally, when Paul would have bad attacks, he would not be able to breathe. Panic would set in, making the situation worse. Cindy would carry him from his bed to outside in the cold. It would help – a little – at least enough where she felt comfortable placing him back in bed.

But, that pattern would soon become routine. Carrying him from the bed to the outside was taxing. Nobody got any sleep. However, once her homeopathic remedies arrived and Cindy gave Paul [Aconitum](#), he calmed down. Thirty minutes later, he fell asleep – and he never had to leave his bed in the middle of the night again.

And with that, she was sold on homeopathy. “This is not a placebo!” Cindy exclaimed.

So, with this newfound confidence of her own, we began implementing other remedies to address Paul's autism. At 3 $\frac{1}{2}$ years old, shortly after our efforts began, Paul looked at Cindy one day – right in the eyes. It was as though a veil had been lifted, however brief it may have been. At that moment, Cindy said “a little bit of Paul” came back.

Unfortunately, Cindy had to give up her appointments with me for quite a while. Yet, she was unable to tweak the remedies by herself, and they started aggravating.

Paul got an ear infection again, though Cindy was determined

not to allow antibiotics back into her home. She saw a local classical homeopath who tried three or four different remedies for almost a year, but they just didn't solve the problem.

At this point, she returned to consultations with me. That low-level ear infection was stubborn, but after two months, it began to disappear.

Plus, we also returned to addressing Paul's autism.

Now, as you know, I take joy in offering my readers particular homeopathics for specific conditions, but autism is a little different. I have a couple of protocols that I've used, but there's more to it than one or two remedies for this condition.

Subtle symptoms can make all the difference in the remedy choice.

Hence, I am forgoing mentioning the autism medicines I taught Cindy to use, and am instead including those recommended for his food intolerances and severe allergies, and appetite (or lack thereof).

These are important because autism is so closely associated with gut conditions:

- [Bovista 200](#) – allergies and food intolerances
- *Tuberculinum* 200 – allergies, growth, and appetite

(Remember to scroll down to download the free remedy cards naming these remedies.)

When Cindy and I first began our consultations, Paul was in special education classes. He was nonverbal. He couldn't initiate a conversation. He was known to throw desks or chairs at school during his tantrums. He even slapped a teacher!

But now, in a very short amount of time (about four consecutive consultations held every two months), Cindy has begun to see increased improvement. Paul's teachers are blown away. In fact – in a moment that certainly left an impression on me – one teacher actually took the time to text Cindy her amazement.

His teachers say he is no longer autistic.

Paul's language is blossoming; his personality is flourishing.

He maintains eye contact. He is eating more foods and is more open to variety.

Now in second grade, he's been mainstreamed from special education into a regular class; something Cindy never thought possible! He's had no further ear infections and doesn't get sick nearly as often as before.

Paul is also able to handle change more smoothly. In fact, Cindy and her family have moved into a new house, and at the same time, Paul changed teachers! Normally, that would have thrown him completely. But this time, it did not.

One of the most precious changes is that Paul has developed empathy! For instance, Paul had a brief setback at school and in his frustration, pushed another student. But, unlike in the past, he immediately apologized, cried, and began caring for the little girl with great concern for her comfort. Those of you familiar with autism will recognize this as an especially amazing achievement.

And, Paul now has a sense of humor!! He and Cindy have been working on math flashcards and recently, when walking to the bus, she quizzed him. "What is $7 + 2$?" Paul answered "ZERO!"

Before Cindy could react with hidden concern, she noticed he had a cute little look on his face as though he had pulled a

very clever joke – and Paul corrected his answer to, “Nine.” It was a beautiful moment for Cindy.

It’s difficult not to use one superlative after the other because some of these achievements seem miraculous. However, Cindy is quick to point out that you can drive yourself mad trying to eradicate all traces of autism completely. But, what Paul has achieved is no less than amazing – in her words, it is a “tremendous difference.”

There are still a couple of veils between Paul and the world, but the veils are more transparent. “We can see him there now,” she says. He’s popping out of his shell. He’s moved up the spectrum toward Asperger’s and is hitting his developmental marks – a bit late, but he *is* hitting them.

He taught himself to ride a bike. He swims now. As Cindy says, “We have Paul with us!” She is confident he will grow up to live on his own, go to college, and have a job. Before homeopathy? She would have told you there wasn’t a chance for any of that.

I have to commend Cindy. She is a very specific type of mother, designed perfectly for working through such a severe issue with the use of homeopathy.

She is attentive, yet not hyper-focused. She never seems to freak out. If it were me, I must admit, I might just freak out. She is different. She is careful and cautious, yet not neurotic nor insecure. She is pragmatic; her emotions don’t dictate her responses to life’s many challenges. She is a good model for all of us who are mothers.

And here (paraphrased), is what Cindy advises other mothers do in similar situations:

“Health is work. Roll up your sleeves and *work* for it. Never sit. You *can* win back control. It is worth the money and the effort. Be competitive – don’t give up. Is it immediate

gratification? No. Homeopathy can take some time, but when it works you can say, 'I *healed* them!' And there is no greater gratification than that."

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a long, flowing tail that loops under the main name.

P.S. If you would like to learn more about raising your family *without* drugs that could potentially trigger autism, my course [How to Raise a Drug-Free Family](#) is an excellent starting point. If taking one of my courses is beyond your means, simply use my blog. For nearly a decade, I have covered many conditions with simple protocols that are available to aid you in your journey, just like this one. And to make it even easier to track and save the particulars, just download the remedy card at the end.

By the way, my blog is free to use and share and is not commercial. This means there are no advertisers, and when I direct you to purchase a homeopathic at Boiron or Amazon, I don't accept any affiliate payments. So, when I say it's free, I mean it!



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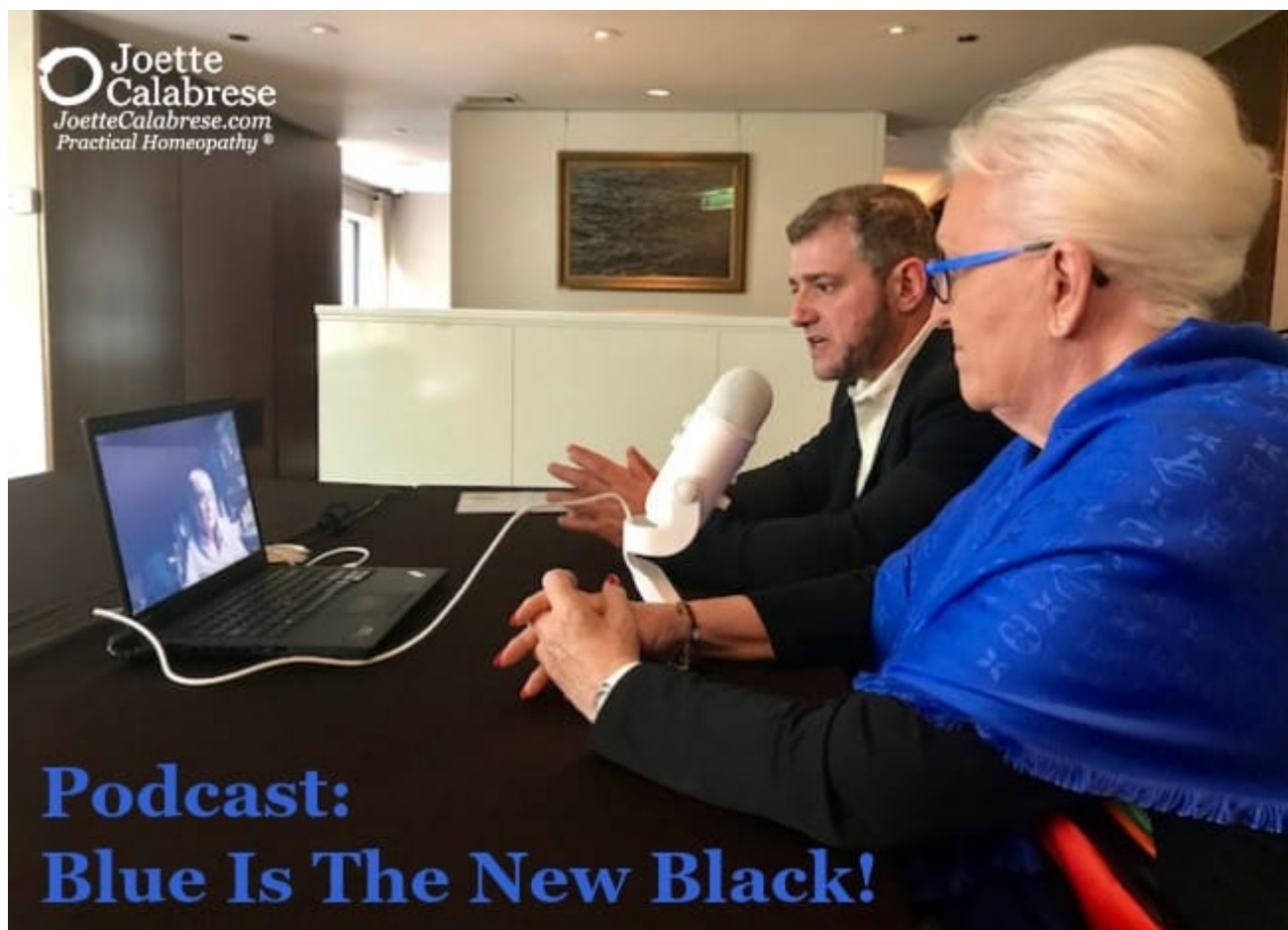
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Podcast 39 – Blue Is The New Black!



In this podcast, we cover:

- 01:08** Introducing Michèle and Christophe
- 08:34** Homeopathy in France and the US
- 14:54** Boiron's role in the growth of homeopathy
- 20:50** Boiron in India

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: Hi Folks! Today's podcast is going to be a complete

turnaround for me. Normally, I'm interviewed, but this time, I'll be the one interviewing my two special guests. The reason I've decided to do this is multifold. Once you understand who these folks are, it will become clear to you why I wanted to do this so much. So, whether you're new to homeopathy or an old pro, you'll appreciate what you'll learn today because we're going to be interviewing two key people in the world of global homeopathy.

So, let me start with this: You know those little blue bottles of homeopathic medicines that you see at your local supermarket, or health food store, or at your local conventional pharmacy and online? Well, they're made by Boiron. There is a fascinating and, perhaps to you, an untold story that needs to be revealed here in the US. *That* is my goal today. I want to start with two super important people, as I said, at Boiron.

Introducing Michèle and Christophe

First, we have Michèle Boiron. In case you haven't made the connection yet, she carries the family name of Boiron which makes her super important in the story that she and we are about to tell. So, Michèle Boiron is a pharmacist since 1969. She practiced her profession with passion behind the counter until 2005 – in both homeopathic and allopathic pharmacies. That makes her a little special, folks, especially in the US. Since then, Michèle has traveled the world sharing her experiences with fellow pharmacists in countries such as Brazil, Russia, Tunisia, Poland, the Czech Republic, and Polynesia. Now, of course, she's in North America. She's probably done this many times. But, this is a really fascinating thing is that she was made knight of the Legion of Honour by the French Minister of Health in 2008.

Now, before we start talking to her, let me also introduce to you, Christophe Merville. Christophe, who is a Doctor of Pharmacology, is the Director of Education and Pharmacy

Development at Boiron. In his position, he creates training programs both online and in print for pharmacists and retailers on homeopathic medicines used to treat common health conditions. Before his 20-year career with Boiron, Christophe was a university hospital pharmacist in France, Loire Valley where he obtained three years of clinical experience. He was, of course, born in France. He completed his pharmacy doctorate in Nantes in 1985. He also co-authored several published works and has presented homeopathic topics at scientific meetings.

So, I welcome you both. This is really exciting for me and I hope for our listeners as well.

If you don't mind, let's start with you Michèle. I just have to ask you this question if you don't mind. I've heard you have a reputation for being a troublemaker. I love troublemakers.

Michèle: That's right.

Joette: I tell people, they need to have guts, spunk, and moxie. I want to know what the reason is for this reputation. I heard you speak on it recently. So, I'd love to have you share that with us. Why are you such a troublemaker?

Michèle: Yes, I am really. I was a troublemaker because I was never satisfied with what I had. I began my story in the family pharmacy in Lyon. In that pharmacy, there were only homeopathic medicines. So, I was not so well with that because as a young pharmacist, I felt there were many other medicines very effective and important. So, I stayed there 10 years and I said, "No, I have to go on my own." I went and I bought a small pharmacy in this suburb of Lyon, only allopathic drugs and not a single pellet tube. I was happy to say, "I'm going to do what I want."

Joette: I love it. That's the goal for all of us. Can you

tell me a little bit of the legacy of your parents as pharmacists and how that all fit into your life and what Boiron is today?

Michèle: You know? I wanted to be an English teacher. You can't imagine that today, huh? But we had family values. My father was pharmacist. My mother was pharmacist. So, I became a pharmacist. Then I began with my mother in her pharmacy. Afterwards, I had my own pharmacy. I introduced homeopathy in the allopathic pharmacy. Then I came back to the family pharmacy, and there I put conventional medicine in the homeopathic pharmacy. That's why I am a troublemaker, you know, because I need to get all the medicines and not only a part of that. They always teach me to do what I really wanted to do. So, that's very important. My father was so much passionate by homeopathy. So, I lived with that. He transmitted that to us, I think. Us three, my two brothers and I are still working in the field of homeopathy.

Joette: Yes. So, you're the bridge to the two paradigms of medicine: allopathy and homeopathy.

Michèle: Yes, that's true because we have wonderful medicines. The only thing is to use them in the right way. And, first of all, not to take your hammer to kill a mosquito. So, at the first beginning of a story of a disease, you have to try first – for me – homeopathic medicine because they are effective and without side effects. If ever it's not working for one reason or another, okay, we have time to take another medicine. So first of all, it can be used alone. And also, now, more and more, it's used as a complementary medicine. Of course, also in case that people cannot take conventional medicine. So, you have so many ways to use homeopathy. For me, it's important to know it. That's why I'm going around the world to share my experience with homeopathy with pharmacists.

Joette: Yes, yes. But there's a uniqueness in that message.

Is that ... maybe it's because of the French pharmacies and the patient pharmacist exchange? Perhaps that has something to do with it. I believe that's very unusual. We don't see a tight exchange here in North America between the pharmacist and the patient. The pharmacist in the US is kind of the go-between. I love that it's done this way in France. I would love you to expound on that if you don't mind.

Michèle: Yes. It is true that it is very different exercise in France than in the US. But I can tell you, it is changing all around the world. The role of the pharmacist is increasing and becoming a more advisory role everywhere, in Russia, in Tunisia, in Italy, and everywhere in the world. I think it's coming here, too, because people need to have somebody to ask questions as soon as it comes. Of course, otherwise, they have to be aware of many things themselves. It's very difficult.

Joette: It's a lot of work. You're absolutely right. I've actually advised people that if their pharmacist is too busy during the day, that they should call in the middle of the night those pharmacies that are open 24 hours – and get the lonely pharmacist when he or she is all alone and in need of company and wouldn't mind some questions coming in at the dark hours of 3 AM. But maybe that will change in the US. That would be great. I'd love to see that happen.

Michèle: I think it's going to change.

Joette: So there's a wide appeal of homeopathic medicines in France, much different than what we see in North America. Yes?

Homeopathy in France and the US

Michèle: Yes, of course. In France, more than 50% of the people over 18 years old have used already homeopathic medicines. That means without counting children. So, that's very important. Here, it's not exactly the same, a little

bit less. But we are on a wave at that moment where people are willing more natural and less aggressive therapeutics. It is the same for the food. It is the same for everything. They want more natural things. Homeopathy fits quite well with this new way of life. So, I think it will be more and more.

Joette: It is a tidy fit. I agree with you. I think it has a lot to do with perhaps the politics of the world today, perhaps the internet having the ability to look things up on their own. There's a movement, I think, throughout the world as you said for cleaner environments and better food and accountability and what these medications can or cannot do. I agree with you.

So, Christophe, if you don't mind, I'd love to bring you into this. Tell us about how your medicines are made. I don't want to get too deep into this. I don't want to get into potencies, et cetera, et cetera. But a little bit about the rules and regulations with those folks who tend to believe that homeopathy is running by the seat of its pants – when in fact, it is nothing like that? Could you dispel that for us?

Christophe: The first thing to know important is that in the US, homeopathic medicines have been defined as drugs since 1938. For everybody, that means that the level of control in the manufacturing and distribution of these medicines is very high, much higher than with herbs and supplements. So, for example, during the manufacturing process, you have dozens of controls that are happening to control exactly that each medicine is the same. One thing that role has been very, very instrumental in the world of homeopathic manufacturing is establishing guidelines that have been accepted, integrated to the French Pharmacopoeia and some of them to the US Pharmacopoeia (homeopathy pharmacopoeia, of course, in the US) to provide medicine that's very reliable. You can count on it. With Boiron, we

start always with fresh plants, for example. Every time we can, it's a fresh plant. The level of control here also is very high. For example, on each homeopathic, from each Boiron homeopathic medicine, you have a little lot number. If you give me that lot number, I can call France, and they can tell me what was the weather like.

Joette: Oh, come on!

Christophe: Yes, because we need to.

Joette: Oh, how impressive!

Christophe: When the plant was harvested because we need to gather the plants when it's not rainy, otherwise, there is too much water in the plant, and so on and so forth. So, those are just a few examples of the level of control we care. Not talking about dilutions in detail, but when we manufacture homeopathic dilution, it is done in an environment where the air is extremely pure. It's even purer than the air on top of Mt. Everest. And, all that is validated and controlled and so on. So, homeopathic medicines are not made in the corner of a kitchen table. It's a highly controlled process. Therefore, each physician, each pharmacy, each patient to receive, or to distribute, or to dispense the medicine of the highest quality and reliability.

Joette: So Christophe, are you saying that this is unique to Boiron?

Christophe: I would say yes. No question. I worked with other pharmacist. We – the company, Boiron company – has a fast pharmacist control, and especially in domain of homeopathy where tradition and modernism work together. This is really unique. To not to criticize, but for example, the dynamization process – you can do it by hand, of course. That's how Hahnemann described it. But we keep the same spirit, but we use a dynamizer which is the same in every

Boiron plant and is calibrated to vibrate at the same speed and doing the same length. So, each dynamization is *always* made the same way.

Joette: Consistency.

Christophe: Consistency in order to eliminate from the patient and the physician or the pharmacist the doubt that, "Oh, I don't see the same effect with the medicine because of the medicine." No, if you don't see the same effect, it comes from the patient. So, that's very important.

Joette: Yes, that eliminates one factor that could be very important.

Christophe: We don't know to what extent the dynamization must be: 10 seconds, 12 seconds, 5 seconds. All that needs to be ascertained. I'm sure it will be in the near future. However, consistency at this point is important. You know it works well when you do it that way. You keep doing it that way. It's as simple as that.

Joette: Beautiful. It's beautiful. So obviously, what happens when you run a company for many decades and it grows exponentially – not just in the home country from which it began but then to the next country and the next and the next and then goes across the pond to the other side of the world – there's a reason for that. That has a lot to do with the consistency and the quality and etcetera. So, I believe – even before I knew anyone at Boiron – that Boiron has something unique. And, not only because of the blue tubes. (I must say parenthetically, Michèle has a blue jacket on and blue eyeglasses on. They're very beautiful. I wish you could see her. I'm totally enjoying the view I have right now.) But also, because there's a new role occurring for Boiron. I mean it's not that new ... you've been in the US for what, 40 years?

Christophe: Since 1983.

Joette: '83, okay. What is the role of Boiron in the role of growth of homeopathy throughout the world?

Boiron's role in the growth of homeopathy

Michèle: It is our aim to make homeopathy well-known everywhere in the world. Our aim is not to make a special medicine so that we can gain much money. Of course, it's good, but that's not the point. The point is we really want homeopathy to be known everywhere, so that people are able to choose the way of curing them. To choose, you have to know it before. It's the same for people than for all the healthcare professional. So, it's important that we go everywhere in the world to promote homeopathy.

Christophe: May I just add something?

Joette: Please.

Christophe: It's very simple. If you go on the Boiron website, you will see that goal clearly written. It's about, for us I think, establishing a trustful relationship with the pharmacists, physicians, or customers. I think that is strong. People recognize it. They talk about it. That's how it grows very organically. It's not so much an exponential growth. It's an organic growth. Mothers talk to their daughters, to their neighbors.

Joette: Yes!

Christophe: When they want information, we give them coherent and consistent information. We try to give as clear and transparent as possible. That is really helping people to choose something they're trusting, as opposed that something they're fearing. That I think plays a role.

Joette: Yes, I couldn't agree with you more. A big aspect of my message is that this needs to be in the hands of families. That usually means mothers and grandmothers.

Although, I see fathers more and more interested in this. But the mothers are the ones who are generally up with the children in the middle of the night. The grandmothers are the ones who are advising their daughters and daughter-in-laws, et cetera. So, I believe what this is, is a movement towards family. Family doesn't have to be with children. Family can be with cats. A family can be with livestock. A family can be with having two poodles and a German shepherd. That's still family, because we can't help but want to take care of those we love and that is a big part of this. So, I say "family" and "mother" and "grandmother" with a little bit broader understanding of it. But, I also understand that there are pharmacy schools in the US. Tell me about these schools, and are you teaching there, Christophe? Tell me about that a little bit.

Christophe: Yes, I was very pleased and honored to be invited to speak at several schools of pharmacy and two of them on a very regular basis for seven years now. Our goal is to go there with a visual of information. We are not there to promote Boiron or even promote homeopathy. It's as much as saying those are drugs. You cannot ignore it. We think we are the best people to explain in detail and answer all your questions. We expose the facts. We expose the research.

At the beginning, I was very surprised to see how – from a level of knowledge that was almost zero – at the end of the two hours, they say, "Well, we are very comfortable now answering questions." For pharmacists or future pharmacists, this is so important. Because if they appear not to know something, the customer will go elsewhere – and God knows where sometimes – and not receive the same good advice. So, at least in the US, that's my experience. I'm sure in France, situation is not the same, but homeopathy is more integrated. We have other types of questions. But in general, pharmacists, when they start to know homeopathy,

have a keen interest into it.

Joette: Well, interestingly, I find that when I teach homeopathy and I get pharmacists in my classes ... they get it. Once they flip that switch, and they move just a tiny degree over, it all fits. Because that's what homeopathy is – is pharmacology.

Christophe: May I share with you just a quick number? We were involved in a process of sponsoring continued education program. One of the questions that was asked, before the program was launched, is to pharmacist, "Are you interested in being educated in homeopathy?" Guess what the percentage was? 400 pharmacists answered.

Joette: I have no idea. I like to think it's high.

Christophe: 96%.

Joette: Oh, come on! That's excellent!

Christophe: Can we say they are open-minded?

Joette: They're looking for the alternatives. I think that's how we have all come to homeopathy – perhaps not Michèle so much, because she grew up in a family with it. But for those of us who were on the allopathic trail for so many years and then we're cured (or diseases were resolved for myself, et cetera, my family), it becomes a passion like no other passion. Now, I love food and I love preparing food. I love travel. There are many things that I love. I love Italian opera. But *nothing has turned me on* like this. Talking about a switch being flipped ... once mine was flipped, there was no turning back. I see that, and I keep waiting for it to happen in others. I am observing this in so many people because of our goal in teaching families time and time again. So, it is a very exciting movement. I do believe that it is a movement. Would you say, Michèle, that this is a movement?

Michèle: Yes, of course, this is a movement. I'm very happy of that. I'm proud to help it. So, as long as I can do that and it will be really a big chance for me.

Joette: Yes. So now, I also understand that you're looking to India, and you've broken into the Indian market ... is that right?

Boiron in India

Michèle: It is our last subsidiary. We went to India before, and then we moved. But today, we have the will to be back to India. We are in India, since one year. In this country, homeopathy is an official medicine. You have plenty of people using already homeopathic medicines.

Joette: Yes.

Michèle: So, we hope to do a good job there.

Joette: Yes, yes. I think it's an excellent idea. I don't know that they have the steps that other countries in Europe and the US have in terms of regulations. I don't know how deep their regulations go. So, it would be good to have something that was universally regulated. I love that idea. Generally, I'm not for universality but when it comes to this – I'm all in.

Christophe: Joette, I know that in India, they are looking to the homeopathic pharmacopeia of the US as a provider of clean and reliable guidelines. That's a very good sign.

Joette: Guidelines, yes, guidelines.

Christophe: Normalization.

Joette: Yes, it's needed because I work with people from all over the world. It's hard to get them some medicine sometimes because I don't know the pharmacies in those parts of the world. To be able to send them to Boiron in remote

places would certainly make it a lot easier for many of my students, et cetera. Yes, it would be great.

So Michèle, you said – and please correct me if I'm wrong – something to the effect that it's not one product that you have in mind; it's something other than that. Could you just expound on that just for one more minute? I just want to make sure I understand.

Michèle: The aim is to give some people a chance to be cured when they can't be cured by conventional medicine. That is to say a woman who has hot flushes who has a risk of breast cancer – she will not be able to take hormonals. So, what can she do?

Joette: Excellent example.

Michèle: Except homeopathy, you don't have any solution. And then you have also all the palliative care we can accompany – not, of course, replace – chemotherapy and radiotherapy.

Joette: Surgery and diagnostics, et cetera, yes.

Michèle: Only to mitigate the side effects of the chemotherapy. So, it helps a lot and it helps so many people. So, that's our way of thinking.

Joette: Yes, yes. Well, on the other hand, there is one product that Boiron is so well-known for. And it's [Oscillococcinum](#). What's really fascinating about this story is that I have a picture of your dog in front of me.

Michèle: Yes.

Joette: Tell these listeners about how those two bridged together?

Michèle: Her name was Oscillo, that's why.

Joette: Oscillo, very sweet. So, it only goes to show how important one medicine can be in one family.

Michèle: She lived five years more than all her siblings because she was cured with homeopathy, so good for pets.

Joette: Is there anything else that I should be asking you folks that I have not asked, or anything you would like to comment on for our listeners that you believe would be valuable?

Michèle: Not to discuss perhaps, but to say that homeopathic medicines are good from the first day of the life until the last day of the life. They are for everybody. Everybody can take those medicines without any risk. That would be my message – dare to try –because you don't have any risk. It is so important to dare to try.

Joette: I love it, guts, spunk, and moxie – So, thank you very much both Christophe and Michèle. It's been wonderful. I totally enjoyed it.

Michèle: Thank you.

Christophe: Thank you.

Joette: Bye now.

Michèle: Bye.

Christophe: Bye-bye.

Joette: There you have it, folks, straight from the experts. Many thanks to Michèle Boiron and Christophe Merville and Boiron for this inspirational interview.

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.

Thanksgiving Traditions



Some things never change.

Thanksgiving has been around a long time, having sustained its treasured place in our hearts through long-established familial traditions.

All who celebrate Thanksgiving in the U.S. know it always takes place near the end of November. It's always on a Thursday. The meal is always the centerpiece of the celebration. And the meal *always* consists of the same traditional foods.

Thanksgiving is steadfast, consistent, and reliable. Thanksgiving never lets me down.

And neither does homeopathy.

I was thinking of that fact about a week or so ago when I felt like I'd come down with a little stomach flu.

The nausea came on strong, so I grabbed my trusty and reliable homeopathy kit which, by the way, is 30 years old (though the plastic box has yellowed a bit)!

In fact, the kit is so old, the company that manufactured it was purchased by *another* company some 25 years ago. The remedy bottles are plastic with no glass lining:

How's that for lasting medicine? I took one dose of [*Ipecac 30*](#) and in less than an hour, my nausea was gone.

I even have bottles of remedies from 1918, and I know they work because I've *used* them!

Now, of course, pharmacies provide dating guidelines because they certainly can't be responsible for a remedy from 1918. But in *my* experience, these medicines maintain their efficacy; that's one of the best parts of homeopathy.

By the way, two days later, my husband thought he was coming down with the stomach flu that had flirted with me. I handed him that same old, reliable bottle of *Ipecac 30* and as we've come to expect – it did its good work again.

Like I said, some things never change.

With tradition comes confidence. In 1798, if a child had a sore throat, Dr. Hahnemann (the Father of homeopathy) would administer perhaps *Hepar sulph* or *Mercurius viv*. In 2017 – 219 years later – if a child has a sore throat, we do the same and use [*Hepar sulph*](#) or [*Mercurius*](#). It's the same. There's nothing capricious here. None of our medicines are yanked from the market by the FDA nor slither away in shame for having caused harm.

Homeopathy is steadfast, consistent, and always reliable.

Just like Thanksgiving.

We know what to expect.

Speaking of which, if you “accidentally” happen to enjoy too much of your yummy Thanksgiving meal and feel nausea coming on – not from stomach flu as I described above, but rather from too much turkey and pie – please refer back to my previous Halloween [blog on overindulgence](#) and have some [Nux vomica](#) on hand.

Here’s to our traditions. Wishing you a warm, happy, delicious Thanksgiving with your loved ones.

*And keep your kit handy just in case, even IF it is a little yellowed with age!

How Homeopathy Deals with Diagnoses, Part Two

Homeopathy and Diagnoses Part 2



A triangle can't exist without three sides, right?

Well, in the homeopathic method that I teach, the correct remedy can't be selected without answering three questions:

- 1) What is the disease?
- 2) Which organ is affected?
- 3) How do the symptoms present?

These three questions are each *equally* important – just as important as the three sides of a triangle.

[Last week in part one of this series,](#) we discussed question number one – the necessity of a diagnosis from either your own experience and education or, when you're unsure, from a medical professional. So now, let's complete your ability to choose a remedy by looking at how to answer the final two questions.

Let's say a young mother determined what disease she was

dealing with (as we discussed last week), and chose a remedy solely based on the disease alone. If the remedy she chose was not successful, then should she throw up her hands and say, “It didn’t work!”?

No.

It’s not that the remedy didn’t work, it’s that she chose the *wrong remedy*. There are a few variables that come into play when choosing a homeopathic. And if they are not clarified and used accordingly, success will not ensue. For example, perhaps she wasn’t treating the correct organ. And that’s why question number two is so important.

Follow me here ... let’s say our young mother was addressing a vaginal yeast infection. Some people assume that if the yeast is presenting vaginally, then it must also be systemic. Well, perhaps – but the treatments would not be the same! Why? Because the *organs* are not the same!

Here we focus on the organ that is affected!

So, in this case, she would choose the remedy for *vaginal* yeast, rather than a remedy for *systemic* yeast. And, hopefully, she found helpful information in my previous blog post, [Vaginal Yeast Gone with Homeopathy](#).

But what if after successful treatment of the vaginal yeast infection, she still feels a yeast overgrowth remains elsewhere? It is still not a time for her to say, “Oh, NO! It didn’t work!”

Yes. Yes, it did.

The remedy worked just fine on the organ for which it was intended. But now is a great opportunity to dig deeper – to uproot the systemic yeast issue – by choosing a different remedy more precisely targeted to another affected organ or targeted systemically.

Do you see how this pattern works?

What I'm trying to tell you is that sometimes homeopathy can be like pulling weeds. You may initially get rid of the annoying part of the weed that is visible on the surface.

Yet you may have to try a few times to get to the deeper, underlying root. But that's the beauty of homeopathy. Eventually, by choosing the correct medicine for each particular instance, you'll likely uproot the condition.

Okay. You're confident with the determination of your disease and the organ affected. But, do *not* forget the importance of question number three: How do the symptoms present?

This step is where people can easily go off track. So now is when I often say, "Just the facts, Ma'am." Don't intellectualize. No suppositions. No assumptions. Don't fall down a convoluted rabbit hole, trying to figure out an esoteric, mysterious "why?" Over-intellectualizing only serves as fodder for sleepless nights.

All you need are the facts. Just. The. Facts.

The easiest clients I have are the ones who simply say, for instance, "My hip hurts with movement." They don't intellectualize it by tracing back that it must hurt because of inflammation ... and the inflammation must be from dairy ... and the dairy intolerance must be as a result of the MTHFR gene ... and ... and ... and.

STOP!!!!

It's hip pain that's worse with any movement.

That's it.

That's all we need to choose the correct remedy: [Symphytum 200](#) toggled with [Bryonia 200](#) twice daily. (Toggled means two

remedies taken along with each other at staggered times, not mixed together and taken simultaneously.) *Symphytum* is for sinuous matter, joints, and muscles, and *Bryonia* is for pain made worse by movement.

Parenthetically, *Bryonia* is chosen when the condition is worse from ongoing movement...not worse from 1st movement that is minimized after limbering up. If it is worse from 1st movement but improved from stretching, etc., the medicine is more likely a better fit with *Rhus tox*. Do you see how important symptoms can be?

Homeopathy is our path to self-reliance. And education is our path to a better and better practice of homeopathy. Whether you choose to take my courses or listen to podcasts or read all of the free material on my blog,

I hope you will continue to learn as much as you can so that you can answer these three key questions more quickly and precisely when you or your loved ones are in need.

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is fluid and elegant, with a large loop at the bottom.

P.S. In my work as an educator, mother, and homeopath, over the years I have accumulated a rich collection of *materia medicas* for my library. Some are in-depth and complicated and would be difficult for those new to homeopathy to follow.

I am so excited to announce that I have written what I hope you'll find to be a valuable resource for your homeopathic

library: [*A Materia Medica: Practical Homeopathy® for Busy Families*](#). I've done my best to write in *simple* language: concise, swift, modern, and most importantly, practical.

I sincerely believe it will help you become truly self-sufficient and confident in taking care of your family's health.

Podcast 38 – Study Group Questions for Joette



In this podcast, we cover:

- 02:09** Study group and its importance
- 08:37** Joette talks about poison, toxicity, and curative aspect
- 14:14** When would we see results
- 26:10** When it's not acting as quickly
- 34:05** Homeopathic resources available

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.

Kate: It's Podcast Number 38 at joettecalabrese.com. Here's what we have coming up:

I'm Kate. Today, I'm excited to share with you a discussion I recently had with Joette and Lara. On this podcast, we discussed the benefits of joining a study group and how a study group can bring about a change in thinking for those people in your life who may be skeptical of homeopathy. We also answered a question that is often asked by many of you. If I'm allergic to a substance, can I take a homeopathic medicine that is made from that substance? Finally, we talked about what to expect when using homeopathy for colds and flus and how to be prepared for when an illness occurs. Now, let's get started.

Hey Joette! It's great to be with you here today. I'm in Wisconsin and you are in Canada, right?

Joette: Ontario! Yes, I'm in Ontario, and ...

Kate: And Lara, she's joining us today as a special guest.

Welcome, Lara. Lara is Joette's course manager. So, Lara, where are you at?

Lara: I'm in New York. Thank you, Kate.

Kate: We're glad that you could be with us today. We're excited to be able to talk homeopathy together. There is so much good stuff that we have for you guys today. We're excited to share it with you. So, welcome you guys. Thanks for being here.

Joette: Oh, this is fun.

Lara: Thank you.

Kate: Today, we're going to be talking about study groups and some of the common questions that you guys ask when you're [taking the study group](#). Some of the questions that come up over and over again in the courses and just in general, right Joette? People write to you with questions?

Joette: On the blog, they come in to the office, absolutely, yes.

Kate: So, let's get started and let's talk a little bit about study groups in general. I know that we covered this in [Podcast Number 18](#). So, if you guys want some more information on that, you can go ahead and refer to that podcast and review Joette's history about how she started her study group and then how the Gateway to Homeopathy course developed.

Study group and its importance

Joette: Yes, let's talk about it, because I'll just tell briefly that the way that I started in homeopathy was to start my own study group back in the 80's. I gathered a group of friends and we met every Thursday night for four years. It was our ladies' night out essentially, although we

didn't really go anywhere. We went into each other's living rooms. At one point, we brought a teacher in and she helped us learn. But other times, the teacher wasn't available, so we went on – on our own.

What it did was a number of things. It built a community. That's really important. If you've got someone you can count on to ask questions who may be a little ahead of you or even if that person's a little behind you in understanding, the value of having other people around you who are of like mind is paramount. Because when you're stuck at 8 o'clock at night and somebody in your family is really sick with the flu or a cold and you can't think straight because you're coming down with it as well – isn't it nice to have someone you can contact and say, "Oh my gosh, So-and-So, can you tell me what did you use that time that helped your family so much?" So, there is that.

There is also your increasing your understanding of cases. Homeopathy is not just understanding the basics of homeopathy, the fundamentals, and then the materia medica, (understanding some of the medicines that are used and also the potencies and frequencies). But, it's also understanding case-taking, and how soon you give the next dose. How frequently you give it. When you stop, et cetera. And when you hear case after case after case – which is exactly what would be happening by listening to other people's rendition of their own condition and their family's conditions – that's when you learn.

So, I remember when I was in homeopathy school, one of our teachers said, "You will never become a homeopath – truly become a homeopath – until you go into practice. The reason that was so clearly stated – and I couldn't agree more – was that it's because you got to see different cases than what you're accustomed to in your own family. You want to see what people who have one child suffer. We want to see what people who have three dogs and what their dogs suffer.

Therefore, what we want to do is get all of those incongruent aspects of homeopathy and pull them altogether. That's what makes homeopathy much more unified, so that it starts making sense. So, you have those *aha moments*: "Oh, my gosh. She used *Pulsatilla* for her child's stomachache, and I use *Pulsatilla* for my child's ear infection. And look at these similarities." That's when we learn. That's when we learn exponentially. It ups our knowledge, and the pace is really picked up in your understanding of how to use this for your family and self.

Kate: Right, exactly. I know that you see a lot of people that take the Antibiotic course or the [Allergic course](#) or the [Good Gut, Bad Gut course](#) and then on top of that, they still join a study group because they have that core of group of people that they can continue that relationship with. Oftentimes, those groups go on and they take courses together and continue learning together. So, [the study group](#), although it's a great first place to plug in and learn, it's not necessarily the only way that you can do this. You can do study groups after you've taken courses and I see that many times.

Joette: One other thing I just have to add to this is that if you have a mother-in-law or a sister or a husband who is a skeptic of homeopathy, instead of you trying to convince that person who is important in your life, if they join a study group (even if they just come to one meeting) and they hear everyone else talking about it – they're in! More often than not, they hop in because now it's a different voice. It's not your voice repetitively to your sister, to your husband, over and over and over again, "Homeopathy is great. Look how great it is." No. Now, they hear different voices, and then it starts to come together instead of it just being you. So, it's a great opportunity to bring in people who are significant in your life into your world ... so that you can study and learn together or – at least if nothing else –

they're not an impediment. Because sometimes a husband who doesn't agree can be an impediment. You want him onboard. You want to be at the same place together. That's really critical.

Lara: I think people joined the study groups for a lot of different reasons. There isn't just necessarily one way that you have to do it: where you take the study group first and then you graduate on to a course. We've seen people who take the courses first, like Kate mentioned, and then join a study group. I think a part of human nature is once you have some learning, you get excited about wanting to share that learning. Sometimes people take a course – and the course is a more individual thing, you know, people do it at their own pace ...

Joette: They're alone.

Lara: Yes, exactly. They are learning maybe alone in their living room in front of the computer. Then there's a desire to get with a group of people and talk about all the things you learned. And study group is great for that.

Joette: Yes.

Kate: Exactly. Last night, we were doing a study group together. One of the people in the study group actually had some friends over to her house and she said, "Hey, can they listen in for just a little bit?" And they did. Then afterwards she said, "Hey, they want to take the study group. They want to take Joette's Gateway to Homeopathy." So, just that little bit of excitement in listening to those people share their stories, their success stories with homeopathy and learn just that little bit really excited them about homeopathy. So, it's a great way. Even if you think you are past that point of learning, it's a great way to step back, take that course, and just bring some friends into it and take it with them.

Joette: Then we have lots of questions that come from these study groups. I mean you're like a study group guru, right Kate?

Kate: I have taught the study group many times, yes. Every time, my students are the same way. They take the courses over and over again. They take the study groups over and over again. And because we're always learning something new from each other and just really reviewing that information – you can never review too much.

Joette, I hear these questions so often and I know you do, too. One of the foundational questions that people ask is "Hey, I'm allergic to poison ivy. Can I still take the homeopathic remedy *Rhus tox* which is actually made from poison ivy?" What do you have to say to those people?

Joette talks about poison, toxicity, and curative aspect

Joette: Well, there are very few people who aren't allergic to poison ivy. So, let's start with that. Poison ivy is indeed a poison. What's lovely about homeopathy is that it is often made from poisons. The beauty of it is that the poison does not remain. What remains is the curative aspect. So, by diluting poison ivy 200 times for example to the 100th power, which would mean *Rhus tox* 200C, what we're doing is eliminating the toxic aspect of the poison ivy by all of those dilutions. (This is all pharmacologically done and all regulated by the Food and Drug Administration, parenthetically.) It's a method of diluting so far that it gets to the point where it comes back round again and becomes curative. How that happens is by reducing the toxicity and bringing it down by all of this dilution process. It simultaneously reduces the toxicity and brings forth the curative aspect of that plant.

Now, all plants – every substance on earth – has a curative aspect to it, but sometimes we can't use it in gross form

because, of course, you would break out in pustules and itching and restlessness, et cetera. Just that's what would happen with poison ivy. But we have found – not I, this is what Dr. Samuel Hahnemann discovered back in the 1700s and all his followers after that – that if you dilute a very poisonous substance, that by doing so, you are now bringing forth its curative aspect at a certain point.

So, what point is that? Well, in homeopathy, we know it's usually a 3X or a 3C, 6X, 6C. I don't want to get too deeply into all this because it's really basically a whole course in learning how to do this – or learning, understanding how this all comes together. But, we're diluting it three times to the 10th power, that's 3X. Three times to the 100th power, that's 3C. And we keep going up. So, it matters not that you are allergic or you respond to *Rhus tox*, or for example *Sulphur*. Because I know that was the second part of this question was: "What if I'm allergic to *Sulphur*, sulfa drugs, et cetera, antibiotics?" That would mean, generally speaking, that *Sulphur* 30C, 200C might indeed be the perfect medicine for you because it's been diluted to the point where now it becomes the medicine for those who suffer from such.

Kate: Exactly. That really helps to clear it up in my mind because I know many people ask that. Even if we don't necessarily have the right answer for it, we know in our minds that it's not going to hurt us but we don't know how to articulate that. So, thank you for helping us to articulate that to our friends and our family members who might have those concerns.

Joette: Yes. Let me also mention this. That in botanicals – herbalism – the herbalists have a beautiful array of materia medica, lots of medicines from which to choose: Chamomilla, and St John's wort, and all of those beautiful medicines that they can use. They can pick them. Make them into

tinctures. Pick them, make them into poultices, et cetera, and teas, and oils, et cetera. Beautiful stuff, but they're limited. In homeopathy, we use those same herbs and botanicals, but we get to use the poisons. The poisons are actually – in my estimation – the most valuable of all the medicines because the poison causes a condition in its gross form, but, in the highly diluted potentised level of homeopathy diluted 200 times to the 100th power, *now* we've got a medicine that can uproot what that poison would have caused. It's gorgeous.

So, we use lead: *Plumbum*. We use arsenic: *Arsenicum album*. We use *Hyoscyamus*. We use *Belladonna*, *Nux vomica*. Basically, in their original form ... They have *Strychninum*, et cetera. So, what we're doing with these homeopathic pharmacies – again, regulated by the Food and Drug Administration as medicines, mind you – we are now diluting or *they* are diluting it down to the point where the toxicity is removed and the curative aspect is brought to the fore. What a brilliant way of using botanicals or toxic substances found on earth and pharmacology and math. It gets the essence of many sciences and pulls them into one, and makes them into the medicine of choice.

Kate: And it's gentle, right?

Joette: Yes, because it's so highly diluted. There's so little left that sometimes it's even questioned whether or not there's anything left. The point is there's just enough to be able to gently, efficaciously stimulate the body's ability to do this. This is what homeopathy does: bring the person back to wholeness. How does it do that? It stimulates that natural ability that we know the body has the ability, for the most part, to be able to do.

Kate: Well, thank you for clearing that up for us. What are the other questions, Joette that come up? I know that right now, we are in the throes of cold and flu season. So, can

you give us some ideas of some realistic expectations when we are using the remedies? For instance, we learn in our study groups or in the courses to treat the cold and flu viruses. What are some expectations that we can have as far as how quickly these remedies are going to act, and how quickly we're going to see results?

When would we see results

Joette: I've seen the whole gamut. But as I fine-tune my knowledge in homeopathy – and I've been using homeopathy for over 30 years – I'm still always learning another homeopathic medicine that could be even tighter than the last one. I find that if you get the right medicine, it can be jaw dropping. It's so fast. Often people tell me, "Oh my gosh, I felt really sick. I felt like I was coming down with bronchitis. I know that feeling because I've had it in the past. But I took that *Aconitum* and *Bryonia*. My gosh! I'm going to say two hours, I could feel my energy come back again." So, sometimes we see that.

Other times, we see that it lingers for a while. The reason it's lingering in my estimation is you just haven't gotten the right medicine. Because when you get the right medicine especially for an acute – remember, this is an acute we're talking – this is not a chronic illness. For an acute, generally speaking, we see it turn around within a few hours or a day or two. Now, if it's been established and the illness is gone for a while and we see relentless vomiting. For example, my son just had a terrible stomach flu. It started out in the morning. He was pretty uncomfortable, a lot of nausea and vomiting for about an hour. He never contacted me. He figured he could do it himself. He actually did do it himself. The vomiting stopped after taking the fourth dose of the medicine which was great. He actually used *Ipecac*. Then the nausea persisted a little bit longer. Now, it was about two in the afternoon. This all started

early in the morning. He still had nausea. He couldn't eat. He didn't feel well. He couldn't talk for very long because the nausea persisted. He kept taking it every, I think he was taking it about every three hours or so. By about 5 o'clock that night, he was able to eat.

Now, is that the right amount of time? I think it's perfect to be honest. If you can miss one day of school or one day of work for a stomach flu when you see your friends and neighbors, et cetera, going on for three and four days, and then when they're finished, they still are not 100% – I would say that's pretty darn good use of medicine. The following day, I followed up and I texted him. "How are you doing today?" He says, "I'm fine. I'm back at school." *That's what we're talking about! That's the way we wanted to go.*

Now, had he chosen the wrong medicine – even the "wrong" medicine – you can still do a lot of good. A lot of good ... because even if you choose the wrong one, by choosing the wrong medicine, the symptoms that you need to really pay attention to will come to the fore. So, if you've taken the wrong medicine, and now we started to get diarrhea or pain in the stomach – now we have to look at a medicine that's specific for diarrhea and pain in a flu, stomach flu for example. That will give us more hints.

Lara: Isn't it also possible that different medicines can work to a different extent?

Joette: Yes. But I have to caution folks – unless you have something in mind, Lara, I don't have anything in mind like that – but we have to caution folks into thinking that the medicine can only do so much, when really if we have the right medicine it will do plenty.

Lara: My understanding is that for example, like with the Banerji Protocols, sometimes there will be several medicines

given. Sometimes with a disease, there might be the perfect remedy which will do everything but another remedy might do a lot even if it's not the perfect choice. I'm trying to think of a specific example.

Joette: I think I know what you're saying, and here's my baseline answer. We have 6,000 homeopathic medicines from which to choose. Which one is it? So, the Banerjis have graciously given me their information – which all makes sense anyway, because their medicines make so much sense even if you're using classical homeopathy. But, it doesn't mean it's going to work for absolutely everyone. I use the Banerji Protocols perhaps, or I use an old protocol that I've used in the past, or I might use cell salts. There are so many ways to skin a cat that you're looking at many options. I don't want people to get too confused and think that there's only one way to do it. There is one *good* way to do it. When I'm teaching Banerji Protocols, then by all means, I'm going to urge you especially as a new student to start out with that if at all possible. If you can start with that and then test it out and see if it doesn't act, then we go onward.

Lara: I guess I have an example. Let's say it's UTI and somebody's using *Cantharis* or *Sarsaparilla*. Is that how you pronounce it, *Sarsaparilla*?

Joette: Yes.

Lara: It takes care of the UTI pretty well but it comes back again. The next time they start with *Cantharis* and it's working, but it's not working great. They introduce *Medorrhinum* and all of a sudden, that's it!

Joette: Beautiful, yes. So, what that means is that you could have probably started out with *Medorrhinum* in the first place as well as *Cantharis*, or *Sarsaparilla* and *Medorrhinum*, or et cetera, et cetera. We got lots of

possibilities here. But I try to give those possibilities that are the most commonly used as our first line of defense. But yes, you're right. You're right.

Kate: Can you give us some ideas as far as dosage because I know your son, you said, took *Ipecac* for instance. Do you think he took *Ipecac* 30C?

Joette: Yes, he used *Ipecac* 30C because I have taught him that I think that *Ipecac* 30C is a very good medicine for nausea. Then he also was taking *Nux vomica*. I didn't tell him to do that because he was vomiting. I believe that probably the *Nux vomica*, now that I think back on it, was probably what stopped the vomiting and *Ipecac* helped with the chronic relentless nausea. So, he was using both. He used *Nux vomica* in a 200 and *Ipecac* in the 30. He was alternating them approximately every couple of hours. I actually think in the beginning, when it was really a difficult couple of hours, he could have taken them each one every 15 minutes if it was very severe.

Kate: Right. Joette, do you want to know an interesting fact?

Joette: Sure.

Kate: Our kids, they haven't had the stomach flu in, I think, over six years. I give homeopathy – and God, of course – the credit for that, because before homeopathy, about once a year, they would come down with a stomach flu because as it goes around, you know, the season usually brings on those viruses. Isn't that an amazing thing?

Joette: Yes, it is amazing because it does go around like wildfire. It's almost impossible not to get these kinds of things unless you're doing something rather active.

Kate: Exactly.

Lara: Joette, that's a testament to what you talk about: how homeopathy has the ability to so deeply uproot something that it doesn't come back.

Joette: Yes. So that if my son for example, let's go back to that. He got the stomach flu and he had this nausea and vomiting. If it goes around again this year, or in the spring, or next year, now he's girded. He's held up by the fact that the remedy, back now in October 2017, has corrected the condition, to a certain degree. Now, does it mean it's going to protect him forever and ever? Sometimes yes, and sometimes no. But if it doesn't, then the next time he gets it, it's very likely it'll be a milder version. Meaning it won't be as intense. It might even finish off a little bit sooner while using *Ipecac* 30 and *Nux vomica* 200.

Kate: Right. So, we have your son's example, a recent example of when he had the stomach flu. And then six months ago, one of my kids woke me up in the middle of the night saying that they were not feeling well. They felt nauseous, maybe a little bit of a tummy ache. I gave them *Arsenicum album* 200C. Just one dose of that and within an hour I would say, an hour and a half, they were feeling better and they went back to sleep. But before homeopathy, the "BH" days, I can see that that stomachache – your kid waking you up in the middle of the night with a stomach ache – usually it's going to end up in some diarrhea or throwing up or something.

Joette: You're up the rest of the night until the morning with that child... now, the child misses school the next day and then the other commitments you or the child may have.

Kate: Exactly. You're exhausted. The family is exhausted. Then it goes on to the other family members. So really, you're not just talking a day even, you're talking about a week or more.

Joette: That's right. I remember when I was sick. I'm sorry Lara. I do want you to get in here because I want your opinion on this, too. But when I was sick when I was a little girl, I remember never being sick for anything less than two weeks, anytime I got a cold, anytime I got a fever, sore throat, ear infection. That was back in the 50s. Two weeks. That was just the way it was. We just expected it.

Lara: I feel like mothers are like farmers in this sense. You know how they say, Joette and Kate, that farmers are ... kind of like ... they're the ground zero or the frontline when it comes to things like nutrition and vitamins and stuff because they're always thinking about the bottom line? They're thinking about, "What do I need to keep my cows healthy enough that they will reproduce successfully, and that they will give enough milk so I make a profit?" and all that kind of stuff. So, doctors – I think, human doctors – get away with a lot that farmers don't get away with because they always have to find *practically* what is working.

I was thinking about when you and Kate were talking about kids because I think mothers are like that, too. Like *practically* you can tell what makes a difference in terms of how many times the kids are getting sick, how long they're getting sick for, how severe the illnesses are for. You see the repercussions when things don't work because they're missing more school; you're getting less sleep as a family, all that kind of stuff.

Joette: Yes, so that you know "your herd." Basically, you know exactly how your child normally reacts and now how your child reacts when you give the homeopathic medicines.

Lara: And it ties in to what you're saying about how mothers and grandmothers: They're the ones who really know. I mean like we can depend on our scientists and our doctors for a lot, but the bottom line is who's observing that child and that family day to day.

Joette: Mothers know there's nothing like the watchful eye of a mother. I don't mean necessarily it even has to be a mother with a human child. It can be a woman or even a man. But more often it's a woman who is raising puppies or who has animals that they're raising on the fields and lambs and cows, et cetera. When you are in charge, when you have a charge over another living being, you pay attention and you pay attention closely. It becomes your focus. A mother to have this focus – it's just natural.

Kate: I don't want to give people a wrong impression either about how easy it is.

Joette: Yes, yes, I'm glad you brought that up.

Kate: Sometimes it is hard. I gave that great example of my child with the stomachache and how quickly it went away. But there have been times, Joette, when – and I know mothers can relate – when my kid has a cough and a cold and it is days, and we are struggling and they are coughing. Granted, I think it's not as severe as it would have been without homeopathy *for sure*, and there's relief. Whereas without homeopathy, I didn't see the relief. Where now, you can give some homeopathic remedies to help the cough. And even though they still have the cold for three or four days, the cold isn't as severe and the cough isn't ... you know, you can go for hours without that bothersome cough. And then they need the remedy again. So, talk a little bit about when it doesn't act that quickly.

When it's not acting as quickly

Joette: Well, when it doesn't act that quickly, you need to reassess what you've given. I always say four doses – up to about four doses and about four hours apart. Now, that is a very basic structure – a skeletal structure. If someone is, again, vomiting relentlessly, you're not going to wait four hours to give the medicine. You're going to wait ... maybe 15

minutes. But, you know you're not going to wait a week! So that I'm trying to give a basic structure of how often to use it. Four hours is kind of – you can go every 15 minutes if it's very severe, or if it's not so severe then maybe every two hours – if it's really rather mild, you might use it every four hours. So, when you see that after about four doses (and it's very severe and you've given that medicine every 15 minutes or every hour, et cetera), and you've given four doses and you see *no change* whatsoever – now that's the key. We should talk about what change means. But if you've seen no change at all after about four doses, maybe five, again that's just a benchmark, then it's time to reassess and stop what you're using. Now, look at what's presenting now.

So, if the child is or the person is vomiting relentlessly and they stopped vomiting but now they're coughing, are you going to give that vomiting medicine? Are you going to give that? It's for the gastrointestinal condition? If the primary concern now is a cough, no. Now you have to go to a medicine that is specific for the cough. Have you lost it? Have you lost the case by doing this? No, the case is evolving. It's very likely that had you not given the homeopathic medicine, this would start out with vomiting and nausea and turn into coughing but you're shortening that duration. So, you're always looking to see what is happening now. What am I observing now?

When we look at, for example, is this person improving? If the person stops vomiting or let's say they continue vomiting and they're very nauseous, yet, now they're smiling. Now, they're not freezing anymore. Now, they're not frightened anymore. That's some improvement because if the person even if it's your husband who's freezing cold; he's vomiting horribly; you can see that he's panicking; he's feeling really uncomfortable, really sick and he continues to vomit but his demeanor changes and it becomes more

positive – you better stay with that medicine because you're doing some good. That's how you know. The vomiting may still continue but you're looking for the overall wellness of the person or here's another great indicator: the person falls asleep.

Here you are on the bathroom floor with your loved one, and they're vomiting and suddenly they fall asleep. Beautiful, cover him up. Keep him warm. Have a hot water bottle close by. Make sure they're really comfortable. Clean up the bathroom as best as you can and let them sleep. Now, if they wake up and it comes back again, most parents don't realize that what has happened was positive and it meant that the medicine was acting. They're thinking, "Oh no, it's back again. They just got a little rest, but they lucked out." No, no, no, no. This means the medicine is working. Sleep for a situation like this indicates that the medicine is correct. Now, what do you do? There's that remedy again? You reintroduce it. You give it again. It needs another stimulus, and you'd start again.

Lara: It's so important to look at the big picture like you're saying Joette, because if somebody brags, "I never get a cold," but they're constantly tired; they're weak; they don't have the energy to do stuff. Well maybe, you're not getting a cold because your immune system doesn't have the strength to ward off infection. It's like when people talk about fevers. It's very important to have the vitality to actually mount a fever. It's a weak person who never gets a fever because they're body isn't capable. Symptoms can be good. They can be a sign that the body is functioning well.

Joette: You bet. And also, sometimes the more virulent the response – like you said with the fever – if they can mount a fever, that's very positive when it's a child. Now, adult is a little different, but children are supposed to get fevers when they get sick. If they can do that, then you're going in the right direction.

Lara: If they still have say a runny nose and they sneeze, but they feel more energy, they feel happier, what's that a sign of?

Joette: It's a sign of improvement because there's nothing wrong with having runny nose because you're clearing out the mucosa, or the cough remains but it's not a gagging or a croupy cough. Now, it's a clearing cough. It's liquidy. Good, that's very good. But that child now can go back to school. The child is sleeping properly. He can start drinking his bone stock. He can start having his kefir or whatever else he's eating or drinking. Yet, he still has a cough that's clearing out his chest. Keep him low. You always want to keep people low, children low, when they've had respiratory infections especially in the chest. But that cough that's still clearing out even days, even a week later – as long as the vitality is good and the cough is liquidy and not keeping the child from living his life such as sleeping and eating, et cetera – then we're moving in the right direction.

Kate: That's what I look for. My daughter tends to get coughs frequently. So, it's beautiful when I know I'm in the right direction – just like you said – when she actually perks up and now, she wants to interact with us. So, she's smiling and she gets up out of bed. She's walking around and wanting to do things. So, that to me is a sign that yes, the remedy is working. She is still coughing like you said and it may be a while, but that's not necessarily a bad thing. As long as her vitality is going in the right direction and it's positive then that's okay, right?

Joette: Yes. You have to assess. You have to know when to fold. You have to know when to say okay, this is bigger than me. I need to get to a doctor. There is that aspect of this as well. Because we don't want somebody to get pneumonia because you thought you could handle it. Until you feel really, really confident with homeopathy, I'm going to

encourage you to always be on the fence. Just in case, let's see how far I can go with this. Let's see what I can do. If you can cure your family member, your husband, your child of something that's an impending long infection before it gets that bad, you really got a handle on your life. You really got some reins to hold. It's a beautiful thing. There's nothing more heady than being able to cure someone you love. I mean I can't think of anything better. Curing someone you love! Holy cow, that's amazing!

Kate: It is. It's such a great feeling. Joette, you often say, too – you recommend to people – drive to the hospitals. Sit in the parking lot. Get some blankets and some games or whatever, some snacks. Sit there if you're not confident and just wait. Give the homeopathic medicines and just see what unfolds. That way, you're close. You're there if you need to be there.

Joette: You're even closer than sometimes being in the hospital and getting into the emergency room. Being on like the 7th floor of the Gastroenterology Department or something and then you need emergency care, by the time they get a gurney and bring you back down all the way to the emergency room, who knows how long that will be! But you're right there. You have your legs and your child, and you can carry your child or walk in with your husband if you need be. So, I think that all emergency room parking lots should have like big screen TVs ... like an outdoor show or something ... and popcorn ... some bone stocks sold on the side.

Kate: Wouldn't that be amazing?

Joette: Yes.

Kate: So, we've talked about quite a number of things. If I'm still stuck and I'm needing to figure out better method of helping my kids, and learn more remedies, and how to help them get through those colds and flus, what do you recommend

Joette? What would be a next step for people?

Homeopathic resources available

Joette: Well, here's the thing. Put together what makes the most sense for you and your family. If your finances are limited then you might want to go with the study group which is [Gateway to Homeopathy](#). I think it's under \$60, and it's several classes together with these other folks. If you want to jump into a bigger course then by all means, [How to Raise a Drug-free Family](#) is a great way to go. But, I don't believe that it *has* to be that way.

If you're new to homeopathy or even if you're not, use my blog. It's totally, completely free. I've been authoring this blog with my homeopathy tips and methods for 10 years. Every single week, we put out information. And often, we'd put out information twice a week. The whole idea of this blog is for you to be able to utilize this for your family at no cost whatsoever.

But I do urge you to get a kit, a homeopathy kit, or at least if you have a Whole Foods nearby or a health foods store, and even Wal-Mart carries homeopathy, even Walgreens carries homeopathy. Make sure you know where these remedies are so that you don't get stuck at say 10 o'clock at night and say, "Oh, I know exactly what to give," and then you don't own it. So, own as many homeopathic medicines as you can and get started that way.

Kate: That is key, I think is to have the tools because you can have the knowledge, and you don't have the tools and then you're stuck. I say to my students all the time. There is so much information that Joette has available on her blogs and her podcasts. Dig into that. Dive into it. Learn as much as you can. Be prepared for when those things occur. Don't wait until your kid has a cold or a stomach flu to learn these things.

Joette: Well, I just want to add, I'm not the only one out there. There are a lot of homeopaths with lots of great information. So, don't think that it's just me. I give protocols to make it super easy. But there are lots of great homeopaths out there. So, don't just read me. Read lots and lots and lots of other ways to approach this as well.

Lara: But even if they just do read your blog, Joette, I think that's like a course in and of itself. All those different articles spanning such a long time have so much information.

Joette: Yes, that's what I hope to present to the world.

Kate: Your mission is what, Joette?

Joette: 100,000 homes by 2020. Reaching 100,000 homes, so that each of these homes has got homeopathy as the mainstay of their medicine or at least simultaneous.

Kate: All of your listeners were a part of that, right? We're a team.

Joette: You bet, you bet. It's great. Let's get this out everyone.

Kate: Well, thank you so much for having this conversation today. Lara, thanks for joining us.

Lara: Thank you.

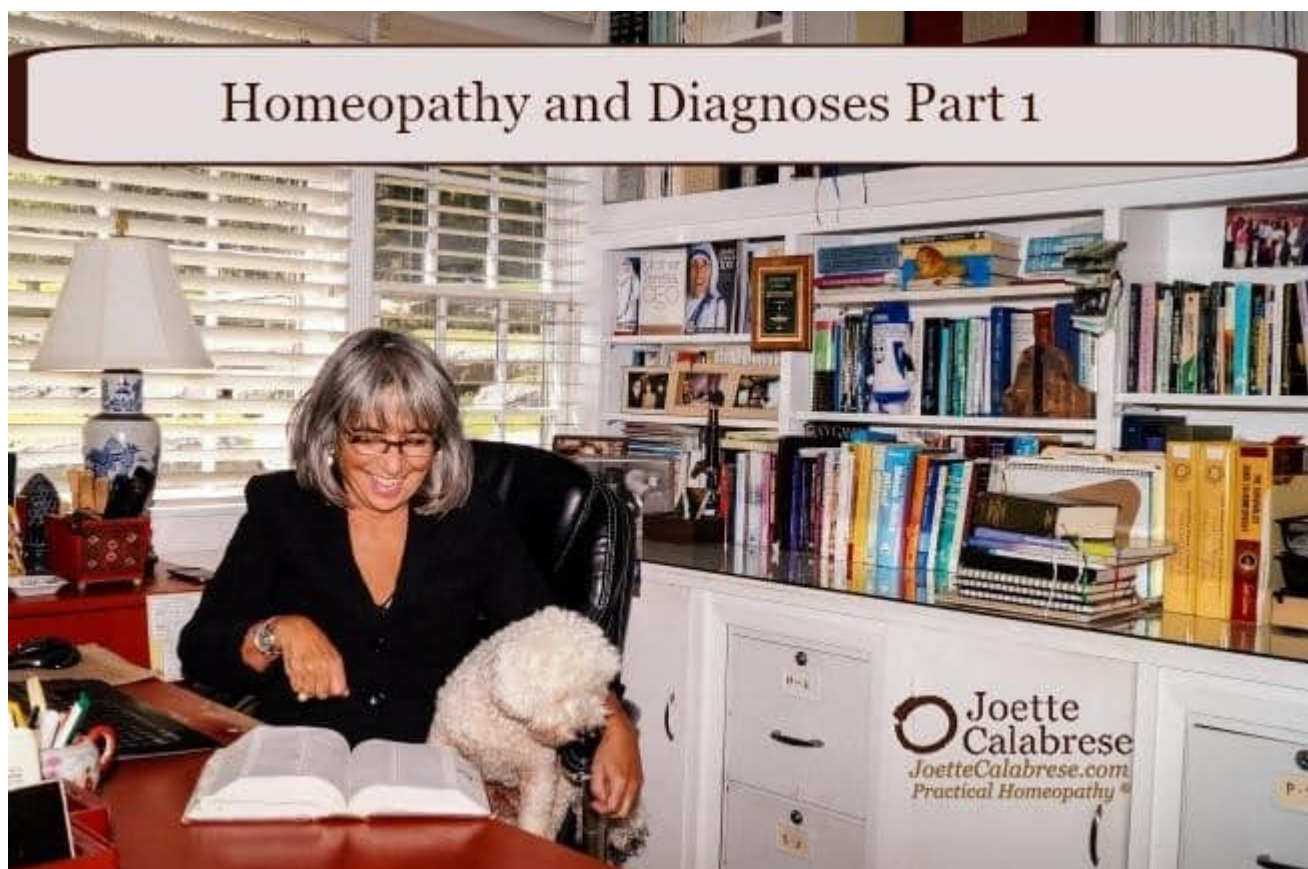
Kate: It was really great to be able to talk to you guys today and to discuss some of these things that weigh heavily on our listeners' minds.

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.

How Homeopathy Deals with Diagnoses, Part One



“My throat hurts!!! What remedy should I choose?”

Whoa! Not so fast. You need a bit more information before you can make an informed decision. First, you need a diagnosis. In fact, the method that I teach actually *requires* a diagnosis.

In my work as an educator, mother, and homeopath, I choose each remedy by deciding which best fits the answers to all three of these questions:

- 1) What disease do you have?
- 2) Which organ is affected?
- 3) How do your symptoms present?

By answering these three questions at home, you can choose the correct homeopathic medicine to uproot you or your loved one's condition.

This week, let's examine question number one: What disease do you have?

Do you always have to go to a doctor to get the diagnosis? No, not always. If you have a clear understanding of what is going on – for instance, say with common breast pain, an ear infection, or eczema – then many times you can make the diagnosis yourself. But, if you are perplexed in any way, it is quite useful to get a diagnosis from a medical professional.

Of course, we have to be intelligent, prudent, and responsible and seek help when we need it. As I've said before, we don't ignore important signs! But, let's not be so acquiescent that we can't make our own decisions.

For example, let me tell you about a mom who has five kids. Years ago, her firstborn was very sick with a severe sore throat. Being cautious, the mom scooped him up and took him to a pediatrician. The doctor took a culture and diagnosed it as strep throat.

The second time he fell ill, she suspected strep throat again but wanted to be sure. So, she repeated the same steps: doctor – culture – diagnosis of strep throat But ... this mother was observant. She happened to notice that both times he had been diagnosed with strep throat, there had been an odor to her child's breath; his tonsils had been red with white spots; he had been lethargic leading up to the illness.

So, what happened the third time he became sick? Did she need the doctor? No! She was confident in her observations and her own diagnosis. She knew it was strep throat. And, she treated it accordingly.

Now, carrying that knowledge forward, she doesn't need to run to the doctor for any of her younger four children's strep throats. She's become qualified to diagnose it accurately because of her observations and experience.

By the way, during each of her children's brushes with strep, she used [*Hepar sulphuris calcareum 200*](#) (or *Hepar sulph* for short) twice a day until they were better. And each time, it worked. Every time. Period.

Please know, however, that there are other important remedies to know when *Hepar sulph* doesn't act for strep throat. [*Belladonna 30*](#), [*Mercurius sol 30*](#), etc., should also be considered based on symptoms that we'll discuss next week, so stay tuned.

It takes guts, spunk, and moxie to make your own diagnoses. Just keep in mind you have to know when you've hit that tipping point – that point at which you just don't know what's going on and need help from a medical professional. (You might find some helpful information in my podcast, [When to Use a Doctor; When to Trust Yourself.](#))

Next, I want to discuss the other two questions:

The importance of pinpointing the organ affected and concentrating on how the symptoms present.

But I know how busy you are with your family. So, rather than get too long-winded, please join me right here on my blog site next week, when we will continue our discussion on how homeopathy deals with diagnoses to choose the correct remedy.

Until then ...

Warmly,

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

P.S. Some thoughts on my new *materia medica* ...

Any time you're working to choose the remedy that will do the best work, it's always dependent on having just the right amount of information. Not too little as to leave you with too little direction and not too much as to muddle your thinking.

I am so pleased to announce that my spiral-bound book, [*A Materia Medica: Practical Homeopathy® for Busy Families.*](#) is available for sale.

I've done my best to write in everyday language: concise, fast, modern, and easy to understand. But most importantly, to give you what you need, for practical use. I sincerely believe it will be helpful as you become self-sufficient and confident.

Below is a comment on FB that I responded to. It might help you make the decision to either buy my book or not. For

those who are on the fence, I hope this helps, one way or another.

Question: For those that have Joette's earlier materia medica from her "How to Raise a Drug-Free Family" course: do you think there is enough info about each remedy? While I would love to have her mm, as a newbie with only Boericki mm, would it be better to spend a little more money and get a larger more comprehensive one like Morrison or Murphy, or is hers the perfect one for someone in my position? Hers looks like it really focuses on the main uses of each remedy versus a description of every aspect of a proving.

My answer: One of the problems with using a *materia medica* written for classical use is that there are so many details and is so voluminous that it's easy to become lost and confused.

The whole idea of my works is to make homeopathy practical, straightforward and everyday-usable, instead of theoretical and for professionals.

Because homeopathy is such a vast subject, finding the everyday simple solution can sometimes be like looking for a needle in a haystack.

How do you parse out the superfluous? That's what I believe I've done for my readers.

Remember this is a *materia medica* ... a reference book to help you make your final decision on which remedy once you've narrowed it down to a few. This is particularly valuable when you either don't know the exact protocol or when you must choose between a couple of different ones.

Having said this, I hope you'll plan to invest in more than one *materia medica* through the years. I own 34. Each author offers a different perspective. As a beginner, owning 2-3 is a good number to move you along nicely to the next stage of

learning.

Breast Pain: When Even Hugs Hurt



Woman-to-woman, let me ask you: Have you ever avoided a nice, warm hug from a loved one simply because your breasts were too tender? Would it have sounded scary if a traditional doctor had diagnosed you with mastalgia?

To most, medical terms like these induce a natural feeling of fright. In actuality, mastalgia is just a fifty-cent word for breast pain – the Greek root *mastos*- meaning breast and

–*algia* meaning pain.

And who among us hasn't had sore, tender or downright painful breasts during our lives?

Mastalgia can be the result of many conditions: breast development during puberty, PMS, pregnancy, nursing, hormonal shifts during menopause, or even injury.

I want to say right here at the outset of our conversation that if breast pain is severe or odd, a therapeutic diagnosis would be prudent. We certainly don't ignore important signs.

However, I'm suggesting the pyramid be flipped – before running off to the doctor, it's often smart to consider the inexpensive, self-directed approach of homeopathy.

Indeed, a diagnosis can actually help pinpoint the most precise homeopathic remedy to choose. (I plan to talk more about how homeopathy uses diagnoses in next week's blog, so stay tuned!)

If mastalgia presents as tenderness, perhaps from menses, pregnancy or nursing, [*Bryonia 30*](#) twice a day is an effective SOS. And you know what I mean by an SOS, right?

An SOS remedy is used only until the pain is gone, then stopped after that.

So, is this like popping an Advil every month when you have pain?

NO! Homeopathy is not simply a symptom reliever; it works more deeply than that. To explain, let's look at exactly how Jean R. uprooted her breast pain – for good.

Without fail, Jean's menses was always ushered in by breast tenderness.

Her mastalgia was like her own personal bat signal! She used to just ignore it. (When breasts are just slightly tender, there is no need to treat.)

But as the years went by, the pain had become disruptive. It was disturbing her sleep and made it too difficult to work out as she normally did.

Jean chose [Bryonia 30](#) and within a few days, her breast pain was back down to a simmer rather than a full boil. The following month, she used *Bryonia* again, and the pain was much less. By the next month, it was gone. For good. *Bryonia* had uprooted the cause of her breast pain, and it no longer bothered her.

That is the beauty of homeopathy.

But let's say the breast pain is resulting from an injury – perhaps a seatbelt injury from a car accident. (This happens to women much more often than we realize.) In that situation, I would use [Bellis perennis 200](#) every 3-12 hours as determined by the severity of pain. (Don't forget to scroll to the bottom of this post to download your free Remedy Card. And this week, I'll give you two!)

However, if the pain is from an infection, then it is most likely mastitis. (Once again, *mastos-* meaning breast and *-itis* meaning inflammation. (See? Medical terms need not be intimidating!) In this case, refer to my previous blog: [3 Homeopathic Remedies for Mastitis](#) in which I discuss mastitis more fully.

I've been asked, "How do I know if the pain is from an infection?" That's easy. If the breast is red, hot, and swollen (especially if it is only *one* breast that is affected), or if accompanied by fever and chills, then it is most likely an infection. Mastitis also most often occurs during nursing, so the timing would be another big clue in

your diagnosis.

Ladies, we don't have to stoically "grin and bear it," but can instead take control of our health and uproot our issues with homeopathy – returning us to our happy and pain-free selves as we resume our delightfully busy lives of taking care of our families.

Warmly,

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

P.S. Should you be interested in learning more about female health conditions, consider my course [Feminopathy](#) where I discuss homeopathic strategies for many of our unique health issues.

Podcast 37 – New (and Not So New) to Homeopathy Part III



In this podcast, we cover:

02:18 How often to use homeopathy

04:32 **Planning ahead**

12:23 Appreciating classical homeopathy

16:33 To follow or not to follow a diet

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.

Paola: It's podcast number 37 at joettecalabrese.com. Here's what we have coming up. So, today's podcast is what we're calling Part 3 of our Newbies Series. I'm your host today, Paola Brown. Part 1 of this series can be found on Joette's website under [Podcast Number 17](#). Part 2 was [Podcast Number 33](#). So, today's podcast is a follow up to those first two. If you have someone who's interested in starting homeopathy and they're not sure where to go, maybe you could send them these three podcasts. Also, another great place is to send them to Joette's quick start guide, which you can find on her homepage under the heading "New to Homeopathy."

So, today we're going to talk about what makes you prepared with homeopathy, as far as remedies go. Joette talks about how you can be minimally prepared. If you are already minimally prepared, she talks about how you can advance to being super prepared. We also look at how homeopathy should be used. Do you use it for every little fear and sniffle that comes by or not? So, let's take it from the top with Joette.

I'm so happy to be here with you, Joette. Hi. How are you?

Joette: Hi. I'm well. This is always great.

Paola: This is Part 3 of the little podcast series that we're doing. We're focusing on newbies to homeopathy, newcomers. The very first podcast for newbies is [Podcast Number 17](#). That's one that you recorded back with Jendi. It talks about what is homeopathy, the very foundational questions. Then we had a second podcast, [Part 2](#), and this is Part 3. So, we have a few more questions that we received from some of your listeners and your newcomers to homeopathy. I was hoping you would answer them with me today.

Joette: Yes, let's go.

Paola: Some new moms to homeopathy are wondering do we

treat every little runny nose or cold symptoms or do we sometimes let it run its course. So, they're trying to know how often to use homeopathy and when to let the illness do its thing. Like sometimes mucous is okay. It's getting rid of foreign bodies and germs that are in the bodies. So, can you use homeopathy too much or too little?

How often to use homeopathy

Joette: I love that question. I'm glad someone asked that because I believe that when someone is enthusiastic about homeopathy, they see results and more results and more results. They can't wait to get at the next illness in the family. They sometimes get too excited and over-treat. I agree. I think it can be used too often.

I think it's important to let a lot of illnesses just fall to the wayside. Let the colds just be unless they're *really* debilitating. Let the child get a fever unless it's *really* debilitating. In fact, I have an article. If you Google it: [Get Your Kids High](#). It's all about allowing a child to get a fever. It is part of their education. I am concerned with the education of the immune system.

It's important that children get illnesses. If it becomes trying, or they're in a lot of pain, let's say it's otitis media; or their eyes are quite swollen, they have conjunctivitis; or the throat that's a little painful is clearly becoming more like strep because you can smell it and see it, etc.; okay now, it's time to treat.

I don't treat every little thing. It's hard to keep yourself from doing that when you're fresh at this because it's so much fun because suddenly you have all these power in your hands. But I think it's best to keep it to a purr instead of a roar.

Paola: Both of our friend, Tricia (she's one of the gals

that helps us edit these podcasts), I remember when she got her first homeopathy kit, she said, “I just kind of sit around waiting for one of my kids to get sick.”

Joette: Right, for the shoe to fall, yes, that’s right.

Paola: Like, “Oh good, let me go get my kit.” Sage advice.

Joette: Yes. I also think that you learn faster and better when you’re treating many, so the larger your family, the better. The more livestock you have, the more house pets you have, the more wildlife you treat, you’ll learn a lot faster. You’ll be able to discern what is worthy of treatment, what is worthy of not treatment, and also, what is worthy of getting to the hospital or doctor for.

Paola: Right. We have a [great podcast on discernment that you can look up and listen to](#). I think that falls under this too, very good.

So, here’s another question. A lot of newbies that are sold and they want to come ... and they want to plan ahead. They want to know what is your advice on what it means to plan ahead as far as homeopathy goes. [Right away own a kit, the Top 100 Remedy Kit](#).

Planning ahead

Joette: At least one kit, at least that one. As soon as you can afford another one that’s a 200-potency kit, we sell them here in the office. We give discounts for people who buy two at a time. The larger kit that’s 30th potency and the smaller kit that’s just 200th potency. Yes, you have to start with that.

If you don’t have any homeopathy remedies and you’re learning how to use homeopathy and you’ve come up with a medicine, and it’s now Saturday night at 11 o’clock and your

child is screaming with an ear infection; you know absolutely you should be giving *Chamomilla* and you don't own it – what good is that? You might as well just give the child pain reliever. These pharmacies that manufacture them [the remedy kits] know exactly what you need for most everyday conditions. That's what you'll find in those kits.

Now having said that parenthetically, there are 6000, at last counting that I've heard, homeopathic medicines available. So, this is only 100 of them in this kit. So, it's not going to have everything, but it will be a very good start.

Paola: Would you say that someone who owns just one kit, the Top 100 Remedy Kit, it's the red kit from Washington Homeopathic that you sell, they're *minimally* prepared?

Joette: Yes, it's a minimal, absolutely.

Paola: Then if they own the second kit, the 200 kit, that would be more helpful?

Joette: That helps too. She who has the most remedies, in the end, wins.

Paola: I love that. So then, what's the next step? So, let's say you own the Top 100 in mostly 30C, then you own the Top 50 in 200C, those are the two kits you were talking about that you give a discount if they buy them together ... then what?

Joette: Well, it depends on where you are in your life. If you absolutely can't afford anything, or if you can afford and you just don't want to make a huge commitment yet to taking a course or buying books, etc., just go to my blog. Everything is free. All my information is free. I've been authoring this blog for nine years. In the last five to six years, I give you precisely the condition, what the homeopathic medicines are. If you happen not to own it, you

can click on it. It will take you to Amazon or to Boiron. I don't get any kickbacks on this. This is just strictly for the convenience of my viewers. You'll get the medicine sent to you in short order or hopefully, you've got it in your kit.

What you do is you put in the search bar what the condition is. Be aware that at this point, we're in the process of revamping the website for I think the third time. Now, we're going to make it a little bit more user friendly so that you don't need to come up with synonyms. So, if you put in "otitis media," if it doesn't show up, then you personally must know to put in "ear infections," currently. But at some point, it should be able to do that for you. So, at this point, you might have to come up with a synonym.

Paola: Here's a great, little exercise that you actually taught me, Joette, that I'm going to bring up. Sit down and make a list of all the stuff that you, your family members, your children have suffered from. Then make a list of all the stuff that could happen to them that you fear for, you know, the stepping on a rusty nail. I don't know, all those things. Then go to Joette's blog and research those subjects and start seeing if you own the remedies that it takes to treat those.

Joette: Yes, treat those conditions.

Paola: Then you fill in the gaps and order the single remedies that might be missing.

Joette: That's what you've done, isn't it, Paola?

Paola: Oh yes! When I got our cow and our chickens – I mean I did that for my kids – but when I got our cow and our chickens, I went through the cow book. (I have this cow book about how to take care of them and chickens.) I started seeing all these things.

Joette: It's what we spend our money on.

Paola: It is.

Joette: You know what I mean? It's not about manicures. It's not about dinners out. It's not about a hot, new outfit. That's what I love about this. It's about something that is intellectually delicious, as I say and allows us to give back to our family in a very intellectual but heartfelt way as well. It puts the power back into mothering. That's what I loved about it, probably most of all. I became the decision maker.

Now, there were certainly times when my children were young that I wasn't so sure. I might call a friend, which by the way I might mention folks ought to strongly consider joining a study group that we promote through the blog. Because now, you've got a little community of likeminded mothers/grandmothers who are interested in learning right along with you. They will come to the table with conditions that their families suffer. Then you'll come to the table with the conditions your family suffers from. So, with that, now you're fleshing out and covering many, many conditions and helping and teaching each other.

Paola: Well, I think that's absolutely right. So, planning ahead isn't just owning remedies but it's having a band of mothers who are like-minded who can support you. My son had an ear infection earlier this month. Boy, it was terrible. I have this friend, Joette, that stayed up with me until 1:30 in the morning. She lives in Dallas. She's not even close to me, texting me on my phone, helping me figure things out because I was on zero sleep for two nights now. I could not think straight. I mean, that's what I'm talking about, having friends.

Joette: And you're going to be willing to do that for her when the tables are turned.

Paola: Oh yes, absolutely, yes. That's right.

Joette: Yes. So, then the next place you go to after that is just take courses. I have a lot of courses. I have CDs and downloads. I mean that is what I'm all about. My mission is to educate. So, we have plenty of information besides the podcast. You don't even need to stay on the website. If you just Google "Joette Calabrese" and the name of the condition, I've written for many other blogs. I'm published in Weston A. Price Foundation's quarterly journal for the last nine years. You will find lots of information all over the internet on this particular subject that I've written and others have written as well.

Paola: Joette, your blog, and your presence online is *such* a huge help. I mean can you imagine if you had that when you were starting out?

Joette: Oh my gosh. I would have died for having someone like me. Really, I had a wonderful teacher and she retired. That was the end of that. Actually, she moved out of the area when my children were young. I had counted on her. She was a great homeopath. She helped me tremendously. She helped bring my health back around again in very short order. In those days, we were taught that you only meet physically with your homeopath.

Paola: Right, not on the phone.

Joette: Not on the phone, not on Skype. Now, I meet with all of my clients on Skype or phone. I never meet anyone in my office any longer. But in those days, we were taught that that's what you had to do because you had to shake their hand, you had to see if they had an odor. You were experiencing the person so that you can get a better choice of remedy. Now, with this method that I use, that's really very much unnecessary.

But at any rate, when she moved out of the area, "Oh my

gosh! Now what am I going to do? I'm doomed." It took a few days of processing it and complaining about it. "What am I going to do? How am I going to handle this? Who will I find? I need to find someone else." I knew that there wasn't anyone else in my area. This was back in the 80s. So, it dawned on me one day, "Oh my gosh. I think *I* have to know how to do this, I mean *really* know how to do this. This is up to me. It's my family. It's my job! So, I should learn how to do this."

Paola: I hate to break it to you, however, even though you have this wonderful web presence, I think everyone who follows you, Joette, is a little bit sick to their stomach that you will ever retire.

Joette: My husband and I talked about that the other day. He was saying, "I don't know. I think you'll be able to work for a long, long time," because I do love it. I love teaching. I love taking cases. I'll just maybe slow it down quite a bit as I age, but I'm not slowing down now. I'm still revving up.

Paola: Good. Okay, right, good girl. Keep taking your homeopathic then.

Joette: Yes, it's because of these medicines that I'm able to stay as well as I am at 65.

Paola: That's right. Okay, Joette. Here's another great question. What is the value of classical homeopathy if the protocols are easier and more reliable shortcuts?

Appreciating classical homeopathy

Joette: Well, for those who are neophytes to this, they may not know the difference between classical and the protocols that I use.

Paola: That's true.

Joette: These practical methods that I use, but just bear with us then. You might be able to pick up a little bit from this. But for those who know what classical homeopathy is, I was a dyed-in-the-wool classical homeopath for decades. I even taught the first classical homeopathy course that was ever credit-bearing in a college setting in New York State. So, I believed down to my toes the value of classical homeopathy.

But I don't use it much at all anymore, overtly. I believe, however, that because I had so much training in it and I studied it so thoroughly for so many years, that I think in the back of my head I do have a little classical left in there that is my basic foundation. For anyone who really wants to take homeopathy seriously – even enough to say become a practitioner at some point – I would never urge them to do it without going to classical homeopathy school. You really need that background to fully understand because many cases will come across your desk that you will not be able to necessarily understand thoroughly without that background.

Having said that, however, the Banerji Protocols as well as a few of my own methods here and there – mostly Banerji Protocols – are really based on classical. But it's trimmed down the fat and made it so tight that it's much, much easier to use. So, you may find as someone who's treating your family consistently, you will not need to study or use classical homeopathy. In fact, it may even confuse or confound you from time to time.

Paola: Right. And in study groups: the study group curriculum, "Gateway to Homeopathy," (the first half of that), we do talk about classical homeopathy because classical homeopathy helps us understand the foundation of homeopathy, what it means, how it works, the basic theory of homeopathy.

Now, we do have a podcast, Joette, that I want to remind your listeners here, [Podcast Number 24, Topics That Bear Repeating](#), where you and I discussed the protocol form of homeopathy versus classical homeopathy a little bit more in depth. So, if this subject kind of sparks your interest, I think that's a good podcast to listen to. But I do want to say with my son, that ear infection that I was just talking about, I did start with the homeopathic protocol for ear infections that you taught from the Banerjis. And it did not act on him.

Joette: Yes, so you need to go further. You need to go to the second protocol. If that doesn't act, you need to go to a third protocol. If there are no more protocols after that –an the sometimes there are and sometimes there aren't – that's when classical, yes, indeed can be useful.

Paola: That's exactly where I was. He had a very unique ear infection. Actually, the exterior ear was swollen and sticking out like little elephant ear off to the side. The protocols did not work, at least in the way that I use them. I thought I was using them correctly. So, that's where my friend, Sherry, we were talking until one in the morning. We found out that he needed *Aconitum napellus* at that time. We did *Chamomilla* 200 and *Belladonna* 200, which is still slightly part of the protocol, but that *Aconitum napellus* was really a big difference for him. So, I feel a little bit naked if I don't know a little bit of classical homeopathy. Because, what if the Banerji Protocol does not work, or what if I don't own the remedies in the Banerji Protocol? Well, I have a little bit of backup.

Joette: Yes, yes. Listen, you can never get too much education. Oh, wait a minute, I take that back.

Paola: What do you mean?

Joette: I take it back because I'm making fun of the

universities these days. There's a lot of gobbledygook education in American universities these days. So, there's a lot of stuff that becomes superfluous and without focus. But, *self-education* is what I mean. That's where I put the emphasis. Everyone should be constantly educating themselves, whether it's homeopathy or otherwise.

Paola: I love my homeopathy library. I love all the books. I have tons of your books, Joette. I have more books. I love it. I think that's what you're talking about.

Joette: Yes.

Paola: So, my last question for the newbies that we're getting is: What role does diet have in homeopathy?

To follow or not to follow a diet

Joette: People ask me this all the time. And, I hope I don't sound inconsistent but in terms of a condition, a disease, not as much as you would think.

Paola: Interesting.

Joette: I'm on the board, the honorary board of Weston A. Price Foundation. I am a true believer in the whole nutrient-dense, homemade foods that are sourced from good sources. I believe in Dr. Weston Price's works and all those who are peripherally around him. But, I have found through the years that depending on foods alone has been a disappointment, not only in my own health but in other folks' health, in my clients and students, etc.

Sometimes we get lucky and people report to me that by getting off of gluten, they don't have any more joint pain. But if they wait long enough, my experience so far has shown me that stay away from gluten for a while and then a couple of years later, they find out, oh. it's kind of coming back again. Now, they have to get off of dairy. Then wait a

little longer and then now, they have to get off of eggs. Then eggs are related to chicken. It doesn't correct the problem. Abstinence of food does not correct the problem in my experience. It's *management*.

Now, I'm not going to tell you it never works because I think that for some people, it can. If it is a food condition in the first place, then yes, I suppose that's very possible. But I don't get those folks. The people I get are those who have been through GAPS diets and Weston Price and FODMAPs. I can go through many more names than that of diets.

If you'll listen to this a couple of years from the time we're recording this today, there are going to be more diets. They are going to declare that this is *the* diet that cures. Well, I started back in the 1980s with Dr. William Crook's book on "The Yeast Connection." I thought I had found the answer and followed that. It helped for a while, but it wasn't until I got to homeopathy that it really got to the true correction.

Paola: I see.

Joette: So having said that, it's not necessary to change the diet when you're using homeopathy. If you already found that you *can't* eat dairy and that you'll get diarrhea and brain fog, so of course, you don't eat it. Don't go ahead and do it. You already know that that would be imprudent. So, you stay with the diet that you've been following. And you add the homeopathic, and then slowly you start adding in some of the foods that were a problem before.

That is what we're looking for is the freedom of being able to eat anything. I always tell folks. I want everyone to be able to eat at McDonald's. Not that I expect you to eat at McDonald's, but I want you to have the freedom to be able to do so. If I were bold enough to come into your home and open

up your refrigerator, I would certainly hope that I would find high quality foods in there. But, if you're on a long trip with your family, and you ran out of food, and it's now one in the morning, you're in the middle of a snowstorm, and the kids are waking up, and they're hungry, and the only thing that's around is a McDonald's – I'd like you to be able to go to McDonald's. Or even less severe a situation than that.

So, true health is freedom. And the freedom to be able to eat whatever you have available to you is what we're looking for. Now, also the other side of that coin is we have to be intelligent about our food choices.

So, it's unnecessary – that's really what I'm distilling this down to – for someone to get better by using homeopathy and having to go on a strict diet in addition to that.

Paola: I see. So, what you're saying is – and I think you taught this in the [Good Gut, Bad Gut course](#) – that the Banerjis in India, they don't prescribe a homeopathic protocol to their clients and then also prescribe a specific diet.

Joette: No. They tell all the patients, eat your traditional foods. Now, it's different there because they do have traditional foods. A lot of us, at least in the US and North America don't have traditional foods anymore. Our grandparents or great-great grandparents, or great-great-great came here so long ago that many of the foods have been lost, or they've been bastardized. You have to be careful with that. That's why I like Weston A. Price, because it is traditional and it's mostly based on European foods. That's where most of us hail in this country. So, that makes perfect sense to me. But, when you look at the traditional foods in Calcutta, it depends on the religion. There are many different religions. They're very traditional people in their traditional garb, and their lifestyles, etc., etc. So,

you can't possibly broach that subject and get away with it.

Paola: A lot of vegetarianism and things like that.

Joette: Well, there's vegetarianism. Many of them don't have access to the kinds of foods that we have access to, if they live in villages or if they live in the big city. They have what they have.

Paola: Right. That is right. Very good. I know that part of your logo used to say where nutrient meets homeopathy. So, it wasn't necessarily that you needed to have the diet for homeopathy to do its thing. Really, I think your goal is to say it's where diet has left off in the healing process, homeopathy can complete.

Joette: Yes, picks up. Picks up and carries on. You don't have to do the diet first and then homeopathy second. You can certainly start on a decent, clean diet and not worry too much about it, and use the homeopathy simultaneously.

Paola: Right, very good.

Joette: Well, it's like anything in life. That anything that is wholesome and lofty and authentic, of course, you want that. I always tell people, if they're stressed or – many conditions can be attributed to stress – I tell people, listen to good quality music. Don't watch the news so much. Only read quality books. Don't expose yourself to the lower end of society. Find the lofty and concentrate on it. That automatically lifts us out of aspects of life that can drag us down too deeply.

Paola: Right. Weed out the toxic friendships or relationships. For me, I think it's something big this year. It's focusing on gratitude. That's a very good thing too.

Joette: Yes, absolutely. So, St. Catherine of Sienna said, "If you are what you should be, you will set the whole world

on fire.” That is a big part of my motto. This is what I should be doing. I want to hand this over to you. If it is what you should be doing, then I hope that you’ll set your world on fire as well.

Paola: Well, I know you’ve set my world on fire. I mean, truly Joette. I mean, this is one of my last podcast with you for a little while.

Joette: I know.

Paola: It’s so sad. It’s been such a hard thing. We live on a homestead. I’m so busy with young kids and homeschooling.

Joette: You have a very rich life, Paola. It’s a good thing. It’s very good.

Paola: I am so thankful. But I have to say, Joette, you *really* have changed my life. I’ll still be around. I’ll still help out, I’m sure, here and there with the podcast or in the course or however you need me to. But, I just feel so privileged to have been part of this and to be a little piece in your group.

Joette: It’s been my pleasure as well having you. It’s been great working with you.

Paola: Thank you.

Joette: It’s natural. We bounce off of each other well.

Paola: The gal who’s going to be helping out with the podcast, Kate, many of you already know her. She is a Mom with Moxie. She has the story where the horse landed on her arm and shattered her arm into a million pieces. My favorite part of that story is where she was at the hospital, and she wasn’t taking any painkillers. They wouldn’t release her. So, she finally said, “Okay, give me a Tylenol. Okay, that helps sooooo much. I feel so much better,” because she’s been using lots of homeopathy. So, she’ll be a great

addition here.

Joette: Oh yes, I think so too.

Paola: So you guys can look forward to her. Well, thank you so much, Joette.

Joette: It's my pleasure, Paola. As always, it's been great.

Paola: 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 healthy through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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